

revised 1 Nov 2012; updated paper and healing sessions by email, petepw@earthlink.net
2.0 SELF-HEALING: "POWER OF MIND" TECHNIQUES IN THE DOWSER'S TOOL KIT

The principle of self-healing is that, if you clear the emotional blocks, the body/psyche heals itself. The purpose of this part of the paper is to sketch some techniques of self-healing, and suggest the kind of research involved in developing techniques for healing, and maintaining physical, emotional, mental, and spiritual health. For instance, clear all blocks to unconditional love of self and others (no matter how mean/nasty); love over fear.

We all radiate energy vibrations like a TV station, so we speak of energy vibration rates, 0 to infinity. Musicians and mathematicians have been working with energy vibes for 2500 years, so we know a lot about harmony and disharmony. Healers have been working with chakras, meridians, and other vibrating energies, for thousands of years, but these energies are not part of mainstream western science; so most of the energies dowsers and healers work with, are completely outside mainstream science: vibrations of words, emotions, and dysfunctional behavior.

In this work, it is much easier to dowse others, than to dowse one's self (I hide from myself, in devious ways), but the reward for accurate self-dowsing is self-healing.

I doubt that anyone will do this work in the same manner that I do. Rather, these techniques are suggestive of what you can do to develop your own abilities. Further, "one size fits all" doesn't apply; you dowse for the proper technique for the case at hand. You may use dowsing, muscle testing, or device-less intuition.

In the self-healing process, the dowser and client should be grounded. One way to ground yourself, or others, is: relax, breathe deeply, and do not do anything else.

There is always the nagging question: how much of what I am doing is a function of me, the client, the real world? All of us dowsers, no matter how different our techniques, face this question.

My written descriptions in the following sections are a bare outline of this work, and no substitute for practice and experience, directed by a sense of purpose to help people heal themselves.

Basic Process: A Four-Step Process for Self-Healing

The easiest technique is (first ask: May I? Can I? Should I?) to repeat these steps to clear disharmonies:

- 1) dowse if there is a disharmony in the body/psyche (answer YES or NO or MAYBE),
- 2) if YES, ask that the disharmony be brought into harmony (Joe Wippich) with the body/psyche,
- 3) use dowsing (a continuous YES motion of the dowsing instrument) to monitor the releasing of energy,
- 4) when clearing is done (clearing motion stops), dowse that the disharmony is cleared.

This dowsing for self-healing is a process, or a system. The elements of the process are:

- 1) an assumption that disharmonies can be dowsed and that clearing is beneficial to a person;
- 2) a dowsing response for YES, NO, CLEARING (continuous YES motion), and MAYBE (question is ambiguous, misleading, or out of place, etc);
- 3) a sequence of steps for finding a disharmony, clearing it, and checking that the disharmony is cleared.

For the beginner, having a system of this sort seems essential to gain confidence in one's dowsing capability. Just asking random questions and getting YES/NO answers which may or may not seem believable does not seem to be enough to gain confidence in one's abilities.

Water dowzers have a more complex system. They know about water, soils, rock formations, well-drilling technology, etc; much knowledge, many techniques. Through practice, they gain confidence in their system to locate successfully where best to drill a well.

Clearing Emotions: Using the word lists and clearing traumas (from Bob Wade-Mahany, 1970s)

A more complex technique is to dowse for words such as fear, terror, panic, anger, rage, guilt, dread, etc. Then dowse who is feeling what toward whom, and when; then build a story of a trauma out of these words, then ask that the trauma be cleared. The dowser should be as grounded as possible for this work.

Word List to Analyze Traumas, compiled by Robert J Wade-Mahany in 1975-76

PARENTAL APPROVAL	BETRAYED	GUILT
PARENTAL DISAPPROVAL	CONFUSED	CHEATED
UNWANTED	INFERIOR	APATHY
UNLOVED	HURT FEELINGS	INDIGNATION
UNREQUITED LOVE	LOSS OF PRESTIGE	IRRITATION
CASTRATION	LOSS OF PRIDE	AGGRAVATION
VIOLATED	FAILURE	ANGER
WORTHLESS	HEMMED IN	RAGE
INABILITY TO COPE	USED	FURY
GRIEF	PUT UPON	BOILING MAD
ILL HEALTH	STRUGGLE	APPREHENSION
DISLIKE OF SELF	CONFLICT	INTIMIDATION
SELF HATRED	ALTERCATION	FEAR
SIBLING RIVALRY	REPPRESSED AGGRESSION	TERROR
PERSECUTION	SENSE OF LOSS	PANIC
FANATIC	ABANDONED	FRENZY
OBSESSION	SADNESS	ENVY
INTOLERANCE	BLASPHEMY	JEALOUSY
ARROGANCE	FRUSTRATION	COVETING
VULNERABLE	RESENTMENT	INDECISION
BARREN	REJECTED	INSECURITY
INVADED	TRAPPED	CONTRITION
ABHORRENCE	INADEQUATE	DISTRAUGHT
DEATH	SCAPE GOAT	THWARTED
LOSS OF FEMININITY	OVERBURDENED	SELF RECRIMINATION
SENSE OF INJUSTICE	DISCOMFORT	HATE, HATRED
FEELING STUPID	EMBARRASSMENT	EXASPERATION
POWERLESS	NON COMMUNICATION	DISAPPOINTMENT
DESERTED	AIMLESS	ANGUISH
ASHAMED	CONCERN	TORTURE
Added by Pete Warburton:		
DEPRESSION, DELUSION	AGITATED, ANXIETY	STRESS
AMBIVALENT	LACK OF SELF-INTEGRITY	OVERLOAD, OVERWHELM

People can get into trouble by failing to use their good qualities, so we have a "good word" list.

Word list of Transpersonal Qualities, by the Psychosynthesis Institute, Redwood City, CA

BEAUTY	LIGHT
COMPASSION	LOVE
COMPREHENSION	ORDER
COURAGE	PATIENCE
CREATIVITY	POSITIVENESS
ENERGY POWER	REALITY TRUTH
ENTHUSIASM	RENEWAL
ETERNITY INFINITY UNIVERSALITY	TRUST FAITH
FREEDOM LIBERATION DETACHMENT	SERENITY PEACE
COOPERATION FRIENDSHIP BROTHERHOOD	SERVICE
GENEROSITY	SILENCE QUIET CALM
GOODNESS	SIMPLICITY
GOODWILL	SYNTHESIS WHOLENESS
GRATITUDE APPRECIATION ADMIRATION WONDER	UNDERSTANDING
HARMONY	VITALITY
HUMOR	WILL
INCLUSIVENESS JOY BLISS	WISDOM

One approach: divide a blank sheet of paper into three columns; list the dowsed words in the middle column; who feels the emotion in the left column; and who/what the emotion is directed toward in the right column. Source and target may be the same person, as in self-anger. More detail: what part of the person is feeling the emotion (the liver, a chakra, a meridian, ego, soul)? Date (past/future), place?

The only limit to the method is your imagination. Sometimes you rack your mind for the right word; other times, the right word intuitively pops into your mind. One can always dowse a dictionary (or another book) for an appropriate word. Divide the book in half: is the word in the 1st half, or the last half? Then divide again until dowsing gives the page, column, and location of the appropriate word on the page.

Dowse the word lists for emotions involved until the client's subconscious knows enough about who feels what toward whom, dates, and origins, to begin clearing and self-healing; then monitor the healing energy flow until it stops after a few seconds/minutes, and then double check that the problems are completely resolved in the client's physical body and psyche.

Affirmations (from the "Emotional Freedom Technique" folks)

Affirmations of the form "I am acceptable to myself and others, even if X" (some block), get the conscious and subconscious working together to clear disharmony in body and psyche. If affirmation fails (NO), clear blocks/emotions/traumas/etc until affirmation holds (YES). You can make up these affirmations for your situation.

Samples: I am acceptable to myself no matter what; even if I have blocks to getting my energies together to do what is right for me; even if my ego refuses to be the servant of my soul; blocks to being in harmony with all the disharmony in the world (from Joe Wippich); blocks to unconditional love of self and others (no matter how mean or nasty); blocks to my true identity. I am acceptable to myself, even though I am denying that I can heal myself. Affirmations of the form "I am acceptable to myself, even though I have difficulty releasing all my disharmonies", seem to help clear the physical body.

Clearing Traumas (complex sets of related emotions)

Dowsing and clearing aches, pains, or stories word-by-word is time consuming. So, dowse the trauma, and clear it as a single step. Many traumas are created, even in adults, as a result of a person being rejected and feeling worthless in childhood. Often, you can dowse and clear a "core trauma" behind multiple aches/pains. Traumas may be in physical, etheric, astral, mental, soul, (page 10), or in chakras or meridians. The conscious mind focuses on the intent to heal, leaving details to the subconscious.

Dowse with care. You may repeat some or all steps several times to cover self and others involved. To get at the psychology involved, do not resolve a story until dowsing teases out the whole trauma of emotions: who, what, when, etc. The client may want to skip the psychological details, just clear/heal. Clearing may involve forgiveness, reconciliation with others, maximizing love/harmony, or "rising above" unforgivable childhood/adult experiences.

To clear traumas, distance psychologically from them, and let go of (release) the trauma. One can help others, to the extent that one is clear. Persons can be cleared as a group. This works, if a person really feels harmony, not just gives lip-service. Here are a few troublesome traumas.

1) Clear abuse: persons who were emotionally or physically abused as children or as adults frequently have (at least subconsciously) such feelings as helpless, hopeless, powerless, useless, worthless, etc.

2) Clear rejection: lack of self-dependency, lack of self-trust or self-love, dare not be acceptable to self or others. Rejection at birth by mother/father may unground masculine/feminine, child/parent/adult/elder, body/ego/soul, etc.

3) Clear abandonment/fear of abandonment: anger/depression/anxiety/detachment from the lack of a nurturing parent (Bowlby 1969/1973/1980). For the loss of human/parental connections and depression, see Pipher (1994).

4) Clear emotional no-growth: a person who grows from infancy to old-age without a glitch, is home free. Changing control/responsibility roles in growth, from infant to elder, may block spiritual growth and social responsibility. When we subconsciously sense differences with others, we can negotiate.

5) Clear denials/confusions between reality and virtual reality: the mind creates a model of reality (virtual reality), then uses feedback from reality to correct the model. If feedback is denied, healing blocks. Blocks to feedback from reality (and persons in it) may be involved with cancer. There may also be foreign energies: possessions, entanglements, merges, cords/links, connections, etc.

6) Clear false self (Pipher 1994)/ego/petals; "everything wrong is someone else's fault"; dysfunctional behavior patterns that may be triggered by others' negative emotions/buttons pushed; miasms (Reyner 1974); dysfunctional self-healer/behavior and overweight due to fear of parents. Clear ego traumas, present to conception. If you need supplements/vitamins (with healthy diet), clear traumas causing need. Info channeled by pole 18 may be valid, but if pole 18 is fragmented, information from poles 13-17 is mostly garbage.

7) Be in harmony with, love (don't fight), emotions/aches/pains/allergies/microbes/toxins/waste products, so body (immune/lymph systems, body chemistry) disposes of waste products, acidic body/illness due to traumas in meridians/glands; dysfunctional beliefs/attitudes/behavior/images/inner healer, hidden traumas (repressed dates/emotions/persons), fear of releasing fear/etc; conflict with others; be in harmony with, take ownership of emotions of other's, in one's system. Cells should be in growth/nurture mode, not defensive/protective mode (Lipton 2005 ch 6), and instant healing mode (Morgan 1994, ch 13).

Clearing Energies

Mahaney's model of the psyche (p 10) is typical of the tradition (Powell 1928, pp 5-36). With this model, we shift from emotions, to energies, for two reasons. First, with emotions, we get often get into problems of praise and blame, which is a distraction; we are interested in cause/effect: energies. Second, with energies, the clearing work goes much faster, so we can do more work, helping more people, in less time.

Intuitives and dowsers sense, not only physical electromagnetic energies, but also the subtle (psyche) energies (etheric/astral/meridians/chakras/mind/spirit/soul/etc). These energies convert into one another (by transducers such as glands and chakras), and all can be measured on the Bovis scale for magnetic energies/vibration rates (Tompkins 1973 ch 18). What holds these energies together is the Self, which Searle (2007, p 33) describes as "... conscious, rational, capable of reflection and capable of decision and action, and therefore of assuming responsibility."

The Self does the healing work, but the will (part of the Self) can choose disharmony, so the Self has to heal itself. Ancient question: How is it possible, that can I know the better, and choose the worse? Well, people do, every day.

All these energies are carried in the psyche/body by dna. Bruce Lipton says dna must work by vibrations, chemistry is too slow (Lipton 2005), and he explains how dna genes turn genes/off (epigenetic developmental/heritable/behavioral/environmental levels; dna harmonizes vibe rates infinity-0 (by my dowsing). For healing dna, see Woods (1994); for healing with dna, see Narby (1998); for Lipton, see <http://www.seri-worldwide.org/id707.html>.

DNA is plastic, enabling us to speak a language, but which language is learned; and behave morally, but whether christian or cannibal, is learned. Thus, dna may adapt to our illness, but we can change that, just as we learn habits. Blocks to self-healing are in both genetic (Narby 1998) and mitochondrial dna, due to dysfunctional emotional reactions (Lipton 2005, Pelletier 1977).

Self-healing principle: if you release emotional traumas, you will heal physically/emotionally/mentally/spiritually.

Please take to heart the goals of self-healing (be nice to self and others). People who do not take these goals to heart, either heal slowly, or heal not at all:

- (1) have unconditional love of self/others, no matter how mean or nasty;
- (2) be love and harmony, with all disharmony in world (Joe Wippich);
- (3) use your will power to create harmony (discord affects water in self and others);
- (4) be acceptable to yourself, no matter what; be in your safe place at all times;
- (5) conscious mind has the intent to heal (subconscious does the healing);
- (6) be in harmony/love, body aches/pains/etc (don't fight them); healing comes from inside you, not from outside;
- (7) release all blocks to absorbing all the energies you need, from earth and sky.

For this work, the dowser should be as clear as possible; the dowser helps clients by operating above the vibe level of the disharmony, if dowser wallows in the client's disharmony, s/he becomes part of the problem (Joe Wippich). Steps for self-healing (vibration rates infinity-0, Bovis magnetic scale):

- 1a) vibes minus-infinity to minus-0: if you cannot dowse person, ask person to release repressions.
- 1b) vibes infinity-200 million: release all repressions in soul/spirit, esp self-hatred/blocks to bonding with mother.
- 1c) vibes 200-100 million: harmonize/integrate identity/fragments of soul/spirit; some people can't control themselves, others want to control everyone; some people are not responsible for themselves, others want to be responsible for everyone; we come into the world as powerless infants, and we are expected (as adults) to learn a middle way, control/responsibility, for self and family members.

1d) vibes 100 million-80 million: harmonize/integrate personality fragments of soul/spirit; release repressed/reversed fear/anger/self-defense/etc, "buttons" others push, susceptibility to others' dysfunctional behavior.

2) vibes 80 million-8000: release mental repressions (stealth energies, JW), manipulative/control vibes (due to lack mother figure, may cause poltergeist vibes, at rates 750,000-12 million), hurtful to persons hit by them.

3) vibes 8000-800: harmonize astral/chakras/meridians; release all (repressed) traumas (fear of the world and people in it), conception to present (cord/links may hook into other persons); blocks to belief in the 7 goals of self-healing; blame-game (blame others for one's own stuff, fear of being blamed unfairly); don't give away your power, if you accommodate beyond your limits and get angry taking your power back, you get labeled passive/aggressive/bipolar, say "no" when you reach your comfort limit; will to choose harmony over disharmony (conscious/subconscious/unconscious/non-conscious minds).

4) vibes 800-80: harmonize etheric energies; release blocks to healing self and to vitality; integrate disharmonious ego states (Tolle 2006); be in your safe space/territory (Ardrey 1966) for self-healing.

5a) vibes 80-10: harmonize physical body: release disharmony/ungrounding in glands (vibes 80-50); ground/connect (vibes 50-20) to chi of earth/sky all parts of body (skin, nervous system, organs, digestive); release all denials/refusals/can't cope/ can't accept reality, can't flow with reality, grounding through others/(convoluted) self-grounding; release self-denial, feeling unsupported by soul/family/friends; ground food/water/home/computer/phone/etc; set psychic age to 26 (optimum for dna healing); to ground, relax and take a few deep breathes, repeat until relaxed; empower (vibe 20-10) emotional self-support; release (vibe 15) self-hatred about no emotional self-support; blocks (10, no support by parents/family/others);

5b) vibes 10-3: harmonize (vibe 5) physical body/weight control/sleep control; harmonize body chemistry; release dysfunctional defenses (spinal column "reflex") due to lack of trust in self and others (cells cannot be in growth/healing and defensive modes at the same time, Lipton 2005); harmonize brain fluid/ventricles left/right/3rd/4th/5th (spinal column); feel harmony with all food/drink/medications (ask the body to use what it needs and let the rest pass through); release blocks to being in touch with emotions, so you can release disharmony with self/world; feel love/harmony for yourself/fear/anger/aches/pains/ills/medications/microbes/toxins/environment/oxygen/waste products/allergies/pH 8.2 (ocean); be in harmony with all the vibrations of all the dictionaries (JW), vibe 4.

5c) vibes 2-0 release all disharmony with others (vibe 2); repressed dysfunctional behavior patterns (vibe 1) blocking bonding to mother-figure (in your body and soul), release feeling rejected/abandoned/unsupported (Bowly 1969); you are acceptable to yourself, even tho you are having difficulty bonding to a mother-figure; release self-hatred and fear of being yourself (vibe 1); release repressed dysfunctional behavior patterns in connective tissue.

Model of Psyche Energies

In 1991, I began dowsing my subconscious to discover what I am doing in the self-healing work, and found an integrated system of psychic energies forming an 8x8 model (2007, an 8x9 model, page 13), in place of Bob's 7x7 model. The model may or may not be "true", in the sense of being part of some future science; quantum physics is shifting, after 80 years. <http://www.scientificamerican.com/article.cfm?id=search-for-new-physics>

Mahaney's model (p 10) can be extended for psyche/body energies. Glands may be added as a horizontal row of the body; chakras and meridians may be added as a horizontal row of the astral. My model turns Bob's model on its side, placing the physical body (glands, pituitary to perineum) vertically in column 1 (germ cell layers: endoderm/mesoderm/neural ectoderm/surface ectoderm), etheric energies in column 2, chakras in column 3, meridians in column 4, mind in columns 5-6, spirit in column 7-9.

The 9 columns emerge from a 4-fold distinction among energies, physical/emotional/mental/spirit, then split each (except spirit splits three ways) for a 9-fold division. Each column has a sky polarity flowing top-down (sky to crown, through column to root, to earth) and an earth polarity flowing bottom-up (earth to root, through column to crown, to sky). Poles 1-18 (top/bottom of columns) are psychic energies, which survive the death of the body.

The 8 rows a-h come from the traditional 7 glands/chakras (Motoyama 1981), adding the perineum as an 8th gland, and splitting the base/root chakra in two, for eight chakras. Row energies are carried by the water of the body, but seem not to survive the death of the body.

electrical energy		magnetic energy		temporal energy		spatial energy		
physical/	etheric	para-	diamagnetic	past/	duration	vertical	horizontal	depth
lelecto-		magnetic		future				
magnetic		astral						
	etheric	chakras,	meridians	lower	higher	ego	spirit	soul
glands	centers,	states		mind	mind			8-fold way
						control	commitment	values
1-electric +	3-prana	5-north	7-east	9-future	11-after	13-up	15-right	17-there
a pituitary		crown,	central					
skin ectoderm		elder	conception					contemplation
b pineal		brow,	sex-					mindfulness
neural ectoderm		adult	circulation,					
			gall bladder					
c thyroid		throat,	lung,bladder					effort
endoderm (digestive)		child						
d thymus		heart,	heart, triple					livelihood
mesoderm (organs)		parent	warmer					
e pancreas		solar,	liver,					conduct
endoderm (digestive)		child	stomach					
f gonads		sacral,	kidney, small					resolve
mesoderm (organs)		parent	intestine					
g adrenals		base,	spleen, large					speech
neural ectoderm		adult	intestine					
h perineum		root,	governor			respons-		faith
skin ectoderm		elder	vessel			bility	meanings	Self
2-electric -	4-prana	6-south	8-west	10-past	12-before	14-down	16-left	18-here

At the 1996 ASD Southwest Conference, Don Larimore was selling 4-polarity magnets (north/south/east/west) that he had developed, and Bob McKusick was selling 18-polarity pendants (for clearing energies) that he had developed.

Each pole 1-18 should be grounded/connected to the Chi energies of earth and sky, on crown and root centers (rows a and h). Each pole 1-18 has a vibes rate of infinity-0. Steps 1-9 can be mapped onto the poles 1-18, and the pole vibe rates can be mapped into poles 1-18. The Self is pole 18. Physical energies and electromagnetic frequencies 0-infinity, are on poles 1-2; poles 2-18, vibes 0-infinity, are psychic energies, unknown to current physics. Water in the body picks up emotions from rna; rna picks up emotions from pole 18 (dna carries vibes infinity-0, poles 1-18).