

**O**n the eve of her address to the British Society of Dowsers (BSD) at their AGM, Elizabeth Brown told me that she wasn't sure how her words would be received by her colleagues after five years' absence living in Italy. In the event, she had no grounds for concern. Her mission to make dowsing relevant to the 21st century was widely applauded, and her first ever book on dowsing was awarded the prestigious Bell Award by the BSD.

Brown has been a professional dowser for over 20 years. Her groundbreaking work in the field of causative diagnosis has transformed the health of hundreds, including those with conditions ranging from cancer to allergies to mysterious conditions unsolved by doctors. She has also helped to train many people in the art of dowsing.

After spending an enjoyable day chatting about everything from quantum physics to George Clooney, I feel confident that if anyone can transform and update the image of dowsing, it is this warm, funny, intelligent, open-hearted and youthful 55-year-old who is that rare blend of impressive visionary and down-to-earth healer.

Here, Elizabeth shares some of her views on health, healing and the future of dowsing:



# Dowsing STAR

**Elizabeth Brown is a professional dowser.  
Claire Gillman meets her to discover the secrets of this popular art**

## Relevance Today

There seems to be an increasing interest in dowsing, as there is in all spiritual things worldwide at the moment.

Dowsing is such a brilliant tool, especially now for the 21st century, because more than ever at this time, we're at a point where truth is coming forward as we hurtle towards 2012. Dowsing is a brilliant tool to access the truth.

And, because you always get this critical crisis point when you get one thing going out and another thing coming in, there's invariably a bit of a fight in the middle. There are so many areas on the planet – factions, companies and corporations – that aren't speaking their path of truth and there's an extraordinary level of vested interest. With dowsing, you are able to see beyond that. They can put all the spin on it they like but with dowsing being able to access truth, you are always able to know the real truth behind any situation.

Hand in hand with that are all the incredible discoveries in the field of quantum

physics that support the methodology behind dowsing and where the information comes from. It's been established that the essence of our universe is the intelligent field of information; an information-carrying and information-conserving field. That's just so exciting and I think that my book and dowsing is so relevant now for the time that we are at and the changing consciousness on the planet.

## Dowsing for Everyone

I firmly believe that anyone can dowse but you have to be trained and you have to practice. Some have a particular aptitude but anyone can dowse.

But there's a big difference between dowsing for oneself and dowsing as a professional dowser. You take on a whole new level of responsibility when you are dowsing for other people. Dowsing for yourself, you are your subject of expertise but when you are dowsing for other people, you have to have an in-depth knowledge of the field that

you choose. So for water dowsing, which I don't do, you have to have a technical mind and know about geology, for example.

## Healing and mainstream health

I put forward the plea in the book for dowsing to be taken seriously in the field of health as we go down this route of the amalgamation of holistic and allopathic medicine. Dowsing not only provides support for long-term health, but it can give critical information right at the beginning when you first get a diagnosis and this is my particular field of speciality.

I don't diagnose the condition; you need medical qualifications to do that. As a causative diagnostician, I actually identify the causative factors behind a previously diagnosed condition or a set of symptoms that have no orthodox label. I have many clients who doctors cannot put in a category but they have a set of symptoms.

These are all the chronic metabolic diseases. By definition, the only way to treat a chronic metabolic disease is to identify

and address the underlying metabolic imbalance. And this is where dowsing comes in and absolutely excels. So for example, for someone with cancer, irritable bowel syndrome, rheumatoid arthritis or chronic fatigue syndrome especially, dowsing can identify the causative, contributory and trigger factors. That means that a carefully tailored plan can be put together that's in the patient's best interests. It also enables the client/patient to be put back in the driving seat and to become an active participant in their health and healing, and to take long-term responsibility for their health.

Once you've corrected the causes leading to the metabolic imbalances in the body, the body goes back into balance and then throws out the disorder. But people only address this stuff as a last resort because they have been conditioned for generations to follow the medical industry, which is basically treating symptoms, not the underlying causes. You have something wrong, you go to a medical doctor, and he gives you a drug. People don't understand that that is only treating the symptom, not the cause.

I'm not against doctors in any way, and I'm not against drugs. If you've been in a car accident, the best place to be is in a hospital being stitched back together and medical science does amazing things. There are many occasions where you need to support people in coping with their symptoms but you can at the same time start addressing the underlying causes. What I'm talking about is people taking responsibility for their own health, not medical treatment. If you let your body get out of balance, you can't expect the doctor to put it back into balance with drugs because drugs don't do that.

### Introduction to Dowsing

I was incredibly intuitive as a child and then when I was 14, my first teachers came along. They were amazing at teaching me about subtle energies.

I actually picked up a pair of dowsing rods for the very first time when I was down in Kent when there used to be hop fields. I was out one day with friends and one of the guys was the son of a miner and he had some dowsing rods. He said, here, hold these. And they whizzed round. Apparently, his father had used dowsing rods as a miner. I gave them back and I never thought about it but it was always in the back of my mind.

Years later, in 1989, when I was working in interior design in America, I was taught dowsing by a client of mine. He was a highly intuitive man, who used to teach Native Americans their lost arts. He had been water dowsing. We went inside to his library and he handed me the dowsing rods. He said, 'I am going to hold something in mind and you can find it.' The rods crossed over an ornament on a bookshelf and I turned around and he said, 'Correct. Next.'

At that point, I'd trained in a lot of different fields with various intuitive people and psychics. I'd got my certificate from the faculty of astrological studies and I'd done loads of workshops.

My journey in America for six years was really a spiritual journey, even though I was there to work. I met a few heroes of mine, including Jess Stern. I also joined Edgar Cayce's Association for Research and Enlightenment (ARE) and did various courses. Joining the ARE was a dream of mine and Edgar Cayce was my hero.

### Perfecting her Art

When I left America, I came back clutching these dowsing rods and immediately joined the BSD and trained formally. I also trained to do remote viewing and quite competently. [Note to reader: this is where George Clooney and The Men Who Stare at Goats came into the conversation.] It's not dissimilar to dowsing – you can use one to support the other.

I was dowsing for 10 years before I felt confident enough and experienced enough to become a professional dowser. I don't think you just learn dowsing and the following year you go out waving your rods around telling people what to do. I think to be a professional dowser carries huge responsibility.

### First Book

The book was written for several reasons: I wanted to make dowsing accessible for everyone, and relevant to the 21st century. I really mean that because, unfortunately, dowsing is dogged with such a bad reputation as being spooky, unproven and unscientific, and it's dismissed.

Once I had made the decision to write it, my aim was to bring the purity back to dowsing. The message all the way through was to make it accessible and relevant to everyone. Writing is agony and ecstasy.

Some days it was channelled, I'm sure, and other days it would be really hard trying to put something across. Some days there would be a sense of euphoria because you just knew you'd got something down and other days it would be awful because you couldn't access it.

It was hard. It took two years of my life. And in the second year, I had to stop working with clients to get it finished. Which is why it's so gratifying to have the BSD saying it's the classic dowsing book and for Grahame Gardner, the president of the society, to say that my book is just about the best description of the faculty of dowsing, consciousness, healing and intuition currently available.

A lot of people have said it's as if I'm talking directly with them. I've tried to keep the language fairly accessible and I hope the humour comes through. I love humour. I think people learn with humour and I'm a big one for joy and laughter.

### Consultations

We are living in Italy, so 90% of my work now is by telephone consultation. So I sit in Italy and people call me from wherever. I do site visits and I travel in those cases where a client wants to fly me somewhere, if they feel it's important to do a face to face.

The accuracy and effectiveness of my work is not compromised in any way, whether it's distant or on-site. But I do understand the value of sitting opposite someone because you build a relationship of trust so much more quickly and you have that energy exchange. It's lovely to work face to face but often it's just not practical for financial reasons.

Geographical location doesn't matter



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*Astrologer*



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because the energy field that we are accessing is holographic. All of it is everywhere at one time. That's your quantum physics again. I can sit in my office in London and work with someone in Australia or anywhere in the world and tell them the same information. I don't have to be sitting next to them to do that.

#### Participant or channel?

You are accessing the general information field but to get the most accurate information, you have to formulate precise, informed and accurate questions.

Once you have formulated your accurate directed informed question you then stand back and become the observer. That's the only way to access the truth. You can't have any vested interest in your answer. You can only have a vested interest in truth. You stand back and let it unfold and that's when you are being the channel.

#### Protection

You are getting into a situation of duality with protection. The person who explains it best is research scientist, Dr Valerie Hunt. She doesn't put up a shield and make it an 'us and them' situation. She is protected by the strength and the clarity of her resonant field. And that's the point to get to.

Yes, you do need to be protected but I'm very wary of saying to people to put protection up because there's no such thing as good or bad energy; it's energy that's out of balance. Certainly if you're going to expose yourself to very challenging situations such as somewhere where a cult has been used, then you have to be a lot more mindful in that situation. I would recommend that anyone wanting to get



#### More information

*Dowsing: The Ultimate Guide for the 21st Century* (Hay House, £12.99) is out now. To get 20% off plus free p&p go to [www.hayhouse.co.uk](http://www.hayhouse.co.uk) and enter the code KS21 or call 020 8962 1230 and quote Kindred Spirit offer. Offer ends 31.12.10. Elizabeth's site is [www.gentlepowers.com](http://www.gentlepowers.com) and BSD's site is [www.britishdowsers.org](http://www.britishdowsers.org)

involved in a situation like that needs to be very experienced and you need to get your resonant field in total balance.


#### New Image of Dowsing

There's a great camaraderie between dowsers. Dowsers come from an extremely broad range of people. This weekend there will be people from nuclear physics, aeronautical engineers and extraordinary scientists to the ordinary man or woman in the street who just dabbles.

I'm hoping the book will unify things. We have to all be singing from the same hymn sheet. We need to explain the methodology. If we want people to take us seriously, it's simply not enough to say that no-one understands how it works or that it's a gift from God – people then just don't take you very seriously.

I think every dowser has a responsibility to learn a bit about the background of the craft, especially in the light of new discoveries. When you've got quantum physicists supporting dowsing, then that's when it gets really exciting. I would say to anyone, 'Go read the books. Go and read the science.'

I spent quite a few years apologising, and saying 'this might not be within your belief system,' but I don't any more. I have the confidence of knowing an extraordinary level of science behind it.

One of the things that the BSD does so well is to help educate people and to bring some cohesion. Dowsers are a pretty open-minded bunch and so they should be because they have the privilege of accessing an extraordinary level of information. 

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## In our next issue...

- Your astrological year ahead – find out what 2011 holds for you
- Is modern life destroying your health? Electrosensitivities explored
- A spiritual journey on the Trans-Siberian Express

Plus all your favourite regulars like Cosmic Gardening and Serge's Spiritual Q&A – and a few new surprises. Don't miss it!

