

## **Spiritual Dowsing and the Simple Blessing Process**

### **By Joey Korn**

Many people ask me, “What is it that you do? What is dowsing all about? What does finding a place to drill a water well have to with being spiritual?” For me, dowsing is not just about finding a place to drill a well or about finding anything in the physical world. It’s about detecting energy. It’s about tapping into our own God-given ability to explore the unseen world of subtle energies that are everywhere within and around us. It’s about drawing ever closer to the Divine in our lives, which is why I like to call it “divining.”

Among other things, I use dowsing to validate and demonstrate that the blessing process works. I consider the blessing process to be the most powerful Force in the universe, and everyone has this Force at his/her disposal—at his/her beckoned call. But we must call. We must initiate the process to use this Force. It’s more than just recognizing the blessings we have in life and expressing gratitude for them, though this too is important. We must call on whatever we consider the Divine to bless us if we want to use this Force that is ever-present in our lives.

### **We’re Always Changing the Energies**

I help people understand what is going on energetically, behind the scenes in life. We are always changing the subtle energies within and around us, with every thought, action, and emotion. With our negative thoughts, actions, and emotions, we’re changing the energies within and around us to be detrimental, without even realizing that we are doing it! When we get angry, fearful, or vengeful, we’re actually defining the vibration frequencies of the energies that we fill and surround ourselves with. This is what I call “negative blessings.” Not only do we do negative blessings, but we also dwell on them, we indulge in them, and we tell others about them. With positive thoughts, actions and emotions, we fill and surround ourselves with beneficial, healing subtle energies. *And you can find and experience all these energies with dowsing!* (I use L-rods to detect and explore these subtle energies.) Sadly, most of us are doing far more negative blessings than purposeful positive blessings.

Our Creator has set it up, under Universal Law, that the energies within and around us are always reflecting us back to us, and we attract what we focus on. This gives us a better understanding of expressions like, “What you put out comes back to you,” or “What you sow, so shall you reap.” By understanding that this is taking place, day in and day out, we can take charge of the process with the blessing process.

### **Taking Charge of the Process**

I first realized that I could use prayer and blessing to change energies in 1996. I had been taught by other dowsers to use different devices and techniques to block, divert or neutralize detrimental Earth energies—to keep them from affecting my family in our home. It occurred to me one day that I could just say a prayer and ask the Divine to change the detrimental energies into beneficial energies, and I could tell that it worked immediately by dowsing before and after the blessings. *Any detrimental subtle energy that we can find with dowsing can be made beneficial with a blessing. It's all about intent.*

I soon learned that most of us have imbalances in our human energy pattern, which is a matrix of energies that is connected to each of us. These imbalances are related to our struggles and strains in life—our reactions to our life issues and health concerns. Imbalances in our lives manifest as imbalances in our own patterns. The imbalances in our patterns dowse as detrimental energies, and we imprint these energies as we go through life, especially around our beds. Our imbalances also extend out into our homes and offices as detrimental Earth energies (the subject of a future article.) A properly stated blessing over ourselves, asking for healing and balance, immediately changes these detrimental energies into beneficial energies, bringing balance to our imbalances. Blessing ourselves and our loved ones also changes the energies that we imprint and extend in our living environments, because, again, these energies are constantly reflecting us back to us. They're our energetic mirrors.

The energy changes we make with blessing are not permanent; they will change as we change. That's why it's important to keep blessing yourself and those you live with. Better yet, get them to bless themselves.

## **Simplifying the Blessing Process**

Through the years, my blessings got longer and more specific, as I included more in them. I asked the Divine Forces to bless me and/or to charge me with energy to bring healing and balance into my life and to help me attract what I most desired in life. I also blessed others and taught others to bless themselves.

Over time, I shared my blessings with many thousands of people through my book, in person, and through my Web site ([www.dowers.com](http://www.dowers.com)). Many had learned my blessings and were saying them regularly, especially over themselves, but I could often tell with dowsing that the blessings weren't balancing their energy patterns, and that is key to the process. I would get them to repeat the blessings they were saying over themselves, and invariably, they had changed the wording and intent of the blessings in ways that deactivated them. I decided to simplify the blessing process so it would be easier, not only to memorize the blessing, but also to learn and to understand the process.

So I broke the blessing into five basic component parts and developed what I call the Simple Blessing Process. The first three components activate the blessing and define the energies; they make the blessing work the way we want it to. The next two are for us. It is important for us to feel gratitude, but God, whatever God is, does not need our gratitude. God needs nothing. However, our Creator *desires* us to activate the Forces—to co-create. Finally, closing the blessing with something like “Amen” is an act of faith. You acknowledge that you are turning your blessing request over to a Higher Power by closing the blessing. So, here are the five components of the Simple Blessing Process.

1. Address the Divine in whatever way you're comfortable with.
2. Ask to be blessed and/or charged with energy.
3. Define a purpose, which can be general or specific. I suggest both.
4. Express gratitude.
5. Close your blessing.

Below is an example of the Simple Blessing Process. You can say it over yourself, over others, over objects you wear, and over whatever you eat and drink. You can bless others remotely, and the Simple Blessing Process will balance their energy patterns, wherever they happen to be. You can even say it over empty space, such as where you might spend a lot of time, or over your entire home, and you'll change the energies there. When you say this blessing, you are charging yourself or whomever or whatever you bless with beneficial energy at exactly the frequency defined by your intent.

*Dear God (or however you address the Divine)  
Please bless me and charge me with energy  
To bring healing and balance to my complete being,  
Physically, emotionally, mentally, and spiritually.  
\* (Optional. See below.)  
Thank you.  
Amen.*

\*This is where you can add something specific, such as:

*"Especially to help me..."* resolve a particular issue, heal a condition, achieve a goal, etc.

### **Learning and Using the Simple Blessing Process**

I suggest you learn this blessing process and use it. Say it often, *with feeling*. Integrate it into your throughout-each-day life. Say it routinely, at least twice a day, such as when you wake up and when you go to bed. Then say it again whenever you catch yourself stressing about anything, or angry, or sad. Remember that our negative thoughts and emotions are negative blessings and they will bring detrimental energies into our beings and into our living environments. Let your negative blessings be reminders to bless yourself and whomever or whatever you're stressing about. As my wife likes to say, "Don't stress. Bless!"

Keeping your own human energy pattern balanced and beneficial helps you make more appropriate mental and emotional responses to your issues in life, thereby helping to resolve your issues and achieve your goals. It also helps you feel better and heal. And it goes farther than that.

Keeping your own energy pattern balanced and beneficial not only helps you, but it also brings balance to the patterns of others, just by you being in their presence. Our energy patterns connect and merge together when we share space with others. I have found that if four people with balanced energy patterns are in a room together, their balanced energies will totally balance or clear a fifth person's pattern, as well as detrimental Earth energies in that room, such as those related to underground streams. With larger groups of people, if 76% of the people, on average, balance their human energy patterns with the Simple Blessing Process, it will automatically balance the patterns of the other 24%, and any detrimental Earth energies in that room will also come into balance. I've demonstrated this many times in talks and workshops, and you can learn to observe and experience this for yourself with dowsing. We truly are One.

Integrate the Simple Blessing Process into your throughout-each-day life and you'll see your life changing. You'll feel better, you'll resolve your issues more effectively, and you'll feel more in charge of your life. You'll also be helping those you live with and spend time with. Keep blessing yourself and you'll draw ever closer to your highest potential, ever closer to the Divine.

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