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Anyone can master my divine talent

ELIZABETH BROWN believes learning to use the ancient art of dowsing can make us both happier and healthier

MENTION the word dowsing and most people think of a wizened old man holding a twitching, forked hazel stick as he searches for water. Glamorous and petite, Elizabeth Brown is the antithesis of that and wants to bring dowsing very much into the 21st century.

Few people know dowsing can be used to investigate health issues – as well as to find water, oil, gas and minerals – and it is this in which Elizabeth has specialised.

Producing a pair of very light, pure silver dowsing rods ("an indulgent gift", she explains) from deep in her handbag she threads her fingers loosely through the upright bits, keeping the longest rods level in front of her, parallel with the floor.

She then sets about discovering the strength of my immune system.

Unknown to Elizabeth I am recovering from a virus and feeling under par. As she holds the rods in front of her they start to twitch. She counts up from 60 and at 67 they stop moving.

"Your immune system function is at just 67 per cent, which is cause for concern," she tells me. "It should be around 80 per cent and it needs to be looked at." The rods start to spin in agreement yet her hands are absolutely still. It is very strange.

However is it really that odd? Dowsing has been around for centuries and some scientists now acknowledge that it could demonstrate the existence of an invisible world of energy outside the one we perceive with our five senses.

Elizabeth has been dowsing for 20 years but while her life until that time had been exciting it was in no way mystical. At school she wanted to become an actress but it didn't work out. Later she became a hand model, working with famous photographers such as David Bailey and appearing in more than 250 commercials from Galaxy chocolate to Denim aftershave. This was followed by a spell as a kitchen designer in New York and Washington, where she met the man who taught her to dows.

ON HER return to Britain Elizabeth joined The British Society of Dowsers and did her formal training. Only then did she discover her great grandfather had been a water diviner. "When I was learning I would hear his voice giving me instructions on what to do," she says.

Elizabeth now specialises in dowsing for health matters but she does not diagnose illness as that is illegal without medical qualifications. "I provide people with information after they have been diagnosed or if they have a set of symptoms without an orthodox label," she explains.

"The things most people come to me about are cancer, followed by ME (chronic fatigue syndrome), allergies, rashes, exhaustion, hair loss and sleep problems. Before I even meet them I hold my rods and ask if I can help. If the rod says no I tell them I can't do anything for them."

Elizabeth has now written *Dowsing: The Ultimate Guide For The 21st Century*. It includes the case of a client diagnosed with terminal leukaemia who had been given weeks to live.

The book explains how dowsing identified that the woman's body was full of agrochemicals which subsequent laboratory tests revealed were present in weed killer. It made sense: Elizabeth's client lived in an area where crops were regularly sprayed by

planes. Six years later, following a major detoxification programme, this woman is very much alive, her blood normal.

Another woman had suffered chronic stomach spasms for three years caused by allergies but Elizabeth says she identified problem foods and the woman was back to normal within four months.

Elizabeth, 54, met her husband, businessman Piers Whitley, 65, in 2003 when she went to dowse his office. He feared it was toxic and sure enough there was an electro-magnetic line running straight through his desk, disrupting his concentration and work. Elizabeth has since taught Piers to dowse too.

The couple now live in Perugia, Italy, although Elizabeth is constantly flying around the world to visit clients. "Dowsing has become my career. As long as you believe in its powers you can do it."

"Anyone can learn to dowse. With practice you can harness the power to improve your life and the lives of those around you in the most natural way."

Interview by
MELANIE WHITEHOUSE

● *Daily Express* readers can order Elizabeth's book *Dowsing: The Ultimate Guide For The 21st Century* (Hay House, £12.99) at the exclusive price of £9.74 including p&p. Log on to hayhouse.co.uk and enter offer code DE01 at the checkout. The offer runs until July 31.

Picture: DANIEL LYNCH
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Hair and make-up: DEBBIE KORRIE

HOW TO GET STARTED

- Get in the mood with a simple relaxation exercise, such as deep breathing.
- Pick up your rods. The first time you do this they may move or may stay still.
- Hold the rods firmly but not too tightly, parallel to the floor, a body-width apart with your arms extended but the elbows bent. The rods are then free to swing to and fro or to rotate.
- Establish which is your "yes" or "no" response by asking, "Show me a yes" and "Show me a no". The rods should cross or open outwards.
- Alternatively ask the rods a question that will give you a definite response, such as "Is my name Michelle?" or "Are my eyes blue?" If nothing happens keep trying.
- Keep practising your responses daily until you get a consistent result.

MAKE YOUR OWN DOWSING RODS

THERE are a lot of different dowsing tools from a forked stick to various L-shaped rods or a pendulum that swings on a string or chain. Make your own L rods from a wire coat hanger. Simply cut two sides of the hanger so you have two straight pieces then bend each one to form L shapes. The shorter lengths of the L are held in each hand with the longer lengths projecting forward.



CATCHING THE VIBE: Elizabeth with her rods