

## **Determining Dominance: Eye, Arm/Hand/Thumb, Leg/Foot**

For the dowsing procedure, it might be useful for you to be able to identify your dominant eye, thumb and foot.

Your dominant hand/arm/thumb is the one with which you write and eat and generally initially grasp objects. Your arms and hands will be holding the L-rods but your thumbs are the most important digits on your hands for the dowsing procedure. You might perceive a slight difference in rod swivel action between your left and right arms/hands/thumbs when dowsing.

Regarding the determination of your dominant leg/foot: If one were mounting a surfboard (snowboard, skateboard - heaven forbid!) generally a right handed person would position the left foot forward and a left handed person would position the right foot forward.

One way to identify your dominant leg/foot is to perform this simple test:

>>stand with your legs apart (side to side) about shoulder-width;

>>next, have someone stand behind you and, without warning, give your back a moderate shove forward;

>>Have the 'pusher' repeat this process several times and note which leg you generally step forward on to catch yourself from falling. This will most likely be your dominant leg.

You might want to use your dominant leg when doing the 'stomp' depth test.

Your dominant eye can be determined by this simple test (called the *Dolman method of determining ocular dominance*):

>>take a piece of paper or light cardboard and near the center of the sheet, cut out about 1 inch...shape of cutout hole is not critical;

>>hold the paper with the cutout hole at arm's length in front of you;

>>look through the hole in the paper with both eyes at an object nearby that is stationary (example = door knob, electrical outlet, clock on wall);

>>As you continue focusing your eyes on that object and keeping that object centered in the hole in the paper, slowly move the paper closer to you until it is touching your face.

You should find that the viewing hole ends up in front of one of your eyes....this is your dominant eye.

Your dominant eye may function with your dominant arm/hand in giving you a slightly stronger L-rod signal.

Understanding dominance of your eye, arm/hand and leg/foot might help you sharpen your dowsing skills.....or at least, better understand some of the results that you obtain performing some of the suggested tests described in this Website.