

# **Companion to LETTER TO ROBIN**

## **Learning to Dowse - Student Guide with Teachers' Syllabus and Personal Dowsing**

By  
Walt Woods



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A special thanks to Lea Kachadorian, Bob Sird, Kay Lamm, Mardi Gieseler, Penn Bell, Nicolas Finck, Mike Doney and the many other dowsers who have contributed their wisdom and understanding to make this book possible.

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## INTRODUCTION

This Student Guide is for beginners or for persons who would like a dowsing tune-up for better accuracy. Ideally, you would be in a class with an instructor to guide, demonstrate and expand on the principles involved. If you don't have an instructor, this booklet is designed so you can learn all by yourself or in a small group. This Guide is divided into simple progressive steps. And as you progress you will be surprised how easy it is to learn to dowse, and how to increase accuracy

This Student Guide is complete unto itself, but for additional information there is a companion booklet "Letter To Robin, A Mini-Course in Pendulum Dowsing" which is based on the input of over 150 skilled dowsers. It contains a lot of concentrated information. They are in systematic progression, eventually leading to doing over 100 areas on yourself. By learning to dowse with this Student Guide, you will find "Letter To Robin, A Mini-Course in Pendulum Dowsing" very informative and easy to read.

### What is Dowsing?

Dowsing is one of the many names used for apparently tapping into your Superconscious, Subconscious, Spirit Guides, or something like that. This is accompanied with some method for detecting this information. This could be a gut feeling, the twitch of a muscle, or some type of controlled external device. Every culture in the world, clear back to cave drawings, has had some type of dowsing. Dowsing is often used to find life-giving water.

### Who Can Dowse

Let's first look at the abilities of the Subconscious. If you think about it, have you ever had the experience of staring at a person, then have them immediately turn and look right at you? Can you sometimes feel that someone is looking at you? Have you had the phone ring and you somehow know it was Uncle Joe even though you hadn't thought of him in a long time? And you were right. Have you ever had a very good idea just pop into your mind, seemingly out of nowhere? Does your body suddenly react, like taking your foot off the accelerator and putting it on the brake almost before you are aware of the danger? Does a mother know if her child is in trouble, with distance not being a factor? These and many other similar experiences have happened to almost every one. As you can see the Subconscious, or some aspect of it, has excellent sensing and reacting abilities, including internal, up-close, or at apparently unlimited distances.

Could you train or program your Subconscious or some aspect of it, to use many types of tools or devices? Of course you can. Dowsing will be using the same method that you used to train or program your Subconscious to automatically write your name, type, or play an instrument. You will be simply programing your Subconscious to express its available information with some type of indicating method or device. Basic dowsing is quick and easy to learn. But like most procedures, it will take practice and experience to be and stay good at it. You will be surprised now easy it is to get started.

## Getting Started

**Step 1:** Start with page 5, and for the beginner and experienced dowser you will find the knowledge of a simple little trick (see Note p.5) for you to get into the “dowsing mode”, which can be very helpful. Do the “Using Your Pendulum” to get your pendulum started. This will make it easy to follow the instructions below.

**Step 2: Information Dowsing:** For the teacher and student alike the following is well worth considering. Your first dowsing for information experience should have positive, successful, fun results. Here is an often overlooked point to consider. It is a very subtle, often an unrecognized area, and some even think it is silly. But physiologists tell us that hard science as shown, that a negative experience, during the first three minutes in a new subject area, has virtually permanent effects, first impressions are lasting impressions. (See top of P.16 for scientific reference.) The reason is that the first impression, both Conscious and Subconscious, are what influences the next impression in the same area. This then becomes the foundation for all future reactions in this area.

When you first start dowsing for information, and based on the above, do the following simple procedures. It only takes a few minutes.

**Pendulum and Chart:** Using a dowsing chart, and with your Pendulum swinging toward the “Ready for Question”, ask several questions that you know the answer to. This is so you Visually, Mentally, Emotionally and Subconsciously experience the sensation of your Pendulum swinging to the right answer and success. It is OK to encourage the Pendulum. Even if you may feel you are influencing the answer, it is still the correct answer. You will be working with your Subconscious. Here are some suggested questions you could try. Is my name Joe? (yes or no) Am I a Female? (yes or no). Do I live in Chico? (yes or no) . This sounds too simple, and quick to be true, but don't underestimate the pleasant feelings of control you just gave to your Subconscious. Now just for fun you might try some unknown areas. If you some times get a wrong answer, don't fret. Be aware that even the most experienced dowsers occasionally miss. Reasons and suggested remedies will be explained later. Just make sure that when you dowse, that you see it as an interesting and exciting learning adventure. Enjoy.

**L-Rod:** If you are in a class, ask your instructor to find and mark a water vein or energy zone. Now with your L-Rod(s) in ready position, straight ahead, go to the spot they marked and expect your rods to react the same way the instructor's rods reacted. You will experience Visual, Mental, Emotional and Subconscious success. If you don't have an instructor, some time in the future find a water valve and experience finding a known pipe. Once you have this positive dowsing reaction go play and have fun.

**Note:** In the future when you start to dowse, always start your Pendulum to swinging and then let it take over. This is just like when you write your name you start your pen to moving, and it automatically takes over and writes your name. With the L-Rod(s) in the ready position does the same thing. For **Step 3** go to p.6

## Dowsing Tools

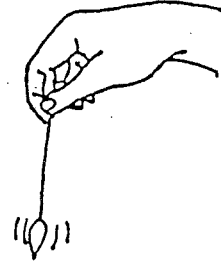
All dowsing tools or devices work equally well. It all depends on what you are comfortable with. You may have a favorite pen you use to write letters, but almost any pen would work. The following drawings give you a general idea. There are additional illustrations in "Letter to Robin, A Mini-Course in Pendulum Dowsing".

### PENDULUM

**Shape:** Can be anything that you can hang on a string or chain. They can be any size, even as small as a paper-clip on a thread. The chain or string is usually about 3 to 4 inches long.

**Materials:** Anything you can find. Go by your feelings.

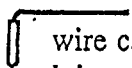
**How to Use:** Hold as shown. The usual response request is for: swinging straight forward for "yes" sideways for "no" and at an angle for "Ready for question." Feel free to instruct (*direct, program*) your dowsing system to respond anyway you like.



**Advantages:** Easy to make. Easy to use. Very popular. Small enough to go in your pocket or purse. Quick response. Excellent tool for dowsing charts or maps.

**Disadvantages:** Some problem in the wind or when walking. This problem can be overcome by requesting (*pre-arranging, programing*) the pendulum to spin in a clockwise or counterclockwise direction to indicate the "yes" or "no" response.

### L RODS (Angle Rod, Swing Rod, Pointing Rod - - -)

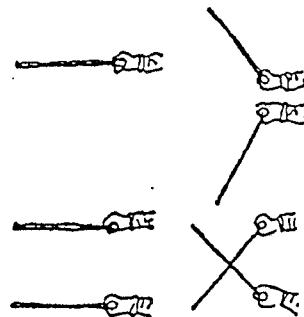
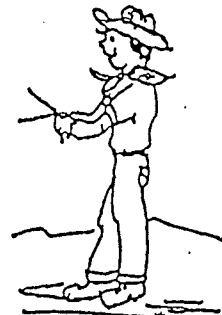
**Shape:**  With or without a sleeve handle. The top wire can be 4 inches to over 2 feet long. The usual length is around 12 to 16 inches.

**Material:** Usually wire. A metal coat hanger is a good source. Welding rod is also a very popular material. You can use just about anything you can bend into the L shape.

**How to Use:** Hold loosely in your hand with the top wire tilted slightly downward.

When one L Rod is used alone, it acts as a pointer or a swing rod. It can be requested to point towards a target or direction, or to swing sideways when encountering a specified energy field. (*i.e. an aura or noxious zone.*)

When using two L Rods, they are normally programed to: point straight forward for the ready position, to cross for the "yes" response or when over a target, and to swing outward for the "no" response.



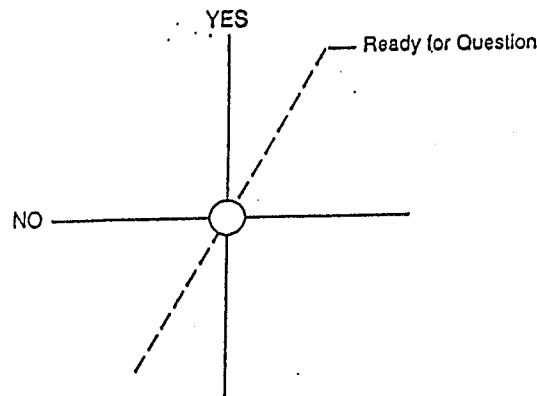
**Advantages:** Easy to make. Easy to use, very versatile and popular. Works well when walking over rough ground. They are generally not affected by mild winds.

**Disadvantages:** Not as easy to carry or conceal as a pendulum. Although the small 4 - 6 inch ones can be put in your shirt pocket or purse.

## Types of Dowsing Charts

Charts come in every conceivable form that you can imagine. There are books of Dowsing Charts. To start: look at the drawings below. This is all you will need most of the time for YES and NO questions. You can use the "Ready for Question" line or simply start your Pendulum swinging in an area away from any answer. This way you know it is not stuck over an answer.

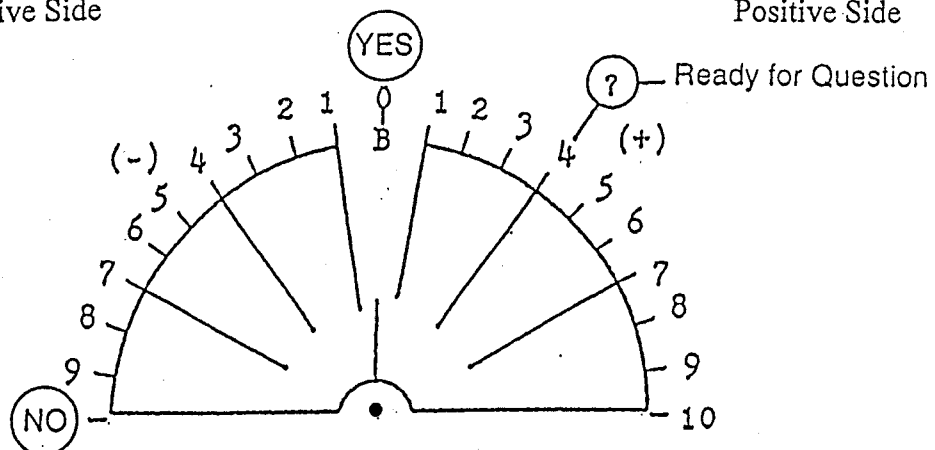
PENDULUM DOWSING



There will be times when you want to know about Beneficial and Non-beneficial information. To do this, simply add some numbers to indicate the amount or level of any condition. If you wish, you can, by just using your imagination or focused intent, add one or two zeros to the numbers. This allows you to use them for other projects, including percentages.

Non-Beneficial  
or Negative Side

Beneficial or  
Positive Side



## Using a Dowsing Tool

**Tools:** We will start with the Pendulum. If you are in a class, your instructor will probably have several types of dowsing tools to play with. But for now, we will use a commonly used tool, the Pendulum. They are usually used with a Dowsing Chart. Your Instructor may also choose the L-Rods. They are just as easy to learn an use.

**Holding the Pendulum:** Generally, you hold the Pendulum like in the drawing. (See p.3) The length of the string or chain between your finger and the Pendulum determines how fast it moves. A string or chain held around three or four inches long will usually give a good swing speed. Because this is a Subconscious training or programing procedure, like training your Subconscious bioelectrical muscle system to use any device, it is not critical how you hold the dowsing tool, as long as it is comfortable and functional. When you write your name with a pen, which you already have a program for, you start the pen and expect (Focused Intent) it to automatically write your name. And it does. You will be training your Subconscious to independently, without your help, move the Pendulum in response to your questions. Don't let anyone tell you that your fingers are not supposed to move. In the lab, if you take fast-frame motion pictures, you can see these non-deliberate, Subconsciously controlled movements on any dowser. The motion is some times subtle and small, but it is there.

**Using Your Pendulum:** Now hang your Pendulum directly over the center of the cross or the bottom of the half circle (See p.4) and deliberately start the Pendulum swinging toward the "Ready for Question". Physically make it go. This is to start training your Subconscious bioelectrical muscle system. It will probably stop. Start it again. You are starting to create a working program. Now while you have it swinging to "Ready for Question" make it work its way to the "yes" and then back to "Q", Now do the same thing for "no". Each time you will be deliberately helping to keep the Pendulum swinging. Practice these maneuvers several times. In just a few minuets it will be working just a little, on its own, it will then be time to move to the next step.

**Note:** Of course you can control the movement of dowsing tools, or your pen, but you can also let the Subconscious control the movement. This is similar to writing your signature. One way to do this is to treat the pendulum or other tools like a person. When you ask a person a serious question you simply watch and listen for an answer. If you think about what you do, you will notice that you go into a kind of silence, just watching and listening, without thinking, or even being aware of anything else, except the response. When you dowse, try going into this "silence" and just watch and wait for the answer. (*This is sometimes called the Dowsing Mode.*) Once you start the pendulum swing, ask questions and let the subconscious take over. You will be amazed how well it works. Dowsing does take practice, but can be learned rather quickly.

The swinging from the center towards the "Ready for Question" is the Indicating Half Swing. Ignore the back swing from the center away from "Ready for Question". Pretend you can't see it. Follow only the "Indicating Forward Swing" wherever it goes, even if it goes down to the bottom half on some types of circle charts. **Now back to p.2.**



## Introduction to Programing

**Step 3: Programing** or informing your Subconscious what you want is very simple. Any time you learn something new, you have created a new, additional or add-on program. For example, you can inform your Subconscious to alert you to pick up a loaf of bread the next time you are in a grocery store. It is capable of doing this. Or on a more permanent basis, to turn out the light each time you leave a certain room. Some people can even program their Subconscious to wake them at 6 each morning, and it will. In the above cases, you needed to inform your Subconscious in advance. It does not automatically know what you want it to do. You need to inform it by some method.

As you can see, the Subconscious is easily trained or programed. But it needs to know what you want. For this reason you need to inform, instruct, train or program your Subconscious, or "Dowsing System" both mentally and physically, how to move an indicating device (Pendulum, L-Rods, etc.) and, equally important, the details of what we want to know and how it is to indicate this information.

## Three Steps to Programing

Once you have your Pendulum or L-Rod trained or programed to move to YES and NO, it is time to inform your "Dowsing System" what you are interested in. It needs to know what parameters to use and how to respond to your questions. There are many ways and systems to do this, but I favor a "three-step" system.

**Step 1.** With your pendulum swinging to "Ready for Question" ask your Dowsing System "May I install a program?" If it goes to NO, try later.

**Step 2.** If it goes to YES, then read, preferably out loud, a prepared program. Your Pendulum should continue to keep swinging to YES while you read the program. If you hold the Pendulum at the edge of your side vision, peripheral view, while you are reading the program, it will have a type of post-hypnotic effect. This helps to semi-permanently store the programs in your Subconscious and you should not have to repeat them until you wish to make deletions, adjustments or additions.

**Step 3.** Next ask the Dowsing System if the program is acceptable, being clear and non-contradictory, and that it can be changed, at any time, but only by the installer? If you get a YES, you are done. If NO, it is OK to dialog with the Dowsing System using the YES/NO response to your questions to determine why.

**Summary:** Any program can be installed in the same way. The three steps are: 1. Get permission to install, 2. Read in a program, 3. Check to see if it is OK

**NOTE:** You are programing your Subconscious or Dowsing System, not the Pendulum or L-Rod, and you do not have to repeat programs each time you dowse. Your Subconscious will automatically responds to your pre-programed instructions. Just like you don't have to re-program yourself to drive your car, each time you use it.

**Remember** You will improve your dowsing with practice; similar to learning to play a musical instrument

## Example Programs

Now is a good time to install these three programs. This lets your Dowsing System know what you want. The following programs were developed over years with the input of many dowsers. This is the best we have for now, and it will change as you, I and others, gain more understanding. If you have an instructor, they will probably have changes, additions or improvements based on their experiences.

**NOTE:** You don't have to understand the reasons for the programing instructions. Your Subconscious is very informed and will easily understand and use these instructions. **Each instruction is designed to solve problems that have come up in the past.** You will probably add more instructions in the future.

To install a program just use the "three-step" system: (1) Get permission. (2) Read a prepared Program with the Pendulum running in the YES mode. (3) Check your Dowsing System to see if the program is OK. If YES, you are done. If NO, you may dialog with your System, by asking questions, and using YES and NO responses to find out why.

## Primary or Foundation Program

**Comments:** The Primary Program is your Foundation Program for all other Programs to attach to. Just like in a computer, the Windows program is the base for other programs to be built on. The Program will start and end with quotation marks. It will also have a title, just like a computer program does. The following is your Primary or Foundation Program. It is the first one you will want to install. Give it a try you will be surprised how easy it is.

(The "three-step" installation time is about 2 minutes and 45 seconds.)

(1) Get permission. (2) Read Program. (3) Check if it is OK.

**"Primary Program:** is to be continually in effect until the installer chooses to make changes.

**Covering** the overall primary controls, limits, agreements and dowsing responses.

**The Purpose** is to determine amounts, effects, conditions, circumstances, influences, times, measurements, distances, numbers, percentages and other requested areas.

**Communications and Support** is to be inter-cooperative and restricted to my Superconscious, Spirit, Higher Self, My Awareness, Subconscious and related systems and all other levels of my Personal Being and the approved Spirit Guides/Guardian Angels, Entities, helpers and others chosen by the above.

**Influences** such as misleading thoughts, imaging, wishes, or any other conditions or methods from any source, physical or non-physical of any kind, are not to take control of any of my systems or affect me adversely or cause incorrect dowsing answers without my permission.

**Time** as related to dowsing is to be in my perceived time unless otherwise requested.

**Answers** are to be selected from all available knowledge and information sources.

**The Method of Answering** by the Pendulum or any dowsing systems is to be: (1) Swinging to (?) or other agreed-on methods or systems, indicating ready for questions. (2) General, swinging or moving to “yes” or “no” or other information indicating the most appropriate answer for the question asked, or other requested information methods or systems.

**Temporary Changes** to any dowsing Program may be made by me, while dowsing, reverting back to the original program after use.

**Program Changes** like adding, deleting or changing may be made by me, but only by using a Three-Step System of my choice. **End of Program, Thank You.”**

**NOTE:** The “three-step” requirement above, like the three steps you use to install this program, is to prevent accidental changes without your deliberate intent.

### **Request for Guidance Program (May I, Can I, Should I)**

**Comments:** If we are dealing with our Subconscious, Superconscious, Spirit Guides and probably many other aspects, we need their guidance and support. If you ask for guidance and get an OK, then all these aspects will help you achieve your goal. If you get a NO from your guidance request, don’t be surprised if you are blocked or get no support or wrong answers. There are many reasons not to proceed. For example: If your Spirit Guides have spent a year setting you up, or someone else, to learn a very valuable life lesson and you wish to change or interfere with it, you would probably get a NO. It is OK to dialogue with your Dowsing System and ask why.

The following is the program I currently use. There are many versions of these principles and I will probably change these as I learn more.

(The “three Step” installation time is about 45 seconds.)

(1) Get permission. (2) Read Program. (3) Check to see if it is OK.

**“May I, Can I, Should I Program:** is to become a working part of all my Dowsing Programs and be continually in effect until I make changes. When used in reference to dowsing questions, the May I, Can I, Should I is to have the following meaning:

**May I** is to mean: Do I have permission and support to proceed and be involved?

**Can I** means: Do I have the ability to successfully dowse in this area and am I ready, without interfering influences?

**Should I** means: Considering all aspects related to this situation would it be appropriate, proper and suitable to dowse in this area at this time? **End of Program.** Thank You."

## Water Program

**Comments:** Now is a good time to install this program. You will be using it later in this Student Guide. If your Dowsing System knows exactly what you are looking for, it will answer accordingly. You should have this or some type of instructions pre-agreed on when you start to look for water. There are many program versions for searching for water. This is the one I use currently based on talking to many dowsers over the years, but it will probably change as I learn more from you and others. If you are in a class, the instructors will probably have different versions that work well for them. Most programs work well.

Once this water program is in your Subconscious, all you have to do, while dowsing, is ask simple water questions. Your Dowsing System will answer the questions, while referring to the pre-information and instructions that you put in the water program.

**Note:** the [ ] indicate flexible areas. Like [300] could be changed to [500] while dowsing. Because of instructions you put in your Primary Program, it automatically reverts back to your original water program after you are done with this job.

(The "three-step" installation time is about 40 seconds)

(1 ) Get permission. (2) Read Program. (3) Check to see if it is OK.

**"Water Program:** is to become part of and work with all my dowsing programs or agreements, and to be continually in effect until this installer makes changes.

**Depth:** to be less than [300] feet deep.

**Minimum Amount:** Be able to supply to the surface, a minimum of [3] gallons per minute.

**When:** Be able to currently supply the minimum amount of water specified, year around.

**Quality:** to be potable water, (safe for humans to drink) and palatable to [me].

**Location:** Readily accessible to well-drilling equipment.

**Legal:** Meet the local requirements for a well-site location.

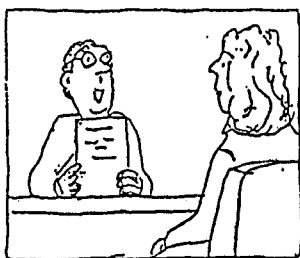
**End of Program.** Thank you."

**NOTE:** Now when you ask a simple water dowsing question all the above is in effect. There are example water questions on page 11.

## Asking Dowsing Questions

**Step 4: Asking The Right Question:** In my experience our Subconscious, Higher Self, Superconscious, Spirit Guides and whatever, at this level, seem to have wonderful abilities and almost unlimited information sources. It appears they are very rarely wrong, but the answers are based on the **literal interpretation** of our questions. Be careful of question involving the malleable future. Predicting seems to work at times, but it could be based on their vast knowledge of ongoing and/or past events. Example prediction: If you left for work every Monday at 8 o'clock for the last three years, could I predict what you will be doing, a week, or a month from now, on Monday at 8 o'clock, with pretty good accuracy? Example of a literal interpretation: He was caught red-handed. To us, in our present culture, this means he was caught stealing something. The literal interpretation is he has a hand that is red in color.

The cartoons below are examples of how we assume a meaning, which may or may not be what it literally means.

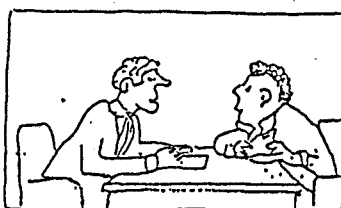


Please fill in your name, address and sign here.



Let's see: Mary Jones  
1012 High St., Capricorn

The answer "Capricorn" is correct for the literal interpretation, but gave the wrong information to the questioner.



Age of parents if living?



Mom 105 dad 106



Are they really that old?

No, but they would be if still living.

The answer is correct for the literal interpretation, but gave the wrong information to the questioner.

Also, another point to consider: if you have tried to clear your mind for meditation, you know how thoughts are darting everywhere. Don't assume the Subconscious can tell exactly what you want from the jumble of changing thoughts. Not until you deliberately focus and carefully word a question, all by itself, with focused intent, can the Subconscious "Dowsing System" know exactly what you want.

## **Practice Dowsing**

**Step 5: Practice Water Dowsing:** This is a good place to practice because your body is very sensitive to finding life-supporting water. You have already programed the "Water Dowsing" instructions and parameters, as well as all aspects of the "Primary and Guidance Programs" into your Dowsing System. You have also had the experience, feeling, sensing and seeing a positive personal water-sensing response. It is now time to enjoy these reactions in an unknown location. Have fun.

### **Example Questions for Water Dowsing:**

**Availability:** Are there available well site(s) within the area I have designated? This would be a "yes" or "no" answer. NOTE: Feel free to change any wording, at anytime.

**Best Spot:** Where is the best spot to drill a well, within the boundaries of my designated area, using the following instructions and responses? (Remember, all responses are based on your pre-programed parameters. Like maximum depth, etc.)

### **Basic Instructions:**

If you are on or near the property, ask your L-Rod(s) to point in the direction you should walk to find the best location. Just follow their directions they may take you around obstacles. (You can learn to nap dowse using "Letter to Robin". See p.13 for free download.)

**Location:** Ask them to cross (for two L-Rods) or quickly swing sideways (if using only one L-Rod) when you are over the center of greatest water flow for the best spot. There may be several good spots that you can find in the same way.

**Number of Veins:** Ask if there is more than one vein at this location within your (pre-programed) depth limitations. If "yes" ask your L-Rod or Pendulum to indicate a "yes" for each number you count and a "no" when you go beyond the number of veins.

**Depth:** Ask for the depth of the first vein by asking your L-Rod or Pendulum to indicate a "yes" as you count down the number of feet, or tens of feet, and to indicate a "no" when beyond this vein. If there is more than one vein, do the same for each one. NOTE: Most dowsers advise that if you are doing this for someone else, only give approximate depths, and where you have added 10% or more to that number.

(Continued on next page →)

**Width of Water Source:** Ask your L-Rod to indicate the outer edges, where there is a  $\frac{1}{4}$  or 25% drop in flow compared to the greatest flow. This gives you an idea of the most usable width of this water source. You can also determine the distance from the top to bottom of each individual vein in the same way you did for the depth.

**Direction of Water Flow:** Ask a single L- Rod to point in the direction that the water is flowing. If there is more than one vein you would check each one.

**Available Water:** Using the same counting method you can determine the amount of water in gal/min from each vein, available to the surface. NOTE: Most dowzers advise that if you are doing this for someone else, and because of the many problems encountered in well drilling, only give them your best guess and for one half your indicated amount. If they were to get more water at less depth than you indicated, they are very happy with you. If they get less they may send you bad vibes.

### Notes

## What Next?

Once you have some good experience with your new-found tools, it is time to expand your areas of dowsing information. With your new knowledge you will find "Letter to Robin, A Mini-Course in Pendulum Dowsing" easy to understand. It takes you over some of the same material in a slightly different way. It also takes you from the "Do's and Don'ts" through many other topics clear through to 100 areas to explore about your-self and your well-being. **Note:** Not intended to substitute for appropriate medical advice.

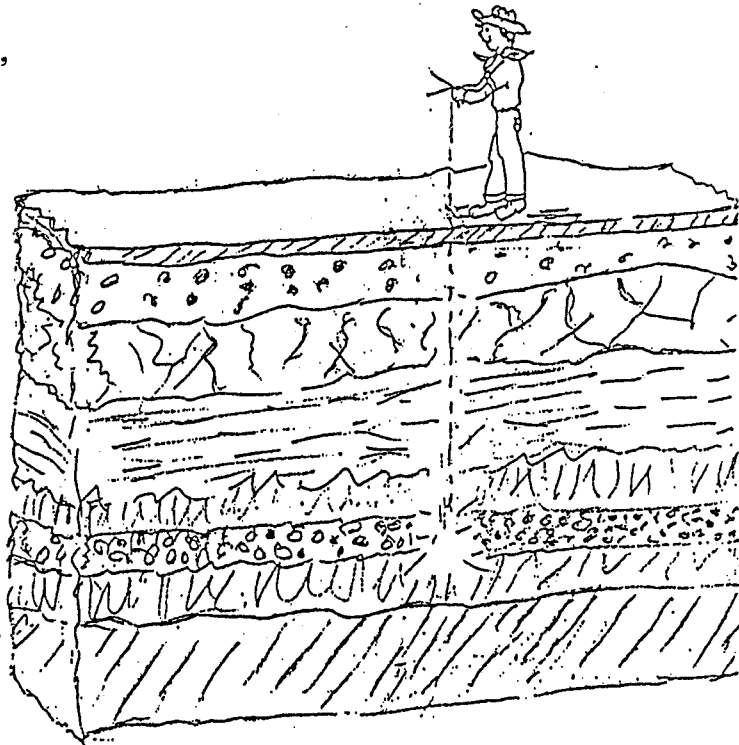
"Letter to Robin" is divided into short blocks of different subjects where you will discover many more interesting aspects related to dowsing. It is based on many years of research and the compiled information, sharing and wisdom of well over 150 dowsers.

There is a free Internet download for "Letter to Robin, A Mini-Course in Pendulum Dowsing" in five languages: English, Spanish, German, French and Italian. [www.lettertorobin.org](http://www.lettertorobin.org) There are also links to locations where you can purchase a bound copy (bound like this one) for a minimal cost and find other books and materials. They in turn will have more links.

There are many very good dowsing books out there. Enjoy your new-found adventure.

Happy Dowsing,

Walt





## Word Definition

The following words have different meanings for different persons and different groups of people at different times. **But just for this booklet**, let us have a temporally accepted definition. These words are also used in the same way in "Letter to Robin, A Mini Course in Pendulum Dowsing".

**Dowsing System:** I use these words to express an idea, because there seem to be many aspects to what is going on when we dowse. The physical aspect of programing or training the Subconscious to express itself automatically is well demonstrated in lab tests. And, even though a lot of the information seems to come from or through the Subconscious, there are most likely many other contributing sources. So for lack of better words, I call this the "Dowsing System" or sometimes simply the "System".

**Noxious Energies:** Any form of energy, condition, zone or situation that is or could adversely affect any aspect of my personal being in a harmful, disrupting or interfering way by exceeding my healing and defensive mechanisms. See page 21.

**Subconscious:** Conscious is when you are awake and aware, but it probably uses less than one thousandth of your total sensing system. Subconscious is all the other awareness and sensing activities in your system. The Subconscious can sense inside or at a distance, and there are thousands of other reactions going on all the time. Often by using dowsing, or other response systems, some interesting aspects of this sensing and other information can be encouraged to come through to your conscious awareness.

**Superconscious and Higher Self:** These areas may in some way be related to a spiritual level. This may also be an area that makes us seem alive and may pop ideas into our heads seemingly out of nowhere. Some people seem to relate this to some aspect of the Creative Force or something like that. It's your choice.

**Spirit Guides or Guardian Angels:** Many people believe that there are Entities or Spiritual Beings that seem to help guide us, particularly in our spiritual growth. They seem to be able to contact us on a very subtle level, and possibly even through our dowsing, by influencing some aspects of the responding abilities of our Subconscious.

**Entities:** For our purposes let us assume that an Entity is simply you, me or perhaps some other being, without a physical body. In this form it is often referred to as an Astral or Spiritual Body. Apparently they are fully aware, alert and may still have their previous intents and attitudes, but invisible to most humans. They can usually see us but not very sharp. At this different frequency they can walk right through us and the walls. They can stay on the earth plane, sometimes near there families, or perhaps join there family or a religious group on other planes or perhaps go through a tunnel towards the light or however you wish to believe.

## Introduction to New Teachers' with Syllabus

The following Syllabus could be used for a standard lecture time of one hour and forty-five minutes. This would be a short introduction to dowsing. It could easily be expanded to a half- or full-day class. It would depend on how much time there is for practice, interesting stories, questions and field work.

Over the years experienced instructors have developed many successful programs that work very well and they are generally more than happy to share their methods with other dowsers. We know we can teach a person to use dowsing tools in about 20 minutes. We can also teach a person to plant some vegetables in about 20 minutes, but there is a lot more to dowsing and growing vegetables than that. Most gardeners and dowsers never stop learning

The following Syllabus was originally developed for new instructors who were wondering how best to get started. For they, among others, would appreciate having helpful hints that could be used to improve their teaching. Their intent, of course, was to enhance the students' knowledge and understanding of dowsing, and to lay a good foundation for them. The better the foundation we can give the students, the fewer mistakes they are likely to make, and the easier and faster it will be to learn more.

**Synopsis:** (1) Introduction to Dowsing: What is Dowsing, some History etc.  
(2) Introducing Dowsing Tools and Charts (3) Learning to Use Dowsing Tools  
(4) Programing the Dowsing System (5) Asking Dowsing Questions (6) Practice Dowsing.

This Syllabus follows the Synopsis and the Student Guide, but it is totally flexible.

## Teachers' Syllabus

**Introduction:** (p.1 Student Guide)

Give a short history of dowsing. --Found on cave drawings, Mines in the 1700s...  
Talk about dowsing organizations, Chapters, Groups, Publications.....  
Explain the many areas where dowsing can be used. --wells, archaeology, lost items...

**What is dowsing?** (p.1 Student Guide)

You might explain that dowsing is using a device or some sensing method, to obtain information which appears to come from many contributing sources.

**Who Can Dowse:** (p.1 Student Guide)

Almost anyone who does not have a mental block.--religious, family, schooling...  
Little kids learn very quickly and are very good. They don't know it shouldn't work.  
We are genetically programed to survive, and our ability to sense the location of life-giving water seems to be part of it. This ability doesn't seem to be limited to water.

## Getting Started: (p.2 Student Guide)

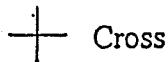
It is very important to always start your students on a positive, successful note. This could affect their dowsing beliefs and confidence for a long time. See page 2 for explanation and a suggested approach. Hard science has shown that a negative experience, during the first three minutes in a new subject area, has virtually permanent effects. This may have something to do with our survival instincts. It may relate to our specifically remembering negative experiences, for defense reasons. (Research by Dr. M. Sunnafrank, Professor of Communications, University of Minnesota, and many others.) **The next 3 areas can be combined together as one.**

## Dowsing Tools: (p.3 Student Guide)

This is a good time to give them their dowsing tools. Then explain about the tools and the charts below.

## Types of Dowsing Charts: (p.4 Student Guide)

Can be any size or shape.



Cross



Circle or Semicircle



Ruler or Flat-line Chart



The hand chart

Anything where dowsing tools can be use to indicate an answer.

## How to Use Dowsing Tools; (p.5 Student Guide)

Explain that dowsing tools come in all sizes, shapes and descriptions.

Now may be a good time to demonstrate how to hold and use the pendulum. Have the students practice making the pendulum swing to "Ready for Question". There is an explanation on how to make it go and keep going on page 5. After a while, and while the pendulum is still swinging, have it work its way to the YES and then to the NO. Help them if necessary. Have them practice until, when they request, it seems to move to YES or NO, on its own.

This may be a good time to demonstrate how to hold and use other tools of you choice like L-Rod, Y-Rod, Bobber and Others. Let them experience and practice indicating the "Ready for Question," and the YES and No. It would be good to save the other information dowsing until after you have presented the Programing and how to ask the Dowsing Questions.

## **Introduction to Programing:** (p.6 Student Guide)

Explain the necessity of letting your Subconscious know what you want it to do. It is no different than when you use your mind and Subconscious to write a letter. You have to tell your Subconscious what you want in the letter for it to use your preprogramed bio-electrical muscle system to write the words. (See page 6 for more information.)

If you don't inform your Subconscious what you want, and how it is to respond, it doesn't know, and will only guess at what you probably want. Sometimes with questionable accuracy. (The reason is clearly explained in asking questions, page 10.)

## **Three Steps to Programing:** (p.6 Student Guide)

Installing a program is very easy. Just like training your mind to read musical notes and your Subconscious bio-electrical muscle system to move your fingers.

The students have already started to train their System to control dowsing tools. Now they need to inform the Subconscious how to respond and what to consider. This is done by reading prepared programs that you wish to install. (Details on page 6.)

The “three step” system:

(1) Get permission. (2) Read in prepared program instructions. (3) Check if OK.

## **Installing Programs:** (p.7 Student Guide)

Ask for permission to install programs. Your and the students pendulums should now be continually swinging to the YES. It is good to have the pendulum swinging off to your side, in your peripheral vision (seeing it out of the corner of your eye). This seems to have a kind of a post-hypnotic effect while you are reading in a prepared program. This is intended to be permanent in your Subconscious, until the installer and only the installer, chooses to change it. You are programing your Subconscious and your Dowsing System, **not the tool**. You **do not have to repeat programs each time you dowse**.

**Three Example Programs** that you may wish to help the students install. These are easy programs to install and they will give the student's Subconscious and the Dowsing System some prearranged instructions to work from. It is best for you to read them out loud.

### **(1) Primary or Foundation Program:** (Page 7 Student Guide)

This program is the foundation for all other programs to build on.  
(Installation time for this one, is about 2 min. and 45 sec.)

### **(2) Guidance or the May I, Can I, Should I Program** (Page 8 Student Guide)

(Installation time about 45 sec.)

(Continued on next page →)

**(3) Water Program:** *(Page 9 Student Guide)*  
(Installation time about 40 sec.)

**Asking Dowsing Questions:** *(p.10 Student Guide)*

Explain the importance of carefully worded questions that are literally correct. The student should not expect the Subconscious or Dowsing System to automatically know what their intent is, while the mind is running a mile a minute with all kinds of conflicting thoughts. Especially when the questions are not clearly stated, all by themselves, with focused intent. (See page 10 and 11 for more information.)

**Practice Dowsing:** *(p.11 Student Guide)*

Once the students have had some good experiences in known areas, it is time for them to have fun experimenting in unknown areas.

There are some suggested Water Dowsing questions on page 11. This will help them practice with their L-Rods and other tools and in other areas of your choice.

**Word Definitions:** *(p.14 Student Guide)*

Some words used throughout this booklet and in "Letter to Robin" may need a temporary definition assigned to them.  
Bring up definitions only if they ask, or if you choose to say something about them.  
(See page 14 for suggested definitions.)

- Dowsing System
- Noxious Energies
- Subconscious
- Superconscious
- Spirit Guides or Guardian Angels
- Entities
- Any other words you might wish to define

**Other Areas:**

In an all day class, and if they are doing well, it may be a good time to introduce the students to some simple "Map Dowsing" procedures to have fun with. (Page 13 in "Letter to Robin, A Mini-Course in Pendulum Dowsing.")

Enjoy,

Walt



## Suggestions for the First Time Dowsing Instructor

**Starting:** It is not unusual for people to be a bit apprehensive when they talk to a group, especially for the first time. This is some times called stage fright. Following are some suggestions not only to make you more conformable, but to make this a fun and exciting adventure for both you and fellow dowsers.

**Be Yourself:** If a friend came up to you and said "Tell me about dowsing". What would you do? Simple, you would have a great time sharing. What if three or four friends came up and asked the same question? It could even be more fun because of the collective interest, excitement and added questions. Now each person is a individual and just like your friend or group of friends, they are interested or they would not be there. It doesn't mater if it is one person or more, see them with the same fun and excitement you would see your friend. The audience senses this energy and they respond and enjoy you just like your friend did.

**Notes:** It is very comforting if you have some very simple subject titles, or a teachers syllabus, similar to the one in this booklet, to glance at from time to time. It will make you feel confident that you will remember your place and include all the information.

**Hands:** Some times a new speaker gets self-conscious and wonders what to do with their hands. The answer is simple. Forget about them and use your hands and body language just as you normally do. Your hands, arms and body language add a lot to your words. Just be your normal self. Think of yourself as being with friends to have a good time. If you can maintain this attitude you will do fine.

**Volume:** Here are a few things that will help you get your message across in a pleasant way for both you and your fellow dowsers (audience). We will start with volume. If you can't hear what is said, it's no fun being there. So talk loud enough so the older person three quarters the way back can hear you easily. Then every one can easily understand what you have to share, which is what they came for.

**Voice Enhancement:** Some people can easily project their voice and be easily heard and understood up to about 25 or 30 persons. Other people just have a soft voice by nature and can barley reach 10 people with out straining their voice. This is not pleasant for either the speaker or the audience. As a general rule, around 20 persons is about when you will have to talk loud enough that you lose the inflections and tone in your voice, this is when you will need some type of voice enhancement speaker system.

**Using a microphone:** There are a few tricks to using a microphone. Always treat it as a friend that is helping you share in a pleasant and enjoyable way. If you are using a hand-held or fixed microphone do two things. 1. Keep the same distance and position from your mouth to the microphone. 2. Listen to your volume coming from the speakers. You can tell if it is too loud or soft. Pretend you are a person listening to the talk. If you forget about the position

of the microphone and volume you will lose your audience. Your prime purpose is to share your information. If they can't hear it, they won't get it. If you have a lapel mike clipped to your clothes about 6 to 8 inches from your mouth, you can basically forget about the microphone and just give your talk.

**Talk Speed:** The average conversation is about 125 words per minute. As you know from your past experience, that some people talk so fast you have trouble comprehending an idea before they are on another subject, and you never really catch up. On the other hand, if they talk too slow your mind wanders and you get sidetracked. In both cases you often miss their point. To test your self is simple. You simply count out 125 words in a newspaper and read them out loud as if talking to a person. While doing this, time yourself with the second hand on a watch. If you are between 45 seconds and a minute and 15 seconds you are fine. If you are too slow or too fast, be aware of this, and try to modify your speed.

**How people learn:** All people learn in four primary ways: 1. Listening, 2. Reading, 3. Watching (demonstration), and 4. Doing (hands-on). And for us dowsers we would add a 5<sup>th</sup> one, Sensing. Each person obtains information at different levels from each area. For example one person may get most of their information from hands-on experience with only 10% listening, while another may get 60% of their information from reading, etc. When teaching a group you should try to present your material in as many multisensory ways as comfortable. For example, if you are explaining for the first time about the pendulum, you would say what it is, and if appropriate write the name on the board. You would do this while holding it up for all to see, and if possible have each person holding one in their hand. Then continue to explain about using the pendulum, etc.

**Remembering:** On a stand up presentation with only talking, physiologists tell us that the average person can remember about 5% of the details after a week. What details can you tell me about the documentary you saw on TV a week ago? Let me suggest another teaching example. If you are explaining Map Dowsing you might use the following general approach. Draw an outline of a room on the board. Make sure they can easily see your drawing. Have the students then do the same on a piece of paper. It needs to be an area they can see, like the room you are in. (watching, reading, listening and doing) Next using your dowsing tool, probably a pendulum, move your chalk or pen across the drawing until the dowsing tool indicates you are on the center of a noxious zone or water vein. Now have the students do the same thing on their drawing after watching you do it. Do this several times until you have several dots along the centerline of a zone. Next connect the dots and you have a zone or water vein. Have the students follow you doing the same thing. They saw what you did, heard your explanation, and they had a hands on experience. This is teaching without failure, because the students will successively imitate what you did and feel positive about it. Continue your multisensory approach in the field. For example, have them imitate you after you find a water source. After practicing a few times in a known area, they will enjoy trying an unknown area.

**Conclusion:** Teaching can bring great pleasure to both you and the students, so be yourself and enjoy this wonderful opportunity to share and inspire.

Happy Dowsing, Walt

## Addendum

### Energy Fields

**Energy Fields are Everywhere:** We are immersed in a sea of all kinds of energy fields. There are electric fields off the power systems, radio, TV and radiation from the sun. There is gamma radiation from the earth and from outer space. In addition, Energy fields from underground water veins and fractures in the earth's crust are everywhere. Even the earth itself vibrates, has grid lines and a pulsing magnetic field. And there are many more known and un-known sources and types of Energy Fields.

In the following discussions we will be covering areas related to our external environment, our food and internal body energies.

**Noxious Energies:** These energy fields come in an infinite number of types, strengths and frequencies, and they vary from location to location. It has been strongly suspected that some of them are important to our health, similar in some respects to trace minerals. Some are very low in strength, while others are at a higher level but well within our ability to handle them. Some of these energies seem to beneficially stimulate our defense, immune and health systems, avoiding disuse atrophy. This is similar to exercising our mind or muscles to improve their abilities. Some others are strong enough, that if we exceed what is our "safe time" in their presence, they may become detrimental to us. These are sometimes called Noxious Energies, Geo-pathologic Zones, Irritation Zones, Detrimental Energies, etc.

**Hormesis Curve:** The time you spend in a Noxious Energy area determines if it is beneficial or detrimental to you. If you are inside your "safe time" it will be beneficial by stimulating and exercising your defense, immune and health systems. If you stay beyond your "safe time", the Energy Field may begin to overcome, interfere and eventually cause damage. This varies from person to person. Similar to the energy from the sun, where too little can be detrimental (Seasonal Affective Disorder), the right amount is beneficial (Vitamin D), and too much is back to detrimental (Sun burn). Noxious Energies are very often only an overdose of what may be a beneficial energy. (The sun is an example) This principle can be applied to almost any thing you can think of and it is known in scientific circles as the "Hormesis Curve". You can find a dowsing-type Hormesis Chart, with instructions, on the back of this student guide. Because Energy Fields may pose a possible danger to your body the Subconscious is very sensitive to them, making it easy to dowse for information in this area.

**Programing for Improving Accuracy and Results:** Over the years dowsers have discovered that if they make sure the "Dowsing System"(See page 14) knows exactly what is wanted, and how it is to respond, they will then find improvement in accuracy and results. There are many ways to do this. The method I currently favor is to pre-inform or program the "Dowsing System" in advance, by using a one-time installation. This is something like a post-hypnotic suggestion; it doesn't seem to matter if it is for the now, or for the future. It is somehow stored in our subconscious to be used when needed, or tell we choose to change the program. (See page 6.) If you use carefully worded requests and questions, supported by a pre-installed program, and have a clear focused intent, you will generally get excellent results. (See pages 10 and 11) But like playing a musical instrument practice is a key element.



**Programing:** You may wish to install the following programs or ones you develop that may be more fitting to your dowsing methods. Installation is very simple. **(1)** Get permission to install a program from your “Dowsing System,” **(2)** Read a carefully prepared program with your pendulum still swinging to the “yes” approval mode, and **(3)** Check to see if the program is accepted and approved by your “Dowsing System.” (See pages 6)

**Working with Noxious Energies:** Based on the Hormesis Curve I would suggest that you not remove Noxious Energies, but instead request that they be altered, adjusted or modified to be beneficial. See program below. If you have removed Noxious Energies, which may have also removed their beneficial effects, I would suggest that you ask your “Dowsing System” to go back in time and restore them to a beneficial level. This program takes about 45 sec. to install. (1) Get permission, (2) Read Program, (3) Check for acceptance.

**“This Noxious Energies Adjustment Program:** Is to be continually available, become part of and work with all my related Programs or Agreements, and can be changed by this installer at any time. When requested the Dowsing System is to modify, change or make adjustments to all the energies within an area that I have indicated, to be very beneficial for each human, plant, animal, piece of equipment, and others, seen and unseen, in, or entering this area. This is to be for the ‘Life’ of the building or other selected ‘Event Time’, and not to cause any harm. End of Program.”

**How to use the Noxious Energies Adjustment Program:** The first thing I do while dowsing, is to designate an area I wish to work with. This is often a house and adjoining property. The next thing is to activate the program. This is so the “Dowsing System” knows exactly what I wish done. You can do this mentally by requesting the program by name or by using any part of the program; it doesn’t have to be exact, just so the “Dowsing System” knows which program you want. I often say “Please modify all the energies in the area I have designated to be very beneficial to each human, plant, animal, piece of equipment, and others, seen or unseen, in or entering this area, and to make this for the life of the building”.

## **Personal Dowsing**

**Our Food** seems to be an energy carrier, as well as supplying building material. But even the building materials may contain or be a form of energy. Fire may be an example of stored atomic energy, similar to us using food for energy and rebuilding our bodies.

**As dowers** it is normal for us to modify “Noxious Energies” to be beneficial, often with apparently amassing results. Therefore if food is an energy carrier, we could, and should experiment, by requesting modifications, to make our food energies very beneficial. We could do this by using focused intent and a pre-installed Food Program. Give it a try.

**Comments:** Why we should be interested in modifying the energies in our food.

**Because** of the sometimes commercial practice of using farm land over and over again, without very much rebuilding, which may lead to the eventual depletion of the soils

natural fertility. It then becomes necessary to add NPK (nitrogen, phosphorus and potassium) and sometimes lime for Ph adjustment and other lab indicated compounds to stimulate the plants. This is so they will look good and produce an economically profitable predict.

**The Food chain or cycle:** In simple terms, it is where the above ground plants using photosynthesis create sugar and some other compounds. The underground life create from each other, organic mater and soil minerals literally hundreds of different types of nutrients and compounds. The underground world needs sugar which they do not make and the above ground plants make sugar, but not what may be, hundreds of other nutrients, trace mineral and other compounds essential for both our and there good health. Truly healthy plants have over the millions of years developed very effective defense systems and relationships to protect themselves. But this requires a healthy food chain to have needed natural fertility.

NPK in large amounts can be toxic to some underground life breaking this food chain. Many insects in the food chain are attracted to old, weak and malnourished plants, which can no longer defend themselves. The now malnourished plants need insecticides and other chemicals to protect them. This is to protect the same plants we often need to eat to survive. So we may wish to experiment with our dowsing, both for the amount of nutrients and for modifying these energies, to see what happens. Nothing ventured nothing gained. The following is a suggested program. (Note: Areas in [ ] are easily adjusted )

**“Food Program:** Is to be continually available, and be a working part of other related Programs and Agreements, and can be changed by the installer at any time. (So when you request this program to start it will also include aspects of other installed programs like the Overall Conditions Program below and the Primary Programs etc.)

**Detection:** Upon request to activate, the “System” is to evaluate and indicate the worst condition detected, as caused by, or related to, anything going on, into or out of my body. (You may find it helpful to use a chart similar to the ones on the next few pages)

**Then when Requested:** the “System” is to adjust, clear, modify, change, scramble, all the least desirable elements that are less than +10. Including adjusting or transmuting minerals, vitamins, amino acids, antioxidants, pH’s and what ever else is needed for a complete functioning balanced system that will create and maintain a healthy mind and body. It is also to promote easy comfortable digestion and absorption and make [my] entire body feel good and have abundant energy. This is to include, any one, or combinations of all foods, drinks, air, and other influences that are known or unknown, which have or are going on into or out of [my] body and indicate progress.

**Action Time:** When activated this Program is to be in effect for [±12 hr’s] and also to be continuous until the request modifications are completed. End of Food Program.”

**Suggestion:** Each time when you eat, drink or take a supplement, etc., you should then, just for a second, recognize the Food Program. This will activate this and other attached Programs. That is all the time it takes for the “System” to respond to your pre-requested Programs. Next, image your food, in general, with thousands of rainbow lights of energy or white light or your favorite energy enhancement. This adds Focused Intent to your Programing. The combination of the two can often have amazing affects. **NOTE about time:** Some Programs have built in activity time restraints. This is to make sure we stay aware and involved when we make request. The “System” seems to not want us to permanently install and forget. We must stay involved and have the freedom to make changes at any time. All adjustments are in the “now”. When something is adjusted, it may last for a very long time, before it needs modifying. When this happens we will need to rediscover the problem, which often has changed conditions, and make new request for adjustments, corrections or modifications.

## **Another area is the Energies within or coming from our body**

**“Overall Conditions Program:** Is to be continually available, and be a working part of other related Programs and Agreements, and can be changed by the installer at any time. (This Program will also include the aspects of other installed programs.)

**Response:** is to be for desirable and non-desirable levels, Yes and No, numbers, progress, other requested information, action or indicators.

**Reference Person:** May be an average of all person, in average health, of [my] [age] [gender] and [peer group], living within [200 miles]. If this reference person is placed at the center where a + 10 as most desirable and a -10 as most un-desirable, (or use any other numbered scale) which will allow you a simple reference point to compare [your] conditions, as less desirable (-), equal to, or better than (+). Then if un-desirable you can request adjustment of these conditions towards the most desirable level, usually on or near the +10.)

**Request:** (1) When requested, the “Dowsing System” (See page 14) is to indicate the worst condition, based on a Reference Person and other interlocking Programs. (Including Food) (2) When requested the “System” is to make adjustments, corrections, modifications, etc. adjusting them to the most beneficial level. This is to influence all conditions related to this and other Programs by modifying inside and outside influences, emotional energies, thought forms, situations, food, etc.

**Active Time:** Is to evaluate the past [24 hrs.], and until each request is completed.

**Rate:** Corrections, adjustments, changes and activities are to be at the highest appropriate rate with considerations for comfort and safety.

**Finished Results or Progress:** (Two suggested approaches.) (1) Indicate what will be the finished results for the request. (Then time required. You may wish to know if it's minutes, hours or days.) or (2) Indicate progress by spinning, or other system. End of Program.”

**The 15 Seconds Dowsing Practice:** Suggestion: because the body does most of its rebuilding and healing while you are asleep, I use a quick simple practice procedure just before I go to sleep. I ask two simple questions: (1) What is [my] Overall Average Condition? And (2) what is the Most Harmful Condition compared to the reference person? (See chart and Q2-a & c next page.) This is enough information to activate all your installed programs. If you dowse these two questions and get a beneficial reading that is good. If you get a non-beneficial reading you may wish to request your “Dowsing System” to run modifications. You can also dialog with your “Dowsing System” using “yes” and “no” responses to see if you can find out why you got a non-beneficial indication. This nightly procedure does two things it balances your body energies, and you practice your dowsing. The preceding exercise generally only takes about 10 to 15 seconds and the benefits are multi-fold.

**Unusual Encounters:** Some day your dowsing may indicate the presence of detrimental entities or other forces that we may or may not understand. (See page 14) What I suggest is to ask your “Dowsing System” to bring in the “Medics” from the entities world, with the request to pick up these entities and give them appropriate medical care in their own world. This is a win-win situation, we get rid of the interference and they get appropriate medical care in their own world. This only takes a few seconds and they do not come back.

What I have given you may seem a bit advanced but as you progress into new areas this information may be helpful and sometimes hard to find. Have fun dowsing, Walt.

**NOTE:** No part of this “Companion to Letter to Robin” is intended to substitute for medical advice. 10/10/08

# Personal Dowsing

(Install as a Program)

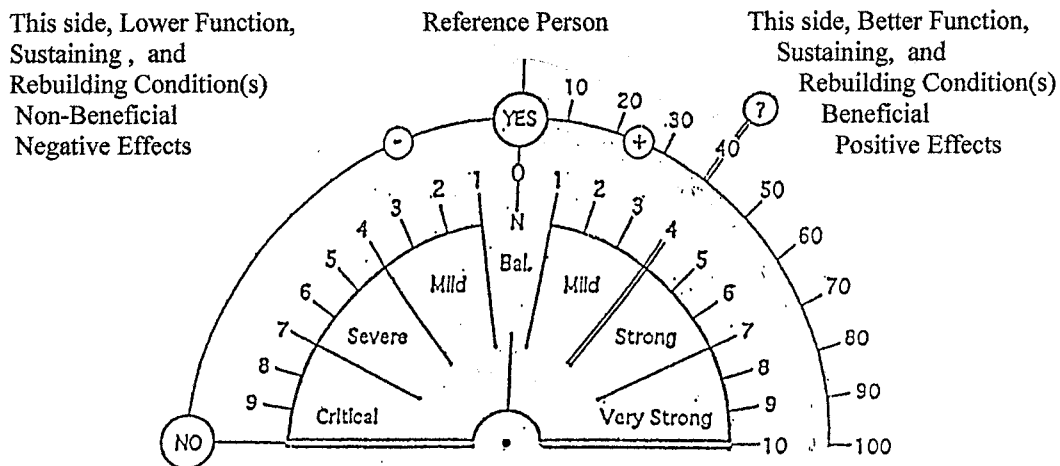
Only on yourself

Experimental Dowsing Research is not intended to be a substitute for medical advice.

**Note:** If you are sharing how to use this form, be sure you are balanced first.

**Guidance:** Ask the "May I, Can I, Should I" (If "yes" proceed. If "no" Stop. May ask questions.)

- Q1** What is the level of interfering conditions coming from outside [my] personal body?  
(Like noxious energy's, physic influences, entities, etc. Using -10 to 0 - Request corrections.)
- Q2** What is the level of [my]: (Using -10 to +10, with the reference person at the center.)
- Overall average conditions, as compared to the reference person?
  - Specific areas of interest, as compared to the reference person?
  - Worst conditions compared to the reference person? (Any thing less than +10)
  - Progress towards [my] specified goals? (Normally 0 to 100%)
- Q3** What is the level of other areas not covered, as compared to the reference person?  
(Areas outside [my] vocabulary, awareness or concepts.)



**Directions:** Unless other wise requested, responses start in the "now" and include the previous [24 hrs]. Feel free to change anything to fit your conditions and circumstances.

**Questions:** Questions normally, unless otherwise requested, are being compared to an agreed on reference person. This person is the grand averaging of all persons of [average health], [my age], [gender], and [peer group], living within [200 miles]. If you use the chart above the average person would be at the top center, with +10 being much better than the average person and -10 indicating danger. [ ] = May change if desired.

**Adjustments:** If you get a negative or un-desirable reading, ask the "System" if it can and will make corrections? If yes, ask the "System" to make progressive adjustments, modifications, corrections or changes, towards the highest appropriate positive levels. (Usually near or at +10.) (For Q2-b it will be specific. For Q2-c the "System" will start with the worst condition and start making adjustments, while indicating its progress. If the adjustments would require more than about 10 sec., it will then arrange for the adjustments to be continually working in the background, while it starts working on the next condition. It will repeat this procedure in each area until it reaches +10. This would be a good time for you to ask how long in min, hrs, days, etc. to complete any still ongoing background adjustments. You can also dialog with the "System" for additional information. Dialoging is usually done by using the responses to Yes, No and numbers, for Q's asked.)

Form SG 6.1

Walt Woods 11/08

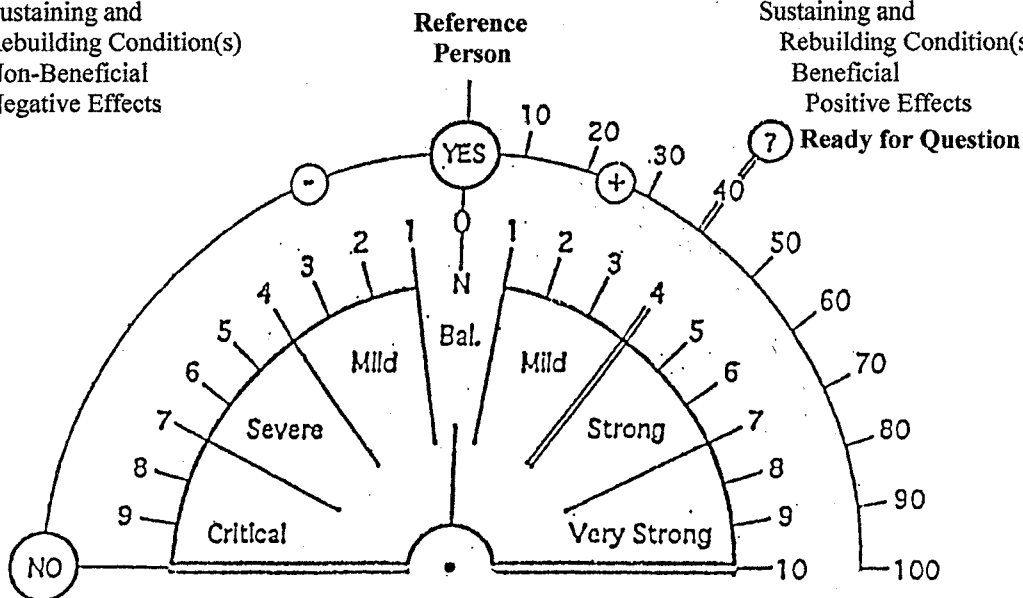
## Personal Dowsing

Experimental Dowsing Research is not intended to be a substitute for medical advice. Feel free to ask Q's at any time and dialog for more information. Request action, and if the action can and will be done? Also, how long it will take to complete the action? Unless otherwise requested most Q's will be related to the agreed on reference person. Unless otherwise requested responses start with the "now" and includes the past [24 hrs]

1. May I, Can I, Should I? Yes or No
2. Outside Interference? -10 to 0
3. Overall Average Condition? -10 to +10
4. Specified Areas? -10 to +10
5. Worst Conditions? Anything less than +10
6. Areas Outside My Concepts? -10 to +10
7. Progress Towards Specified Goals? 0 to 100%
8. Make Request. Check if it Can and Will? (yes-no) And later, for Time Needed To Complete. min, hrs, days, yrs. May ask these questions at any time.

This side, Lower Function,  
Sustaining and  
Rebuilding Condition(s)  
Non-Beneficial  
Negative Effects

This side, Better Functioning,  
Sustaining and  
Rebuilding Condition(s)  
Beneficial  
Positive Effects  
Ready for Question



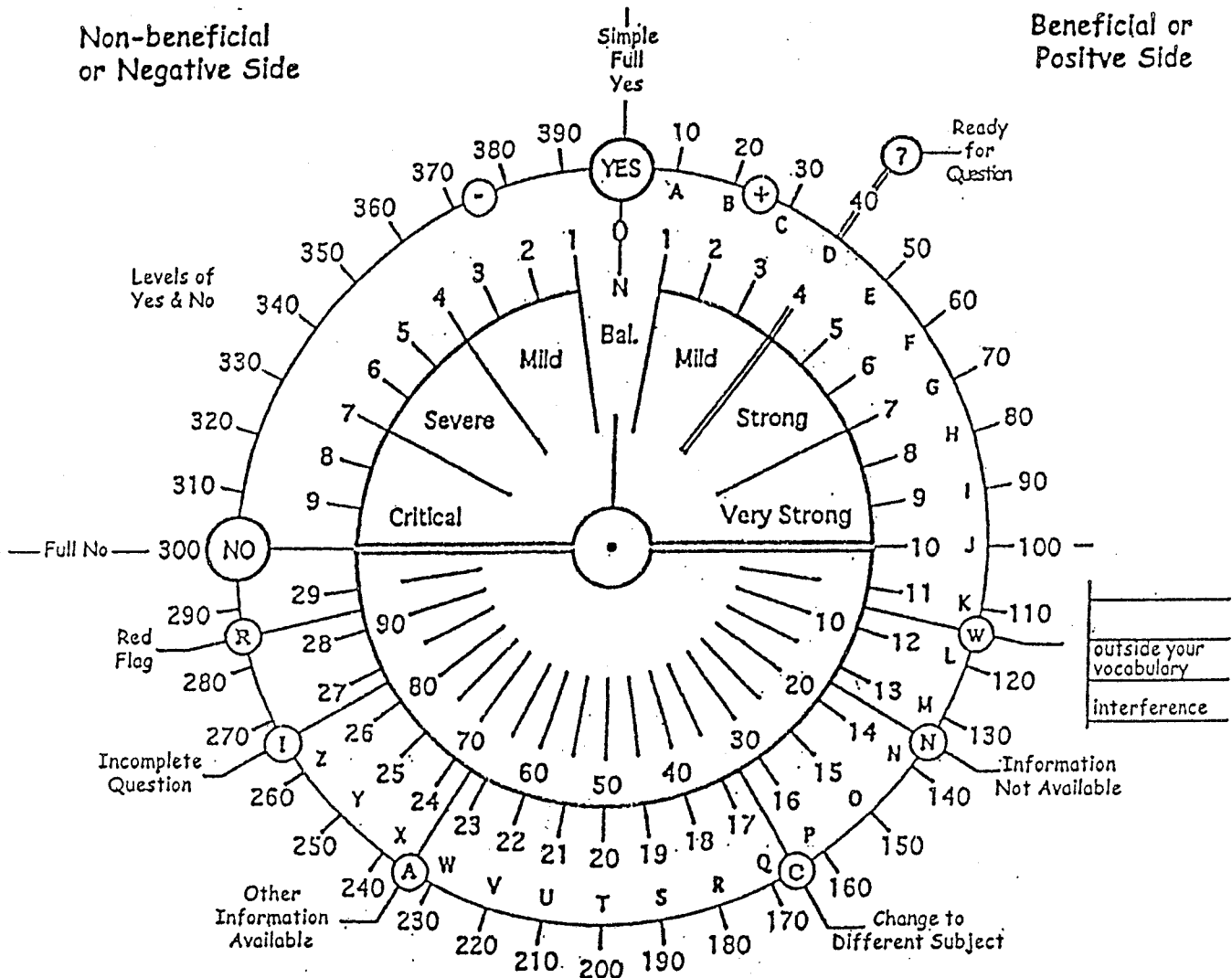
# Multipurpose Dowsing Chart

This Chart is designed to allow you to:

- (1) Dowse most situations by using a pendulum or any suitable dowsing tool.  
Normally the Dowsing System simply responds to questions by swinging towards the yes or no, numbers or the printed words in the area that you have focused on.
- (2) The little circles on the bottom are so the Dowsing System can independently indicate, when appropriate, additional information to you.

Non-beneficial  
or Negative Side

Beneficial or  
Positive Side



## Instructions:

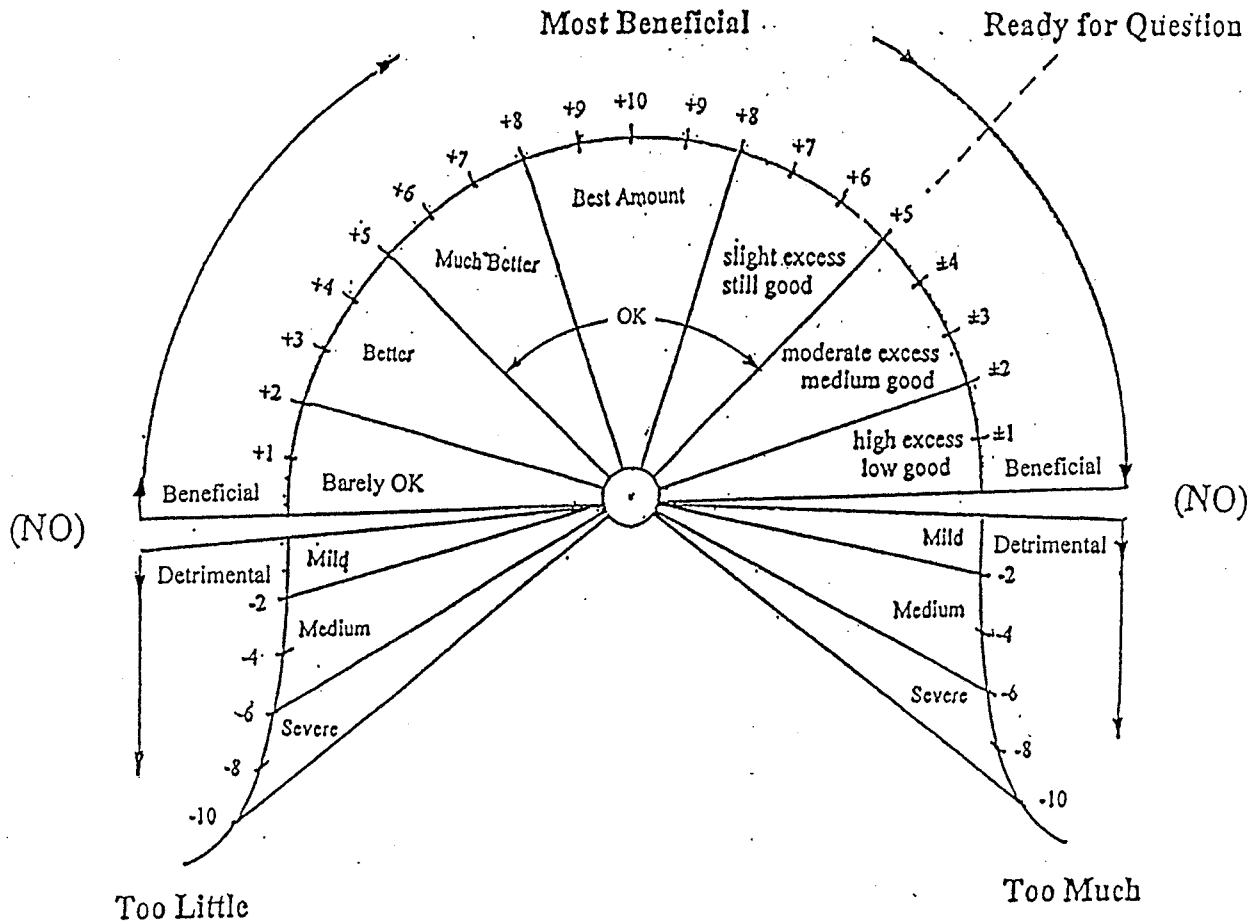
- (1) Hold your pendulum over the center of the Chart and deliberately start it to swinging toward the "Ready for Question". With practice it will keep swinging on its own. Your subconscious can soon learn to move it just like learning to type or play a musical instrument. This is the indicating half of the swing. Pretend you can't see the back swing from the center away from the "Ready for Question". You will be following the indicating half-swing wherever it goes, top or bottom of the Chart. (See page 5 for more information.)
- (2) Simply focus on the area you wish to work with. You can use or adjust any area for anything you wish (i.e. By request add zeros to numbers.) Your Subconscious knows where you are focused and will respond accordingly. After asking a question the pendulum will swing to the appropriate answer.

# Hormesis Curve

This Chart or Hormesis Curve represents something we are all familiar with.  
 Example: To little water (detrimental), Proper amount (beneficial), To much (back to detrimental).  
 The same is true for sunlight, exercise, air temp, trace minerals, vitamins, and nearly all  
 Substances or Conditions.

Check and see where you read for water consumption for the last 24 hours?

(YES).



## Instructions:

- (1) Hold your pendulum over the center and start it swinging toward the Ready for Question. This is the indicating half of the pendulum swinging. Follow this indicating half-swing wherever it goes in response to your question. This Chart can also be used as a yes/no Dowsing Chart. (See page 5 for more information)
- (2) Ask your Dowsing System to indicate (swinging toward) the Effect of an Amount, for a Substance or Condition, as related to a specified Time. (hours, days, months, etc) You can also change the amount and/or time to obtain additional information.

## Example:

- (1) The amount of exercise (condition) for the last week? (time)  
 If it reads (+2 Beneficial). This indicates a little more would be good.
- (2) If I take [500 mg of ...] (substance) each day (time) what would be the effect?  
 If it reads ( $\pm 4$  moderate excess). This may indicate that you could ask about every other day, or a indicated lesser amount per day, to see what it reads.