

Personal Dowsing

By Walt Woods

Personal Dowsing

By Walt Wood

Third Revision
Sept. 2009
709.3

© Walter Woods. May be copied in part or whole for personal use, for friends or clubs. It may not be copied or used for personal profit without the written permission from the author.

Please **NOTE**: This booklet dose not include instructions for learning to dowse. For free instructions please see: “Letter to Robin” a Mini-Course in Pendulum Dowsing and “Companion to Letter to Robin” a Student Guide and Teachers’ Syllabus. www.lettertorobin.org

Table of Contents

Energy Fields	Page 1
Noxious Energies	1
Hormesis Curve	1
Programing for Accuracy	1
Programing Instructions	2
Working with Noxious Energies	2
Noxious Energies Program	2
How to use the Noxious Energies Program	2
Dowsing for Food	2
Food Chain or Cycle	3
Food Program	3
Overall Conditions Program	4
Evaluating Results and Progress	4
15 Second Dowsing Practice	4
Unusual Encounters.....	4
Primary or Foundation Program	5
Includes definition for “Dowsing System”	
Request for Guidance Program	6
To Help Improve Results.....	6
Personal Dowsing Chart with Instructions	Back Cover

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 pages we will be covering many of the internal and external influences effecting us.

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 nutrients. 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 start to 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". Because these Energy Fields may pose a possible danger to your body the Subconscious is very sensitive to them. This makes it easy to dowse or use other sensing methods to detect information in this area.

Programing for Improving Accuracy and Results: Over the years dowsers have discovered that if they make sure the "Dowsing System" knows exactly what it is you want and how it is to respond, has lead to 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 mater if we use the pre-installed program on the same day they are installed or in the future. It is somehow stored in the subconscious to be used when needed, or until we make changes to the program. If you use carefully worded requests and questions, supported by pre-established instructions or programs, and have a clear focused intent, you will generally get excellent results. But like playing a musical instrument practice is a key element. (See page 5 for a definition of "**Dowsing System**" and also bottom of page 6 for more reasons to develop programs and why this is very important.)

Programing Instructions: You may wish to install the enclosed programs or ones you develop that may be more fitting to your dowsing methods. Installation is very simple. **(1)** Get permission from your “Dowsing System to install a program,” **(2)** Read a carefully prepared program while your dowsing tool is still indicating the “yes” approval mode, and **(3)** then check to see if the program is accepted and approved.

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 any of their beneficial effects, I would suggest that you simply ask your “Dowsing System” to go back in time and restore the beneficial aspects. To install this Program. (1) Get permission, (2) Read Program, (3) Check for acceptance.

“Noxious Energies Program: Is to be continually available and become part of and work with other related Programs or Agreements.

When (1) **Requested** the Dowsing System is to indicate the worst condition, as related to, all the energies within a designated area. Then when (2) **Requested** it is to modify, change or make adjustments, making all these energies very beneficial for each and every 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 Program: First activate the “Noxious Energy Program”. You can do this by thinking the name or just using a focused intent. It doesn’t have to be exact, just enough so the “Dowsing System” knows the Program you want to use. Next designate the area you wish to check. It can be on-site or on a map. Then make the (1) **Request** suggested in the above Program. This will check the area as a block. This is often a negative reading. You can now, using a dowsing tool, find individual Noxious Energies. Then you may ask questions about the locations, type, size, strength and effects. Watch your dowsing tool for this information. Once you have all the details you want, make the second (2) **Request**, in the Program. Watch your dowsing tool for results, it will now usually work it’s way to a beneficial indication, like a +10, or full yes, etc.

With a separate request, you might ask the “Dowsing System” to create a 10 foot diameter sphere, which continuously encapsulates and protects [you] from non-beneficial effects. And to please indicate the completion level. Usually +10

Dowsing for Food

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. Energy in its many forms is what dowsers work with all the time.

As dowsers it is normal for us to modify “Noxious Energies” to be beneficial, often with apparently amazing 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.

Question: Is there other reasons we should be interested in modifying our food?

Yes, and it is because of the primary 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 and lab indicated compounds to stimulate the plants, so they will look good and produce an economically profitable product.

The Food chain or cycle: There is a symbiotic relationship (Living together of two dissimilar organisms when this association is mutually beneficial.) between the above ground plants and the underground life. The underground create hundreds of different types of micro nutrients and other compounds which we and the plants need. The above ground plants using photosynthesis create sugar which the underground needs. Over millions of years they have evolved a sugar for nutrients trading system which is essential for the survival of many species, including us.

Many insects in the food chain are attracted to old, weak and malnourished plants, who can no longer defend themselves. Truly healthy plants have over millions of years developed very effective defense systems and relationships to protect themselves.

NPK in large amounts can be toxic to some underground life breaking this food chain. The resulting malnourished plants need insecticides and other chemicals to protect them. These are sometimes the same plants and chemicals we may find in our food supply. So we may wish to consider experimenting with our dowsing, asking it to modify the quantity, quality and effects of the nutrients and chemicals, to see what happens. Nothing ventured nothing gained. The following program relates to this. Give it a try.

“Food Program: Is to be continually available. This Program is to be activated by using an intentionally focused intent. This same focused intent will automatically activate and combine with the “Noxious Energies” and “Overall Conditions Program”. This will combine the functions of all three Programs.

Detection: When activated, the “System” is to **evaluate** and **indicate** the worst condition detected. This is to include, any one, or combinations of all foods, drinks, air, and other influences that knowing or unknowing, have or are going on, into or out of [my] body. (Anything in [] can be temporally changed by intent)

Adjustments: When **Requested**, the “System” is to adjust, clear, modify, change, scramble, all the non-beneficial conditions. This Includes adjusting or transmuting nutrients, minerals, vitamins, antioxidants, pH’s, excitotoxins, and other chemicals, needed for a balanced, smoothly functioning, mind, body and related systems. It is also to promote easy comfortable digestion and absorption, pleasant taste and make [my] entire body feel good with abundant energy.

Indicate: Progress and end results. If requested, indicate and time required.

Action Time: When related to Food, it is to be in effect for [± 12 hr’s] and to be continuous until requested adjustments are complete. **End of Food Program.”**

Note: To be most effective you may wish to mentally request this program to activate, each time you eat, drink or take a supplement, etc. This helps to firmly establish these Programs. Notice that the Program is to be continually active until the requested adjustments are complete.

Personal Dowsing

“Overall Conditions Program: Is to be continually available. Using a single focused intent to intentionally activate this Program, will also activate and be combined with the Noxious Energies and Food Programs as one single Program.

Response: Is to be for levels of effects, Yes and No, numbers, progress, and other requested information, action or indicators.

Reference Person: Unless otherwise requested, it is for an average of all persons, in average health, of [my age] [gender] and [peer group], living within [200 miles].

Request: Upon request to activate, **(1)** The “Dowsing System” is to **indicate** [my] worst condition based on the Reference Person. **(2) When requested,** It is then to modify, repair and rebuild aspects of my personal being, indicating the progress and results. The modifications are to be towards the most beneficial aspects for [me].

Evaluating Time: Is for the past [24 hours] and to be continuously active until the requested modifications are completed. (Areas in [] can be temporarily changed by intent)

Rate: Corrections, adjustments, changes and activities are to be at the highest appropriate rate with consideration for comfort and safety. **End of Program.”**

Evaluating Results and Progress: (Three suggestions.) **(1)** Indicate worst overall condition or for individual conditions, by swinging to numbers, spinning or other methods. **(2)** Request corrections and indicate progress. **(3)** Request what will be the finished results, and then the time needed to complete. You may wish to know if it’s minutes, hours or days.

The 15 Seconds Dowsing Practice: Suggestion: The body does a great deal of its rebuilding and healing while you are asleep, I use the following simple practice procedure every night, just before I go to sleep. By simple recognition or awareness you can activate the “Overall Conditions Program”. Then **(1)** ask the “Dowsing System” to indicate [your] worst condition based on a Reference Person. If you get a beneficial reading, that is good. If you get a less than desired reading. you may wish to use the following. **(2).** Request it to modify, repair and rebuild all aspects of [your] personal being, indicating the results and progress. You can also dialogue with your “Dowsing System” using “yes” and “no” responses to see if you can find out why you got this indication. Be aware that some times the problem may be outside our knowledge and understanding. 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 inquires may indicate the presence of detrimental entities or other forces that we may or may not understand. 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, they are gone, and 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 “Personal Dowsing” is intended to substitute for medical advice. 7/09

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. All Programs 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. When you do a one time installation of this Program it will complement and enhance all present and future Programs. Give it a try, it's easy.

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

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

"Primary Program: is to be continually in effect and become part of all my dowsing or other information an action methods. This and all other deliberately installed Programs can only be changed by the installer.

The Purpose is to determine amounts, effects, conditions, circumstances, influences, times, measurements, distances, numbers, percentages and other requested areas. And prevent being controlled by outside persons or entities.

Covering the overall primary controls, limits, agreements, dowsing responses or by any other requested information or action obtaining methods or systems.

Communications and Support is to be **inter-cooperative and restricted** to my Superconscious, Higher Self, Spirit, Subconscious, My Awareness, 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. May be referred to as the "**Dowsing System**" or other agreed on name.

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, effect me adversely or cause incorrect dowsing answers without my limiting permission. This permission starts with my request and last [24 hours], unless I request a different time.

Time as related to my requests is to be in my currently perceived time. This time is to be based on my clocks and calendars, unless otherwise requested.

Questions and Action request are to use all available knowledge, information and creative resources.

The Method of Answering by the Pendulum or any other dowsing or information systems and methods, are to be: (1) Swinging to (?) or other agreed-on methods, or signals, indicating ready for questions. (2) Generally swinging or moving to "yes" or "no" or other information indicating methods or systems, for the most appropriate response, for the questions asked.

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

Changes like deleting or modifications to this or other deliberately installed Programs, may be made by me, using a Three-Step System of my choice.

End of Program."

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 “Dowsing System”: Subconscious, Superconscious, Spirit Guides and probably many other aspects, we need their guidance and support. If you ask for guidance and get an **YES**, 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 Spirit Guides had spent a year setting you up, or someone else, to learn a very valuable life’s 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 for other methods, areas, action or information systems and be continually in effect until I make changes.

The May I, Can I, Should I, Program is to have the following meanings:

May I is to mean: Do I have permission and support to proceed and be involved in this area?

Can I means: Do I have the ability to be successful in this area, and am I ready? Is this without interfering influences? (Interference can be from the inside or exterior. It could come from entities, persons or other areas, up close or at a distance.)

Should I means: Considering all aspects related to this situation would it be appropriate, proper and suitable to proceed in this area at this time?

End of Program.” (May ask the May I Can I Should I as a single ward. If you get a YES proceed. If you get a NO stop. It’s ok to try and find out why. Try using the yes & no.)

To Help Improve Results

Every thought or experience you have had in a life time is stored in your memory and is often available in your now time. The “Dowsing System” which includes your Subconscious and many other aspects, is fully aware of, and sees all of this information. When you have an awareness or thought of a particular deliberately installed Program, this tells the “Dowsing System” where you want to be focused in your vast memory. This makes it very clear, and isolates, exactly what you are interested in. With this information the “Dowsing System” also knows what information response method, you want to use. For this reason it is real helpful if you will install pre-throughout Programs in advance.

If you try to silence the mind for meditation you know about the noise “Monkey Talk”. If you phone a friend and ask for a persons phone number, you will notice you are in a kind of silence while lessening and writing down the number. If you will watch your pendulum, watching only for it’s answer, and thinking about nothing else. This will help you be in this very important silence and non-inference. This frees up the “Dowsing System” from needing to work around your noisy thoughts, interference and desires.

When you ask questions, make sure you are primarily focused on that question.

Make sure the questions are simple and literally correct with only one interpretation.

Personal Dowsing

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

First: It only takes a momentary desire for pre-installed Programs to be activated.

Feel free to ask Q's at any time and dialog for more information. Also be aware that some of the answers are based on information that is outside our concepts or knowledge and that many chronic conditions may be seen as normal for [you]. See Q 4 below.

Unless otherwise requested, most Program responses start with the "now" and include the past [24 hrs] and they may also be relating to an agreed on reference person.

May make a request at any time to see if it can and will make corrections, adjustments, modification or other action, for the indicated condition(s). If yes, ask it to proceed.

Watch your pendulum (or other indicating device) it will indicate the levels of its response, as well as progress when changing energies or conditions, as related to your requests.

You may then wish to ask how long it will take to complete. (sec, min, hrs, days, weeks,.)

1. **May I, Can I, Should I?** Yes or No
2. **Overall Average Condition?** -10 to +10
3. **Worst Condition?** Anything less than +10
4. **Specified Areas of particular interest?** -10 to +10
5. **Progress Towards Specified Goals?** 0 to 100%

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

This side is for Better Functioning.
Sustaining and
Rebuilding Condition(s)
Beneficial
Positive Effects

