



Pendulum Dowsing Template

Establish:

Yes _____

No _____

I don't know _____

What is your intention for this dowsing session? State the result you want to accomplish



List all of the actions that you feel you should do and want to do that are related to your intention:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____



Ask Questions Pertaining To Your Intention

Work with your Soul and Guides throughout this exercise

1. Do I have any blocks that will stop me or slow me down from accomplishing my intention? Yes _____ No _____

2. If 'Yes,' work with your Soul and your Guides to uncover all of the blocks that are relevant to you accomplishing your intention. This includes fears, thinking habits, behavior habits, and negative beliefs.

Use your tools:

Blowing up a symbol of that block

Scan your body and locate where the energy of that block is located in your energy field including in which chakras those energies might reside

Ask your Guides to help you locate and remove the energies of that block

Install pictures, internal dialogue, and emotions/sensations of your replacement desired energies into each chakra

Use your Reading Screen to locate the unwanted energies

See yourself as a doll. Create the vision of a blazing, healing, purifying sun. Repeatedly insert the image of the doll into the sun until you can sense that all of the energies of that block have been removed

Set up your grounding cord and the sun above your head. Set the intention that you are releasing the unwanted energies down the grounding cord. Set the intention that the elixir, purifying sun energies are now washing away and healing you to fully replace the energies with desired energies with which to accomplish your intention



5. If 'Yes,' go down the list. Use your clearing and healing tools to dissolve and remove each block. Then, replace the undesired removed energy with emotions, sensations, pictures, movie videos, and internal dialogue of your desired replacement state and belief. Create a replacement, positive affirmation that captures your new desired state and belief. Example: Block: I have nothing that anyone would buy.

Replacement:

- Emotions and sensations: Being proud of yourself, self love, self encouragement, feeling successful
- Pictures and movie videos: Create a sequence of scenes of you being successful at accomplishing this intention
- Internal Dialogue and/or replacement positive affirmation:
I knew I could do this. I deserve having this happen. I can accomplish anything and everything that is on my Soul Purpose path

After you have healed and cleared the energy, installed the new replacement energies, ask your pendulum "Is this block now healed and cleared?" If 'No,' continue working at the block whenever you feel inspired to do so. If 'Yes,' either move onto the block OR continue with this exercise to get to the Action Steps section of the exercise to choose inspired Action Steps relevant to you accomplishing your intention



Block _____

Replacement

Is it healed and cleared now? Yes _____ No _____

Block _____

Replacement

Is it healed and cleared now? Yes _____ No _____

Block _____

Replacement

Is it healed and cleared now? Yes _____ No _____

Block _____

Replacement

Is it healed and cleared now? Yes _____ No _____



Block _____

Replacement

Is it healed and cleared now? Yes _____ No _____

Block _____

Replacement

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Block _____

Replacement

Is it healed and cleared now? Yes _____ No _____

Block _____

Replacement

Is it healed and cleared now? Yes _____ No _____



6. You are now going to choose the high priority Action Steps that are relevant for your intention accomplishment. Ask the following questions throughout the flow of the exercise. You will be jumping to different questions depending upon the answers that you receive.

If you get an answer of "I don't know," work with your Guides to target other questions that will help you get to a question's phrasing that will then give you a 'Yes,' or 'No,' answer.

- Is this Action Step the priority #1 Action for me to take right now?
- Is this Action Step the priority #2 Action for me to take after I complete Action Step priority #1?

Work through your list of Action Steps to identify the Action Steps in order of priority.

Include time frame types of questions:

- Should I do this Action Step today? Yes _____ No _____
- Should I do this Action Step tomorrow? Yes _____ No _____
- Should I do this Action Step this week? Yes _____ No _____
- Should I do this Action Step next week? Yes _____ No _____
- Should I do this Action Step this month? Yes _____ No _____
- Should I do this Action Step this year? Yes _____ No _____

Other types of questions to use as is relevant:

- Should I not do this Action Step ever? Yes _____ No _____
- Is there another Action Step for me to do prior to me performing this Action Step Yes _____ No _____

If 'Yes,' create a list of ideas of appropriate Action Steps to take prior to performing this Action Step. Go through a prioritization protocol for yourself to find which of those Actions Steps are the top priority Actions to take.



