



WORK BOOK TO BE USED IN CONJUNCTION WITH
'IMPROVING DOWSING ACCURACY'

**which is available as a free download from the
Framework Dowsing website**

www.frameworkdowsing.co.uk

A Framework Dowsing Course – Level 1



**'I hear; I forget
I see; I remember
I do; I understand'
Confucius (551 – 479BC)**

PLEASE DO THE FOLLOWING EXERCISES!



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Exercise 1a

Does your pendulum / rods or other dowsing tool, still respond when you cannot see its movements?

It is important to keep clear accurate and concise records of your dowsing both for your clients and yourself. In this exercise make a note of date; time; place; colleague or helper.

You can just use the Yes and No pendulum movements for this exercise. See the [video](#) on www.frameworkdowsing.co.uk.

Prompts for Exercise 1:

If the answer is Yes:

Does the date & time affect your results?

Regarding the place where you are dowsing. Be accurate. You could also include a grid reference, room in which you are working and which part of that room.

Does the person helping you seem to have any influence on your dowsing? Are the responses affected? Does this vary with different helpers?

Is it easier not to be attached to the results when using this technique?

Did you remember to use the Calming the Physical check list before starting this exercise?

If the answer is No:

Still record your results in the notes.

Repeat the exercise later.

Repeat the exercise but focus this time on the ease of dowsing and obtaining clear 'Yes' and 'No' indicators from your pendulum.

Your notes will still show a record of the effects of date, time, place and who is around you whilst dowsing. See also section Section 1 of **'Dowsing with Confidence and Accuracy' – Ergonomics**





Exercise 1a

Date	Time	Place	Colleague/Helper

Date	Time	Place	Colleague/Helper

Date	Time	Place	Colleague/Helper



FINGER DOWSING

DATE	NOTES

Make records here of your work with finger and rod dowsing if these are techniques you do not usually use.

ROD DOWSING

DATE	NOTES



Exercise 1b

Look at when you expect to be most busy in your dowsing practice and plan menus accordingly. Take notes of any effects over 1 – 2 weeks.

This exercise can be important for professionals using dowsing as part of their services.

Create menus for meals before dowsing practice. Suggestions are to include steamed / raw vegetable and a blood group appropriate protein plus a small portion of pre biotic complex carbohydrate.

Here is a link if you are interested in diet specifications for your blood group.

<http://www.solutionstohealth.com.au/resources/3/your-blood-type>

Plan your meals for the following 2 weeks. You then have a menu framework which you can adapt for the seasons and variety but use on a rolling basis. Use simple ingredients which can be easily drawn together into vibrant meals.

In the following table insert pre dowsing meal suggestions and meals high in complex carbohydrates for relaxation and satiation.

Below are some suggestions to get you started bearing in mind that this is based on someone working during the afternoons. Reducing the amount of carbohydrate in the evening can help if you need to be dowsing at this time of the day.



Exercise 1b

MEALS	BEFORE/DURING DOWSING	AFTER DOWSING/ RELAXING
MONDAY	Cracker bread, avocado, mixed green salad, walnuts	Bean stew, brown and basmati rice (cook extra for Tuesdays meal), steamed green leafy and root vegetables
TUESDAY	Wholemeal spelt toast, celery and nut butter, apple and cucumber	Risotto with onion, garlic & spices, prawns, steamed vegetables
WEDNESDAY	Wholemeal pitta bread, salad filling, hard-boiled egg	Tofu pieces marinated and cooked in organic sauce mix. Millet, mixed salad
THURSDAY	Crackers with tuna, and mix of fresh fruit and mixed salad greens	Rice or maize pasta with finely shredded green leafy vegetables, carrots, sweet corn. Grated cheese
FRIDAY	Rice crackers, cheeses, grapes and apple	Fish in white sauce, potato wedges, buckwheat, mixed steamed veg
SATURDAY		
SUNDAY		
MONDAY		



TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

Make a record over the 2 weeks. This may include time and budget management for shopping, meal preparation; plus digestion and wellbeing effects as well as whether there are benefits to your dowsing practice.

<http://mealfire.com/>

<http://savingdinner.com/>

Notes for Exercise 1B

Exercise 2

Make a selection of pendulums and try altering: the length of the drop; the size of the weight. Include pendulums which you may have bought and adapted.



If you make a pendulum with a long drop length and no ring stop, the length of the drop can be easily be changed by moving the position where you hold the cord/chain. Remember that the shorter the drop length the quicker the response from your neutral movement (if you have one).

Here is the link to the Framework Dowsing video [Make a Pendulum for Dowsing](#)

Exercise 2

Bob material	Bob Weight	Drop Length	Drop Material	Date and Notes
Photographs and additional notes				



Exercise 2 continued

Bob material	Bob Weight	Drop Length	Drop Material	Date and Notes
Photographs and additional notes				

Bob material	Bob Weight	Drop Length	Drop Material	Date and Notes
Photographs and additional notes				

Additional thoughts

What can and can't you dowse with – and why? A bunch of keys on a lanyard; a necklace; an off centre or non-symmetrical weight.

Include this in your notes



DATE	ADDITIONAL NOTES - PENDULUM RESPONSES
	FINGER DOWSING
	ROD DOWSING



Exercise 3 – Balancing the Nervous System

Meditation techniques

Take notes of observations at the physical, emotional and mental levels.

7 minutes /day for 28 days

There are numerous excellent meditation videos on the internet. Many guide you through techniques for meditation and others provide visualisations or sound tracks to use whilst meditating.

Find ones that suits you and be open to your preferences changing.

We suggest 7 minutes per day for 10 days. These short sessions are achievable.

Meditating daily for 28 days helps a habit or routine to be created. It is then more likely that the process will continue. As you experience the benefits the frequency and amount of time is likely to increase.

Framework Dowsers meditate 'together' each Sunday evening from 21:15 to 21:30

You are welcome to join us wherever you are. A ripple effect occurs as different people join and leave the meditation according to their time zone.

Use the following tables to make notes of your experiences during the meditation and record observations of your physical, emotional, mental and spiritual levels.

Here are some links to short meditation videos which you may find interesting or useful.

http://www.youtube.com/watch?v=xNL_iYrpojw

http://www.youtube.com/watch?v=iH3_64mLCU8

<http://www.youtube.com/watch?v=L-IZArfQH0>

<http://www.youtube.com/watch?v=vD8sofpB5>





Exercise 3

Date	Meditation Notes 1
Physical	
Emotional	
Mental	
Spiritual	
Other	



Date	Meditation Notes 2
Physical	
Emotional	
Mental	
Spiritual	
Other	



Exercise 4 - Personal Development

Try one of the tapping videos.

As with Exercise 3 you may find it useful to consider your physical, emotional and spiritual aspects when recording your experiences during and after the EFT sessions.

Here are 2 links to websites which you may find useful:

<http://www.tapping.com/magnus.html>

<http://margaretmlynch.com/free-tapping-videos/>



Exercise 4

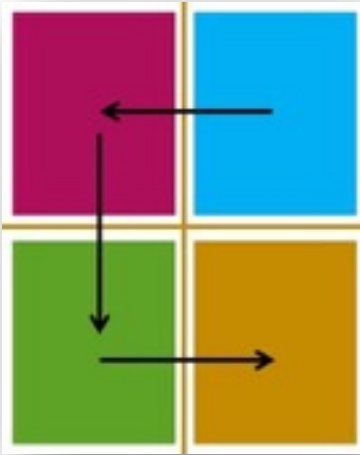
Observations Tapping Session 1	Observations Tapping Session 2
Date: Subject: Notes	Date: Subject: Notes

Exercise 4 continued

Observations Tapping Session 3	Observations Tapping Session 4
Date: Subject: Notes	Date Subject Notes



Exercise 5 - Creating Your Framework



Gather together your ‘areas of expertise’ or subjects in which you wish to learn and develop more. Collect reference books; charts; remedy lists; maps; plans; etc.

Use the blank pages to mind dump.

- Drop photos/ type notes
 - Print out and use coloured pens/sticky notes
 - Create lists, mind maps, pictures and diagrams
- Fix to a wall and add new ideas as they arise

Collect your reference books, charts, maps etc. to which you are attracted. Scan (visually or literally) contents pages and indexes for lists or headings which will form parts of your Dowsing Framework.

The Framework Dowsing Video [‘Let Others Create Your Dowsing Framework’](#) may give you more ideas on collecting information for this exercise.

Use the Dowsing for Health section of the Framework Dowsing website for ideas as to grouping and planning your Main Framework Analysis Sheet.

Here are a few examples of how Frameworks have been used for a variety of dowsing scenarios.

- Health and well being
- Lecture and study planning
- Esoteric creative work
- Essential Oil combinations
- Horticulture and agriculture
- Buildings and places
- Animals and poultry



FRAMEWORK CREATION SPRING BOARD IDEAS



Exercise 5

FRAMEWORK CREATION SPRING BOARD IDEAS



Exercise 6 - Question structures

Invest some time in creating good quality questions which you can build into a structure to use with one of your areas of interest

You can adapt and hone the suggested question structures below to suit your particular frameworks and subjects.

Pre-dowsing Statements are used by a lot of dowsers. These are requests and or acknowledgements generally made before starting a dowsing session. This subject is covered in more detail in the [Level 2 Framework Dowsing Course](#) and Exercise 10.

It is good to start however by stating what you are dowsing for and outlining the situation as you see it. State the situation/problem as per your description or that of your client. **WRITE IT DOWN CAREFULLY WHAT YOU SAY AND WHAT YOU WRITE MAY BE 2 DIFFERENT THINGS**

"I have here....."

"Is it indicated for me... to dowse for this client/situation/problem now?"

"Is it indicated that I use the Dowsing Framework that I have here now?"

"Is the item indicated for X in this area of the page/chart/analysis sheet?"

Move around your Analysis Framework....

"This section?" "This bracket? column? row? page?"

According to your Dowsing Framework you will need to hone your question structures to pinpoint the item and any potency and dosages which may be relevant. Then move on to isolate further items.

"Is there another item indicated for client x?"

Record your question structures.

This may be in written, typed or recorded form.

In the Level 2 Course we provide example questions which are linked to a specific Dowsing Framework.



Exercise 6

Framework	Questions



Section 7 - Practice

Practise ! And make notes

This is not to improve your dowsing. You can already dowse if you are achieving responses from your pendulum.

So the reason that practice is so important is to really hone the question structures so that they flow easily with your Dowsing Frameworks. The more times you repeat and work with these 2 facets of the process the more easily the questions will flow without thinking. In 'Improving Dowsing Accuracy' we refer to learning to drive a vehicle.

When your questions flow with ease the subconscious has taken over the majority of the work. This allows the left hand side of the brain to quieten down. The benefits of 'Calming the Physical' are multiplied. You are no longer thinking and formulating questions as you are dowsing.

So 3 calls to action:

- Carefully think about what you are using your dowsing for. Write this down. At this stage you may wish to consider how this will be of benefit to yourself and others. When working with clients this could take the form of a case history.
- Create a record sheet for your dowsing results or work out a routine for recording your dowsing results. This will also help to reduce further distractions.
- Use the questions with your dowsing framework(s) and record your results.

We include a sample Framework Dowsing Record Sheet to give you some idea and impetus.



Exercise 8 - Being aware of when it is not easy to dowse

Incorporate time in your daily routine for ‘grounding’ yourself.

The ‘Calming the Physical’ files refer to dampening down the effects of information relating to our surroundings.

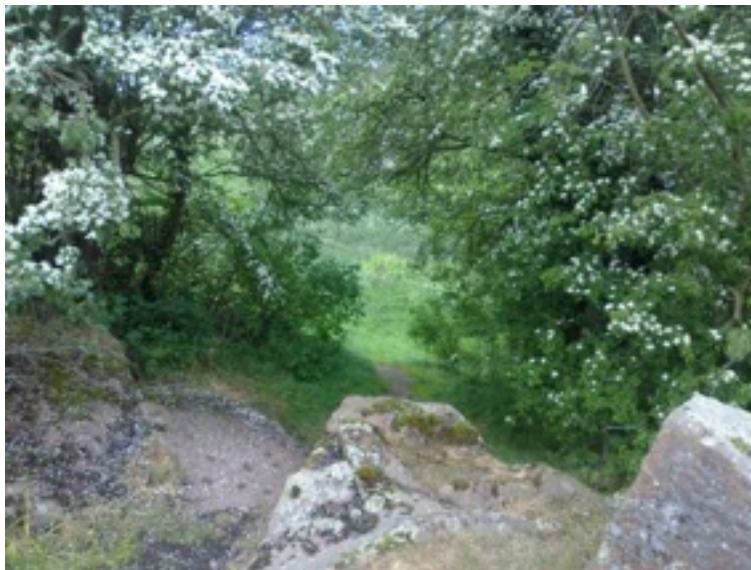
Inner Core awareness also known as Centring, Grounding, Mindfulness etc. creates an awareness of what is going on within the physical body and thus provides a pathway to creating physical, emotional and mental stability.

- Aim to walk, swim, potter in the garden for 15 minutes every day. Mark these sessions on your calendar.
- Use the first part of your daily 7 minute meditation to ‘Calm the Physical’ and centring. Be aware of the spine, pelvic and shoulder girdles and how these form a pillar like support for the body physical.
- Use the remaining part of your meditation as a pathway to your personal development, poise and balance. The following links may be of interest.

<http://www.youtube.com/watch?v=UYfvyeZhLfk>

<http://www.youtube.com/watch?v=7VQjw2BoCd4>

[check these links ***](#)





Exercise 9 – Flexibility

Consider whether you feel pre-dowsing statements are important to your dowsing routine. Make a record of these and be prepared for them to change.

You may feel a need to link in to specific sources of information; acknowledge guide/s or guardian/s; ask to be an instrument of healing etc.

Here are ideas for statements as used by some dowsers which you may find useful:

- Acknowledgment of the source of the information you receive via dowsing.
Good Morning / Afternoon / Evening * perceived name * of your guide/s, or acknowledgement of your Higher Self, the universe etc.
- Request that your dowsing skills are used.....
As an instrument of healing. For guidance in assisting your client.
- Introduce the client or target on which you are working.
- Asking if it is indicated that the information you seek is within your Framework Lists and structures.

Exercise 9

PRE- DOWSING STATEMENTS (THESE MAY CHANGE!)	DATE:



As with your Dowsing Frameworks, do not consider these statements rigid, necessary each time before you dowse. To do so may create limitations and the need for rituals. Pre-dowsing statements are useful for centring, quietening and focusing before or during a dowsing session.

Section 10

Moving forward with the knowledge that you have attained

This work book is part of the FRAMEWORK DOWSING LEVEL 1 course structure which includes the free on line classes and courses on www.frameworkdowsing.co.uk

By working through the information on the website, downloading the free e book 'Dowsing with Confidence and Accuracy' and completing the exercises in this work book means a completion of the Level 1 Framework Dowsing Course.

Thank you for your interest and support.

If you have got to grips with the information here you are more than ready to move onto our Level 2 Courses "High Level Dowsing – How to Dowse More Accurately".

Getting your dowsing process firmly in place
Different Dowsing Frameworks and choosing the appropriate one/s

Question Structures which tie in tightly with your Frameworks

Clear precise dowsing

High level dowsing

Creating your Dowsing Framework Part 2
Example Framework
Example Questions

Pre Dowsing Statements and Acknowledgements

Tuning in

FWD for working with clients – divergent analyses and convergent information

Please contact us with any questions either via Facebook, a contact form on the website or via email

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Our Level 3 module Courses are aimed at providing a solid foundation for anyone working professionally with clients. The MultiTreat© Radionic Computer Treatment Program for distance healing is part of the Level 3 Framework Dowsing course structure. This is available as a free download from the website www.frameworkdowsing.co.uk

For further information please contact
jane@frameworkdowsing.co.uk
<https://www.youtube.com/user/frameworkdowser>

Please do not get frustrated if you encounter problems. We are here to offer help and support.