

— DOWSING —

PROGRAMING for PERSONAL DOWSING

By Walt Woods

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WHY PROGRAM YOUR DOWSING SYSTEM? When you were born you had very few programs, you had to learn to set up, walk, feed your self and eventually to write your name, and the thousands of other things you do today. Now, by choice, you can voluntary program your Subconscious to learn many skills. One thing most people do not do is to deliberately program or train their Subconscious to commutate directly with them. This is where dowsing comes in, especially for the areas that are outside our usual conscious awareness and sensing. Instead we normally depend upon vague feelings or apprehensions to obtain this additional information. By using dowsing and the enclosed programs we are deliberately developing ways and methods for communicating and working with our Subconscious and the overall “Dowsing System”.

There are many theories about dowsing. Dowsing is an amazing tool with a surprisingly good degree of accuracy. Dowsing is not always 100% accurate but neither are geologist, engineers, doctors or anyone else. By experimenting and freely sharing information, the dowsers are gradually improving their knowledge and abilities.

This booklet does not teach you how to dowse. To learn to Dowse see “Letter to Robin”, “Student Guide” or “Learning to Dowse an Outline for a Presentation or Self-learning. They are free to download. www.lettertorobin.org You can also contact the American Society of Dowsers www.dowsers.org for a chapter near you. The chapter members would be more than happy to help you learn to dowse. The ASD Bookstore has many books and other adds for dowsing.

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Suggestions for using this booklet.

1. **First** gently read through the booklet, including the charts, just so You and your Subconscious have an overall idea and impression of the contents. Don't worry, if you don't quite understand some areas, your Subconscious does.
2. **Next** follow the three step instructions on p.1, for installing the Programs. Read only the Programing information found inside the "quotation" marks. This will only take about 8 to 10 minutes. Your Subconscious understands, records, needs, and uses, this information any time you are dowsing.
3. **To use:** Start by asking Q1 on the chart, p.7. If "yes" proceed. If "no" see p.3.
4. You may now make a Request for **your Overall Evaluation**. The "System", will automatically check all three Programs, using Q's 2, 3, and 4, on the chart, and give you the Worst Condition found. Next ask for progressive adjustment (from - to +) covering all areas. Watch your pendulum for progress and end results.
5. **Now** you may zero in on any Program, or Q's like 5 and 6. Always re-ask Q1.

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PROGRAMING for PERSONAL DOWSING

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Introduction and Instructions: The purpose is to establish with your Subconscious or “Dowsing System”, in advance, exactly what you want, and how it is to respond. If you only have a vague idea what you really want, then for accuracy purposes, that’s all your Subconscious has to work with. Carefully thought out pre-arrangements, in the form of programing, can go a long way in correcting this problem. These Programs seem to function something like a post-hypnotic suggestion. They also appear to work equally well with most information gathering and action requesting systems.

How To Install Programs:

This **Semi-Permanent**, Three Step One Time Installation Method, is very simple.

1) **Get permission** from your “Dowsing System” to install programs, or make changes to existing established programs. You should have a “yes” for the “to install request”.

(2) **Read** carefully prepared programs, or changes to established programs, while your dowsing tool is still visually indicating the “yes” approval mode.

(3) **Then check**, by asking, to see if the programs are accepted and approved. If “yes” you are done. If not, ask questions using the “yes” or “no” or other responses.

That’s all there is to it. Don’t worry if you don’t understand or remember parts of a Program, the Subconscious does it for you. (Semi-Permanent means: till you choose to change it)

In the future, all you need to do to use installed programs is to simply be aware of them and desire their use. This way your Subconscious knows, in advance, exactly what you want in response to your questions or request. By telling your Subconscious what you really and truly want it’s less likely to become misdirected by the many related possibilities. Without this focus, the infinite number of thoughts and emotions in your mind could interfere. The Subconscious is apparently a very important part of the “Dowsing System”. This approach seems to act something like learning a new skill where the Subconscious once informed or programed, seems to have the ability to retain and act directly on this information for a long time. For a semi-permanent installation of the two Foundation Programs and the three Information and Action Programs, it will take about 8 to 10 minutes. You need to read only what is inside the “quotation” marks. In the future other programs like “Water Dowsing” or other information or action related programs, can be easily added, changed, or deleted, with the three steps above.

The **Primary Program**, one of the two **Foundation Programs**, is very similar in principle to a computers primary program, where you use a Windows Program as the base for other programs to be built on or added to. The **May I, Can I, Should I, Program** is not intended to be primarily asking for Permission, but in addition, you are asking for Guidance, Information, and Protective Advice. **All programs** will start and end with “quotation” marks. And like in the computer they have a descriptive title.

Foundation Programs: There are two of them. They are always turned on or active, like your personal programs to walk or sense danger. These programs contain specific instructional information, directed to your “Dowsing System”. This “System” includes your Subconscious, Superconscious, Higher Self, etc. This is so they know exactly what to consider and how it is to respond. This “System”, appears to have access and awareness of thoughts, activities and information, covering an incredible amount of information. So you need to be very specific on what you want. The following Programs are an attempt in that direction. Please feel free to delete, change or create new Programs.

“Primary Program: Is to be continually in effect until the Installer makes changes. It is to become part of all deliberately installed Programs and other information, action, methods, activates, or request. It is to block Interfering Influences. Changing, using, or deleting, any deliberately installed Program can only be done by the Installer.

(1) **The Purpose** is to determine amounts, effects, conditions, circumstances, influences, times, measurements, distances, percentages and other requested areas. It is to support the Installer while they are using any action or information gathering systems, methods or procedures. It is to encourage full alertness and for when dowsing may be advisable. Installed programs are to be and stay in-tune with the intent of the Installer.

(2) **Action is to** include overall controls, agreements, and other requested activities.

(3) **Dowsing System**” or “System” or other descriptive name, is designating an area that is inter-cooperative and restricted to, my Superconscious, Higher Self, Subconscious, my Awareness, Mind and related systems. It is also to include other levels of my Personal Being and the Spirit Guides/Guardian Angels. Entities, helpers and others who wish to or have been requested to interact, must have the approval of the Spirit Guides.

(4) **Influences** like misleading thoughts, wishes, doubts, or any other imaging or desires, from any source, physical or non-physical, of any kind, including my own, are not to cause incorrect dowsing answers. External sources, past or present, are to be blocked from taking or maintaining control of any of my personal systems, or effecting me adversely, without my temporary permission. This permission is to lasts only [2 hours] unless I request a different time.(i.e. Being hypnotized) (Areas in [] temporarily changeable by intent)

(5) **Time** as related to my Dowsing and Requests, is to be in my currently perceived time. This time is based on my clocks, calendars and the ”Now”, unless otherwise requested.

(6) **Question and Action Request** are to use available knowledge, information and creative resources. Areas in [brackets] can be changed by intent, reverting back after us.

(7) **The Methods of Answering** by a Pendulum, or any other dowsing, information and/or action related systems or methods, are to be: (1) Swinging to a (?) or other agreed-on methods or signals, indicating ready for questions. (2) Responses are to be swinging or moving to “yes” or “no”, percentage, numbers, or other information indicating methods, systems, or actions. (3) When requested it is to use the most appropriate response for questions asked or action requested.

(8) **Temporary Changes** made to Programs that are in use, automatically revert back to their original programing, and to standby, after use. This Program, and the May I, Can I, Should I, Program are to be always running and responsive, unless otherwise requested.

(9) **Semi-Permanent Changes** like deleting or modifications, to this or other deliberately installed Programs, may only be made by the installer, using three-steps of their choice. (i.e. (1) Get permission, (2) Indicate desires, (3) Check for acceptances.) **End of Primary Program.”**

“May I, Can I, Should I, Program: Is to be continually in effect until I deliberately choose to delete or make changes. And it is to become a working part of all my Installed Programs, other areas, information systems, personal request, methods, or activities. It is to indicate a yes or no for an action request. (**Always ask before each new dowsing selection!**) The May I, Can I, Should I, Program is to have the following meaning.

May I is to mean: Do I have permission and support to proceed and be involved in this area? Will I have overall personal protection from harmful and non-beneficial sources?

Can I means: Do I have the ability to be successful in this area? Am I ready to proceed?

Are interfering influences being blocked? (Interference can be from the inside or exterior. They 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 May I, Can I, Should I 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. If it’s a “no”, it’s OK to try and find out why. Try asking questions using yes & no or other available responses. Then see if the “System” can be helpful.)

- Information and Action Programs -

“Noxious Energies Program: Can be activated at any time, by focused intent. It is to combine with Food and Personal Dowsing Programs as one single Program.

(1) When Requested: The “System” is to indicate the least desirable affect or influence within a designated area. The evaluation is to include all types of energies or conditions, including residual thoughts, emotional energies, earth and related energies and all other non-beneficial areas or conditions. If no area is specified, the “System” is to evaluate [my] last [24] hours. **(2) When Requested,** and the area is specified, the “System” is to modify, change and make adjustments, to all these energies or influences making them beneficial for each human, plant, animal, piece of equipment, and others seen and unseen, in or entering this area, indicating the progress and results. It is to continually make these adjustments for the ‘Life’ of the building or other selected “Event Time”. If the area is unspecified, it is to make these conditions currently beneficial for [me], indicating results.

End of Noxious Energies Program.” (You have no right to modify the energies of someone else’s property without appropriate permission! It’s temporally OK, if it may be affecting [you]. How would you like an unknown affecting you, or your property? (May be used on location or remotely with a chart or map.)

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” or Subconscious knows the Program you want to use. Next designate the area you wish to check. It can be on-site or on a map. Once activated the “System” will check the area as a block. This is often a negative reading. You can now, if you wish, using a dowsing tool, find individual Noxious Energies. Then you may ask questions about the type, size, strength and effects of each one. Watch your dowsing tool for this information. Once you have all the details you want, make the action **Request** (2) in the above Program. Watch your dowsing tool for results. It will now usually work its way to a beneficial indication, like a +10, or a full yes.

When working with Noxious Energies: Based on the Hormesis Curve (See inside back cover for chart, explanation and instructions.) I would suggest that you not remove Noxious Energies, but instead request that they be altered, adjusted or modified to be beneficial. The above Program is an example. 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.

With a separate request, you might ask the “Dowsing System” to create a 10 foot diameter white light sphere, which continuously encapsulates [you] and provides protection from detrimental and undesirable effects or influences. Check for the completion level. Other systems or methods often work just as well. Dowse to see what works best for [you].

Please Note: The three action Programs are programmed in such a way, that if you start Dowsing in one Program, all three will be automatically working together.

- (1) **Request an Evaluation** in one Program, all three will be checking in their respective areas. They will however, only show the least desirable condition found anywhere.
- (2) **Request Adjustments** all three programs will be making adjustments in their areas, the “Noxious Energies” in it’s area, “Personal” for mind and body, and “Food” for food.
- (3) When Dowsing you may request a single Program, all by itself. i.e. If a person asks for Noxious Energies and **not** Personal Dowsing, **then it is best** to do only Noxious Energies.

“Personal Dowsing Program: Can be activated at any time by using focused intent, or start Dowsing, which is to automatically activate this Program, along with the Noxious Energies and Food Program, as one single Program, with combined functions.

Response: Are to be for levels of effects, Yes or No, numbers, progress, and other requested information, action or indicators. When there is a Request for Evaluation, the “System” is to indicate the most undesirable condition found within the three Programs. When Requesting Adjustments, all three Programs use their pre-programmed procedures.

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]. (Numbers have little meaning if they don’t relate to something. The Ref. Per. is a fixed solid knowable level, that you can be less than, = to, or better than. (Areas in [] are changeable by intent, reverting back after use.)

(1) **When Requested:** (i.e. Please do an overall evaluation of [me], or similar wording.) The “Dowsing System” is to do an overall evaluation of [me], based on the Reference Person. Then indicate the least desirable condition. (This would cover Q’s like 2, 3 and 4 on the chart, and much more, indicating a -10 through +10. The following are typical example areas: nerves, muscles, body tone, bones, organs, cells, genes, hormones, mental functions, memory, visual, hearing, diseases, energies.)

(2) **When Requested:** (i.e. Please make adjustments and indicate final results and time required to be completed.) The “Dowsing System” is to cause adjustments, corrections and healing to each of the undesirable areas, and their causes. These adjustments are to be beneficial to [my] mental and physical being. (The target levels will be near or at +10) (Fill free to make other request.)

Evaluating Time: Is to include the previous [24 hours]. **By request**, re-evaluating and repeating requested adjustments, are to be automatically done every [10 minuets] for the next **12 hours**. Inside this time frame, you may adjust, and restart for another 12 hours.

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

“Food Program: Can be activated at any time, by focused intent, which is to include the Noxious Energies and Personal Dowsing Program, as one single Program with combined functions.

Detection: (1) **When Requested:** the “Dowsing System” is to Evaluate and Indicate, the least desirable effect, as related to any one or combinations of foods, drinks, air, and other substances that have, or are intended, to go on or into [my] body (The “Dowsing System” in determining the level of effects will be using the Reference Person in “Personal Program” p.4.)

Adjustments: (2) **When Requested:** (Example Q: Please make adjustments and indicate progress and results.) The “Dowsing System” is to detoxify, transmute, modify, adjust and create, the minerals, vitamins, antioxidants, pH, and all other ingredients and conditions to the amounts and levels needed for a balanced smoothly functioning body, mind, and related systems. It is to promote pleasant taste, easy and comfortable digestion, good absorption, and make the entire body be and feel energetic.

Action Time: Adjustments are to be comfortable, safe and correctly timed.

End of Food Program.” (You may also evaluate any one single item, like a watermelon or a drink.) (NOTE: Food and many other substances appear to be simply energy systems or energy carriers. These energies seem to be easily detected, evaluated, changed or adjusted by dowsing).

NOTE: Dowsing experiments are not intended to be a substitute for medical advice.

- How to use the Personal Dowsing Chart -

First: Simply read all the printed information on the Chart Page, so both You and your Subconscious have an overall impression and awareness. You don't have to memorize, or even understand, all this information, the Subconscious does it for you. You do not need to repeat this reading, unless you wish to. (If you have completed the one time, semi-permanent insulation of the enclosed Programs, your Subconscious knows what Information, Action and Protection you desire.) (NOTE: Any time you start any one of the three Information and Action Programs, they combine all their functions as one single Program.)

To Use the Chart for miscellaneous areas. (The Hormesis Chart has it's own instructions.)

Step 1: Start your pendulum swinging to “ready for question”. Then always ask (Q1) “May I, Can I, Should I”. If you get “**yes**” go to **Step 2**. If you get a “**no**”, **stop**. (It is OK to ask the “Dowsing System” for reasons.) (Try using the yes and no, or other responses.)

Step 2: Return your pendulum to swinging to “ready for question”. The “Dowsing System” will respond to your Q's by using “yes” or “no”, ± 0 to 10 or %, your choice. The Q's on the chart are only suggested guides. (i.e. Q5 is only limited by your imagination.) (Unless you request otherwise, each question is being checked with all three “Programs”, and [you] are being compared to the “Reference Person” in the “Personal Dowsing Program”.) With each request, you would like to see a high reading in your favor, like at or near +10. If not, go to Step 3, and ask for adjustments. (It is OK to Dowse for the reasons for any low readings.)

Step 3: For undesirable indications, (The word undesirable means detrimental, unwanted, objectionable, disadvantageous, unfavorable, etc.) you may wish to ask the “Dowsing System” to Make Adjustments, and to indicate the Progress, Results, and Time require. Watch the pendulum as it moves through progressive adjustments to the final levels. (To try to be as accurate and informative as possible, the activities, instructions, information and adjustments, were all pre-specified, and spelled out in detail, in the pre-established Programs.)

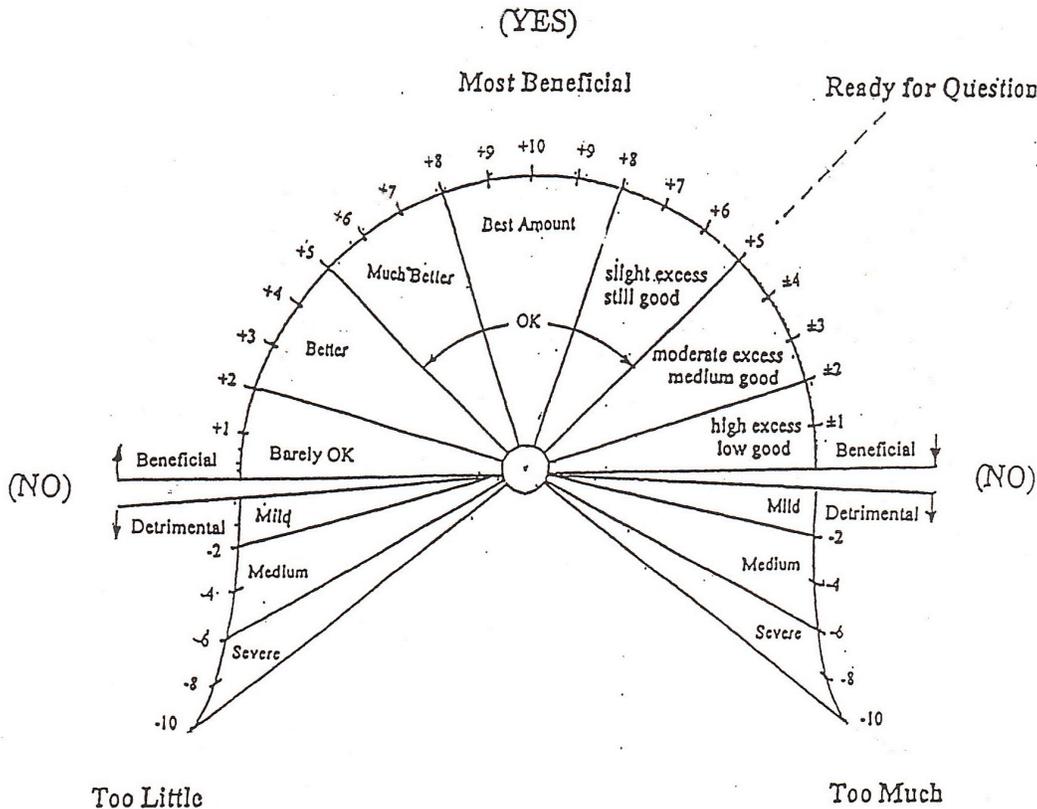
END Have Fun Dowsing, Walt

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Hormesis Curve

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

Check and see what you read for your water consumption for the past 24 hours?



Instructions:

Hold your pendulum over the center and start it swinging toward the Ready for Question. Pay attention to the swing from the center to Ready for Question. This is the indicating half-swing. Follow this indicating half-swing wherever it goes in response to your questions.

Example:

1. The amount of exercise (condition) for the last week? (time)
If it indicates +2 (Beneficial). This suggest a little more would be good.
2. If you take [500 mg of] (amount) each day (time), what would be the effect?
If it reads ± 4 (moderate excess), this may suggest that you are taking to much.
Try asking about every other day or a lesser amount per day to see what it indicates.

NOTE: Experimental Dowsing Research is not intended to substitute for medical advice.

Form 801-1

Walt Woods 1/1/11

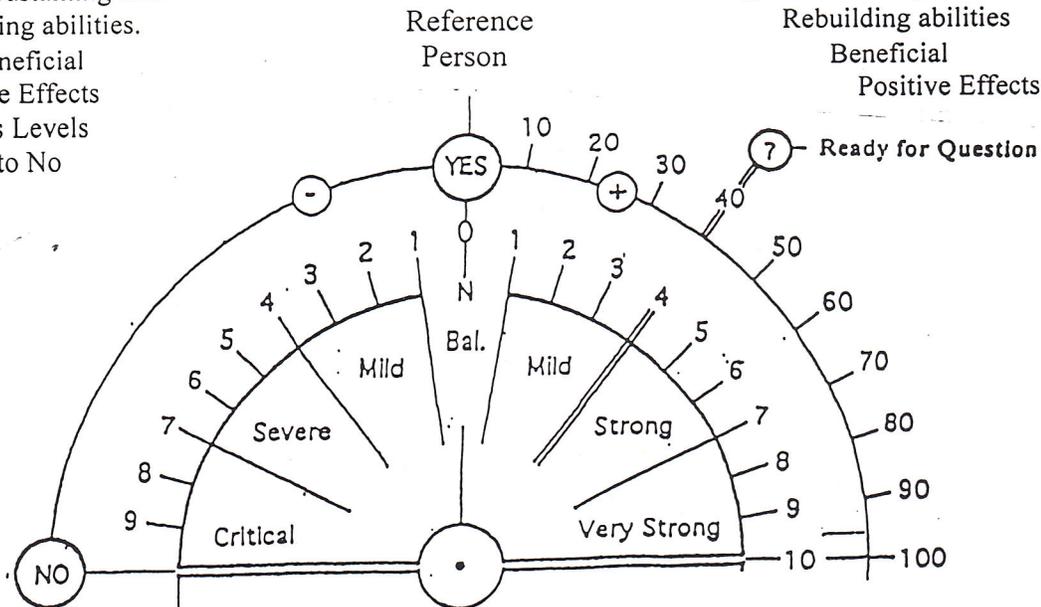
Personal Dowsing

Experimental Dowsing Research is not intended to 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.
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 correction(s), adjustments, modifications 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 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 your request. (sec, min, hrs, ...)

1. **May I, Can I, Should I?** Yes or No (If yes proceed. If no, stop and ask questions.)
2. **Overall Average Condition?** -10 to +10 (Compared to a reference person.)
3. **Worst Condition?** Anything less than +10
4. **Undesirable Conditions?** Anything less than +10
5. **Specified Areas of particular interest?** -10 to +10
6. **Progress Towards Specified Goals?** 0 to 100%

This side is for Lower Functioning
 Lower Sustaining and
 Rebuilding abilities.
 Non-Beneficial
 Negative Effects
 Includes Levels
 Of Yes to No

This side is for Better Functioning
 Higher Sustaining and
 Rebuilding abilities
 Beneficial
 Positive Effects



Red Flag, Caution, Danger, see May 5, Can I, Should I, Ask Questions.