

# **The British Society of Dowsters Training Programme**

## **Introduction to Dowsing for Health**

**Tutored by BSD registered tutor experienced in dowsing for health, in weekend format or minimum of 12 hours tuition**

### **Aim**

- To orient and instruct participants in the use of dowsing to assist healing and to achieve optimum health

### **Objectives: At the end of the course, the students will be able to:**

- Recognise & identify health problems through the application of dowsing
- Identify appropriate healing practices, remedies or therapies through the application of dowsing
- Explain the importance of protection & ethics for dowsing for health

### **Introduction to health related uses of dowsing**

- Historical and contemporary uses of dowsing in healing context
- Capacity of dowsing to tune into core health issues directly
- Capacity of dowsing to tune into issues not fully apparent through symptoms or signs of manifest illness or disease
- Usefulness of dowsing in selecting and guiding healing strategies
- Usefulness of dowsing as tool for keeping well and healthy

### **Practical considerations when beginning to dowse for health**

- Protection, discussion, description and practice
- Choice and how to use a dowsing tool
- Use of the pendulum
- Clarity and focus through asking the right questions

### **Distance healing**

- Dowsing remotely/distance using hair samples, photographs or other witnesses
- Sending healing remotely / at a distance

### **Dowsing for Health applications**

- Optimum health and healing strategies
- Food sensitivities or allergies
- Nutritional supplements
- Environmental sensitivities or allergies
- Dowsing for specific remedies and healing techniques (this can expand and go in whatever direction the individual practitioner's skill lies)

### **Ethics of dowsing for health**

- Good manners
- Good ethics
- Trespass or intrusion
- Invitation or permission from client, friend, family member before dowsing for their health
- Invitation or permission from caregiver or family member for client or person unable to give personal consent
- Legal and insurance issues relating to non-medically qualified practitioners of health care, including 'assessment' versus 'diagnosis'

### **Personal well - being**

- Issues of personal health and well-being when dowsing for health of others
- Considerations of 'picking-up' or resonating with 'illness or disease from other people when dowsing for their health
- Strategies and techniques for self-healing

### **Health & healing dowsing resources**

- Information about the Health Group and further training opportunities