

CONFIDENCE EXERCISES: SIMPLE

#1 RESTAURANT DOWSING

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One of the most important ways you can build confidence in your dowsing is by practice.

Some people start simple by dowsing coin tosses or card suits. There are a lot of reasons you may find this to be a challenge: you don't care; you were brought up not to gamble; you get bored easily.

In the Confidence Exercises, we help you build dowsing muscles by giving you instructions for dowsing things that most people would find useful and/or interesting.

- The Simple exercises are a good place to start, no matter what your level of experience
- Remember to follow what your dowsing says to do, if at all possible (of course always follow your intuition)
- Dowsing is NOT 100%, but with practice, it will improve your ability to make happy choices
- Confirm your dowsing answer, and if it appears to have been wrong, check your question and evaluate your emotional or dowsing state to find out why

CHOOSING A RESTAURANT

Have you ever picked a bad place to eat out? Everyone has. Dowsing is a great way of improving your record on that subject. The following protocol can be condensed and simplified once you have become accurate.

1. Make a list of what you want in a restaurant. Everyone will have their own list. Include everything that matters, such as:
 - a. Menu is varied and the food well-prepared and offers a range of meals you and your companion will love and not be allergic to
 - b. Prices are within your budget
 - c. Atmosphere is great
 - d. The place is open at the time you want to eat and serving the meal you want
 - e. The wait staff is well-trained and efficient
 - f. They take the form of payment you intend to use
 - g. They use high-quality, organic ingredients

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#1 RESTAURANT DOWSING

- h. It's a reasonable, safe drive from home
 - i. They have plenty of parking
2. Make a list of possible restaurants, or find a list in the phone book or online
 3. For best results, use a scale of 0-10 to rate them. If you have never used a scale for dowsing, see the article on that subject.
 4. Formulate a clear dowsing question that incorporates all of YOUR key points, for example: "On a scale of 0-10, with 10 being superb, and 0 being awful, what is the overall rating of _____(name of restaurant, with location) with respect to: (list your key desires)." We suggest you write your question down, as you may want to examine it later to see how good it was.
 5. We find that 8 or better usually gives satisfaction. Of course, if you get a 10, choose that one.
 6. If you have more than one 10, then you can dowse the individual items on your wish list to see which ones each restaurant excels in, and use that to make a decision.
 7. If you have no restaurants that rate an 8 or higher, you can ask if there are any that meet your criteria that are 8 or higher in your area (location of search). It might be that the list you have compiled is not complete. Do a bit more research and fill it out.
 8. If you still can't get an 8 for any restaurant, you can either go for a 7, or you can do something different. Sometimes your dowsing tries to discourage you from doing something, and it's for a very good reason, even if you don't know what that is at the time. Maybe there will be awful traffic or a food poisoning outbreak, and you would be better off ordering a pizza at home.

DOWSING THE MENU

OK, so you're at the restaurant, and you are perusing either the wine list or the menu itself. Dowsing is a great way to make a good choice.

Again, we like to go with 8 or better, and if you asked a good dowsing question, and if you got an accurate answer, there should be items on the menu that give a high number for each person in your party.

Dowsing a wine list or menu is pretty easy, but it also can be a super way to practice detachment. We all have preferences. Maybe you like white wine, not red. Maybe you always get steak when you eat out.

Dowsing will give you a chance to wipe the slate clean. Instead of following a habit, you can find out what you would most enjoy tonight. Be prepared to be surprised. Don't resist getting chicken as the best dish for you. Trust your dowsing and be open to whatever guidance you receive.

CONFIDENCE EXERCISES: SIMPLE

#1 RESTAURANT DOWSING

1. It helps to have a clear mental list of what goes in to a “10” meal experience. You might include:
 - Non-allergenic
 - Easily digestible
 - Healthy and nutritious
 - Tasty
 - Colorful
 - Fresh ingredients
 - Organic
 - Brought to the table warm and in a reasonable amount of time
 - Priced within your budget

There are many things you could list. Use your preferences and imagination.

2. Formulate a dowsing question that includes all the key desires.
3. Use a deviceless technique (see the video lessons) to list down the menu. If you haven't list dowsed, read the article on this site.
4. You can either ask whether any items are a 10, and then dowse which ones. Or you can dowse what rating each item is.
5. You can have a dowsing partner (hopefully at the table) double check your answers or have him or her dowse without telling what you got. Or ask them to dowse between the top 2 menu items you dowsed for yourself.
6. Order the meal and confirm your dowsing. If you are not thrilled, go back to your question and see if it was complete. For example, if you are dissatisfied because the meal was cold, was that covered in your list?
7. The same protocol can be used for a wine or beer list, or a dessert cart. Of course, you will get faster with practice.