

CONFIDENCE EXERCISES: SIMPLE

#2 GROCERY STORE

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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

PICKING THE PERFECT PRODUCE

I used to avoid buying avocados, even though I liked them, because they were so expensive, and more often than not, the one I picked had bad spots or was over-ripe. Picking melons was touch and go, because they weren't always ripe the day I wanted to eat them.

I've always hated wasting food, and with produce, it's too easy to pick something that either isn't usable the day you want to use it, or when you peel or cut it open, you find it's spoiled or badly blemished.

1. Make a mental or written list of what you want in the produce. Include:
 - a. When you intend to use it (sometimes if you aren't sure, just ask for it to be perfect the day you choose to use it).
 - b. What would make it perfect: tasty, nutritious, organic, smooth, etc.
2. 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.

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3. 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, are there any avocados on this shelf that are an 8 or better 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.
4. We find that 8 or better usually gives satisfaction. Of course, if you get a 10, choose that one. If you get none are an 8 or better, you might want to substitute another type of fruit or veg.
5. Using a pendulum in public can inhibit your dowsing. Learn a deviceless technique and practice it in the store.

DOWSING FOOD ITEMS IN GENERAL

There are a lot of brands to choose from these days, and you don't want to use commercials as the final reason you purchase something. So get clear in your mind what matters to you in a frozen item, canned product or bottle of wine.

Dowsing will help you choose the best product at the best price.

1. It helps to have a clear mental list of what goes in to a "10" experience. You might include:
 - Non-allergenic
 - Easily digestible
 - Healthy and nutritious
 - Tasty
 - Colorful
 - Fresh
 - Organic
 - 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 dowse among the choices. If you haven't list dowsed, read the article on this site.
4. You can either ask whether any brands/offers are a 10, and then dowse which ones. Or you can dowse what rating each item is.
5. Always confirm your answers. If they appear to be 'wrong', go back to the question and find out why.