



BEGINNER'S PENDULUM DOWSING

# WORKBOOK

BY LANA MORRIS





Welcome

**Welcome & Overview**

**Session 1: Setting Intentions, Cleansing & Preparation**

**Session 2: Asking The Right Questions to explore  
energies around you**

**Session 3: Personal Energies & Emotion Grids**

**Session 4: Energies inside your home & lost items**

**Session 5: Personal vitality , nutrition and balance**

**Session 6: Bringing together your energy for  
wellbeing**

BEGINNER'S PENDULUM DOWSING

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BY LANA MORRIS



Hi and thank you for joining me- it's good to meet you.

I train and coach women who are natural empath's into their aligned purpose, allowing their soul and spirit to shine through.

I'm so excited that you are enhancing your personal journey through learning the art of Rhabdomancy- otherwise known as dowsing. I hope this workbook will give you everything you need to discover and learn the secrets of the pendulum.

BEGINNER'S PENDULUM DOWSING

THANK YOU

BY LANA MORRIS

## The welcome video

What is in your current spiritual toolkit? List all of your spiritual tools that you draw upon for yourself and your clients.

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BEGINNER'S PENDULUM DOWSING

WELCOME & OVERVIEW

BY LANA MORRIS



## Session 1: video & resources

Video: What are the 3 ways you can create your own home made/ hand crafted pendulum?

1

2

3

Video: What are the 3 ways you can cleanse & charge your pendulum?

1

2

3

Video: What are 2 ways in which you can connect and develop your relationship with your pendulum?

1

2

## SESSION 1: SETTING INTENTIONS, CLEANSING & PREPARATION

# Session 1: video & resources

Handout: What is the purpose of a pendulum?

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Handout: What can prevent you from being able to use the pendulum?

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Handout: When working with the pendulum what do you need to establish?

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## SESSION 1: SETTING INTENTIONS, CLEANSING & PREPARATION

## Session 2: video & resources

Video: What do dowsing questions need to be in order to be useful?

1

2

3

Video: What areas of life can you ask the pendulum questions?

1

2

3

Video: How do you remember your 'yes', 'no', 'maybe'?

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SESSION 2:

ASKING THE RIGHT QUESTIONS TO  
EXPLORE ENERGIES AROUND YOU



## Session 2: video & resources

Handout: What helps you establish a correct response from your pendulum? (hint page 1)

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Handout: What is the traditional tool used to dows for water, and what can you use instead?

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Handout: What aromatherapy oil is best for you when working with your pendulum?

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### SESSION 2:

ASKING THE RIGHT QUESTIONS TO  
EXPLORE ENERGIES AROUND YOU

## Session 3: video & resources

Video: What additional equipment do you need?

1

2

3

Video: What areas of the inner energy chart could you add to?

1

2

3

Video: What insights did you gain from the overview of external energy chart?

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SESSION 3:

PERSONAL ENERGIES &  
EMOTIONAL GRIDS

## Session 3: video & resources

Handout: What areas on the inner energy chart needed attention?

1

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2

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3

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Handout: what areas on the outer energy chart needed attention?

1

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2

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3

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Handout: How did you get on with the body pendulum work? What insights did you gain?

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SESSION 3:

PERSONAL ENERGIES &  
EMOTIONAL GRIDS



## Session 4: video & resources

Video: What additional equipment do you need?

1

2

3

Video: How did you pinpoint the energies in each room?

1

2

3

Video: What are 3 ways you can cleanse this negative energy?

1

2

3

## SESSION 4: ENERGIES INSIDE YOUR HOME & LOST ITEMS

## Session 4: video & resources

Handout: Which aspects of your home needs the most attention?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Handout: What activities will clear negative energies from these areas?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Handout: What will keep the energies high in these areas?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

## SESSION 4: ENERGIES INSIDE YOUR HOME & LOST ITEMS

## Session 5: video & resources

Video: what are the 5 criteria to use on your hand when looking at nutrition or allergies?

1

2

3

4

5

Video: What's the way to determine if your water is healthy for you?

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Video: What area of your wellbeing are you going to focus on?

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SESSION 5:

PERSONAL VITALITY, NUTRITION &  
BALANCE



## Session 5: video & resources

Handout: In terms of foods healthy for you, what did your pendulum say were your top 3?

1

2

3

Handout: In terms of general vitality, what 3 areas need improvement to help you?

1

2

3

Handout: Which area is the priority for you to attend to?

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### SESSION 5:

## PERSONAL VITALITY, NUTRITION & BALANCE

## Session 6: video & resources

Video: Based on the previous sessions, what areas of life do you need to spend some time and attention in?

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Video: What's other charts can you devise that your pendulum can help with?

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Video: What other spiritual tools can work well with pendulum dowsing?

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SESSION 6:

BRINGING TOGETHER YOUR  
ENERGY FOR WELLBEING

## Session 6: video & resources

Handout: what are the 5 criteria to use on your hand when looking at nutrition or allergies?

1

2

3

4

5

Handout: What's 1 way to determine if your water is healthy for you?

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Handout: What area of your wellbeing are you going to focus on?

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SESSION 6:

BRINGING TOGETHER YOUR  
ENERGY FOR WELLBEING



## Your Next Step

Ready to join the energy community? [Click here](#) to find out more

Or what about ore learning? [Click here](#) to discover more courses.

WHAT NEXT?

ENERGY MEMBERSHIPS & OTHER  
COURSES

BY LANA MORRIS