



## Session 3: Beginner's Pendulum Dowsing Body Pendulum & Muscle Testing

Stand upright, and be comfortable and relaxed

Please show me my Yes? Get your 'yes' response

Please show me my No? Get your 'no' response

Is my name [insert your name]? Get your 'yes' response confirmed

Am I a man (if you are not- Use 'woman' if you are) Get your 'no' response

Am I anxious at the moment?

Is my anxiety connected to work?

Is my anxiety connected to home?

Is my anxiety connected to a situation?

Is my anxiety connected to a person?

Is the best way to reduce my anxiety [list each technique/strategy or planned course of action as a separate question]

e.g. Is the best way to reduce my anxiety EFT?

Is the best way to reduce my anxiety Sleep?

Is the best way to reduce my anxiety Journaling?

Is the best way to reduce my anxiety 3 Hearts Method?

Now that I have identified the cause, and solution to release my anxiety, has my body released my anxiety now?

These are some examples of questions you can use for your body pendulum and /or muscle testing. You can add whichever questions resonate for you, just frame them so that they create a 'yes' or 'no' answer.

