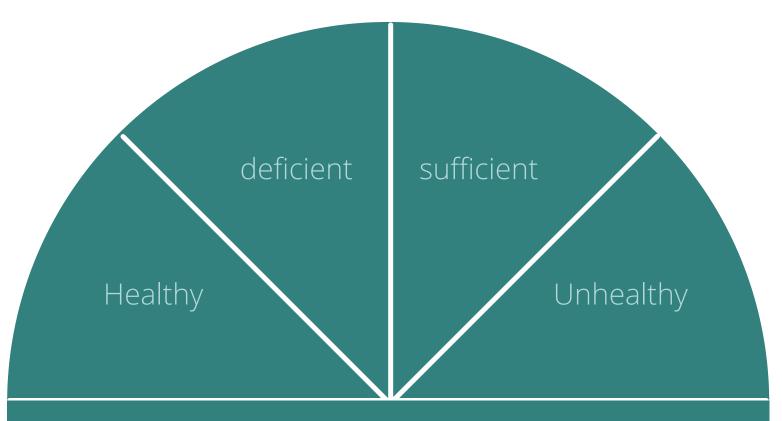
Session 5: Beginner's Pendulum Dowsing: Personal Vitality, Nutrituion and Balance

Personal Vitality & Nutrition



Vitamins & minerals

Fats

Carbs

Proteins

Sleep

Exercise

Weight management

Toxicity, metals & chemicals

Sleep

Exercise

Meditation

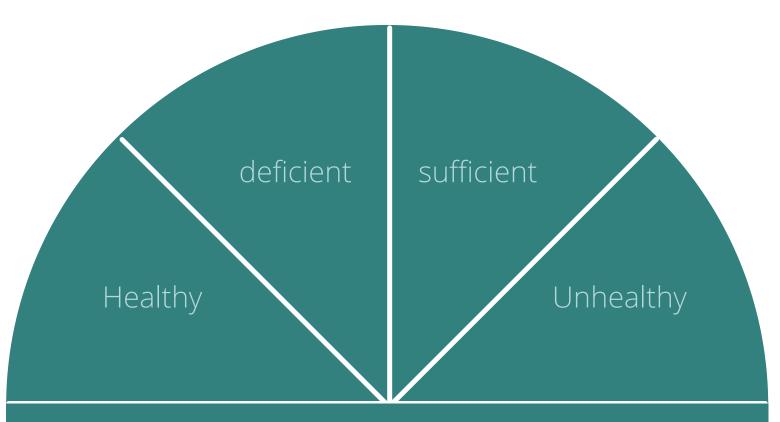
Study

Play



Session 5: Beginner's Pendulum Dowsing: Personal Vitality, Nutrituion and Balance

Personal Balance



Food & Drink
Exercise
Study
Play
Hobbies
Personal goals
Achievements
Relationships with others
Intimate relationships
Confidence
New opportunities
Travel
Spirituality and faith

