



On the Yahoo Group Dowse This, as a Group Project we have decided to create a body balancing Dowsing program to perform each morning and each evening.

This page is being used to monitor the development and implementation of the dowsing program.

The decided names of the morning and evening programs are: Morning Cup and Night Cap. Thank you for your participation!

Morning Cup Program

- ~ Personal Protection**
- ~ Fast Implementation**
- ~ Vitamins, minerals and trace elements essential to optimal performance in all aspects of the body (physical, non-physical, emotional, spiritual, mental and add your own) for the day ahead.**
- ~ Balance all chakras for optimal performance in all aspects of the body (physical, non-physical, emotional, spiritual, mental, add your own) for the day ahead.**
- ~ Balance, boost, enhance or perform whatever action or actions are necessary for the aura to perform optimally in all aspects of the body (physical, non-physical, emotional, spiritual, mental, add your own) for the day ahead.**
- ~ Balance all bodies perfectly with Universe.**
- ~ Check, establish and complete grounding of non-physical aspects of the body.**
- ~ Ensure correct polarity is established and maintained.**



~ Check and adjust energy / vitality levels for optimal performance in all aspects of the body (physical, non-physical, emotional, spiritual, mental, add your own) for the day ahead.

~ Check all physical aspects of the body and adjust /neutralize / get rid of (choose your own wording) stuff not beneficial to your optimal health and well-being

~ Surround me with the white light of protection and open up the pathways of communication to my spirit guides, High Self, and my Board of Directors.

~ Send gratitude this day to all who have and are still helping me on this quest to fulfill my mission in this lifetime.

Nightcap Program

~ Send gratitude this day to all who have and are still helping me on this quest to fulfill my mission in this lifetime.

~ Remove all non-beneficial thoughts/thought forms created by myself or others.

~ Protect me in my sleeping state and while I dream. Help me to remember those dreams that are of importance to my waking life.

~ Cut or Release all non beneficial psychic cords and cleanse all energy. ** I always picture an infusion of white light energy filling the cords and cleansing/transmuting the non-beneficial energy in the cords, then I cut or release them at the place that they are connected and return the cleansed energy to the source.** I also then repair any holes in the aura.

~ Balance my energy to be optimum for a restful nights sleep.



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