

Dowsing Worksheet

1. Write down your intention or concern
2. Center / Ground yourself
3. Connect with animal or person
4. Test your YES/NO
5. Ask permission

6. YES/NO— Is the concern related to any of the POTENTIAL CAUSES

7. Ask YES/NO to decide which area to address first

8. YES/NO—which MODALITY would be help address the concern

9. YES/NO—are you finished with the POTENTIAL CAUSE or MODALITY ?

10. Repeat STEPS 6 thru 9

Remember to continuously check your YES/NO

Name: _____ Date _____

Potential Causes

Diet
 Inflammation / Infection
 Pathogen (*yeast, candida, bacteria* etc.)
 Environmental Allergies (*mites, pollen, mold, grass, weeds*)
 Musculo-Skeletal (*bones, joints, muscle*)
 Respiratory System (Lungs, nasal passages)
 Digestive System (esophagus, ST, SP, SI, LI, LV)
 Urinary System (Bladder, kidney, urethra)
 Skin
 Pain / Strain / Sprain
 Bite / Sting / Puncture
 Emotional (*past, present or trapped*)
 Trauma / Injury (*past, present or trapped*)

Modalities

Medical intervention / doctor
 Chiropractor
 Acupuncture / Acupressure
 Reiki / Energy work
 Emotional release
 Massage
 *Diet Changes
 Herbs
 Homeopathy
 Supplements
 Bach flower remedies
 Professional Dowsing session



***Diet**—Which of these foods are contributing to the concern?

Grains—wheat, corn, rice, barley, quinoa, starches, oats, potato

Legumes—pea, chickpea, soy, lentil

Protein—fish, eggs, chicken, turkey, beef, lamb, meal, by-product, hydrolyzed

Fats—chicken fat, beef fat, palm oil, vegetable oils, coconut oil etc.

Other—brewers yeast, dairy, glycerin, BHA, BHT, flavor, food coloring etc.

Deficiency— Omega 3, probiotics, enzymes, vitamins, minerals

1. *Start with Rescue Remedy if unsure*
2. *Using your pendulum, choose any additional remedies using your pendulum*



INDICATION	
Stressful situations: visits to the vet, being left alone, adapting to new surrounding. Fear of loud noises, such as firework and thunder. Excessive barking or hissing	Rescue Remedy
Vague or unaccountable fears. Appearing agitated for no apparent reason	Aspen
Intolerance toward animals, people, events and situations	Beech
A loss of self-control, violently scratching itself	Cherry Plum
Repeated unsuccessful behavior patterns, doesn't learn from past mistakes	Chestnut Bud
Possessive in nature, very territorial. Manipulatively loving to keep control	Chicory
No apparent interest in the world around them: animals who sleep all the time, have trouble paying attention, or seem to live more in a dream than in the present	Clematis
Obsessive cleanliness, fastidiousness; excessive grooming. Pets with rashes	Crab Apple
Overwhelmed by a sense of responsibility from a temporary circumstance: abandoning their litter	Elm
Despondency due to a setback; eg; not going for a walk as usual creates lethargy and sadness	Gentian
Overly concerned with companionship. Constant barking	Heather
Jealousy of other animals or a new baby in the home. Angry growling, hissing, barking, snapping or unprovoked	Holly
Homesickness or over-attachment to the past. Loss of owner or home	Honeysuckle
Lethargy or lack of enthusiasm to go anywhere, but once engaged in an activity or game is fully involved	Hornbeam
Impatient and seeming to have boundless energy; can't wait to go for a walk or rushes ahead	Impatiens
Lack of self-confidence or avoiding situations where they have to perform	Larch
For fears; afraid of lightening, visits to the vet. May shake or shiver when confronted. Shy and timid animals	Mimulus
Exhaustion, fatigue due to overwork: for working animals or those involved in racing, competitive events or shows	Olive
Terror, panic-stricken: body trembling, cowers or runs away	Rock Rose
Animals who can't make up their mind; any swinging behavior pattern (eats/doesn't, sleeps a lot/no sleep)	Scleranthus
Abused, mistreated in the past. Trauma or shock	Star of Bethlehem
Enthusiastic, always want to be involved, high strung	Vervain
Authoritative, dominant even over their owners	Vine
For any period of change	Walnut
Unfriendly, stand-offish: do not invite or welcome cuddles, petting or obvious affection	Water Violet
Loss of sense of direction or purpose; especially good for working or show animals who are being retired	Wild Oat
Lack of energy, enthusiasm: submissive and disinterested	Wild Rose
Sulking and self-pity	Willow

flower-based essences was developed in the 1930's by Dr. Edward Bach, a physician and homeopath who was convinced that emotional well being was key to good health.

<https://www.bachremedies.com/en-ca/>

Other Info

Herbs / Supplements / Homeopathics

<https://www.nativeremedies.com/view-all-pet-categories>

https://www.homeopet.com/ca/?sorc=ca_ck

<https://www.omegaalpha.ca/products/pet-products/>

<https://homeopathykits.com/products/pet-kit>

Homeopathic Chart

<https://www.dogsnaturallymagazine.com/12-homeopathic-remedies/>

<https://www.amazon.com/Homeopathic-Remedy-Kit-for-Pets/dp/B00520HTKW>

<https://homeocan.ca/en/shop/traumacaredrops-30-ml-traumacare/>

Dog Food Calculator

<https://thebark.com/content/homemade-dog-food-calorie-calculator>

https://thebark.com/rer/#dog_quick_meal

Other articles of interest

<https://www.dogsnaturallymagazine.com/kibble-never-a-good-option/>

<https://www.dogsnaturallymagazine.com/>

<https://www.collegeofanimalchiropractors.org/en/members/find-members/>

<https://www.petmd.com/dog/nutrition/pet-food-ingredient-and-label-guide>

<https://www.oasishealth.ca/pet-health-dealing-with-digestive-issues/>

<https://www.oasishealth.ca/itchy-dog-holistic-approach/>

Books

<https://www.amazon.ca/Complete-Holistic-Dog-Book-Companions/dp/1892193175>

Remote Dowsing with Rita Mustafa, RNCP, R.Ac.

<https://www.oasishealth.ca>



OasisHealth.ca

Rita Mustafa, RNCP, R.Ac. www.oasisHealth.ca