

Sunday, March 29, 2009

Every day that I have energy problems, I wonder if there is anyone else who has started to feel the effects of STS energy the way that I have. One morning, after I had washed the surfaces in my apartment with water and white vinegar, the energy around me felt very clear. The clearing of STS energy helped me realize that the energy management techniques that I have been learning are for young people who have been called Indigos.

ASSISTING THE INDIGOS

Several books have been written about a group of advanced souls who have been arriving since the 1980s. The name Indigo took hold when a



Beginning in the 1980s, the name Indigo became popular for describing babies with blue auras (3970829).

clairvoyant nurse noticed blue auras around a large number of babies. In her book, *Beyond The Indigo Children*, author P.M.H. Atwater says that Indigos are here to create change and that they need our assistance. I know that my energy symptoms could easily be mistaken for a neurological disorder and children with my sensitivity to energy need to be shielded from a medical establishment that would give them drugs. Energy balancing with color and food chemistry work but Prayers and Intentions provide the most powerful shield of protection against the destabilizing effect of STS energy.

ARE INDIGOS AZURITES?

Indigo blue and Azurite blue are similar shades and it made me wonder if the Indigos are Azurites. I asked:

“Are You God?” (3 variations).

“Yes.”

“Are the Indigos Azurites?”

“Yes.”

“Did the nurse who nicknamed them “Indigos” see an Azurite blue aura?”

“Yes.”

“Have they been targeted with vaccinations and drugs?”

“Yes.”

“Has this been to prevent them from waking up?”

“Yes.”



Indigo blue is Azurite blue and the children with blue auras are advanced beings who are here to help with Earth's Ascension (4360361).

“Is it true that the Indigos (or Azurites) have been arriving for one hundred years?”

“No.”

“Has it been one hundred and forty-four years?”

“Yes.”

“Are Indigos (Azurites) advanced beings from another system?”

“Yes.”

“Did they volunteer to assist with Earth's Ascension?”

“Yes.”

“Are most of their parents Azurites?”

“No.”

“Will it be hard for the parents of an Azurite child to understand their sensitivity to energy?”

“Yes.”

“Is it true that advanced souls often choose difficult childhood circumstances so they will wake up?”

“Yes.”

“Will the Azurite children need to figure out the problem for themselves?”

“Yes.”

“Have you chosen an e-book format because you want to reach the young Azurites who use the Internet?”

“Yes.”

“Is it possible that the information may not reach them due to delays and sabotage?”

“Yes.”

CANARY IN A COAL MINE

It occurred to me that the purpose for my energy management lessons is to provide an advance warning to young



Young Azurites have been targeted with drugs and vaccinations to prevent them from waking up (5241132).

Azurites who are also sensitive to energy. To confirm this, I asked:

“Am I learning methods to manage energy that I can relay to Azurites directly?”

“Yes.”

“Do I have sufficient information to help them?”

“No.”

“Will I learn enough to help them by the time that they start to feel the effects of STS energy?”

“No.”

“Will they need their family’s help and cooperation?”

“Yes.”

STS energy will have a devastating effect on young Azurites if my struggles with energy are any indication of what is ahead. To push the proportion of STS energy in the other direction (or to reduce it to less than 90%), I wondered if the STO energy that is generated from a large number of people would help—and asked God:

“Will Prayers and Intentions attract more STO energy to the planet to re-establish a 50-50 balance of energy?”

“Yes.”

“What percentage of the human population will need to learn and recite Prayers and Intentions for this to occur?” For this question, I counted revolutions of the pendulum and then checked the answer with a yes/no ques-



Azurites who are sensitive to energy will need help and cooperation from their families. Unfortunately, there is not a lot of time left before the Ascension to deliver information about energy management techniques #2125473.

tion. I counted twelve revolutions of the pendulum and asked:

“Will twelve percent of the population need to learn and recite Prayers and Intentions to re-balance the planet’s energy?”

“Yes.”

REQUIRED STS PARTICIPATION

Based on what I’ve learned about energy, I suspected that the twelve percent needed to be a mixture of STO and STS beings and asked:

“Does this group need to be an equal mix of STO and STS beings?”

“No.”

“Do any STS beings need to participate?”

“Yes.”

I guessed that the number might be twelve and asked:

“Do a minimum of twelve STS beings need to participate?”

“Yes.”

“Was this always part of the plan?”

“Yes.”

“Will STS participation speed the re-balancing of energy?”

“Yes.”

“Will this accelerated effort be required because of all the time that has elapsed?”

“Yes.”

“Will this be a difficult job for the twelve STS beings?”

“Yes.”

“Is this because Prayers and Intentions draw STO energy that makes STS beings uncomfortable?”

“Yes.”



Twelve percent of Earth's population can re-balance the energy on the planet by saying Prayers and Intentions. Twelve STS beings are required to accelerate the balancing due to lost time #2827180.

PRAYERS CREATE MIRACLES

The animals that I fed from the third floor balcony of my STS apartment helped me to understand that STO energy generated from Prayers and Intentions can create miracles.

Birds like sunflower hearts and chips and squirrels like peanuts. Chipmunks also like sunflower seeds but not many chipmunks climbed three floors to my balcony. I placed whole peanuts (in the shell) inside two wooden bird feeders that the squirrels could access. The squirrels also ate the sunflower seeds but never when there were birds on the balcony. In the two years that I fed animals on my balcony, I never saw birds and squirrels eat together except on two occasions when my Sun Rise Prayers and Intentions worked. Usually, the birds would scatter when a squirrel arrived, or a squirrel would chase the birds off the balcony. On the morning that my Sun Rise Prayers and Intentions were successful, I was very surprised to see over a dozen large doves eating sunflower seeds with squirrels.

NOTIFYING THE NATURE SPIRITS

When I realized that I needed to move, I felt bad that I had to stop feeding the birds and squirrels. Sixty to seventy doves, dozens of small

birds and five or six squirrels arrived each day. I lived near a Wild Birds Unlimited store and had recently purchased a Nyjer feeder for finches and other small birds. Barbara, who works at the store, introduced me to Nyjer seed that is high in calories and oil. Finches love Nyjer seeds but many other species also eat the seeds from a Nyjer bird feeder.

For several days, I was grief stricken thinking about the birds and squirrels that would arrive to find an empty balcony after I moved. God depends on humans to feed wild animals and not that many people feed them. To help me deal with this, I asked:

“Are You God?” (3 variations)

“Yes.”

“Will the birds and squirrels find other food to eat?”

“No.”



I use my pendulum at stores to select bags of sunflower hearts and chips (5200134).

“Can the nature spirits help them find other food to eat?”

“Yes.”

“Do the nature spirits need to be notified about my move?”

“Yes.”

“Will the nature spirits help move the animals to locations where they can find food?”

“Yes.”

“Do the nature spirits need twelve days notice?”

“No.”

“Do they need some twelve compatible number of days notice?”

“Yes.”

Time was running out. I had found an STO apartment (the address reduces to an STO number) on a mixed en-



When I learned I had to move, I was grief stricken over the idea that the birds and squirrels might arrive to find an empty balcony (7947526).

ergy property and God had given me just four days to pack and move (Note: steps for calculating whether a location's latitude reduces to STO, STS or a mixed energy numbers are presented in Chapter 3). He specified that I needed to move no later than Wednesday morning, March 18th.

I remembered that the word “Move” was one of God's action words that was described in Chapter One and I asked God about using the word in a Prayer to move the animals:

“Can I use the word “Move” in a Prayer and ask You to move the animals to a location where they can find food?”

“Yes.”

“Should I also ask the nature spirits for their help?”

“Yes.”

I knew I needed a minimum of two Prayers because two is a twelve-compatible number. To confirm this, I asked:

“Do I need to compose a minimum of two Prayers?”

“Yes.”

I also wondered if the second Prayer could be used to move a bug on the ceiling.

“Can I compose a second Prayer to move the bug out of my apartment?”

“Yes.”



The nyjer plant, which is native to Ethiopia is thought to have been named after the river Niger that flows through northern parts of Africa. Source: www.wbfi.org/nyjer2.

“Should I also ask the nature spirits for their help?”

“Yes.”

COMPOSING TWO PRAYERS

The two Prayers that I composed to ask God to move the animals and bug provide a good introduction to the steps for composing, reciting and striking Prayers. Note: striking refers to drawing a line through a Prayer so that it can never be re-recited. Prayers and Intentions may be saved for future reference but God insists that each new Prayer or Intention be changed slightly to avoid repetition.

Although a 12 inch X 12 inch page is ideal, Prayers or Intentions can also be written on any other size page.

The morning that I composed the two Prayers to ask God and the nature spirits to Move the animals, I used a page in a spiral notebook. The format includes the date, time, an opener to God, the request, a close and your signature (Note: my Prayers illustrate the format).

To compose a Prayer, I watch the clock and begin writing a Prayer (with black ink) at a twelve-compatible time (a number that reduces to 2, 3, 4, 6 or 9). Next, I recite the same Prayer and then draw a vertical line through the page (Note: Always recite a Prayer after you finish composing it—don't compose two and recite two).

If you want your Prayers and Intentions to work, they must be composed carefully. Always use capital letters when referring to God (including words such as “You” and “Your”). God's action words must



A dove's landing is an amazing thing to watch.
6020833..

also be capitalized (in this case, the word “Move”).

March 14, 2009 7:49 a.m.

Dear God,

Thank You for all of Your creation.

Please Move the animals who visit my balcony—to an alternate location where they may find food, tell the nature spirits of all the species inside my apartment and out—that I plan to move on March 18, 2009 and that March 15, 2009 will be the last day I will be able to put food out, tell them that I will need to restore my apartment to its original condition, and ask them for their help and cooperation.

Thank You,
Love, Mary Jo

March 14, 2009 8:10 a.m..

Dear God,

Thank you for all of Your creation.

Please Move all species in my apartment to an alternate location, tell the nature spirits of every species inside my apartment that I plan to move on March 18, 2009, and that I will be spending the next few days cleaning and packing. Please apologize for the inconvenience and ask them for their help and cooperation.

Thank You,
Love, Mary Jo



Just before I moved, I needed God's help to move the animals I had been feeding—to another location where they could find food (7928614)..

HELP FROM THE NATURE SPIRITS

I had planned to spend the last day of cleaning out on my balcony vacuuming the seeds that the birds usually leave behind. To my surprise, the balcony did not need to be vacuumed. Every trace of seed had vanished and it was almost impossible to detect that there were ever bird feeders on the balcony. The nature spirits helped! They had taken care of the balcony leaving me more time for the rest of my packing!

Monday, March 30, 2009

When I realized that my Prayer to ask God to Move the animals worked, I wondered if I could request that He



Begin composing your Prayer or Intention at a twelve-compatible time or, when the numbers reduce to a 2, 3, 4, 6 or 9. The time in this photograph is twelve compatible because $9+1+3$ equals 13 that reduces to the number 4. #64336737

Move STS energy out of my apartment, or even off the planet. For answers to these questions, I asked:

“Are You God?” (3 variations)

“Yes.”

“Can I compose a Prayer that requests that You Move STS energy out of my apartment?”

“Yes.”

“Can I compose a Prayer that requests that You Move STS energy off the planet?”

“No.”

UNDERSTANDING SPACE

When God answered “No” to my question about moving STS energy off the planet, I remembered that a Prayer or Intention that involves space—will only work if the request relates to the 1,200 square feet of space around a

person’s body—that travels with them wherever they go. To confirm this, I asked:

“Will the Move request only work for 1,200 square feet of space?”

“Yes.”

“Can it work for a larger space?”

“No.”

“Can parents request a larger space for a family?”

“Yes.”

“Can a farmer request that energy be moved off a larger space to protect his/her animals?”

“Yes.”

“Are these special cases?”

“Yes.”

“Will the Prayers last for a number of hours?”

“Yes.”

(Guessing) “Will they last for twelve hours?”

“Yes.”

“Does a Prayer need to be re-recited after twelve hours?”

“Yes.”

From the work that I have done with Prayers and Intentions, I know that a minimum of a one-word change is required whenever a Prayer or Intention is re-recited. To confirm this, I asked:

“Will I need to change a minimum of one word whenever I re-compose a Prayer?”

“Yes.”



For several centuries, miners have taken canaries into coal mines to test the air inside the mine. “Canary in a coal mine” is an expression that describes an older Azurite who is here to help pave the way for young Azurites who are here to assist with Earth’s Ascension. #9657560.

“Can I alternate a one-word change every other day to fulfill this requirement?”

“Yes.”

“Will I be able to stop all other energy balancing techniques?”

“No.”

When God answered “No” to my question about stopping all other energy balancing techniques, I realized that I had accidentally stumbled on a method that might help relieve my struggle with STS energy—or, at least relieve some of it. I suspected that my Prayer was imperfect but that it worked and asked God:

“Have I used incorrect form in my Prayer?”

“Yes.”

“Does it work in spite of my incorrect form?”

“Yes.”

I also realized that I might be expecting a lot from the nature spirits. They cannot be expected to move excess STS energy around on the planet to protect human beings. The Move request is an accidental discovery that can help—but not solve the energy imbalance on the planet.

I also suspected that intruders might still be a source of the STS energy and that the nature spirits might not be able to move intruders out of my space. To confirm this, I asked:

“Can nature spirits move intruders out of my space?”

“No.”

“Are Protection Prayers the only requests that can move intruders?”

“Yes.”



Chickadees usually swoop in for one or two seeds and then fly away #926650.

I know that I have a lot more work to do on re-learning Prayers and Intentions. The extremely high level of STS energy that accumulated at my STS apartment has caused memory problems and I will need to re-construct what I remembered in January.

I need to re-learn Protection Prayers and Intentions as quickly as possible because my problems with energy are increasing. The Move request Prayer has helped somewhat but I can tell that the relief is temporary. Each time I say the Move request Prayer, I think about the nature spirits. One morning, I asked God how they were coping with the job of moving STS energy:

“Are You God?” (3 variations)

“Yes.”

“Are the nature spirits able to move the STS energy without difficulty?”

“No.”

“Do any of them complain?”

“Yes.”

“Do the STS energy spirits complain?”

“Yes.”

“Do the STO energy spirits complain?”

“No.”

MOVE REQUEST SAMPLES

You’ll notice that the following two Move requests are almost identical except for the times (that reduce to twelve compatible numbers). I’ve also highlighted the word change with red.



Although God has no requirement for us to stop what we’re doing to observe Sun Rise, He appreciates a quiet observance of Sun Down #8660391.

April 1, 2009

6:24 a.m.

Dear God,

Thank You for all of Your Creation.

Please Move **any** STS energy out of my space that causes harm, ask the nature spirits in charge of my space to help find a location for the STS energy where it will not harm anyone or anything and thank them for their cooperation.

Thank You,

Love, Mary Jo

April 1, 2009

8:07 p.m.

Dear God,

Thank You for all of Your Creation.

Please Move **all** STS energy out of my space that causes harm, ask the nature spirits in charge of my space to help find a location for the STS energy where it will not harm anyone or anything and thank them for their cooperation.

Thank You,
Love, Mary Jo

To clear up any questions about the time requirement or any rules about saying Prayers, I asked:

“Can Move request Prayers be said at any time?”

“Yes.”

“Do they need to be said exactly twelve hours apart?”

“No.”

“Can they be said less than twelve hours apart?”

“No.”

“Once you start, should you try to say two Prayers in one day?”

“Yes.”

“Is it important to make a change in a minimum of one word each time you recite the Prayer?”

“Yes.”

“Can the Prayers be written on any type of paper?”

“Yes.”



Doves and pigeons are members of the bird family Columbidae #929619.

“Can they be written in pencil?”

“No.”

“Can an unsigned (without a person’s name) draft version be written in pencil?”

“Yes.”

“Should black ink be used to write the final version of a Prayer?”

“Yes.”

“Should a Prayer be reviewed for any mistakes before it is signed?”

“Yes.”

“Once a Prayer is signed can it be changed?”

“No.”

“If you sign it and then notice a mistake, should you recite it?”

“No.”

“Can you wait twelve minutes and then compose another version of the Prayer?”

“Yes.”

“In this case, would the new version have the alternate word change as though the previous Prayer was correct?”

“Yes.”

“Should Prayers be recited after they are signed?”

“Yes.”

“Should a vertical line be drawn through the Prayer immediately after it is recited?”

“Is this called “Striking?”

“Yes.”

“Does this action simply exist as a reminder not to re-recite the same Prayer?”

“Yes.”

“Do You allow mistakes in Prayers—in either composing or reciting?”

“Yes.”

“Is there one mistake allowed in composing and one separate mistake in reciting a Prayer?”



Prayers may be written on any type of paper.
#2398067.

“Yes.”

“Is this a total of two mistakes per Prayer?”

“Yes.”

In the STS apartment, I had a huge problem with mistakes that were caused by intruders. Although my handwritten mistakes decreased when I started composing Prayers on my computer, the energy in the STS apartment caused me to slur or mispronounce words. That does not seem to be a problem in my new apartment. To confirm this, I asked:

“Do I have less problems with intruders harming my Prayers in my new apartment?”

“Yes.”

“Is that because STS intruders are uncomfortable at an STO location?”

“Yes.”

MOVING STONE

In Chapter One, God said that the Egyptians used a Move request to move the large blocks of stone that were used to build the pyramids. The pyramids are just one example of structures that contain boulders that are too large for humans to move. The upright stones and cap stones used in the construction of dolmens are also too large for human beings to move. Large standing stones called menhirs that are found across Europe are also



In Chapter One, God said the Egyptians used a Move request to move the large blocks of stone that were used to build the pyramids #4272031.

examples of stone placements that mystify archaeologists. To confirm that the ancients used the Move request to move stones to construct dolmens and menhirs, I asked:

“Did the ancients use the Move request to build dolmens and menhirs?”

“Yes.”

“Did nature spirits help with all of these Moves?”

“Yes.”

TWELVE COMPATIBILITY AT DOLMENS

The Poul nabrone Dolmen in Ireland has a twelve foot capstone that is estimated to weigh between five and ten tons. The structure looks like a table supported by two stones that lift the capstone six feet from the ground creating an underground cairn. God

must have created the capstone that measures twelve feet across and placed the portal stones to support the capstone six feet above the ground. To confirm this, I asked:

“Did You create the stones for the Poul nabrone Dolmen?”

“Yes.”

“Is that why the dimensions are twelve compatible?”

“Yes.”

“Could the ancients have made these stones with twelve-compatible dimensions themselves?”

“No.”

Today, humans no longer need the Move request to build structures. However, with the destruction that has occurred in the natural environ-



Dolmens are ancient burial sites made of large vertical stones that support a capstone. The Poul nabrone Dolmen is located in County Clare in Ireland and is dated 4,200 B.C. to 2,900 B.C. #4379507.



Thousands of standing stones called menhirs have been found across Europe. Even though they originate from different periods, their shape is generally the same. Menhirs are usually taller than they are wide with a tapering at the top #5091079.

ment, I suspect that there may be several new reasons to use this request. To confirm this, I asked:

“Do humans have many new reasons for using a Move request?”

“Yes.”

LIMITATIONS OF THE MOVE REQUEST

I remembered that the Move request is unlimited in the sense that there is no limit to the number of requests that a person can say in their lifetime. In spite of this, I suspected that there must be other limitations. To explore this, I asked:

“Are You God?” (3 variations)

“Yes.”

“Can the Move request be used to move any large object?”

“Yes.”

There’s nothing around my apartment that’s heavy except my car and my instincts told me that God would not want me to use a Move request to move my car that I could move by myself. I asked:

“Could I use the Move request and ask you to move my car?”

“No.”

“Is this because I could move it myself?”

“Yes.”

There are a few large boulders in a park nearby and I wondered if God would move them.

“Could I use the Move request to move the large boulders in the park?”

“No.”

“Is this because I don’t own the land where the boulders are located?”

“Yes.”

“Are you willing to move anything for humans that they cannot move themselves—as long as they own the land where the move will take place?”

“Yes.”

DOLMENS AND MIXED ENERGY LATITUDES

When I started investigating dolmens and menhirs, I discovered that besides the dimensions that are twelve-compatible, there are also dolmens located at mixed energy latitudes. The Bretagne and the Carnac stones in

France are both examples:

| Dolmen | Latitude | Reduced |
|----------|----------|---------|
| Bretagne | 48.15 | 8 |
| Bretagne | 48:08:60 | 9 |
| Carnac | 47.5718 | 5 |
| Carnac | 44:16:60 | 3 |

Again, I did not think this was a coincidence and asked God:

“Are the Bretagne and the Carnac stones located at a mixed energy latitudes?”

“Yes.”

“Is this a coincidence?”

“No.”

“Are most dolmens and menhirs located at mixed energy latitudes?”

“Yes.”

“Did You select the locations for the dolmens and menhirs?”

“Yes.”



The Bretagne Dolmen in France is located at a mixed energy latitude #1537576.

“Are mixed energy locations the most compatible for human beings?”

“Yes.”

“Did the ancients understand that you selected mixed energy locations?”

“Yes.”

UNDERSTANDING MIXED ENERGY

God’s answer to my question about mixed energy made me realize that I may have made a mistake choosing an apartment complex in Madison.

Although I had found a rental property at a mixed energy latitude, a city’s energy also has an effect on human energy. To review how a city’s latitude numbers may be used to determine STO, STS or mixed energy, here are examples of cities where I considered moving. To obtain two versions of a city’s latitude to reduce, go to itouchmap.com’s latitude/longitude page at:

<http://itouchmap.com/latlong.html>

Type a city and state location into the field provided at the top of the page. A decimal version and a degrees, minutes and seconds version of a city’s latitude will be returned. To obtain a reduced number, keep adding the numbers in a latitude until you obtain a single digit number. In the decimal version, if the number after the decimal point is greater than 5, round the number before the decimal up to the next whole number.

Examples:

| Location | Latitude | Reduced |
|-----------|-------------|---------|
| Madison | 43.062071 | 5 (STS) |
| Madison | 43:03:43.45 | 8 (STS) |
| Fitchburg | 42.957101 | 2 (STO) |
| Fitchburg | 42:57:25.56 | 8 (STS) |
| Chicago | 41.879535 | 6 (STO) |
| Chicago | 41:52:46.32 | 4 (STO) |

In these examples, Fitchburg is the only city that has mixed energy. I failed to realize that when considering a new location, it is important to focus on the first the city—then the property where you might decide to live. The street addresses of houses and apartment buildings can also be typed into the latitude/longitude page at itouchmap.com and the energy may be analyzed in the same way.



When planning a move, it is important to first calculate the energy of the city and then the property where you think you may want to live. #4052742.



A mixed energy city and a mixed energy house or apartment address provides the most compatible energy for human beings #67232.

To confirm whether I had made an incorrect decision in choosing another apartment in Madison, I asked:

“Would a city with a mixed energy latitude be the best location for me?”

“Yes.”

“Is mixed energy the best location for anyone?”

“Yes.”

God helped me understand that given my circumstances, I did make the right decision:

“Will the energy in my new apartment provide me with an environment that I need to learn Protection Prayers and Intentions?”

“Yes.”

“Would a mixed energy latitude have provided the energy I need to learn Prayers and Intentions?”

“No.”

MOVING PARASITES

Instead of asking God more questions about large objects, I decided to ask Him about very small objects. Given that humans are currently plagued with parasites, I asked God:

“Can the Move request be used to move parasites out of the body?”

“Yes.”

“Does each person need to say their own Prayer to move parasites out of their body?”

“Yes.”

“Can a parent say this Prayer for one or more of their young children?”

“Yes.”

“Does a person need to know for sure if they have parasites in order to say this Prayer?”

“No.”

“Can parasites be called pathogens?”

“Yes.”

“Is this a Prayer that would need to be said every twelve hours?”

“No.”

There is ample evidence from research done by Dr. Hulda Clark and my client, Dr. Simon Yu, that parasites cause most diseases. To confirm this, I asked:

“Do parasites cause most diseases?”

“Yes.”

“Do anti-parasite teas work?”

“Yes.”

Last year, when Dr. Yu diagnosed a strongyloide in my body, he also found

that I was allergic to eggs, coffee, oats and several other foods. Hulda Clark’s recommended herbs made my food allergies disappear and they make a difference in my health as long as I drink the tea every day. If I stop drinking the tea, my symptoms return. When God said that a Move Request could be used to move parasites out of my body, I was anxious to find out if I would need to continue drinking the anti-parasite tea.

“Would a Move request work 100%?”

“No.”

“Can the Move request be repeated at intervals to help make sure that parasites do not get established in the body?”

“Yes.”

“Should I continue drinking anti-parasite tea?”

“Yes.”

“Is this because the energy on the planet is excessively STS?”

“Yes.”

Because STS energy promotes the growth of parasites and other pathogens, I asked:

“Should everyone drink anti-parasite tea and say the Move request Prayer?”

“Yes.”

ANTI-PARASITE TEA RECIPE

My anti-parasite tea recipe is based on the herbs that Hulda Clark recom-



Cloves kill parasite eggs as well as pseudomonas, staphylococcus, streptococcus, malaria, tuberculosis, cholera, scabies, candida and shigella #7420799.

mends but I’ve also added thyme that is not mentioned in her book. The herbs in Hulda’s latest book caused what I believe was a die-off—of hookworms near my heart. After drinking teas made from several of her recommended herbs for two days, I felt a huge lump in my chest that gradually disappeared by taking 6 to 8 quadruple-strength pancreatin (NOW brand) for several days. I added thyme to the tea recipe when I discovered that thyme kills hookworms.



Wormwood tincture works to anesthetize a worm so that it loosens its grip on the intestines. It is effective against roundworms, hookworms, whipworms and pinworms #5865032.



Thyme is an herb that I have added to Hulda Clark's recipe for extra protection against hookworms #8536347.

I try to drink the following tea every morning and I also try to drink at least two cups (Note: The recipe is for one person).

- 2 to 3 cups of water (to a small pan)
- 2 to 3 bags of Tazo Earl Grey tea (to match the number of cups of water)
- 48 drops of Black Walnut Hull tincture
- 12 drops of Wormwood tincture
- 2 or 3 half or quarter teaspoons of ground cloves
- 2 to 3 sprigs of fresh Thyme (as shown on this page)

Tazo is my favorite brand even though I need to wear rubber gloves to open the purple tea envelopes. I buy Herb Pharm tinctures at health food stores and the ground cloves in the bulk spice section at Whole Foods. Madison's supermarkets all carry fresh thyme (rinse the thyme in spring water and dry the herb on a clean towel). When I lived in the STS apartment, I used

Hulda Clark's recommended jewelry cleaner (Conair, Bed, Bath and Beyond) to sterilize herbs in four ounce HDPE wide-mouth bottles that I described in Chapter One (Note: Hulda invented the word "sonicate" to describe food disinfect in a jewelry cleaner that kills bugs with sound waves).

The tea can be strained using a mesh or bamboo strainer. My friend Patty gave me a bamboo tea strainer that I really like. To make additional cups of tea, add at least one cup of water to the pan that contains the tea you have already steeped. Black tea is acid-forming and should not be taken after Sun Down. If you feel malaise from a cold coming on, make Eucalyptus tea after Sun Down and drink at least two cups.

PARASITE MOVE REQUEST

The following two parasite Move requests are adaptations of the STS Move



Bamboo tea strainers are safer than metal mesh strainers. Hulda Clark says that all illnesses, including cancer, are metal diseases Source: www.ecoseek.net.

requests including the words that should be alternated. God has indicated that I say these Prayers every-other day and He says that the schedule may be varied according to the strength of a person's immune system.

April 3, 2009

6:21 a.m.

Dear God,

Thank You for all of Your Creation.

Please Move **any** pathogens out of my body that cause harm, ask the nature spirits in charge of the pathogens to help find a location for them where they will not harm anyone or anything and thank them for their cooperation.

Thank You,
Love, Mary Jo

April 5, 2009

6:03 a.m.

Dear God,

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Please Move **all** pathogens out of my body that cause harm, ask the nature spirits in charge of the pathogens to help find a location for them where they will not harm anyone or anything and thank them for their cooperation.

Thank You,
Love, Mary Jo