

Sunday, April 5, 2009

As I was completing Chapter 4, I realized that there were thirteen pages instead of twelve. The parasite information at the end of Chapter 4 added an extra page. God said to leave it in and I sent the chapter to several dozen people. Chapter 4 is a milestone for me because it contains a Move request Prayer that I need to block STS energy.

I'm moving the parasite information from Chapter 4 to this chapter so that there are twelve pages in each chapter. God says that most STSers will skip Chapter 4 when they see that the first few pages describe Indigo or Azurite children. Those same people will benefit from seeing the parasite information repeated. I've also learned that strong STO energy wipes out an STS being's memory and strong STS energy wipes out an STO being's memory. Memory is electrical and details are explained in this chapter.

I'm working overtime to produce Chapter 5 so that it is ready before the end of April. This will avoid delivering the fifth chapter (an STS number) in the fifth Month (May). Two fives would mean double STS energy. By delivering Chapter 6 in May, I will provide mixed energy.

Part X, Chapter X

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



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

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



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.

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 recommends 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.

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)



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



When my parasite symptoms were very bad, I tried to use as many of the anti-parasite herbs listed in Hulda's book as I could find. I used a mortar and pestil to grind cardamom pods that I bought whole at Whole Foods and added the crushed pods to the anti-parasite tea #552934.

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



This wide angle shot of eucalyptus trees provides a reminder that tea made from dried eucalyptus leaves is a powerful anti-parasite remedy that may be taken at night (due to its alkaline-forming properties). I buy dried eucalyptus leaves in the bulk herb department at Whole Foods and from Jeansgreens.com #5344594.

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,

Thank You for all of Your Creation.

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

MOVING BACTERIA AND METALS

I noticed an improvement in my GI tract after I started using the parasite Move request and I wondered if could also move tartar-causing bacteria out of my mouth. Teeth cleaning at dental offices has become very expensive and it is an example of a Move that we cannot accomplish ourselves. To clarify whether tartar-causing bacteria could be moved, I asked:

“Are You God?” (3 variations)

“Yes.”

“Do the pathogens in my parasite Move request include tartar-causing bacteria?”

“Yes.”

Because heavy metals play a role in most diseases, I wondered if the Move request could be used to move heavy metals out of the body. I also wondered if pathogens and metals



Mercury found in dental amalgams, compact fluorescent bulbs and polluted seafood is the most dangerous heavy metal on the planet #728179.

could be combined in the same Move request and asked:

“Can a Move request be used to move heavy metals out of the body?”

“Yes.”

Dental amalgams contain a large amount of mercury and it is dangerous to have chelation therapy if you have any silver fillings in your mouth. I asked God if a Move request that includes heavy metals should only be used by people who have had their metal fillings removed:

“Is it dangerous for people who have metal fillings to say a Move request Prayer that includes metals?”

“Yes.”

“Should people with metal fillings have them replaced by a biological dentist before including metals in a Move request?”



Coal burning plants dump several tons of mercury into the environment every year making the metal a dangerous threat to everyone #5316821.

“Yes.”

“Does everyone face a threat from heavy metals due to pollution?”

“Yes.”

“Can a Move request also include chemical toxins?”

“Yes.”

“Can people who have metal fillings safely include a reference to chemical toxins?”

“Yes.”

“Should the new Move request be said every other day?”

“Yes.”

COMPOSING A NEW MOVE REQUEST

The following new Move request Prayer may be used as a model. Note: Be sure to remove metals if you have silver fillings and alternate the words **any** and **all**:

April 5, 2009

6:21 a.m.

Dear God,

Thank You for all of Your Creation.

Please Move **any** pathogens, metals or toxins 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



People in agriculture know that the world's pollution problem is so large that the situation seems hopeless. A recent issue of National Geographic said that we are destroying soil all over the planet at a very rapid pace. God's help is the only answer #7178160.

Monday, April 6, 2009

As last weekend approached, I received an e-mail from two friends who said they wanted to visit and see my new apartment. They know that I have been eating only alkaline forming foods after Sun Down and we agreed that they would bring a meat dish for themselves. I would make a large salad for everyone and I would combine greens with my usual evening meal of either garbanzo beans (aka chick peas), kidney beans or aduki beans. These are the only alkaline-forming beans and I

rotate them so as not to eat the same bean dish two evenings in-a-row.

I usually have so little time, I just heat up a can of organic beans and try not to eat too many alkaline-forming beans that can make a person sleepy.

MEMORY WIPE-OUT AT WHOLE FOODS

Shopping for greens would be tricky. Although the Move request has been helping me cope with STS energy, it's not enough to block STS energy in a crowded food store—especially on a Saturday. By the time that I was ready to leave, it was close to lunch time and I decided to stop at the Panera Bread across the street from Whole Foods. It would need to be a take-out sandwich that I would need to eat in the car due to my sensitivity to red and blue clothing. Although there are other places where I could have shopped for greens



Garbanzo beans (aka chick peas) and aduki beans are the least alkaline-forming beans on my list #5722905.

or, stopped for a sandwich, the fact that these two businesses were across the street from each other—seemed like a good idea.

I had such a short list of food items to buy, I thought that a quick trip into Whole Foods would not be a problem. The trip seemed to be going well—until I reached the checkout. When it came time to type my PIN number to pay with my debit card, I forgot my number! I had so little mental focus, it never occurred to me to ask to use my debit card as a Visa charge card—and ended up paying by check. I had forgotten that Madison's Whole Foods is located at an STS address! I had a few items to pick up at Woodman's—a mixed energy address and my experience there was noticeably different. My memory returned and I was able to use my debit card in the checkout aisle.

MEMORY IS ELECTRICAL

When I got home, I wanted to use my pendulum to ask questions about my memory wipe-out and had STS interference. I used a short Prayer that I have learned clears STS energy:

Dear God,

Please communicate with me.

Thank You,

Love, Mary Jo



Kidney beans have recently dropped off my list of beans that I can eat after Sun Down because they make me very sleepy #5316821.

After the Prayer, I used three variations of the question, “Are You God?” to verify that I was communicating with God:

“Are You God?” (3 variations)

“Yes.”

“Did the STS energy at Whole Foods cause me to forget my PIN number?”

“Yes.”

“Is Whole Foods located at an STS latitude?”

“Yes.”

“Is the store also located at an STS street address?”

“Yes.”

“Should Whole Foods choose a mixed energy address for their new location?”

“Yes.”

“Is an STS address a particularly difficult location for an STO being?”

“Yes.”

“Was the STS energy particularly strong at Whole Foods because Madison is an STS city?”

“Yes.”

“Do STS beings have similar memory wipe outs?”

“Yes.”

“Is their memory wipe-out from STS energy?”

“No.”

“Is an STS being’s memory wipe-out from STO energy?”

“Yes.”

I thought about the fact that the e-book has a strong STO energy component that has pulled STS



Whole Foods shopping carts are green and most of Woodman’s carts contain blue plastic trim. I wear rubber gloves to avoid touching these colors at home but it’s hard to avoid them while shopping #552718.

energy in my direction and I wondered if the STS beings who are reading the chapters—remember the content.

My memory wipe-out at Whole Foods was very disturbing and the thought that the e-book’s STO energy might be wiping out STSers’ memory is also upsetting. To find out more, I asked:

“Has the e-book’s STO energy caused STS beings to forget what they have read in the chapters?”

“Yes.”

“Is there any solution to this right now?”

“No.”

“Do I need to repeat content due to memory wipe-outs?”

“Yes.”

“Will STS beings also need to re-read the chapters to remember the content?”

“Yes.”

MEMORY WIPE-OUTS ARE COMMON

Over dinner, one of my friends mentioned that a co-worker at her place of business forgot about the company dress code and wore jeans to work. Later, after my friends left, I typed my friend’s business address into <http://www.itouchmap.com/latlong.html>, reduced both versions of the latitude and discovered that her company is



Even if I manage to avoid other customers wearing blue, the accumulated effect of being exposed to red and blue in store aisles makes me feel like a giant room-sized magnet is pulling me from side-so-side #5995957.

located at an STS location. I don’t know the woman who forgot about her company’s dress code, so I asked God the following questions:

“Are You God?” (3 variations)

“Yes.”

“Is the woman who forgot about her company’s dress code an STO being?”

“Yes.”

“Is her place of business located at an STS address?”



Indirectly, birds helped me discover a Move request that can be used to move anything that humans cannot move themselves #2525898.

“Yes.”

“Did the STS energy cause her to forget about the dress code?”

“Yes.”

My friend’s place of business has a very high turnover rate and I wondered if this was related to the STS energy. I asked God:

“Is the high turnover rate at my friend’s place of business related to the STS energy?”

“Yes.”

MOTIVATING STSERS

After washing what seems like an endless amount of laundry, alternating clothes, dishes, burners, and rubber gloves—as well as eating jars and jars of

peanut butter and taking far too many baths with white vinegar, I realize that the only way out of my situation will be to find ways to motivate STSers to Pray. Ninety percent of the people on the planet are STS beings and they need to see some benefit for themselves. To confirm whether I am correct, I asked God:

“Are You God?” (3 variations)

“Yes.”

“Do the STS beings on the planet need to be motivated to Pray?”

“Yes.”

“Can Prayers from STO beings re-balance the planet’s energy?”

“Yes.”

“Is there enough time to reach the required number of STO beings?”

“No.”

“Is the key to re-balancing the planet’s energy—to find Prayers and Intentions that STS beings will want to recite?”

“Yes.”

“Is this possible?”

“Yes.”

“If more STS beings Pray, will I still need to do as many energy balancing techniques?”

“No.”

“Will I need to do some?”

“Yes.”

“Are there several more ways that humans can use the Move request?”

“Yes.”

MOTIVATING MY FRIENDS

I was so wiped out by my friends’ visit, I used every technique I could think of to recover. Some of the techniques have been presented in previous chapters and two in the following list are new (and self-explanatory):

STS Energy Move Request

Acetic Acid Bath (white vinegar)

Acid Forming Foods (peanut butter, crackers and black tea)

(New) Moving 1,200 feet

(New) Sunlight Outdoors

My friends’ lingering STS energy also caused pendulum interference that I needed to clear. Besides the Prayer that I introduced in the previ-



Acid baths with vinegar and peanut butter are the most effective means to clear the physical effects of STS energy. Although these techniques work, I’m getting tired of eating peanut butter and the amount of clothes that I need to wash with white vinegar seems endless #6364624.

ous page, the following pendulum clearing techniques each work separately and they are even more effective when used together (one after the other):

Vinegar and Water Wash

Wash your pendulum cord with a squirt of white vinegar followed by a rinse with water.

A Step Outside

Step outside for any amount of time.

After using every technique, I was still extremely weak. My arms and neck were so numb, they felt like they had been pulled off and then sewn back on. I thought of a possible solution and asked God whether it would work:

“Are You God?” (3 variations)

“Yes.”

“If my friends say the STS Move request Prayer before they visit will I



Outdoor sunlight is one way for an STO being to clear some of the the physical effects of STS energy #6418880.

feel the effects of their energy?”

“No.”

“Is this because everyone’s personal energy space includes 1,200 square feet of space around their body that travels with them wherever they go?”

“Yes.”

“Should they make sure that our visit falls in the twelve hours that the Prayer is effective?”

“Yes.”

“If they neglect to say the Prayer—or, neglect to say it at the right time, will I feel wiped out after their next visit?”

“Yes.”

“Will the STS Move request Prayer have a beneficial physical effect on my friends?”

“Yes.”

MY FRIENDS’ TAILGATING CHAIRS

My friends have always complained that my white canvas regista chairs are uncomfortable and they arrived with two folding tailgating chairs that they asked me to keep in my storage closet for their future visits. They had offered the chairs to me before my move and I explained that I was removing and washing the white canvas seat covers on my regista chairs and that the nylon covers on the tailgating chairs could not be removed. After more complaining, we compromised and decided that I would spray the chairs with a water



STS energy can be cleared from a pendulum with white vinegar. White or yellow squeeze bottles are convenient dispensers for white vinegar at the sink. After a squirt of white vinegar, rinse the cord with water and dry it with a clean towel #7548363.

and vinegar. Note: Spraying a room with water and white vinegar also clears STS energy.

SYNTHETICS CAN’T CLEAR STS ENERGY

Although I sprayed the chairs after my friends left and again the next morning, I still felt very weak. Spraying usually makes me feel better and as the day progressed, I felt dizziness and pain in my rib cage that I had not experienced since I had moved into my new apartment. I wondered if it was due to the chairs and asked God:

“Are You God?” (3 variations)

“Yes.”

”Is my energy problem due to the chairs?”

“Yes.”

“Do I need to throw the chairs out?”

“Yes.”



Sports tailgating chairs are made of synthetic nylon that is hard to clear of STS energy..

“Is the problem the double nylon fabric?”

“Yes.”

“Are the cotton canvas covers on my regista chairs easier to clear?”

“Yes.”

“Is this true for all natural materials?”

“Yes.”

God had been directing me to discard clothing made from synthetic materials and now I understand that it's because synthetics do not clear STS energy.

Three days after my friends' visit, I was still spraying the rooms of my apartment with water and white vinegar and I wondered if I would need to resort to a dreaded, labor-intense rug shampoo with a mix of white vinegar. Because the STS energy

was still lingering, I asked God what to do:

“Do I need to shampoo my rug with a mix of white vinegar?”

“No.”

“Do I need to continue spraying?”

“Yes.”

“Will my friends' need to be reminded to say the STS Move request Prayer?”

(Big) “Yes.”

“Should I use my pendulum before their next visit to check to see if they remembered?”

(Big) “Yes.”

“Will I need to e-mail them and re-e-mail them—to remind them to say the Prayer?”

(Big) “Yes.”

“Will I be ok if they say the Prayer?”

“Yes.”

DOUBLING EFFECTIVENESS OF PRAYERS

The experience with the tailgating chairs made me realize that I desperately need more help to block STS energy. I know that saying two Prayers doubles the effectiveness of any Prayer but I needed more details from God:

“Can a second Prayer be said with the STS Move request to double its effectiveness?”

(Big) “Yes.”

“Can the second Prayer be a request for anything?”



I have had to replace all of my clothing made from synthetic fibers with items that are made of natural fibers (mostly cotton) .#7549775.

“Yes.”

“Is it best if the second Prayer is a request that benefits others?”

“Yes.”

Much of my work that I did as a co-chapter leader of Madison's Weston Price Foundation chapter was related to soil and agriculture. The work helped me realize how much damage has been done to soil on the planet and how difficult it is to restore. Indirectly, the damage to soil has also caused drought around the world that has become a very serious problem.

I wondered if the Move request could be used to move water to drought areas. To understand whether we can even say a Move request to help others across the globe, I asked:

“Are You God?” (3 variations)

“Yes.”

”Is the amount of fresh water for

drinking and crop production declining?”

“Yes.”

“Can humans move enough water to solve this problem?”

“No.”

“Can anyone say a Move request Prayer to ask You to move water to drought-stricken areas?”

“Yes.”

“Is this because water is a natural resource that is not owned by anyone?”

“Yes.”

“Will one person’s Move request move water?”

“No.”

“Will a minimum of twelve peoples’ Move requests move water?”

“Yes.”

“If twelve people say a Move request to ask You and the nature spirits to



Agricultural drought occurs when there is insufficient soil moisture #5723502.

move water, would there ever be too much water moved?”

“No.”

To double the effectiveness of my personal STS Move requests, I composed a Move request that asks God to move water into any drought areas around the world. To understand how I should add the second Prayer to the STS Move request that I say every twelve hours, I asked:

“Can I say a Move request that asks You to move water each time I say my STS Move request?”

“Yes.”

“Should I first compose both Prayers with the same date and time at the top of each page?”

“Should I alter the words any and all as I do in my STS Move request?”

“Yes.”

“Should I then recite both Prayers— one, right after the other?”

“Yes.”

“Do I then strike each Prayer one, right after the other?”

“Yes.”

“Can other people use my second Move request to double the effectiveness of their personal STS Move requests?”

“Yes.”

The following Prayer is my second More request Prayer:



Although French and American satellites fly over 350 of the world’s largest lakes to track water levels, humans do not have methods to restore all of the world’s lakes that have dried up. #4115758.

April 6, 2009

10:26 a.m.

Dear God,

Thank You for all of Your Creation.

Please Move water into **any** areas on the planet that have drought, ask the nature spirits in charge of those areas to help move the water and thank them for their cooperation.

Thank You,

Love, Mary Jo

CLEARING THE ENERGY OF DEPRESSION

More and more of my friends and several of my relatives are taking anti-depression medication to function. To learn whether STS energy causes depression and whether an STS Move Request could be used instead of medications that have so many side effects, I asked:

“Are You God?” (3 variations)

“Yes.”

“Does STS energy cause depression?”

“Yes.”

“Does STS energy cause depression in both STO and STS beings?”

“No.”

“Do STO beings get depressed?”

“No.”

“Do STO beings feel physical pain and STS beings feel depressed?”

“Yes.”

“Is the depression due to the excessive amount of STS energy on the planet?”

“Yes.”

“Can the STS Move request be used to clear the energy of depression in STS beings?”

(Big) “Yes.”

“Can STS Move requests be said for other people who can’t say their own Prayers?”

“Yes.”



An STS Move request can relieve feelings of depression #1017785.

“Can Move requests be combined?”

“Yes.”

“Can Move requests for several people who are incapacitated by STS energy be combined?”

“Yes.”

“Is it necessary that we Pray for only those who we know?”

“No.”

“Can a general Prayer be said?”

“Yes.”

“Does this Move request replace the original Move request because everyone is included in this version?”

“Yes.”

“Is a minimum of twelve peoples’ Prayers required for the Prayer to help other people?”

“Yes.”

“Is there a limit to the number of times this type of combination Prayer can be said?”

“Yes.” To determine the answer to this question, I counted the revolutions of the pendulum and then re-checked the answer with a yes/no question.

“Can this type of Prayer be said for twenty-four months or two years?” (Big) “Yes.”

“Does this minimum also apply to the Move request to move water?”

“No.”

The following sample Prayer is a model for anyone who would like to include others in their Prayer:



An STS Move request Prayer can be said for other people who cannot say the Prayer themselves #7120351.

April 6, 2009

6:24 a.m.

Dear God,

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

Thank You,

Love, Mary Jo

MY PRAYER MISTAKES

I’ve made mistakes on several occasions and it is usually due to brain fog caused by STS energy. A explanation

of how I recover—will help readers with their own Prayers:

Forgetting to Say a Prayer

To stay free of physical symptoms caused by STS energy, I need to say two STS Move requests every twenty-four hours. Prayers can be said more than twelve hours apart but not less than twelve hours.

When I forget to say one of the Prayers, time has slipped by—pushing the second Prayer later and later into the evening.

The solution is an Allow request that may be added to a Prayer that you need to say before a twelve-hour period is up. Allow requests are unlimited—meaning any number of them may be used to solve your Prayer scheduling problems.

Because it is a phrase that only gets added occasionally, the following sample will provide an illustration of how it is used:



Whenever I forget to say an STS move request, the second request of the day has to be said later and later #2510431.

April 6, 2009

10:53 a.m.

Dear God,

Thank You for all of Your Creation. Please Allow this Prayer in fewer than twelve hours.

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

Waiting 15 Minutes to Eat or Drink

No eating or drinking is allowed for fifteen minutes before or after a Prayer (including water). Because it is usually impossible to determine when exactly I took a bite of food or a drink (usually tea) that broke this rule, I write down the time when I realized what happened, add fifteen minutes and then re-compose and re-recite the Prayer at a twelve compatible time using the next alternate version of the words “any” or “all” as explained in Chapter 4.

Forgetting to Capitalize God’s Name

Although I’ve never forgotten to capitalize the “G” in God, I have accidentally written a lower case “y” in Thank You.



No eating or drinking is allowed for fifteen minutes before and after a Prayer—including water #4588664.

If you make a similar mistake, you will need to re-compose and re-recite the Prayer at a twelve compatible time using the next alternate version of the words “any” or “all” as explained in Chapter 4.

Recovery From a Mistake While You are Reciting a Prayer

After I finished this chapter, it was time to say an STS Move request. The STO energy from the project pulled so much STS energy, that I forgot to change the word **all** to **any** in one of my Prayers.

If you notice this type of mistake as you are reciting your Prayer, insert an Allow request as you’re reciting. In my case, when I came to the word **all**, I said, “Please Allow me to change the following word in my Prayer to **any**,” and continued reciting the Prayer.