

## How to get Herbs to work better and faster.

### Connect Herbals on the Mental, Emotional and Physical level.

Clients have asked us what we do here at the Monastery to super charge the herbals. We find that most people take herbals as directed and then stock them out of the way until they need to take them again. We suggest you keep them out of the reach of children and animals but keep them somewhere where you can “Bless them with you eye contact” several times a day.

There is also another way to make a deeper connection with your herbals by programing herbals to work “inside” your body at a higher standard. This info has been kept secret from the majority of people. It is known the Hindu Yogis can eat crushed glass and various toxins without ill effects. The following information, while not the same exact technique will go a long way in programing your mind and body to work together with the herbs. This is a way to give yourself a kind “directive”. In essence it’s like a post hypnotic suggestion of what you want the herbs to do, once inside the body. Hold the palms of your hands near the tops of the herbs and Say aloud:

*“I charge these herbs with the living light of the \_\_\_\_\_ Fill – In \_\_\_\_\_.*

(Fill in some religious patron) Ex: Christ, Buddha, Mohammad, or if atheistic use  
“the Universe” Etc. . . (Think of a light coming down from  
above and entering through you - into the herbs.)

*And they enter my body gently and quickly. With every blink of my eye, (blink your eyes now)*

*and every beat of my heart, (Touch your heart now) I’m getting stronger and more healthy every day.*

*I’m using these herbs to heal my \_\_\_\_\_ fill-in \_\_\_\_\_ and my \_\_\_\_\_ fill-in \_\_\_\_\_ & that makes Healthy.*  
physical problem emotional issue

*I’m using these herbs to heal my \_\_\_\_\_ fill-in \_\_\_\_\_ and my \_\_\_\_\_ fill-in \_\_\_\_\_ & that makes Happy.*  
physical problem emotional issue

*I’m using these herbs to heal my \_\_\_\_\_ fill-in \_\_\_\_\_ and my \_\_\_\_\_ fill-in \_\_\_\_\_ & THAT makes me really want to live.*  
physical problem emotional issue