

HOW TO GET ANYTHING YOU WANT? MAKE A MAGICK MIRROR!



by Mike Nach

HOW TO GET ANYTHING YOU
WANT? MAKE A MAGICK
MIRROR!

Mike Nach



DISCLAIMER

The author and publisher have used their best efforts in preparing this book. Every effort has been made to accurately represent the product mentioned in this book and its potential. Your level of success in attaining the results claimed in this book depends on the correctness of the construction of the product, precautions followed, the time you devote to the program, ideas and techniques given.

Since these factors differ according to individuals, we cannot guarantee your success. Nor are we responsible for any of your actions. Consulting a competent professional is advisable.

The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

If you wish to apply the ideas contained in this book, you are taking full responsibility for your action.

Special thanks to Hendratok ([fiverr.com](https://www.fiverr.com)) from whom
I commissioned this ebook cover.

Contents

INTRODUCTION

CHAPTER 1

A MAGICK MIRROR

What is a magick mirror?

What is akashic fluid?

What are fluids and planes?

CHAPTER 2

PREPARING A FLUID COLLECTOR

What is a fluid collector?

What is the purpose of gold and our blood in collectors?

How to prepare a solid universal collector?

How to prepare a liquid universal collector?

CHAPTER 3

CONSTRUCTING A MAGICK MIRROR

What is the shape of a magick mirror?

How to construct a magick mirror?

CHAPTER 4

PREPARATORY EXERCISES

How to be relaxed?

How to visualize?

CHAPTER 5

CHARGING A MAGICK MIRROR

[How to set up your room for mirror magick?](#)

[How is a magick mirror charged?](#)

[CHAPTER6](#)

[USING THE MAGICK MIRROR](#)

[What is it that you really want?](#)

- [1. How to use the magick mirror for manifestation of physical objects?](#)
- [2. How to use the magick mirror to attract money in your life?](#)
- [3. How to use the magick mirror to attract the person of your dreams?](#)
- [4. How to use the magick mirror for healing?](#)
- [5. How to visit people or places using the magick mirror?](#)
- [7. How to use the magick mirror to visit your parallel / alternate self in a parallel universe?](#)

[APPENDIX I](#)

[Plants Containing the Planetary Metals](#)

INTRODUCTION

Presented in this book are the long lost secrets of constructing a magick mirror. A magick mirror is one of the most powerful occult devices known to man. It is able to absorb and reflect the creative energies pervading our universe to create anything we desire in the shortest time possible.

We have read countless books, watched on television and browsed the internet about how visualization techniques help us to get whatever we desire. The magick mirror is a sort of a thought amplifier and will help us to 'speedify' the process of manifestation of our visualized desires and bring them to fruition.

During the dark ages, when persecution against occult practices was at its peak, many secret teachings including the construction and usage of magick mirrors went underground leaving behind memories in the form of fairy-tales. You must have read the story 'Snow White and the seven dwarfs' in which Snow White's wicked step-mother has a magick mirror to whom she often asks: "Mirror, mirror on the wall / Who is the fairest of them all?" There are countless tales from other countries where the mention of magick mirrors are found. So could these stories be just a fertile imagination from the mind of the story teller or could it be based on facts which were obscured for various reasons?

Fortunately we are living in an information age where we are now able to revive the long lost secrets pertaining to magick mirrors and use it for our good. We are the new age wizards! We are the masters of our universe!

The magick mirror will help the user to manifest any object of his desire; perform psychic healing; exorcise unwanted psychic elements from afflicted people or places or using it to psychically visit people or places..... the list is endless.

A word of caution! A magick mirror can also be used for harmful purposes. This falls in the realm of ritual or black magic and is strongly unadvised.

It is a known fact that persons using the occult sciences for harmful purposes usually suffer from severe consequences of their 'black' actions. Remember, those who live by the sword will die by the sword. So, readers, beware!

The magick mirror is an extremely powerful device. Use the magick mirror for yourself and for the benefit of mankind and the world will be a better place to live in.

Remember, the words from the Spiderman movie "With great powers come great responsibility!"

CHAPTER 1

A MAGICK MIRROR

What is a magick mirror?

A magick mirror is a device which can store or discharge, at the will of its user, any influence put into it. These mirrors differ from other 'scrying' tools such as crystal balls, bowl of water etc. Anything seen in the mirror is produced by the mirror and is not some impression from the mind of the user.

The magick mirror is a genuine occult transmitter/ receiver of universal forces. Once the mirror is charged with these forces it automatically brings about very startling results for the user. In order to charge a magick mirror a substance known as the 'fluid collector' is used for holding a charge into the mirror via the imagination of the user. The 'fluid collector' is not an actual fluid but the forces which pervade our universe. Since they have fluidic properties they have been termed as 'fluids'.

Basic charging is done with a force called the 'akashic fluid'.

What is akashic fluid?

The exact composition of this akashic fluid is not known since it is known only to spiritualists and occultists. According to them the akashic fluid permeates the entire universe and it is from this matter is born. The scientists have also found out that only 4% of the energy in the universe is visible to humans. The rest is so-called 'dark matter' and 'dark energy'. Perhaps the akashic fluid is a part of the dark matter or energy! The understanding of quantum physics is beyond the scope of this book and we shall leave it at that.

No matter, the akashic fluid is very real and is the strongest and nicest fluid to work with. If an observer sits in front of a magick mirror properly charged with the akashic fluid then he will get the strange

sensation of being very tiny and alone in the vastness of our universe.

What are fluids and planes?

According to scientists we live in a multidimensional universe. Ancients too believed that our world is but a part of many other worlds which exist alongside our physical world but in a different channel or wavelength. Each of these worlds is populated by beings with their own set of laws. Some scientists also believe that there are multi dimensional parallel universes where mirror images of us live in these dimensions.

Occultists called these different wavelengths as **channels or planes**. An analogy would be of a television set. The television set is the universe and we are one of the channels received by the set. Different planes occupy the same physical space in which we exist but these planes are of a different wavelength which is not perceived by our eyes or instruments and so remain hidden from us. However, it is possible for us to visit the different planes or summon the beings from these planes to our worlds to communicate with them or do our bidding as is done in black magick.

We too have 3 different planes within ourselves- the physical, astral and mental planes of existence. Astral planes are what have been described above. Mental planes are what are guided by our mind like visualization, our thoughts etc. Physical plane is our material plane of existence.

'**Fluid**' is another term frequently used in this book. It is a word used to describe the forces/fields pervading our universe. Since a fluid has the property of filling any container in which it is poured so does the energy fluid fill the magick mirror in which it is 'poured' / charged. There are many types of psychic fluids pervading on different planes of our universe. Based on their psychic properties they are named elemental fluids, light fluids, electric fluids, air/earth element fluids, electromagnetic fluids and finally the akashic fluid.

In this book we are going to primarily deal with the akashic fluid which is the most powerful amongst the aforementioned fluids. An akashic fluid is similar to white light. White light is a mixture of all the colors of the rainbow. Similarly the akashic fluid contains within it the essence of the above fluids.

CHAPTER 2

PREPARING A FLUID COLLECTOR

What is a fluid collector?

A fluid collector is similar to an electric capacitor which has the capacity to hold an electric charge stored into it until it is discharged. A fluid collector is also able to hold the fluids stored into it until they are discharged. The amount of fluids held by a fluid collector does not depend upon its mass or volume. A miniscule amount of these collectors are able to store a huge amount of a fluid. Our physical laws of space and size are not applicable to these psychic fluids.

There are three types of fluid collectors- solid, liquid and aeriform. Each of the three types of collectors is further sub-divided into simple, compound and universal types. We will be dealing with the preparation of solid and liquid compound collectors for the purpose of charging our magick mirror with the akashic fluid.

What is the purpose of gold and our blood in collectors?

Gold is one of the best collectors known. An atom of gold added to any collector greatly enhances the holding power of that compound, so a little gold must be added to all fluid collectors made. To add gold to a solid collector a tiny piece of gold or gold dust is simply put in the mixture. Adding gold to a liquid collector is difficult because gold particles do not dissolve in the concoction and they simply sink to the bottom of the liquid collector. To remedy this one may add salts of gold like gold chloride 1% solution (about 25ml) to the liquid collector. (US readers can order gold chloride solution from www.SaltLakeMetals.com. I am not an affiliate of this company. I found the details on Google.) Since gold has become so expensive we can add 2 to 3 drops of our blood to the collectors instead of gold. The user of the magick mirror will have to use his own blood which will bond him with the mirror. Blood is equally effective as gold.

How to prepare a solid universal collector?

A solid universal collector is constructed from a variety of the 'planetary' metals alongwith resin and quartz. Resin and quartz are very good collectors of the electric and magnetic fluids respectively. All the components must be ground and measured by volume and not by weight.

To prepare a solid universal collector, take equal parts of gold (or drops of your blood), silver, tin, mercury, copper, lead, iron and charcoal. To these add ten parts of powdered resin (or amber if available) and ten parts of powdered quartz. Mix the ingredients well and store it in a solid container. If you use blood instead of gold, ensure that the resultant mixture is thoroughly dried before use.

How to prepare a liquid universal collector?

We use a liquid universal collector to charge a mirror with akashic or any other fluid that will affect all the three planes. These collectors are as powerful as solid universal collectors and form an essential component of magick mirrors.

To prepare a liquid universal collector, take equal and sufficient quantities of cypress leaves, bark or wood; bean root, leaves or seeds; rose leaves or flowers; nettle or oak leaves; clover leaves; bay leaves (laurel) or grape vine leaves; willow or ivy leaves; a few drops of almond oil, little gold or blood. For more categories of plants containing significant quantities of the alchemical planetary metals, you may consult the list given in **Appendix I** at the end of this book. You may make your combinations using the data given in the list.

Cut the above plants/herbs/roots into small pieces. Place them in a pan and add enough distilled water to cover them. Put the lid on and heat the mixture till it begins to boil. Lower the flame and allow the mixture to simmer for half an hour. It is preferable if this is carried out in the open. If carried out indoors please ensure that there is ample ventilation and wear a face mask since the fumes might pose health hazards. Cool the mixture. Then strain the mixture through a piece of fine clean cloth or filter paper. Throw the pulp away and pour the liquid mixture into

the pan. Boil this mixture again without the lid until only an eighth of the original mixture remains in the pan. Allow this mixture to cool and then add a quantity of proprietary preservative or fungicide. Be careful, fungicides are poisonous. Add about ten drops of 1% gold chloride solution to this mixture. If gold is not available then extract a few drops of your own blood with a sterilized needle and add this to the collector. As said earlier blood is equally effective.

Now filter this mixture using a fine cloth or filter paper and store it in an air-tight bottle. Remember to shake the bottle well whenever you want to use the collector. If you store this bottle in a cool, dark place, the mixture will be effective for years.

Note: Remember, fluid collectors are not limited to just magick mirrors. You can use the collectors with any occult instrument or experiment to enhance its effect.

CHAPTER 3

CONSTRUCTING A MAGICK MIRROR

What is the shape of a magick mirror?

A magick mirror is usually concave in shape. It is observed that the flow of energy from the surface of the mirror leaves the mirror at an angle of ninety degrees to the surface and travels in straight lines. If a mirror is flat then the resultant flow of energy forms a column with parallel sides. Thus, if a concave mirror is used, then the energy will flow at right angles from every point on the mirrors surface forming a wide-angled energy field. Further, if we are going to use a liquid universal collector we will need a concave shape to hold the liquid.

How to construct a magick mirror?

It is very simple to construct a magick mirror. Use a shallow, concave shaped, clear glass plate or bowl which is atleast six inches in diameter. Ensure that the glass surface does not have imperfections, bubbles or cracks. Wash the glass thoroughly. Dry it with a lint-free cloth. Use black acrylic or water soluble oil paint mixed with a little of liquid universal collector (optional) and paint the inside of the concave mirror. The inside part of the mirror is the part that would hold a liquid if it was poured in it. It is preferable to apply several thin coats rather than one heavy coat as the surface might not look smooth. Ensure that the previous coat is dry before applying the next one. During the last coat, sprinkle solid universal collector as evenly as you can over it before the paint dries. After the paint has dried, please check to see there are no runs or streaks in the paint. Then, spray some coats of clear lacquer until the surface looks smooth. Do not touch the inner surface of the mirror before the paint or lacquer has dried or your fingerprints will be plainly visible on the finished article.

When not in use, wrap the mirror in a clean previously unused silk cloth to prevent any unwanted psychic influences from affecting the mirror.

Silk is one of the finest known insulators for occult forces and is used for keeping magick instruments from getting contaminated by unwanted outside forces.

CHAPTER 4

PREPARATORY EXERCISES

How to be relaxed?

We all know that we will not have the desired result if we are tense. Our conscious mind turns highly negative when we are not relaxed and we stop believing the possibility of our wishes coming true. The magick mirror is a psychic generator/amplifier and if we are full of negative thoughts while using the mirror we might not get any results or worse our negative thoughts might come true.

It is highly essential that we should be in a relaxed state of mind called the alpha state at the time of using the magick mirror. It is in the alpha state that magick miracles will happen which are otherwise not possible when we are in the normal state. The alpha state is the first state beyond normal waking beta and occurs when our brainwaves reach 8-12 cycles per second of activity.

When you relax, you become more receptive. We will use the following technique to go to the "alpha" brainwave state whenever we so desire.

Sit in the room where you will be conducting the mirror magick. It also helps if you will practice the relaxation exercise sitting on the same chair which you will be using during the actual mirror experiment. Your mind will start associating that chair with relaxation and you will go in a relaxed state quicker.

Let us begin the relaxation process. If you already know techniques for going into the alpha state then do follow it. There are various methods for bringing the mind to the alpha state such as Silva mind control, mp3 relaxation tapes, the Morry method, Use any method which will help you. The following method has worked for me and so I will outline it for your information and usage.

Start by taking a long deep breath and holding it for a few seconds. Then exhale this breath and allow your eyes to close and let go of the surface tension in your body.

Let your body relax as much as possible. Now become aware of your eye muscles and relax the muscles around your eyes completely. Hold onto that relaxation until the muscles of the eyes are not able to move and test them to make sure they are not moving.

Now, you can have the same quality of relaxation throughout your whole body as the relaxation you are experiencing in your eyes. Just let this quality of relaxation flow through your whole body from the top of your head to the tips of your toes.

We can deepen this relaxation even more.

Begin by opening and closing your eyes. When you close your eyes, it's your signal that this feeling of relaxation is becoming 10 times deeper.

Now, open your eyes/ now close your eyes and feel that relaxation flowing through your entire body, taking you much deeper. Imagine that your whole body is covered and wrapped in a warm cocoon of relaxation.

Shall we deepen this relaxation much more? Ok.

Now open and close your eyes one more time and when you close your eyes, double the relaxation you now have. Let it become twice as deep.

Repeat this procedure one more time and double your relaxation.

Let every muscle in your body become so relaxed that they will not work as long as you hold on to this quality of relaxation.

Now open and close your eyes one more time and when you close your eyes, double the relaxation you now have.

Once more open your eyes/close your eyes and double your relaxation.

Let every muscle in your body become so relaxed that they will not work as long as you hold on to this quality of relaxation.

And now, open your eyes and notice how you feel. Take notice of how you feel before/ during and after you do anything.

Do you feel more, or less relaxed than before? If yes, then you are in the alpha state and are ready for mirror magick. Always perform this relaxation exercise before you start your psychic operations using the magick mirror.

How to visualize?

Now that you have learnt to relax and go into the alpha state it is necessary to learn to visualize, as the akashic fluid will be evoked by the use of our imagination/ will power.

Sit on your chair in a semi darkened room and place a lighted incense stick in front of you. Make sure that there is enough light in the room to see the incense smoke clearly. Perform the relaxation exercise to go to your alpha state and then gaze intently at the flame. Look at the smoke emanating from the incense stick flame. Cup your hands about 12 inches apart around the smoke and allow it to flow to the ceiling. Can you see the smoke clearly? Keep your eyes open and visualize the smoke swirling between your hands as it goes up to the ceiling. Change the color of the whitish smoke to a dark grey color. Are you able to do that? Practice! Carry out this procedure for some days until you have become used to the idea of smoke flowing between your hands. After you have become proficient, place an unlighted incense stick and visualize with your eyes open that the incense stick has been lit and the smoke is being formed between your hands. Try to form a ball of this smoke. Keep on doing this till you become perfect in visualization of the smoke. If you are able to do this then you are in a position to invoke the akashic fluid which is also in the form of a dark colored mist.

The following exercise can be done anywhere at any time of the day. Try mentally projecting an image of any object around you in the space in front of you. You should be able to clearly 'see' the object as if it was the real thing. Once you become proficient with this, try projecting images of larger objects like a car, a house.....likewise. After you are able to visualize these objects in front of you then it is time to reduce their size so that it will fit between your out-stretched palms. Keep these miniature images between your hands and try to feel them. Does it feel real? Practice visualizing images in this manner everyday and everywhere.

You have now learnt the actual 'secret' of visualization. Most self help books tell you to visualize. They do not tell you to create 'visible'

projections of objects of your desire. It is essential that you form a clear image of whatever you desire in front of you before it becomes a reality. The charged and programmed akashic fluid released by the magick mirror then 'solidifies' your visualized image and it becomes a reality! This is the real secret!

CHAPTER 5

CHARGING A MAGICK MIRROR

How to set up your room for mirror magick?

You should perform mirror magick in a room where you will not be disturbed by sounds and people. The windows, if any, should have dark curtains so that the room will be sufficiently dark but not that dark that you are not able to see the mirror placed before you on the table. You should have a table and chair in the room for carrying out the operation. Please ensure that the table has no glass or shiny top which will reflect light and distract you.

How is a magick mirror charged?

One of the safest methods of charging a magick mirror is by first clearing the mirror of any previous charges present on it. After the mirror is cleared, collect the akashic fluid between your hands and project it onto the surface of your mirror where it will be retained by the fluid collectors. The charge is then locked and programmed and the mirror is then ready for usage.

The actual process is as follows:

Sit comfortably on a chair in front of a table in a semi darkened room. Remove the mirror from its silk cloth covering and place it near you on the table. Make sure that there is enough light to see the mirror but ensure that no light is reflected directly in the mirror. This must be followed whenever you use the mirror. Go to your alpha state with the exercises prescribed in chapter 4. Clear your mind of any unwanted thoughts.

First clear the mirror of any previous charges present on it, as follows-Imagine that the surface of the mirror has turned black and that anything in this mirror is being sucked and absorbed into this blackness. Now dissolve the blackness complete with the impurities collected into the space around the mirror and visualize it becoming smaller and smaller vanishing into nothingness. The mirror will now be ready for

charging.

Direct your eyes at the plain wall before you. Keep your eyes half open while you stare and collect the akashic fluid. Imagine the spot where you are staring to be a mist or cloud of a dark violet color so dense as to appear black. For most of us it might take us many days of patient, constant practice before we are successful with our visualizing. Rest assured that the akashic fluid is very real and you will achieve success if you are persistent.

Once you are able to see the akashic mist/cloud clearly, draw a 'stream' of this cloud into the space between your hands and direct it onto the surface of the magick mirror. The akashic fluid will be absorbed on coming in contact with the fluid collector of the mirror. After you have drawn enough of the akashic fluid you may now lock the charge and program it to carry out any task you have planned to be carried with the help of the mirror.

Locking the charge in the mirror is carried out by an act of will-power. As soon as the akashic fluid has been absorbed into the mirror's surface you should with all the will-power and optimism you can muster, state in your mind that the charge will remain there as long as you require it. You can also charge a mirror in such a way that it recharges itself continuously so that it's charge will never be emptied.

If you use the continuous charging method then do not wrap the mirror in silk cloth when it is not in use otherwise silk will block the charging. Keep such continuously charging mirrors in a safe place, when not in use, to prevent others from touching it and disturbing the charging process. If this happens, then you will have to clear the mirror and start the charging process all over again.

Programming the charge is slightly a difficult procedure which can be accomplished after some practice. You must state in your mind that the charge which has been locked into the mirror will start flowing from the mirror either at this instant or at a pre-determined time, rate and period.

The mirror is now ready to carry out any task fed into it.

CHAPTER 6

USING THE MAGICK MIRROR

What is it that you really want?

It is highly advisable before using the magick mirror for manifestation purpose to consider very deeply whether you really do need and desire that wish to manifest into your life and of those around you. Sometimes what seems to be a very desirable thing at the time turns out to be decidedly less than desirable once it manifests as a reality into your life.

It is quite possible that your present 'desire' might not be a genuine desire but a competitive wish to be one up over others. For example, your friend buys a new car and you immediately feel that you too need a similar car or one more expensive. You see images of expensive beautiful homes, expensive luxury goods and you believe you must have it because it will enhance your status in some way.

Knowing what you really desire is an extremely important first step in the process of manifesting your desire. Before using your magick mirror, take as much time as you need to contemplate your desire, and if necessary meditate on your desire or ask for guidance. Will it really benefit you and make you happy?

It is necessary to decide and know beyond any doubt that you really need the object of your desire and that your life will be enhanced by it in a positive way. Only you can make this decision and no one else can make it for you. It is also important to only focus on one objective at a time. Never waste your time and energy by simply wishing, daydreaming or fantasizing about numerous things at one time. Never program your mirror with multiple desires at one time. You will never be able to focus with multiple desires. The results might take a long time to manifest or not happen at all.

1. How to use the magick mirror for manifestation of physical

objects?

It is advisable that initially you should start with small wants like small amounts of cash, appliances, mobile devices etc. As your powers of focus / concentration alongwith proficiency of usage of the mirror increases, then move onto larger objects like cars, houses, yachts..... At first, you will be skeptical whether you will really receive what you have willed the mirror to bring to reality. Remember, there is absolutely nothing that you cannot do or have if you correctly use the magick mirror. Just have patience.

Ok! Let's start!

Sit comfortably in a semi-darkened room with your mirror in front of you. Perform the relaxation exercise to go to your alpha state. Keep your eyes open during the operation. First clear the mirror of any previous charges present on it (please see chapter 5). Now proceed to charge the mirror with akashic fluid. As you do so, impregnate the fluid with the desire that it will manifest the material object as soon as possible. If for example you wish to have the new Lamborghini sports car then you should be specific as to the type of the car, it's color, upholstery, accessories..... Visualize your dream car as strongly as possible while loading the akashic fluid in the mirror. Lock the charge in the mirror and program it that the akashic rays will flow out of the mirror to materialize your dream car in the driveway. Now visualize the rays are flowing out of the mirror and converging on a place in your driveway to create your car. Imagine that the car is actually standing there and keep on repeating convincingly in your mind that this car which is in the akashic planes will soon become a reality. After that, will the mirror that it will continuously charge itself and the akashic rays will flow from the mirror to the desired place in the driveway to materialize your car. Keep the mirror in a safe place and ensure that it is not moved or touched until the desired result occurs. Otherwise, there will be a break in the proceedings and you will have to start all over again.

Don't think about the possible and the impossible. If you strongly believe in the immense creative powers of the akashic fluids you will get your car in a mysterious fashion.....you might win the lottery.....you might receive a windfall....you might win the car.....the possibilities of receiving or buying the car are endless.

Just be open to the opportunities coming your way.

You can carry out this exercise for any other material object which you require. It is bound to materialize if you have conducted the process correctly with positive state of mind. It is the law of the universe to give you what you strongly desire and the akashic fluid is it's medium.

Just remember that you cannot re-use this mirror until it has materialized the object of your desire or till you have cancelled the wish or cleared the mirror of previous charging. It is preferable that you have more than one mirror constructed to carry out multiple operations at the same time. After the objective has been achieved please remember to clear the mirror of the previous influences (as described in Chapter 5).

2. How to use the magick mirror to attract money in your life?

Sit comfortably in a semi-darkened room with your mirror in front of you. Perform the relaxation exercise to go to your alpha state. First clear the mirror of any previous charges present on it (please see chapter 5). Now proceed to charge the mirror with akashic fluid. As you do so, impregnate the fluid with the desire that it will manifest lots of money (specify the amount) as soon as possible. Visualize this as strongly as possible while loading the akashic fluid in the mirror. Lock the charge in the mirror and program it that the akashic rays will flow out of the mirror to fill your room with money. Visualize the rays flowing out of the mirror and raining tons of money over you and filling the room upto the ceiling.

Experience this abundance. Feel that you have more money than you could ever spend or ask for. Experience the feelings of JOY, SECURITY, and EXCITEMENT this money brings to you.

After that, will the mirror that it will continuously charge itself and the akashic rays will flow from the mirror and bring tons of money in your life. Keep the mirror in a safe place and ensure that it is not moved or touched until the desired result occurs. Otherwise, there will be a break in the proceedings and you will have to start all over again.

3. How to use the magick mirror to attract the person of your dreams?

At the outset, let me warn you that it is wrong to use magick to force a person to love you if that person has no feelings for you at all, hates you, is in love or married to someone else..... It is quite possible to bring such a person in your life but the end result will not bring you happiness. That person was not for you in the first place at all. So, if you have no person to love in your life then it is best to wish for a person to come in your life who will love you and likewise. You can use the magick mirror to achieve your goal.

Sit comfortably in a semi-darkened room with your mirror in front of you. Perform the relaxation exercise to go to your alpha state. First clear the mirror of any previous charges present on it (please see chapter 5). Now proceed to charge the mirror with akashic fluid. As you do so, impregnate the fluid with the desire that it will manifest a person who will love you in a non-platonic way as soon as possible. Specify the gender, age-group, physical characteristics..... of the person whom you would like to appear in your life. (be realistic in your expectations). Visualize this as strongly as possible while loading the akashic fluid in the mirror. Lock the charge in the mirror and programme it that the akashic rays will flow out of the mirror to bring you the person of your dreams. Follow the procedure of recharging and safe keeping of your mirror as given in #2 above.

Be positive and have faith in the powers of the akashic fluid. Miraculously the person of your dreams will appear in your life.

4. How to use the magick mirror for healing?

Please note that the magick mirror is not a substitute for medical treatment or surgical procedure for the patient's ailments. Use the mirror in conjunction with your doctor's treatment to hasten recovery or to prevent a sickness reaching the stage where a surgical procedure becomes necessary. At every stage, while using the magick mirror, the medical treatment is to be simultaneously continued until cured.

There are two methods of psychic healing using the magical mirror-

- The first method involves filling the room, in which the patient is spending most of the time, with the akashic rays so that the patient's whole body is bathed in them. OR
- The second direct method involves the akashic rays flowing to the patient's body. In this method the patient can be hundreds of miles away. No problem.

In the first method you should conduct the mirror operation in the room where the patient is lying. Place the mirror on a table or the floor and proceed to charge, lock and programme the mirror as described previously. While charging the mirror with the akashic fluid, impregnate it with the desire that it will cure the illness of the patient lying in the room. Then load the charge into the mirror and program the fluid to release and charge itself over the period of treatment. The mirror should be kept in the room in a place where the rays emitted by it fills the whole room but ensure that the mirror will not be touched by others while it is in use.

In the second method, the same procedure of charging, loading and programming the mirror is to be followed. During charging, you must impregnate the akashic fluid with the desire that it will flow to the patient and make the sickness disappear. Distance is not a barrier. The patient can be hundreds of miles away from you. The akashic fluids are not bound by space or distance. No problem.

Now load the charge into the mirror and program the fluid to release and charge itself over the period of treatment. You will get better results if you can visualize the person, for whom the healing is intended, on the surface of the mirror or you may place a photograph or a lock of hair on the mirror during the loading process. In most cases, the patient will recover miraculously.

5. How to visit people or places using the magick mirror?

This exercise will require a lot of practice before you become proficient in it. A lack of self-esteem could prove to be a barrier to achieving the gift of vision. Be positive and patient. Do not be discouraged if you are unable to see anything initially. You will be able to get good results after some practice.

Sit comfortably in a darkened room with your mirror in front of you.

Perform the relaxation exercise to go to your alpha state. First clear the mirror of any previous charges present on it (please see chapter 5). Now proceed to charge the mirror with akashic fluid. As you do so, impregnate the fluid with the desire that you wish to see the person or place. Visualize this as strongly as possible while loading the akashic fluid in the mirror. Lock the charge in the mirror and program it that the akashic rays will flow out of the mirror to bathe you in it. Visualize the rays flowing out of the mirror and taking you to the person or the place you would want to visit.

Initially, you will get hazy impressions of your subject but with practice you will be pulled into the mirror and directly to the person or place you visualized.

You can use this method to visit the planets and distant galaxies.

6. How to use the magical mirror to time travel?

Since the akashic fluid is both timeless and spaceless it is ideal for time travelling.

Sit comfortably in a semi-darkened room with your mirror in front of you. Perform the relaxation exercise to go to your alpha state. First clear the mirror of any previous charges present on it (please see chapter 5). Now proceed to charge the mirror with akashic fluid. As you do so, impregnate the fluid with the desire that you wish to go to a particular place at a specific date either in the past or future. Visualize this as strongly as possible while loading the akashic fluid in the mirror. Lock the charge in the mirror and program it that the akashic rays will flow out of the mirror to bathe you in it. Visualize the rays flowing out of the mirror and taking you to the particular time-period desired by you.

Initially you will get hazy impressions but with practice you will start getting clearer images. How exciting would it be to go to the past to check historical facts, go to the future to check stock-market prices, lottery draws,? Keep a note book of your visits and verify for their accuracy. If you keep notes, then re-read the notes weeks or months later and you will be amazed at how accurate many of these visions were.

It should be noted that the future remains as a range of possibilities with a "most probable" scenario based on what holds the greatest energy. Even a 100% accurate vision of the most likely outcome will raise self doubts about whether you want that scenario to manifest. Your self -doubts can influence the outcome and make the original prediction look inaccurate. Also, some of the future visions could be what has/will take place in a parallel universe and not relevant to our plane of existence. (see next question)

7. How to use the magick mirror to visit your parallel / alternate self in a parallel universe?

According to multiverse theory there are many worlds or universes alongside ours. Some of these universes, in terms of physical laws, can be found next to ours and others 'further away' in the sense that they are ruled by other laws of nature. A multiverse may consists of

many parallel universes. Our universe and our earth is part of only one of many parallel universes in a larger multiverse.

The theory further elaborates that all possibilities which can happen will happen in another quantum reality and that depending on our choices there are an infinite number of realities, though existing in another quantum reality. In simplified terms it means there would be alternate realities of ourselves in parallel worlds like our own where you would be living your life time in various periods of time. Suppose you are a young student in your present existence, you could be a middle aged doctor or a trader, or a convict....married, divorced, young, old.....anything is possible in these worlds! How exciting it would be to visit our other selves and get their advice or envision what would happen if we took a certain decision now.

Sit comfortably in a semi-darkened room with your mirror in front of you. Perform the relaxation exercise to go to your alpha state. First clear the mirror of any previous charges present on it (please see chapter 5). Now proceed to charge the mirror with akashic fluid. As you do so, impregnate the fluid with the desire that you wish to visit your parallel self whom you would like to analyze. Visualize this as strongly as possible while loading the akashic fluid in the mirror. Lock the charge in the mirror and programme it that the akashic rays will flow out of the mirror to bathe you in it. Visualize the rays flowing out of the mirror and taking you to the particular alternate self desired by you.

Suppose you have to make a major decision about something like getting a job in a particular industry; getting married or divorced; moving house; having or not having surgery etc. Charge the magick mirror to take you to your parallel self who has already taken the action for any of the above decisions. Check out his condition. Is he happy? Is he sad? You can talk to yourself in that parallel world and decide what to do in the present. You can visit your other future possible selves who are more successful than you to help you decide something in the present. They will show you what you will become should you take that particular path. Anticipations in the present are messages sent to you from your future possible selves.

Or you can think of another parallel where you're very rich or sexually active or powerful or athletic and you would like to be that person. While charging the mirror with akashic fluid impregnate it with your wish to visit the parallel world where your other successful self resides and command the akashic fluid to draw the characteristics of that person in you. Feel the fullness of your success from that other parallel self, and assimilate it within you.

Remember that your parallels/ alternative selves exist wherever you think they are. Everything is connected. All experience and events are connected, in all times and places. You are connected to your thousands of alternate selves, and they are connected to you here.

8. How to use the magick mirror for exorcising 'possessed people' or 'haunted places'?

I have again to caution you that this operation is dangerous and should be carried out by persons experienced in this field. So if you are not experienced in the art of exorcism then please do not attempt this operation.

If you wish to exorcise people who have been possessed by entities then you should seat this person in front of the mirror which has been charged with the akashic fluid and impregnated with the desire that it will draw out the entity from the afflicted person's body. The charge is locked and programmed to flow and get continuously recharged till the entity is sucked by the akashic fluid into the depths of the mirror. After the akashic fluid has absorbed the entity into the astral planes please will the akashic fluid to close the doorway to our plane. This will prevent the banished entity from returning to this plane and cause troubles here.

You can also exorcise a haunted place in the same manner as above.

SO THERE YOU ARE! YOU HAVE ONE OF THE MOST VERSATILE AND POWERFUL OCCULT TOOLS IN YOUR HANDS. USE THE MAGICK MIRROR WISELY AND SAFELY AND YOU WILL IMMENSELY BENEFIT FROM THE

RESULTS.

YOU WILL LITERALLY BECOME THE MASTER OF YOUR
UNIVERSE!

APPENDIX I

Plants Containing the Planetary Metals

Plants Containing LEAD

1. *Nyssa sylvatica* MARSHALL - Black Gum (Leaf) 0.2-182 ppm
2. *Symphoricarpos orbiculatus* MOENCH. - Buckbush (Stem) 2-176 ppm
3. *Juniperus virginiana* L. - Red Cedar (Shoot) 0.7-132 ppm
4. *Nyssa sylvatica* MARSHALL - Black Gum (Stem) 0.1-132 ppm
5. *Prunus serotina* EHRH. - Black Cherry (Stem) 0.2-108 ppm
6. *Carya glabra* (MILLER) SWEET - Pignut Hickory (Shoot) 2-103 ppm
7. *Rhus copallina* L. - Dwarf Sumac (Stem) 0.2-92 ppm
8. *Fucus vesiculosus* L. - Bladderwrack (Plant) 91 ppm
9. *Diospyros virginiana* L. - American Persimmon (Stem) 0.2-81 ppm
10. *Quercus alba* L. - White Oak (Stem) 0.2-76 ppm
11. *Prunus serotina* EHRH. - Black Cherry (Leaf) 0.3-67 ppm
12. *Rhus copallina* L. - Dwarf Sumac (Leaf) 0.2-67 ppm
13. *Malus domestica* BORKH. - Apple (Fruit) 0.002-64 ppm
14. *Pinus echinata* MILLER - Shortleaf Pine (Shoot) 1.7-63 ppm
15. *Lycopersicon esculentum* MILLER - Tomato (Fruit) 0.003-60 ppm
16. *Quercus stellata* WANGENH. - Post Oak (Stem) 0.7-59 ppm
17. *Liquidambar styraciflua* L. - American Styrax (Stem) 0.2-57 ppm
18. *Carya ovata* (MILL.) K. KOCH - Shagbark Hickory (Shoot) 0.7-46 ppm
19. *Sassafras albidum* (NUTT.) NEES - Sassafras (Stem) 0.1-37 ppm
20. *Diospyros virginiana* L. - American Persimmon (Leaf) 0.5-35 ppm
21. *Sassafras albidum* (NUTT.) NEES - Sassafras (Leaf) 1-34 ppm
22. *Quercus velutina* LAM. - Black Oak (Stem) 1.5-31 ppm
23. *Asparagus officinalis* L. - Asparagus (Shoot) 1.5-30 ppm
24. *Liquidambar styraciflua* L. - American Styrax (Leaf) 0.4-25 ppm
25. *Quercus phellos* L. - Willow Oak (Stem) 0.4-21 ppm
26. *Rhus glabra* L. - Smooth Sumac (Stem) 0.4-20 ppm
27. *Hypericum perforatum* L. - Common St. Johnswort (Leaf) 6-18 ppm
28. *Quercus rubra* L. - Northern Red Oak (Stem) 1.4-17 ppm
29. *Zea mays* L. - Corn (Seed) 0-14 ppm
30. *Hypericum perforatum* L. - Common St. Johnswort (Plant) 2-12 ppm
31. *Prunus domestica* L. - Plum (Fruit) 0.02-11.9 ppm
32. *Phaseolus vulgaris* L. - Blackbean (Fruit) 0.01-10.5 ppm
33. *Cinnamomum sieboldii* - Japanese Cinnamon (Root Bark) 9 ppm
34. *Vitis vinifera* L. - Grape (Fruit) 0.02-9 ppm
35. *Vigna unguiculata* (L.) WALP. - Cowpea (Seed) 0.4-8.4 ppm
36. *Cinnamomum sieboldii* - Japanese Cinnamon (Bark) 8 ppm
37. *Citrus paradisi* MacFAD. - Grapefruit (Fruit) 0.02-7.7 ppm

38. *Lactuca sativa* L. - Lettuce (Leaf) 0.02-6 ppm
39. *Urtica dioica* L. - European Nettle (Leaf) 1-6 ppm
40. *Brassica oleracea* L. var. *capitata* L. - Cabbage (Leaf) 0.002-5.8 ppm

Plants Containing TIN

1. *Schisandra chinensis* (TURCZ.) BAILL. - Chinese Magnoliavine (Fruit) 940 ppm
2. *Elytrigia repens* (L.) NEVSKI - Couchgrass (Plant) 67 ppm
3. *Juniperus communis* L. - Common Juniper (Fruit) 63 ppm
4. *Silybum marianum* (L.) GAERTN. - Milk Thistle (Plant) 42 ppm
5. *Gentiana lutea* L. - Yellow Gentian (Root) 40 ppm
6. *Cypripedium pubescens* WILLD. - Lady's slipper (Root) 33 ppm
7. *Rhodymenia palmata* - Dulse (Plant) 33 ppm
8. *Althaea officinalis* L. - Marshmallow (Root) 29 ppm
9. *Valeriana officinalis* L. - Valerian (Root) 28 ppm
10. *Chondrus crispus* (L.) STACKH. - Irish Moss (Plant) 27 ppm
11. *Urtica dioica* L. - European Nettle (Leaf) 27 ppm
12. *Achillea millefolium* L. - Yarrow (Plant) 26 ppm
13. *Berberis vulgaris* L. - Barberry (Root) 26 ppm
14. *Cnicus benedictus* L. - Blessed Thistle (Plant) 25 ppm
15. *Trifolium pratense* L. - Red Clover (Flower) 25 ppm
16. *Fucus vesiculosus* L. - Bladderwrack (Plant) 24 ppm
17. *Glycyrrhiza glabra* L. - Licorice (Root) 24 ppm
18. *Harpagophytum procumbens* DC. - Devil's Claw (Root) 24 ppm
19. *Mentha pulegium* L. - European Pennyroyal (Plant) 24 ppm
20. *Rumex crispus* L. - Curly Dock (Root) 24 ppm
21. *Cucurbita pepo* L. - Pumpkin (Seed) 23 ppm
22. *Humulus lupulus* L. - Hops (Fruit) 22 ppm
23. *Myrica cerifera* L. - Bayberry (Bark) 22 ppm
24. *Rosa canina* L. - Rose (Fruit) 22 ppm
25. *Arctium lappa* L. - Gobo (Root) 21 ppm
26. *Caulophyllum thalictroides* (L.) MICHX. - Blue Cohosh (Root) 21 ppm
27. *Chrysanthemum parthenium* (L.) BERNH. - Feverfew (Plant) 21 ppm
28. *Plantago psyllium* L. - Psyllium (Seed) 21 ppm
29. *Ruscus aculeatus* L. - Butcher's Broom (Root) 21 ppm
30. *Dioscorea* sp. - Wild Yam (Root) 19 ppm
31. *Smilax* spp - Sarsaparilla (Root) 18 ppm
32. *Viburnum opulus* L. - Crampbark (Bark) 18 ppm
33. *Viscum album* L. - European Mistletoe (Leaf) 18 ppm
34. *Echinacea* spp - Coneflower (Root) 17 ppm
35. *Thymus vulgaris* L. - Common Thyme (Leaf) 17 ppm
36. *Panax ginseng* C. MEYER - Chinese Ginseng (Root) 16 ppm

37. *Ulmus rubra* MUHLENB. - Slippery Elm (Bark) 16 ppm
38. *Stevia rebaudiana* (BERT.) HEMSL. - Ca-A-E (Leaf) 15 ppm
39. *Equisetum arvense* L. - Field Horsetail (Plant) 14 ppm
40. *Larrea tridentata* (SESSE & MOC. ex DC.) COV. - Chaparral (Plant) 14 ppm
41. *Crataegus oxycantha* L. - Hawthorn (Fruit) 13 ppm
42. *Polygonum multiflorum* THUNB. - Chinese Cornbind (Root) 13 ppm
43. *Taraxacum officinale* WIGG. - Dandelion (Root) 13 ppm
44. *Zingiber officinale* ROSCOE - Ginger (Rhizome) 13 ppm
45. *Centella asiatica* (L.) URBAN - Gotu Kola (Leaf) 12 ppm
46. *Hordeum vulgare* L. - Barley (Stem) 12 ppm
47. *Juglans nigra* L. - Black Walnut (Fruit) 12 ppm
48. *Salix alba* L. - White Willow (Bark) 12 ppm
49. *Verbascum thapsus* L. - Mullein (Leaf) 12 ppm
50. *Vitis vinifera* L. - Grape (Stem) 12 ppm
51. *Agathosma betulina* (BERGIUS) PILL. - Buchu (Leaf) 11 ppm
52. *Aloe vera* (L.) BURM. f. - Bitter Aloes (Leaf) 11 ppm
53. *Barosma betulina* (BERG.) BARTL. & WENDL. f. - Buchu (Leaf) 11 ppm
54. *Ephedra sinica* STAPF - Ma Huang (Plant) 11 ppm
55. *Foeniculum vulgare* MILLER - Fennel (Fruit) 11 ppm
56. *Hydrangea arborescens* L. - Smooth Hydrangea (Root) 11 ppm
57. *Mentha x piperita* L. - Peppermint (Leaf) 11 ppm
58. *Nepeta cataria* L. - Catnip (Plant) 11 ppm
59. *Turnera diffusa* WILLD. - Damiana (Leaf) 11 ppm
60. *Carthamus tinctorius* L. - Safflower (Flower) 10 ppm
61. *Chamaemelum nobile* (L.) ALL. - Garden Camomile (Flower) 10 ppm
62. *Hibiscus sabdariffa* L. - Roselle (Flower) 10 ppm
63. *Prunus persica* (L.) BATSCH - Peach (Bark) 9.4 ppm
64. *Hydrastis canadensis* L. - Goldenseal (Root) 9.3 ppm
65. *Euphrasia officinalis* L. - Eyebright (Plant) 8 ppm
66. *Salvia officinalis* L. - Sage (Leaf) 8 ppm
67. *Yucca baccata* TORR. - Spanish Bayonet (Root) 8 ppm
68. *Cymbopogon citratus* (DC. ex NEES) STAPF - West Indian Lemongrass (Plant) 7.1 ppm
69. *Lobelia inflata* L. - Indian Tobacco (Leaf) 7 ppm
70. *Symphytum officinale* L. - Comfrey (Root) 6.7 ppm
71. *Allium sativum* L. - Garlic (Bulb) 6 ppm
72. *Avena sativa* L. - Oats (Plant) 6 ppm
73. *Rhamnus purshianus* DC. - Cascara Sagrada (Bark) 5.1 ppm
74. *Capsicum annuum* L. - Bell Pepper (Fruit) 5 ppm
75. *Angelica sinensis* (OLIV.) DIELS - Dang Gui (Root) 4 ppm
76. *Trigonella foenum-graecum* L. - Fenugreek (Seed) 4 ppm
77. *Tabebuia heptaphylla* (VELL.) TOLEDO - Pau D'Arco (Bark) 3.7 ppm
78. *Bertholletia excelsa* HUMB. & BONPL. - Brazilnut (Seed) 3.5 ppm
79. *Citrus paradisi* MacFAD. - Grapefruit (Fruit) 0.66-3.3 ppm

80. *Carya ovata* (MILL.) K. KOCH - Shagbark Hickory (Seed) 3.2 ppm
81. *Daucus carota* L. - Carrot (Root) 0-3 ppm
82. *Beta vulgaris* L. - Beet (Root) 0.8-2.8 ppm
83. *Corylus avellana* L. - English Filbert (Seed) 2.7 ppm
84. *Symphoricarpos orbiculatus* MOENCH. - Buckbush (Stem) 0.5-2.6 ppm
85. *Quercus alba* L. - White Oak (Bark) 2.2 ppm
86. *Carya illinoensis* (WANGENH.) K. KOCH - Pecan (Seed) 1.8 ppm
87. *Zea mays* L. - Corn (Seed) 1-1.8 ppm
88. *Juglans nigra* L. - Black Walnut (Seed) 1.7 ppm
89. *Cocos nucifera* L. - Coconut (Seed) 1.5 ppm
90. *Scutellaria lateriflora* L. - Maddog Skullcap (Plant) 1.2 ppm

Plants Containing IRON

1. *Taraxacum officinale* WIGG. - Dandelion (Leaf) 500-5,000 ppm
2. *Echinacea* spp - Coneflower (Root) 700-4,800 ppm
3. *Symphoricarpos orbiculatus* MOENCH. - Buckbush (Stem) 19-4,400 ppm
4. *Valerianella locusta* (L.) LATERRADE - Corn Salad (Plant) 3,519-4,143 ppm
5. *Artemisia vulgaris* L. - Mugwort (Plant) 1,200-3,900 ppm
6. *Boehmeria nivea* (L.) GAUDICH. - Ramie (Plant) 1,500-3,500 ppm
7. *Physalis ixocarpa* BROT. - Tomatillo (Fruit) 14-2,974 ppm
8. *Harpagophytum procumbens* DC. - Devil's Claw (Root) 2,900 ppm
9. *Asiasarum heterotropoides* MAEK. - Asian Wild Ginger (Root) 450-2,800 ppm
10. *Asiasarum sieboldii* (MIQ.) MAEK. - Siebold's Wild Ginger (Root) 450-2,800 ppm
11. *Stellaria media* (L.) VILLARS - Chickweed (Plant) 2,530 ppm
12. *Verbascum thapsus* L. - Mullein (Leaf) 2,360 ppm
13. *Mentha pulegium* L. - European Pennyroyal (Plant) 2,310 ppm
14. *Carthamus tinctorius* L. - Safflower (Flower) 81-2,200 ppm
15. *Petasites japonicus* (SIEBOLD & ZUCC.) MAXIM. - Butterbur (Plant) 2,000-2,100 ppm
16. *Amaranthus spinosus* L. - Spiny pigweed (Leaf) 22-1,965 ppm
17. *Polystichum polyblepharum* (ROEM.) PRESL - Chinese Polystichum (Plant) 500-1,900 ppm
18. *Trifolium pratense* L. - Red Clover (Shoot) 10-1,850 ppm
19. *Nyssa sylvatica* MARSHALL - Black Gum (Leaf) 8-1,820 ppm
20. *Angelica dahurica* BENTH & HOOK. - Bai Zhi (Root) 1,800 ppm
21. *Schizonepeta tenuifolia* BRIQ. - Ching-Chieh (Plant) 1,700 ppm
22. *Caulophyllum thalictroides* (L.) MICHX. - Blue Cohosh (Root) 1,640 ppm
23. *Ruscus aculeatus* L. - Butcher's Broom (Root) 1,640 ppm
24. *Diospyros virginiana* L. - American Persimmon (Stem) 3-1,620 ppm
25. *Amaranthus* sp. - Pigweed (Leaf) 23-1,527 ppm
26. *Thymus vulgaris* L. - Common Thyme (Plant) 1,075-1,508 ppm

27. *Camellia sinensis* (L.) KUNTZE - Tea (Leaf) 189-1,500 ppm
28. *Manihot esculenta* CRANTZ - Cassava (Leaf) 28-1,500 ppm
29. *Arctium lappa* L. - Gobo (Root) 8-1,470 ppm
30. *Prunus serotina* EHRH. - Black Cherry (Leaf) 20-1,440 ppm
31. *Berberis vulgaris* L. - Barberry (Root) 1,410 ppm
32. *Anemarrhena asphodeloides* BUNGE - Chih-Mu (Rhizome) 90-1,400 ppm
33. *Peucedanum decursivum* (MIQ.) MAX. - Qian Hu (Plant) 780-1,400 ppm
34. *Nepeta cataria* L. - Catnip (Plant) 1,380 ppm
35. *Chamissoa altissima* (JACQ.) HBK - Guanique (Leaf) 137-1,370 ppm
36. *Cynanchum atratum* BUNGE - Bai-Wei (Root) 1,350 ppm
37. *Juniperus virginiana* L. - Red Cedar (Shoot) 11-1,320 ppm
38. *Polygonum cuspidatum* SIEBOLD & ZUCC. - Japanese Knotweed (Plant) 360-1,300 ppm
39. *Senna occidentalis* (L.) H. IRWIN & BARNEBY - Coffee Senna (Seed) 1,300 ppm
40. *Equisetum arvense* L. - Field Horsetail (Plant) 698-1,230 ppm

Plants Containing GOLD

None

Plants Containing COPPER

1. *Prunus serotina* EHRH. - Black Cherry (Stem) 1.3-378 ppm
2. *Liquidambar styraciflua* L. - American Styrax (Stem) 0.6-360 ppm
3. *Nyssa sylvatica* MARSHALL - Black Gum (Leaf) 1.25-182 ppm
4. *Liquidambar styraciflua* L. - American Styrax (Leaf) 2.8-164 ppm
5. *Symphoricarpos orbiculatus* MOENCH. - Buckbush (Stem) 3.8-132 ppm
6. *Diospyros virginiana* L. - American Persimmon (Stem) 0.2-108 ppm
7. *Sassafras albidum* (NUTT.) NEES - Sassafras (Leaf) 1.6-102 ppm
8. *Lycopersicon esculentum* MILLER - Tomato (Fruit) 0.4-100 ppm
9. *Brassica oleracea* L. var. *capitata* L. - Cabbage (Leaf) 0.3-87 ppm
10. *Corylus avellana* L. - English Filbert (Seed) 13-82 ppm
11. *Sassafras albidum* (NUTT.) NEES - Sassafras (Stem) 0.2-56 ppm
12. *Sesamum indicum* L. - Sesame (Plant) 14-56 ppm
13. *Carya glabra* (MILLER) SWEET - Pignut Hickory (Shoot) 0.9-55 ppm
14. *Brassica oleracea* L. var. *botrytis* L. - Broccoli (Leaf) 0.68-52 ppm
15. *Carya ovata* (MILL.) K. KOCH - Shagbark Hickory (Shoot) 1.25-45 ppm
16. *Phaseolus vulgaris* L. - Blackbean (Fruit) 0.62-45 ppm
17. *Brassica oleracea* L. - Collards (Leaf) 2-43 ppm
18. *Cucumis sativus* L. - Cucumber (Fruit) 0.3-42 ppm
19. *Quercus stellata* WANGENH. - Post Oak (Stem) 1.2-42 ppm

20. *Anacardium occidentale* L. - Cashew (Seed) 22-37 ppm
21. *Rosa canina* L. - Rose (Fruit) 1.8-36 ppm
22. *Eupatorium odoratum* L. - Jack na bush (Leaf) 35 ppm
23. *Rhizophora mangle* L. - Red Mangrove (Leaf) 35 ppm
24. *Prunus domestica* L. - Plum (Fruit) 0.33-34 ppm
25. *Cocos nucifera* L. - Coconut (Seed) 3.2-33 ppm
26. *Pistacia vera* L. - Pistachio (Seed) 11-33 ppm
27. *Psophocarpus tetragonolobus* (L.) DC. - Asparagus Pea (Seed) 28-33 ppm
28. *Senna obtusifolia* (L.) H. IRWIN & BARNEBY - Sicklepod (Seed) 9-32 ppm
29. *Nyssa sylvatica* MARSHALL - Black Gum (Stem) 0.3-31 ppm
30. *Quercus velutina* LAM. - Black Oak (Stem) 1.5-31 ppm
31. *Cucurbita maxima* DUCH. - Pumpkin (Leaf) 4.2-30 ppm
32. *Helianthus tuberosus* L. - Jerusalem Artichoke (Plant) 8-30 ppm
33. *Momordica charantia* L. - Bitter Melon (Fruit) 30 ppm
34. *Prunus persica* (L.) BATSCH - Peach (Fruit) 0.3-30 ppm
35. *Rhus copallina* L. - Dwarf Sumac (Stem) 1.8-30 ppm
36. *Rumex acetosa* L. - Garden Sorrel (Leaf) 3-30 ppm
37. *Arctium lappa* L. - Gobo (Root) 29 ppm
38. *Lactuca sativa* L. - Lettuce (Leaf) 0.36-29 ppm
39. *Prunus serotina* EHRH. - Black Cherry (Leaf) 0.8-29 ppm
40. *Quercus phellos* L. - Willow Oak (Stem) 1-29 ppm

Plants Containing MERCURY

1. *Cinnamomum aromaticum* NEES - Cassia (Plant) 60 ppm
2. *Fucus vesiculosus* L. - Bladderwrack (Plant) 40 ppm
3. *Rhodymenia palmata* - Dulse (Plant) 26 ppm
4. *Lycium chinense* MILL. - Wolfberry (Fruit) 8 ppm
5. *Chondrus crispus* (L.) STACKH. - Irish Moss (Plant) 7 ppm
6. *Juncus effusus* L. - Rush (Pith) 1.41 ppm
7. *Arctium lappa* L. - Gobo (Root) 1.27 ppm

Plants Containing SILVER

1. *Lycopersicon esculentum* MILLER - Tomato (Fruit) 0-1.4 ppm
2. *Quercus rubra* L. - Northern Red Oak (Stem) 0-1.32 ppm

The above data has been taken from the Phytochemeco Database - USDA - ARS - NGRl at <http://www.ars-grin.gov/cgi-bin/>