

The Golden Thread

Suggestions for Use

- There are many ways to decide which tincture or combination of them to use in any given round of treatment. One sure method is presented in the pages that follow. There you will find a table and a clear set of instructions about how to create your own custom remedy based on its results. Others may prefer to follow a more intuitive or body-centered approach. These methods are also effective for those skilled in their use.
- An empty bottle is included in your set to serve as your “treatment bottle.” Using brandy or water as your base, you can combine tinctures based on the methods of selection above.
- Since the three *sefirot* of the heart center (*Generosity*, *Discipline* and *Beauty*) all correspond to the tincture of etrog, how does one distinguish them in treatment? To target etrog’s right-sided imbalance (*Generosity*) one should combine etrog with wheat, which corresponds to the right brain, and the *sefira* of *Insight*. Conversely, to target etrog’s left sided imbalance, (*Discipline*), one should combine etrog with barley which corresponds to the left brain, and the *sefira* of *Discernment*.
- **The Golden Thread** leads you on a journey with many stepping-stones. Each mixture of healing tinctures raises a new set of issues, insights, challenges, and transformations. Each round tugs a different facet of soul back into line with its holy root on high.
- **The Golden Thread** works on the deepest layer of soul. Consequently, it may take time for its effects to enter one’s field of awareness. The Talmud identifies “three things that only come when your attention is diverted.” One of them is *redemption*. And since soul healing is nothing but a stepwise path of redemption, in some very real sense, it, too, only “happens” when you are looking the other way.
- Shake the bottle(s) at least twice before each use.
- You may place the drops directly onto your tongue or dissolve them in a glass of water. Recommended dosage is 5 drops, three times a day.
- It is best not to eat 15 minutes before and after taking the remedy.
- Take the remedy for as long as the bottle lasts. Then wait at least a week before starting a new regimen.

Jewish law suggests a prayer before taking medicine: *You who are both above and within creation, and Who are the light of my very own soul, may it be Your will that this medicine that I am taking bring healing to me, because only You can restore the soul, and only You can heal the undeserving.*

Using the Tally Sheet to Formulate Your Custom Remedy

You can formulate your own custom remedy using the process described below. It involves two steps: 1) identifying the traits that apply to you, and 2) totaling the results.

I. Identifying Traits

Review the **Materia Medica** chart with your tally sheet in hand. Each time you encounter a description that applies to you, place a check on the corresponding line of the tally sheet (in the appropriate column from 4 -11).

You will notice that the Materia Medica sheet is divided into three sections: Too Much, Too Little, and a gray column in the center that identifies a Body Area and Personality Disorder associated with each tincture. The tally sheet also has these three divisions. Columns 4 - 6 match the Too Much section of the Materia Medica; columns 9 - 11 correspond to the Too Little section; and columns 7 - 8 correspond to the middle gray area of the Materia Medica sheet. It is here, in columns 7 - 8, that you could specify a particular body area that is troubling you, by identifying the tincture that corresponds to that part of the body and placing a check there in column 7. Similarly, you could specify a known personality disorder by placing a check in the appropriate position of the tincture corresponds to it.

II. Totaling Results

A. Horizontal Totals

1. First calculate the number of checks on the “Too Little” side of the chart for each row of the tally sheet. Beginning with *Wheat*, add the number of checks in the “Too Little” side of the table (columns 9-11) and write that number in the colored box on the far right.
2. Now, copy the number that you just wrote to its matching colored square on the left side of the graph (column 2). [Note that its matching colored square does not appear in the same row; its position is shifted upwards or downwards as the case may be.] Repeat this process for each row.
3. Next turn your attention to the “Too Much” side of the chart. Proceeding one row at a time, add the number of checks that appear on columns 4 – 8. Write that number in the subtotal area provided in column 3.
4. Add the two subtotals together (columns 2 and 3) and enter that number as the total, in the farthest box on the left (marked column 1).

B. Vertical Totals

1. Start from the “Too Much” side of the chart:
 - a. Add the number of checks you placed in column 4 (E_1). Enter that number as the total, in the pink box marked, E_1 , at the very bottom of the table.
 - b. Add the number of checks you placed in column 5 (M_1). Enter that number as the total, in the yellow box marked, M_1 , at the very bottom of the table.
 - c. Add the number of checks you placed in column 6 (S_1). Enter that number as the total, in the green box marked, S_1 , at the very bottom of the table.
2. Now move to the “Too Little” side of the chart and tally the checks in its vertical columns 9, 10, 11 (E_2, M_2, S_2), exactly as you did on the “Too Much” side of the chart.
3. Add together the numbers in the two pink boxes beneath columns 4 and 9 ($E_1 + E_2$) and enter that figure in the blank space provided in the white box beneath the central column.
4. Now add together the numbers in the yellow boxes beneath columns 5 and 10 ($M_1 + M_2$) and enter that figure in the blank space provided in the white box beneath the central column.
5. Now add together the numbers in the green boxes beneath columns 6 and 11 ($S_1 + S_2$) and enter that figure in the space provided in the white box beneath the central column.

Preparing Your Custom Remedy

Now you are ready to prepare your remedy using the totals you just calculated to identify the specific number of drops you need. Take the empty bottle included in your set and proceed as follows.

I. Selecting Your Drops

- A. The number of drops of each tincture that you must first add to your treatment bottle is identical to the “totals” that appear in the far left column of the tally sheet, marked column 1. Add these drops to your empty bottle.

For example, if the total number of checks in the *Wheat* row is 3, and the total of *Figs* is 2, and of *Naja* is 1, then this is your custom prescription. Add three drops of *Wheat*, two of *Figs*, and one of *Naja* to your treatment bottle.
- B. The next step is to specify Etrog’s expression as “right” or “left.”
 1. Look at your tally sheet and see if you have any numbers entered in column 1, for Etrog-Right and Etrog-Left, opposite the green tabs marked with an “A” or “B” on the far left side of the graph. If no, then skip to step C. If yes, then proceed as follows.

2. Begin with Etrog-Right (marked by a dark green tab with an “A” on the left side of the graph). Identify the number you have entered there. Add exactly that number of drops of *Wheat* tincture into your treatment bottle.

For example, if the total for Etrog-Right that appears in column 1 is “5,” then add five drops of Wheat to your tincture bottle, in addition to the drops you have already added in step A.

3. Now go to Etrog-Left (marked by a light green tab with a “B” on the left side of the graph). Identify the number you have entered there. Add exactly that number of drops of *Barley* tincture into your treatment bottle.

For example, if the total for Etrog-Left that appears in column 1 is “3,” then add three drops of Barley to your tincture bottle, in addition to the drops you have already added in step A.

- C. The next step is to identify which layer of soul will be the primary target of this round of treatment. This is determined by the numbers at the bottom of the tally sheet that reflect the number of checks you placed in the Emotional, Mental, or Spiritual columns.

1. If the three totals that you placed in the white box beneath the central column are identical, there are no further drops to add to your custom remedy. Skip step “2” below and go to Section II, “Filling Your Treatment Bottle.”

2. If the three numbers that you placed in the white box beneath the central column are *not* identical then proceed as follows:

- a) If the majority of your checks appeared in the emotional column, add the following to your treatment bottle:

- 1 drop etrog
- 1 drop fig
- 1 drop pomegranate
- 1 drop olive

- b) If the majority of checks appeared in the mental column, then add the following to your treatment bottle:

- 1 drop wheat
- 1 drop barley
- 1 drop grapes

- c) If the majority of the checks appeared in the spiritual column, then add 1 drop of Multi to your treatment bottle.

II. Filling Your Treatment Bottle

Now fill the rest of treatment bottle to the top with brandy or spring water (or some combination of both). Shake the bottle vigorously, ten times. You now have your custom remedy and the healing can begin.