HOW TO GET ANYTHING YOU WANT?

MAKE A MAGICK MIRROR!

by Mike Nach

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

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 like-wise. 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 <u>not a substitute</u> 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. - Ladyslipper (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) 1,640ppm
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/