

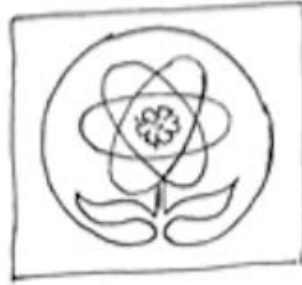


Welcome to PIC The Perelandra Information Center

by Machaelle Wright

TABLE OF CONTENTS

PART ONE: The PIC Classroom	3
Points About PIC	4
Working with PIC's Classroom	7
Entering the Classroom	7
Getting PIC Information for Specific Bottles or Issues	7
Closing the PIC Connection	8
A Personal Experience with PIC's Classroom	9
PART TWO: The PIC List	11
When To Test the PIC List	12
When Not To Test the PIC List	12
How To Test the List	13
More Information on Drops and Dosage	14
More Information on PIC List Retests	15
Retest Points	16
Closing Down PIC When Finished	16
The PIC Overwhelm Factor	17
To Those Who Are Working with the Perelandra Bottled Products and Their Processes	17
Examples of How To Make the Switch	19
Procedure for Switching To PIC	19
For a Chronic Condition or Illness	20
The ETS Extreme Trauma Process	20
A Special Note about ETS	21
Regarding the Other Essence Processes	21
Choosing Not To Work with the PIC List	21
PIC and MAP	21
Surrogate PIC List Testing for Children and Adults	22
Caregiving for the Elderly and Sick	23
PIC and Companion Animal Health	23
Surrogate PIC List Testing and Professionals	24
To Flower Essence Practitioners and Others Who Rely on Definitions	24
PIC and the <i>Perelandra Microbial Balancing Program Manual</i>	25
<i>The Perelandra Garden Workbook</i> and the <i>Perelandra Soil-less Garden Companion</i>	25
Two Cost Savings When Using the PIC List	25
Final Thoughts	26
PIC List for Testing (for photocopying)	27
PART THREE: Addendum	28
Expanding PIC List Testing to Include the Environment & Soil-less Gardens	28
All-Purpose Guidelines for Sudden Disease Outbreaks	31
PIC FAQs & Points (Updated: 5/15/16)	34



PART ONE

THE PIC CLASSROOM

PIC is a specialized “library and classroom in the sky” that holds the complete body of information about our four groups of Perelandra bottled products:

1. the five sets of Perelandra Essences
2. the full line of ETS for humans, animals, environment and soil-less gardens
3. the full line of MBP Balancing Solutions
4. the full line of Perelandra Solutions for humans and animals, including EoP and Seasonal Balancing

I have always been mindful of what I cannot say publicly about these products. Numerous times over the past thirty-five years I have reviewed, reduced and refined the information I send out with our bottled products to better meet the newest government regulations. Then I sit here at Perelandra and think (or fume) about how frustrating it is that I can't just come out and tell you what these products can actually do. Recently my frustration led me to ask this question: “How in the world can Perelandra convey full and complete information about our bottled products to those who want it when surrounded by a world of regulations that don't apply to us, make no sense, and appear to be never-ending?” The answer: There are more ways to convey accurate information to others than the usual and currently practiced time-honored ones. Nature can help set something up that addresses all these issues.

Note: You do not have to buy all of the Perelandra Solutions and Essences to use PIC. Quite the opposite. PIC simplifies how you use the Solutions and Essences by zeroing in on just the bottles needed for your daily health or specific issues. You can buy just the bottles you need, as you need them.

Enter PIC. The Perelandra Information Center blows open the information behind every one of our bottled products and, for the first time, this complete range is available to you without alteration or compromise. It is straight, clear and customized to each person. It even provides a personalized classroom for you to gain understanding about the products you use and how they address your issues and needs. In short, PIC takes us into a new world and a new level of information sharing.

PIC's setup and structure makes the information readily available and facilitates your understanding and knowledge about the products you need and use. And if this wasn't remarkable enough, the information you seek will be tailored to you personally according to your timing and needs — and even in your language. No longer will you have to translate my “American-ese” or sift through a bunch of generic cryptograms just to find some small bit of information that may apply to you.

POINTS ABOUT PIC

- The Perelandra Information Center “holds” the complete body of information and understanding connected with the electric patterns that are contained in the Perelandra bottled products.
- PIC may be accessed by any individual who wishes to learn about a particular Perelandra bottled product and whether it is right for them to include it in their health regimen. Also, it automatically provides insight and information about where to begin if the Perelandra bottled products are right for you.
- Any person who shows an interest, has questions or wonders about what Perelandra has to offer, wants more information, and is open to what our bottled products offer has immediate access to PIC and the product information that directly pertains to their questions. All they have to do is raise a question about an issue they are dealing with and wonder what in the world can help them. PIC will reach out to them.
- Each electric pattern's information includes the health issues and conditions that pattern addresses. And it includes the specific health benefits each pattern provides. You can request information about any condition or issue you are dealing with and get the information that directly applies to that situation as it is reflected in you.
- As soon as you use a bottled product, the first stage of information held within its electric pattern that relates to both you and the issue you are addressing is made available to you. It is your starting point. You need do nothing special to receive this information and understanding.

- Other than being alive, you need not have any specially developed tools for participating in PIC's Classroom. PIC was developed to be used by anyone who wishes to have a better understanding about the Perelandra bottled products they are working with, no matter what forms of communication they use and prefer.
- When you request specific information, you may have an insight or flash of understanding right away. But sometimes the information will need 2-3 days to "arrive" and be recognized by you. It is important to not spend time worrying about whether or not you'll get any information. It will come, and it will probably come in the most unlikely ways and at the most unexpected times. Sometimes it takes a little more time to arrange a person's world so that the information can "get" to them.
- Trust timing and don't become impatient. (I know. Easier said than done.) You can't "rip" information out of PIC. It will not release information if a person is not ready to receive it or if it is not within the person's timing. Let PIC's information unfold naturally.
- When you wish to expand your understanding of what an electrical pattern is doing for you, simply open to the PIC Classroom and request the next stage of information. PIC provides an individualized classroom for continuing the education about any of the Perelandra bottled electric patterns you are using.
- PIC information is automatically translated into an individual's native tongue/ language and will include the breadth, depth, spirit and nuances of PIC in that language. (Should you know more than one language fluently, PIC will use the one you are most comfortable with.)
- No matter what language, the information will be expressed in words, insights and visuals that are easily understood and accurately convey the information you seek. PIC "speaks" directly to the individual.
- The information and range of function contained within each Perelandra electric pattern is massive. Since electric systems are a part of all form and all reality, you will find that each Perelandra bottled product also addresses issues and situations that may arise in areas beyond the human body: soil-less gardens, the environment, gardening and farming issues and animal health. You may request information, insight and understanding from PIC about what's needed to balance these areas as well.
- PIC's information is transferred by nature using all communication avenues and sources that are familiar to and used by each person: insight, conversations, comments made out of the blue, media content, meditation, dreams, idle mind

wandering and day dreams, “hearing” a word or phrase spoken in your mind’s voice, a sudden idea that is totally new, and so on.

- It’s important for each of us to understand our personal journey, and when using the Perelandra bottled products, PIC information is a priceless key for obtaining this understanding. When you ask a question or seek information, you and PIC establish a starting point. From this starting point, you will continue to get insight, information and understanding about the electric patterns you are interested in or working with as they apply to you and the specific situation that caused you to raise the questions in the first place. With PIC’s Classroom you have an opportunity to connect with your life in new ways, learn about your lifestyle patterns that feed into the issue you are addressing, get the insight and information about what patterns you need for changing old habits, and receive that information in ways that help you make those changes. After completing the series of pertinent insights, you come out of the Classroom standing in a completely different place than when you went in. Because of the breadth and depth of the Perelandra electric patterns, PIC gives you the Classroom of a lifetime.
- Suggestion: Keep notes on the insight, information and understanding you receive. The PIC Classroom may go on for months, even years, depending on the scope of the issue you are addressing. At different points along the way, looking at your notes can serve to remind you that something very special is going on.



- On each of our website’s bottled product pages, you will see the PIC Librarian. (Some of you may recognize her. She’s thrilled with her new job.) She’s there to remind you that PIC is available to you for that product any time you’d like. If you tap on her, she’ll link you to this PIC information so that you’ll have easy access any time you’d like to review it.

PIC's Protection: *The integrity of PIC and the body of information it holds is fully protected from any intrusion by outside, unauthorized individuals, organizations or activity. The information is kept clean, clear and untampered with as it remains available to all. This information is for personal use only and is not to be misrepresented by anyone for private or public gain. The full body of information contained in each of the Perelandra electric patterns would fill the Library of Congress in Washington, D.C. I recommend you ignore anyone who claims to have transcribed PIC's information. They are misrepresenting themselves and just trying to make a quick buck.*

Note: *PIC contains only information about the Perelandra electric patterns and bottled products. It does not include any other company's products. Nor does it contain expanded information about the Perelandra books, programs and processes. The program and process steps are fully outlined in the Perelandra material and remain unchanged.*

WORKING WITH PIC'S CLASSROOM

ENTERING THE CLASSROOM

1. You may activate and “enter” the PIC Classroom any time you wish. It's always open. Just state: “I'd like to activate PIC.”

The connection will occur instantly. No waiting, no testing and no drops are needed. No special dancing or costumes necessary. Put away your lighted candle. PIC has been developed for ease of use and is safe for all, adults and curious children.

GETTING PIC INFORMATION FOR SPECIFIC BOTTLES OR ISSUES

2. Start by asking questions, one at a time. If you word your questions in a simple yes/no format, you may use PKTT (kinesiology) to determine the PIC answers. The source of the information you seek comes directly from PIC. The foundation for the answers is that massive body of information sitting in PIC that is contained within the Perelandra electric patterns. Even when using PKTT, PIC will also provide more information about your questions that go beyond the yes/no format using the tools described below in #3.

The instruction for learning PKTT are included in *The Perelandra Essences, MAP, Microbial Balancing Program Manual, Soil-less Garden Companion and The Perelandra Garden Workbook*. It is also available online: **PKTT**.

3. If you don't work with PKTT (kinesiology), you can rely on the unique package of tools that you use to get information and understanding: insight, conversations, comments made out of the blue, media content, meditation, dreams, idle mind wandering and day dreams, "hearing" a word or phrase from your mind's voice, and/or a sudden idea that is totally new. Trust me. If you want the information, PIC cannot be stopped. Your biggest challenge is to stay out of your own way and let the information flow to you in the manner that best suits you. If you are not using PKTT for yes/no questions or you don't receive insight immediately, your best bet is to "walk out PIC's door" (close your connection) and get on with the rest of your day with confidence that you'll receive your "packet" of information and understanding within the next few days.

CLOSING THE PIC CONNECTION

4. Once you are finished asking questions about the bottles and the issues/areas you wish to receive information and understanding about, state (aloud or to yourself),

"I'd like to close PIC now."

PIC is set up for making this procedure simple and flawless. There will be no hesitation. You are the person in control when using PIC and nothing can override this. So if you feel like you can't shake free of PIC after stating the close-down, this is your imagination working overtime. You're probably nervous. Relax and just get on with your day.

5. If after 2-3 days you missed receiving the first insight or you are having trouble understanding it, reconnect with PIC and state that you didn't get any information or you don't understand what you got. In both cases, restate the original question or area of understanding you seek. Ask them to resend or clarify.

6. The information you request will come to you in stages. First, PIC will release your starting-point insights. When you are ready, PIC will release the second stage of information, and so on. Think of it as an information time-release capsule. You can ask one simple question about a situation or condition you are working with, or about a single bottled product and its electric pattern. You could receive information, insight and understanding several times over the next few days, weeks, months or even years. As I've stated, the patterns contain a huge body of information and by the time you have received all the relevant insights pertaining to your request, you will find yourself in a totally different position from when you started. In short, PIC has the potential of providing a life-long classroom that is designed especially for you and your circumstances.

A PERSONAL EXPERIENCE WITH PIC'S CLASSROOM

by Machaelle Wright

It might help you to understand how the PIC Classroom works if I give you a personal example. When I first began working with PIC during the research and development period, I asked for more insight about the Perelandra Solution, Natural Aging. I wasn't asking for information about a burning issue. Natural Aging is something I take daily so I "threw it on the table" thinking, "What the hell. Let's see what PIC has to say to me about this." I knew the Natural Aging electric pattern was doing its job but I wasn't sure what that job included when it came to my personal aging process.

While I was still in PIC, I waited a few minutes for some wonderful insight about Natural Aging to descend on me. I got nothin'. No insights. No whoop-de-doo visions. No magic voices. Just blank space. So trusting something was en route to my consciousness, I closed PIC and turned my attention to fixing a cup of coffee. The next morning while I was in bed floating around in one of those semi-sleep/semi-awake states, I clearly "heard" one word: Freedom. I knew right away that this was the response to my query. Now, I'm a feisty senior citizen with the mouth of a deranged sailor. I will soon be 70 and I am truly looking forward to hitting that milestone. "Freedom" seemed an odd word for me to get from PIC as a starting point. Whatever. As I walked around that day, I'd periodically reflect on "freedom." Mostly the word made me smile a lot that first day even though I wasn't sure what it meant. Over the next month, I had a series of insights that refined and deepened my understanding of how freedom applies to my aging process.

1. The day after I "heard" freedom, I realized (out of the blue) that at my age I was free to fully embrace my eccentricity. Society be damned. I'm "old." I don't have to care what others think about me! I beat the game and I'm still here. I am free. More smiles . . . and now I'm wearing more colorful socks!
2. About a week later I had an insight about my eating habits. When it comes to healthy living, I can be such a good girl. I ate three good meals a day because everyone says that's what we're supposed to do. Freedom meant I wasn't confined by those expectations and habitual "good eating habits." As long as I'm choosing options from good food, I can respond to my own patterns and rhythms and eat what I want, when I want. I began feeling better right away. More smiles.
3. About a week and a half after this, just when I thought that perhaps I had gotten all the insight I needed on Natural Aging for now, another insight hit: As we all know, there are physical changes that come as a natural part of aging. Things actually do drop.

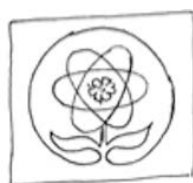
It's easier to get tired at 70 than at 25. I already knew this intellectually but in my zeal to not succumb to society's misguided notions around aging, I tended to ignore these kinds of things. With my PIC insight, I saw that it was silly to try to ignore the aging process. Instead, recognize what's happening, adjust to the changes and don't try to do things now just because I could do them in my younger years. Finally I can declare that Jane Fonda really is (as I've suspected for years) nuts. And I can give up any hope that I might be holding on to about taking up skate boarding and extreme sports. Smile.

These are all very simple insights. And that's what I wanted you to see. For one thing, the insights are so simple that I found myself adjusting and changing to them even before I could intellectually think out the insight. I was already a changed woman! The intellectual exercise gave me a conscious understanding and allowed me to fine-tune my adjustments. (I'm wearing even brighter socks now as I tool around Perelandra on my new adult trike named Rosy! I'm letting my true inner self escape. I'm a happy, old English eccentric.)

With my example, I also wanted you to see how the information about a single electric pattern as it applies to you arrives in manageable stages and then gradually builds. You don't get a boatload of information dumped on your head all at once. PIC is designed to help you move forward, not hinder and frustrate you. You may frustrate yourself because you want PIC information to come to you faster. But PIC is an organic, nature-balanced service. You get new information when you are ready for it on all levels — physical, emotional, mental and soul — not just the mental/intellectual level. With PIC, you'll find yourself making changes effortlessly and functioning differently before you even realize it. And often you'll think, "Wow. What a difference that little change is making."

But I don't want to mislead you about PIC insights. I've asked several people to beta test PIC before announcing it to the public. They want me to make sure you understand that although an insight on its own may seem simple, sometimes it feels hard. Really hard. I think this sensation occurs most often when addressing issues about our emotional well being. PIC insights will challenge old long-held patterns that we are reluctant to release no matter how counterproductive they might be to our health and balance. So even though the insight itself may actually be simple, it could feel "really hard." It's up to us to decide if we're going to take the leap and act on the insight. But there's help. The bottled product that you are getting insight about already contains the supportive help in its pattern that you need for moving forward. Otherwise the insight would not have come up in the first place. So take a deep breath and step forward.

I can stop the Classroom any time I want. I can say, “OK, thanks. That’s enough about Natural Aging.” Further down the road if I felt that I’d like to resume this class, I can just open PIC and say, “Tell me more about the Perelandra Solution, Natural Aging.” PIC will pick up right where I left off and build on this in light of where I am in my life around the issue in question. To be honest, I’m letting the Natural Aging class continue because it’s interesting to see how many things “freedom” covers and it has been fun.



PART TWO

THE PIC LIST

Working with PIC opens up a whole new way for you to work with the Perelandra bottles and their electric patterns. It’s an extraordinary development. Let me explain.

Each group of the Perelandra electric patterns — the Perelandra Essences, the MBP Balancing Solutions, ETS and the Perelandra Solutions — has its own unique range of how it interfaces with the electric system to balance, stabilize and repair that system. Up to now, we have addressed a problem by focusing on just one or two groups for help. But by separating the groups and testing just one for a problem, you eliminate the support of the other groups.

PIC allows us to fully unleash what each group can give to a single issue or problem by coordinating the patterns with one another. And the PIC List [[see p.27](#)] gives us the easy tool for achieving this. All we need is to be connected with PIC and test the full range of Perelandra’s bottle products listed on the PIC List. (This may sound daunting but, thanks to the PIC List, it really is a lot easier than you might imagine.) By testing all the groups together, you incorporate the different pattern elements and allow them to weave together in a new way.

The patterns from the different groups form a mutually supportive, healing and stabilizing dynamic that facilitates complete and full forward movement, no matter what is required. Now you are working on a problem from every angle and allowing the different groups to connect and support one another as a team. The result is a whole new dynamic that is created when these individual patterns weave together. This gives you a deeper and more efficient journey through the issue/problem and moves you towards a long-lasting resolution. The new, larger dynamic truly is greater than the sum of its parts.

This broader support especially facilitates getting insight, information and understanding about your issue or problem and what personal patterns you need to look out for or change. Understanding your journey and adjusting to the information that you receive are keys to moving out of the problem fully. The chances of the problem coming back on you at a later date are greatly reduced, if not altogether eliminated.

WHEN TO TEST THE PIC LIST

- You may use the List to test *anything* that needs attention.
You may test the PIC List *any time* day or night.
- For health issues: simple, not so simple or long-term and chronic.
- For the sudden onset of illness or pain.
- For accidents: Take ETS first and then get needed medical attention. As soon as you are able, test the PIC List for assistance during your recovery & recuperation period.
- For companion animal health issues.
- In conjunction with MAP.

WHEN NOT TO TEST THE PIC LIST

Here's where I urge you to not be dopey. There are situations when good old-fashion traditional medicine can really be helpful. The PIC List does not cover setting broken bones, providing needed stitches, surgery or any other similar medical situation. It does not eliminate the need for quality treatment for serious illness. For broken bones, stitches and surgery, the PIC focus needs to be on recovery and recuperation. For quality treatments, the PIC List works in conjunction with the treatments. While you are moving through the illness and receiving the various treatments you have chosen to include, test your PIC List as well. Consider it one of your chosen treatments that will become a woven part of your regimen.

HOW TO TEST THE LIST

1. First, be sure you are connected to PIC.

State: "I'd like to activate PIC."

2. At the top of the List page, write the focus of the test: your condition/problem, challenge or issue. Just a quick overview of the focus will be fine. You don't need to go into details. But you can include the condition plus the goal(s) you wish PIC to take into consideration.

3. Test the List. There are two ways to test the List:

- The quickest and most accurate tool for testing the PIC List is PKTT (kinesiology). We have full instructions for learning PKTT . Believe me, the benefits of quick and accurate List testing far outweigh the time it will take you to learn PKTT. [The instruction for learning PKTT are included in *The Perelandra Essences, MAP, Microbial Balancing Program Manual, Soil-less Garden Companion and The Perelandra Garden Workbook*. It is also available online: **PKTT**. For further help, call our Question Hot Line at 1-540-937-3679 on Wednesdays from 10 AM to 8 PM.]
- If you are new to Perelandra or don't know how to work with PKTT yet, you may use intuition. The key to good testing using intuition is clarity in focus. You must quiet your mind and move through the list one name at a time focusing solely on that name. You can't let your mind wander and you can't think about dinner. And it definitely doesn't help if you can hear a bunch of noise in the background.
 - For each product name, ask: "Do I need _____ for this issue?"
 - Then feel, sense or hear the yes or no.
 - If it's yes, put a checkmark next to the name on the List.
 - Move to the next name on the List and repeat the question.

Important: Trust the first hit you get after asking the question.

Don't second guess yourself. If you start that, you'll never get out of the test.

4. Before closing PIC, take the recommended number of drops from each bottle that tested positive. Follow these guidelines when taking the drops.

- Perelandra Essences: Take 1 drop from each bottle.
- MBP Balancing Solutions and Perelandra Solutions: Take the number of drops listed on each label.
- ETS: Take one dropperful (10-12 drops), one time. This applies to all 7 ETS.

If you do not have any or you have just some of these bottles on hand, hold off taking your first round of drops until you have all the bottles available. Just close down PIC and wait for those bottles to arrive. Those patterns function together as a unit and for them to operate as intended in a PIC unit you cannot eliminate or separate any of the bottles out of the unit. If you start out by taking drops from just the few bottles you already have on hand, you will be wasting drops. The unit doesn't truly form until all the individual pattern drops for that unit are taken.

Once you have the needed bottles on hand, open PIC again, restate the focus you tested for that unit and take the necessary drops for your first round. Then close PIC. The next day, take those drops as a unit twice daily: any time in the morning (before noon) and any time in the evening (between 6 p.m. and midnight). You do not need to have PIC open when taking these doses. Just state (aloud or to yourself) the focus for that List test and take the unit drops.

Note: Do not eat or drink anything 10 seconds prior to taking your PIC List drops and 10 seconds after you have finished taking them.

MORE INFORMATION ON DROPS AND DOSAGE

- If you already use the Perelandra bottled products, you know that each group of patterns — Essences, MBP Balancing Solutions, Perelandra Solutions and ETS — has their own timing when it comes to taking their drops. [Insert headache and confusion here.] Because PIC is so completely different in how the patterns function together as a unit, we have new rules for dealing with the drops and dosage. And I think you are going to like these new rules. To recap for you: You only have to pay attention to the simplified dosage dance as I've described.
- Everything that tests positive on the List is to be taken at one sitting. The collection of patterns for that focus is to be considered one, large, complex unit and must be administered as a single unit. If six bottles tested positive on the List, that's your unit for that focus and you will be taking drops from those six bottles in each sitting.
- The Essences: Take one drop from each unit Essence bottle. You may mix the drops in one spoon to be taken orally. Sometimes it's easier to take Essences this way. The other option is to take each Essence drop orally, one bottle at a time. (For those familiar with Essence testing: Do not make a solution bottle.)
- MBP Balancing Solutions, Perelandra Solutions, ETS: These bottled patterns must be kept separate from one another and taken individually. No mixing in a single spoon allowed. Let's say that besides Essences, three MBP Balancing Solutions tested

positive. Take the recommended number of drops (the number of drops is listed on each label) from the first Balancing Solution's bottle. Then immediately turn your attention to the second Balancing Solution bottle. With PIC you don't need to wait a set amount of time between taking the MBP Balancing Solutions. Just take the recommended number of drops from the second bottle, and repeat this for the third bottle. The same rhythm holds true for ETS and the Perelandra Solutions. You no longer have to deal with a timed waiting period between bottles.

- If you already work with the Perelandra Essences, you are familiar with extensive dosage tests. This is eliminated with PIC. Now you take the needed drops *just twice daily* — any time in the morning before noon and any time in the evening between 6 p.m. and midnight.
 - More good news: The drops may be taken in any order.
 - Continue taking the drops until *the day before* the retest. Then discontinue taking that unit of drops and the next day turn your attention to the retest for determining the new unit of patterns needed for that focus.
 - Any time you find that no retest is needed, you will need to test for the number of days you are to take your current unit solutions. At the end of this period, you have completed the series needed for this focus. [See [FAQ #7 on p.36](#) and [#9 on p.37.](#)]
 - If you have more than one PIC focus that you have tested, you may take the drops for each unit at the same time. State the focus for first unit and take the drops from each needed bottle. *Wait ten seconds.* Then state the focus for the next PIC unit and take those drops, and so on. When you finish with taking the drops for your last List unit, wait 10 seconds before eating or drinking anything. (And be sure you don't eat or drink anything 10 seconds prior to taking PIC List drops.)
5. Before closing PIC, test for a retest date and record it on the testing List.

MORE INFORMATION ON PIC LIST RETESTS

Find out the date of a retest just after testing the List for a specific focus and before closing down PIC.

Ask: "Will a retest be needed?"

Here again, PIC has been developed for ease. The retest treats all bottles that test positive as one functioning unit and you only need to determine one follow-up date. The day before the next retest, this unit has served its purpose and is no longer needed. The next day (the scheduled day for the retest) it is replaced by the new collection of patterns in a new unit.

There are two ways to determine the retest date.

1. The easier route: Use PKTT to test a calendar week by week, asking the question, “Is this the week for the retest?” The positive response indicates the correct week. Then test each day of that week to determine the date for your retest.
2. Intuitively: Move through a calendar focusing on each week, one week at a time, and ask, “Is this the week for the retest?” Once you determine the week, then focus on each day of that week one day at a time to get the retest date.

Record the retest date in the space at the top of the PIC List.

RETEST POINTS

- Stop taking the combination of drops from the previous PIC test the day before a retest is scheduled.
- For each retest, use a clean List. Record the focus and date of the test at the top.
- For each retest, test the full List one bottle/line at a time, placing a checkmark next to the names that PKTT test positive or that you intuit positive.
- The checked bottles form your new PIC unit for that focus. If you have all the new bottles on hand, take the first round before closing down the retest PIC session. The next day, start the daily rhythm (twice daily) with this new unit of patterns and continue that rhythm until the day before the next retest is scheduled.
- Repeat this testing process until you ask, “Is there a retest date?” and you get a negative response.
- The time frame between retests can be short (days) or long (weeks and months), depending on the situation you are addressing and your rhythm for moving through it. It is important when working with PIC units to take the drops daily until the day before the next retest. Do not cut the retest periods short, no matter what. The unit is still doing its job and the depth of resolution that you seek depends on this timing.

CLOSING DOWN PIC WHEN FINISHED

Once you are finished asking questions, stating the issues/areas you wish to receive information and understanding about, testing the List and administering the first round, you may close down PIC by stating (aloud or to yourself),

“I’d like to leave PIC now.”

PIC is set up for making this procedure simple and flawless. There will be no hesitation. You are the person in control when using PIC and nothing can override this. So if you feel like you can't shake free of PIC, this is your imagination working overtime. You're probably nervous. Relax and just get on with your day.

THE PIC OVERWHELM FACTOR

This is where having too much of a good thing can be counterproductive. But you only need to remember that you are in complete control when it comes to how much PIC information you receive and PIC List testing you do.

- PIC will not answer questions you haven't asked or provide information you haven't requested.
- PIC will always adjust its massive body of information according to you and your needs and provide you with sequential insights that will build and expand on top of each other.
- You may enter or leave PIC any time you wish. And you may state prior to a test that you are only interested in getting information for what you need to know currently. The PIC Classroom is there to serve you, not dominate you.
- If you feel overwhelmed, you have tested too many List focuses at once, asked too many questions and requested too much information. You need a break. Tell PIC you need to slow things down and choose the *one* area/question/product you wish information and understanding about. Then close down PIC and get on with your day. You can come back to the other points any time — one at a time!
- How do you know when you are in overwhelm mode? If you have collapsed in a heap in the corner, if you can't stop muttering to yourself, if the people around you don't want to get near you, if you realize you are talking but making absolutely no sense, if you never again want to look at another dropper bottle. . . . These kinds of things will let you know you have gone overboard.

TO THOSE WHO ARE WORKING WITH THE PERELANDRA BOTTLED PRODUCTS AND THEIR PROCESSES

I feel your pain, as they say. I understand that PIC is introducing an entirely different approach for working with the Perelandra bottled products. I understand that many of you are knee-deep in Essence telegraph tests and charts. You're dealing with some serious health issues. And you've had to devote an entire calendar just to plot out all the

tests and follow-ups. “Diligence” is your middle name. I also understand there are many of you who have your morning and evening routines set on an intricate and tightly woven schedule that includes a stop watch and a bunch of multi-tasking. (How do I pee, brush my teeth, take a shower, feed the kids and grab a piece of toast for myself in the mornings while juggling my daily MBP Balancing Solutions and maintaining the secret, coded order and timing required between taking each Solution?) Just when you finally figured out this routine, I have the nerve to throw something new into the mix. But I feel confident you’re going to like this — once you get over the shock. Your life is about to simplify.

Testing the PIC List provides you with the collection of bottles and their patterns that, when woven together as a unit, will give you a new and exceptionally strong, stable, effective platform for addressing any issue from every angle simultaneously. Each of the four groups of the Perelandra bottled products — the Essences, the MBP Balancing Solutions, ETS and the Perelandra Solutions — provides a dynamic that is unique to that group and how it interfaces with an electric system. The Essences provide one dynamic that is different from the dynamic provided by each of the other three groups. When you test Essences or take the MBP Balancing Solutions or use ETS or the Perelandra Solutions, the four groups function independently of one another. The processes and guidelines that are outlined in the books and brochures for each group are designed with the unique dynamic of how the group operates. And the instructions for each group take into account these different dynamics and ensure that you receive the most benefits from them. When you are working with each of the four groups on a regular basis, they still remain independent and kick into your health regimen at different times, depending on what you are addressing.

The PIC List eliminates the need for the independent groups and the processes and guidelines that are needed for those groups. It does this by taking into consideration all the Perelandra electric patterns at one time. You test the PIC List for one focus. The testing result is a collection of bottles from any or all of the groups. Now you have a collection of bottles that have “crossed party lines,” so to speak. By weaving them together, you have a completely different unit of electric patterns that are functioning in mutually supportive and enhancing ways. The result is a new thing that I am calling a “unit” that has properties that go far beyond what each of the bottled patterns could give separately. With PIC you are not just receiving the benefits of the properties and dynamics from the individual groups that test positive. You are receiving the enhanced benefits from a new unit reality that was created when these individual patterns came together in PIC. The new unit functions as one unified, mutually supportive team.

In short, by allowing PIC to combine the right patterns, you end up with something that is far greater than the sum of its parts.

Important: To work with the patterns that test positive from the PIC List, you must always test the entire list.

Also you must always make available each of the needed bottles for creating the PIC unit and administering the drops properly. If you need six bottles and you have only four bottles on hand, you won't have a PIC unit until you include the other two bottles. By eliminating the two missing bottles, the other four bottles now "revert" back to their independent status and must be administered according to their specific testing and guidelines. Bottom line: To benefit from PIC's sum of all parts, you must supply all the parts.

Here's what I'm recommending to you folks who are already using the Perelandra bottled products. **Switch to PIC.** It is a superior approach that raises the Perelandra patterns and our health to a whole new level.

EXAMPLES OF HOW TO MAKE THE SWITCH

- **For daily general health:** If you are taking the MBP Balancing Solutions daily or doing a daily Basic Essence Test for general health, write "my daily general health" for the PIC List focus. Then test the full List. You might get some of the MBP Balancing Solutions you've been taking plus a few Essences, maybe even ETS or a Perelandra Solution or two. You now have a much more effective combination of patterns. The PIC combination that tests positive replaces the bottles you were taking before. When it comes to taking something for your daily general health, you only need to take the drops from that PIC unit. Be sure you include the retest date. This will ensure that your daily general health unit is kept up to date as you move along in life.

PROCEDURE FOR SWITCHING TO PIC

- Test the List and take the drops as previously outlined: The first round of drops are taken right after the List test and before closing PIC.
- The next day start taking your drops twice daily: any time in the morning (before noon) and any time in the evening (between 6 p.m. and midnight).
- When you sit down to take your unit's drops, state the focus as written on the List. (You don't have to connect with PIC for this.)
- Then take the drops.

- Make sure you don't eat or drink anything 10 seconds prior to taking your PIC unit drops and 10 seconds after you have finished taking them.
- You can now go through your normal morning routine and get your kids ready for school in peace. (You're welcome.)
- Then sometime in the evening (between 6 p.m. and midnight) take the round of PIC drops again. It can be after the kids are in bed, the dishes have been washed and everyone has settled into watching television, or you are waiting for a load of laundry to finish drying.
- No matter what you are doing, take a minute to turn your attention to PIC, state (aloud or to yourself) the focus of the issue you are addressing and take each of the needed drops as outlined above. Make sure you don't eat or drink anything 10 seconds prior to taking your PIC drops and 10 seconds after you have finished taking them.
- Hint: If your home is too hectic and you can't carve out time for the drops, take them to work. Take the morning drops before noon. Take the bottles back home for the evening round.
- **For a chronic condition or illness:** List the name of the illness or condition as the PIC focus. You don't need to provide a symptoms list. (You're welcome, again.) If you don't have an official diagnosis with a one- or two-worded name, *briefly* describe the condition. You won't need to set up for telegraph testing. Instead, test the full PIC List. Take the correct drops from those bottles. Then close down PIC. On the day you test the PIC List for your condition, you can stop taking any of the Perelandra Essences that came up in your Essences Telegraph Testing. Your full attention should now be on PIC and its List. Take the correct number of drops from each of the PIC unit bottles twice daily: any time before noon and any time between 6 p.m. and midnight. The only follow-up you need to determine is the date of the next retest for this PIC List focus.
- **The ETS Extreme Trauma Process:** Again, switch to PIC. Briefly describe the extreme trauma you wish to address on the focus line and test the List. Take the drops that tested positive, check for a retest date and then close down PIC. The next day, begin the PIC twice-daily routine. You can discontinue taking ETS five times daily because you are dealing with your extreme trauma from within PIC and not with the ETS Extreme Trauma Process.

A special note about ETS: *It's important to include ETS in the PIC List testing. But it's also important to remember to use ETS outside of the PIC List. It is still to be taken right away for emergencies and sudden unplanned events that can scare, hurt or annoy us to no end. It is the go-to bottle for fast, needed relief in a thousand different ways. And it's still a helpful part of MAP. If you want to understand more about ETS beyond what I've described in my writing, this is something you can take to the PIC Classroom. ETS for Humans, along with ETS for Animals and the environmental ETS bottles, are amazing in what they can do and the range of help they provide.*

- **Regarding the other Essence processes** that are outlined in the book, *The Perelandra Essences*: Switch the focus you wish to address with those processes to the PIC List. Once you do the testing for each focus for which you are currently taking Essences, discontinue taking those Essence drops. You will be replacing them with the new unit drops from the PIC List.
- **Choosing not to work with the PIC List:** Let's say you've been taking several MBP Balancing Solutions daily or you've been testing Essences for years or you are a diehard fan of ETS and you are happy with the results. You see no reason to change your approach now. The Perelandra bottled products as individual groups — the Perelandra Essences, the MBP Balancing Solutions, the Perelandra Solutions and ETS — remain powerful tools that continue to do what they were designed to do. If you are happy, by all means continue doing what you are doing. After all, the point of all these bottles is to provide you with the strength, balance and help you want and need. So ignore the PIC List. But don't ignore PIC's Classroom. It is still available to you and can provide useful insight and understanding about the bottles you are using. Just know that the PIC List is there for you as an option should you ever want or need it.
- **PIC and MAP:** Let your MAP team know that you are now including PIC List testing in your health regimen. (They will be very pleased with your decision.) After testing a List focus, let your team know at your next MAP session what the testing focus was and what combination of patterns are included in the PIC unit you are taking. The team can monitor and assist your changes.

If you wish, you may test the PIC List within a MAP session. In this case, open MAP following the MAP guidelines and then activate PIC and test the List following the PIC guidelines. When you are finished, close down PIC first and then close down MAP. When testing while within MAP, you won't need to inform your team about the testing results because they are right there with you. From time to time, the team may suggest you test the List for a particular focus. Again, you may do this PIC test while still in MAP.

SURROGATE PIC LIST TESTING FOR CHILDREN AND ADULTS WHO CAN'T TEST FOR THEMSELVES

I've presented PIC for personal use by individuals. But sometimes we need to help family and friends. Here are the steps for surrogate testing the PIC List for others. If you are familiar with surrogate testing the Perelandra Essences, you'll spot some similarities as well as some differences between the two processes.

1. The person doing the testing needs to be in the same room as the person being tested.
2. The person being tested does not need to be awake for the testing.
3. The two people do not need to make physical contact or touch during the testing.
4. The person doing the testing needs to clear him/herself first (before activating PIC) by doing a Basic Essence Test. Any needed essences are to be taken one time only.
5. Activate PIC by stating: "I'd like to open PIC for a surrogate test."
6. Fill out the Focus line with the person's name you are surrogate testing plus the focus of the test.
7. Request that the insight and information from the Classroom be directed to the person being tested. If you are working with a child or an adult who is incapable of understanding, also request that the insight and information that you need for helping the child or adult address the issue be directed to you, as well.
8. Test (using PKTT) the full PIC List. The responses you get are from PIC as it's information relates to the person you are testing and their test focus.
9. Test a calendar for the retest date and record it on the List.
10. You will be administering the drops to the person for whatever tests positive. If you have all the bottles on hand, administer the first round immediately, before closing down PIC. If you don't have them all, you will need to wait until you have them all on hand. Then open PIC again, state the focus and administer the correct drops to the person. Check the retest date to make sure it still holds.
11. Close down PIC by stating, "I'd like to close down PIC now." The surrogate testing is complete. With PIC, you as the tester do not need to take ETS for yourself or test Essences once you've closed the session.
12. Starting the next day, administer the drops twice daily (morning and evening), stating the focus of the test each time. Make sure the child or adult doesn't eat or

drink anything for 10 seconds prior to taking their PIC unit drops and 10 seconds after they have finished taking them.

13. Maintain this twice-daily rhythm until the day before the retest is scheduled. Stop administering those drops, and do the retest date for the same focus the next day. Repeat this testing process until you ask, “Is there a retest date?” and you get a negative response.

You’re in luck if the person is able to administer their own unit drops twice daily. If this is the case, you only need to help again with the surrogate retest on its scheduled day.

CAREGIVING FOR THE ELDERLY AND SICK

This is another area where you need to tread carefully. In order to surrogate test the PIC List ethically, the person needs to be comfortable with taking the Perelandra bottled products and they need to agree for you to test them. If this is something they are open to, follow the Surrogate Testing steps listed above.

Another equally important consideration in this situation is the caregiver. There are all sorts of pains and strains and worries that accompany caregiving, and PIC support would be helpful. At the top of the PIC List, write your name and then add “caregiver for _____ (fill in the person’s name).” Follow the instructions for testing the List and administering your unit drops twice daily. Be sure to get a retest date, and continue testing for retests until you get a negative response to the question, “Is a retest date needed?”

PIC AND COMPANION ANIMAL HEALTH

This is simple and I think you’ll be pleased with the results. Use the steps for Surrogate PIC List Testing. List the animal’s name in the focus line and then a brief description of the problem and test the List. Remember that PIC does not eliminate a vet’s attention for additional needed care. If your animal is receiving vet care and is in the hospital, focus PIC testing on recuperation and recovery once he is back home. By the way, besides testing the PIC List for your animal, you may request that insight about the patterns he is taking be directed to you from the PIC Classroom. It might be helpful.

Note: Brandy and vinegar (the pattern preservatives) can be toxic to both dogs and cats. If your animal tests for a lot of bottles that means he/she will be getting a rather large dose of brandy or vinegar twice daily. We’ve not had any problems in the past with the small amount of brandy or vinegar an animal received. However, to be on the safe side now with the larger dosages PIC sometimes requires, I suggest you administer the needed drops using the PIC List Nature Shift as outlined on [pp.29-30](#).

SURROGATE PIC LIST TESTING AND PROFESSIONALS

I'm not sure if setting up for PIC List testing in a health practice is going to work. For one thing, you will need to have all the Perelandra bottled products on hand. But this is the least of your logistical problems. And the easy part is following the steps for Surrogate PIC List Testing. However, then the client must take their drops twice a day and to do this they will need their own bottles that tested positive. You will need to give them clear instructions about when and how to take the drops. When the retest date occurs, the person will need to return to you for follow-up testing. It's not an impossible situation but it could be challenging and will require some thought. The thing is, I suspect from time to time you will recognize that a client/patient is in trouble and really needs the PIC List testing. If you are a professional in the field of human or animal health and you are intrigued by this new PIC approach, I suggest you give our Question Hot Line folks a call. Let us help you with ideas for setting up PIC in your practice. [Question Hot Line: 1-540-937-3679, open Wednesday from 10 AM to 8 PM, eastern.]

If you don't wish to incorporate PIC List testing in your practice but you already use some of the Perelandra bottled products with clients, you can still take advantage of the PIC Classroom. Open to PIC and ask for general insight that would be helpful for you to know in your practice. The Classroom insights can improve how you are thinking about and using the Perelandra bottled products.

TO FLOWER ESSENCE PRACTITIONERS AND OTHERS WHO RELY ON DEFINITIONS

Several years ago, when I eliminated the definitions from the Perelandra Essences, some of you folks raised quite an uproar. You're still calling to tell us how you feel about this. I eliminated the definitions because I felt they were being applied incorrectly when it came to the Perelandra Essences. Practitioners and "regular folks" were using the definitions to determine what Essences to use for a specific problem. In this scenario, the definitions were seriously limiting, even hampering, what the Perelandra Essences can do for the individual. For the best and most accurate determination of what Perelandra Essences are needed, I recommend that everyone (including practitioners) kinesiologically test them. Testing eliminates a person's head and preconceptions.

I stand by this decision. Only now, I'm giving you a golden opportunity to reunite the two elements you rely on: (1) accurate testing using kinesiology and (2) good, solid information about all the Perelandra bottled products. With PIC's Classroom you can learn about the Perelandra electric patterns that come up most often for your clients

and yourself. I suspect this could be quite an interesting adventure for you and the information could enhance your practice and your personal health regimen.

Another option for practitioners: When you test the Perelandra Essences, talk to the client about the PIC Classroom and teach them how to activate it for themselves so that they may get their own personalized insight directly about the Perelandra patterns they are using. *One important thing to remember: PIC stands for “Perelandra Information Center” and only contains information about the Perelandra bottled products. If you are incorporating bottles from different sources in your practice and personal health regimen, PIC will not cover these.*

PIC AND THE MICROBIAL BALANCING PROGRAM MANUAL

This Program remains unchanged. It is already an intricately woven program and stands as is. If you add the PIC List to this, your head will probably explode and your microbes will be very annoyed. However, if you wish to understand why your microbes need certain Essences that came up in the Program’s testing, ask PIC for that information from the Classroom. The insight you receive will be in context with the microbes and their needs. I suspect this could be an interesting journey for you.

[See FAQ #17 on p.39.]

THE PERELANDRA GARDEN WORKBOOK AND THE PERELANDRA SOIL-LESS GARDEN COMPANION

The Programs presented in these two books also remain unchanged and stand as is. As with the microbes, if you wish to understand something about a bottled product that is needed for a soil-less garden or your garden/farm growing in soil, ask for insight from PIC’s Classroom. The information you receive will apply to the focus of your questions. This understanding may be especially important when it comes to the success of soil-less gardens such as businesses and public services.

TWO COST SAVINGS WHEN USING THE PIC LIST

1. By working with the PIC List, we may have stumbled on the most cost saving yet effective approach to purchasing the Perelandra bottled products. Because you are working with PIC you don’t need to have any bottles on hand for accurate testing. PIC has direct access to the full information for each of the electric patterns and doesn’t rely on bottles sitting in your lap. When you test the List, PIC is identifying which patterns apply to your focus. Once you determine what bottles are needed for

that issue, you may purchase just those bottles. No need to buy full sets of bottles. It removes the guesswork and wallet strain.

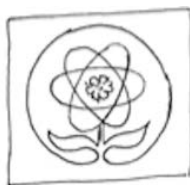
2. As you get into working with the PIC List, you'll see that you could be testing it often. If this is the case, you may wish to remove the potential annoyance of ordering the bottles you need two or three or more at a time. When my staff and I discussed the impact of PIC on our bottled product demand, we decided to offer something new: the PIC Package. It includes all the Perelandra bottles at a discount. This way, when you need it you have it and you don't have to wait.

[\[Learn more.\]](#)

FINAL THOUGHTS

All I can say at this point is be careful what questions you ask. PIC arose from one question: "How in the world can Perelandra convey full and complete information about our bottled products to those who want it when surrounded by a world of regulations that don't apply to us, make no sense, and appear to be never-ending?" And here's the answer. I must admit that I am both surprised and deeply pleased by the size and scope of PIC. And when it comes to expanding our understanding of the Perelandra bottles and how they can benefit our lives . . . well, I'm smiling.

Machaelle Wright
Perelandra, 2015



Note: You do not have to buy all of the Perelandra Solutions and Essences to use PIC. Quite the opposite. PIC simplifies how you use the Solutions and Essences by zeroing in on just the bottles needed for your daily health or specific issues. You can buy just the bottles you need, as you need them.

PIC List for Testing

Focus of Test: _____

Date tested: _____

Date of retest: _____

Perelandra Essences

Rose

Gruss an Aachen
Peace
Eclipse
Orange Ruffles
Ambassador
Nymphenburg
White Lightnin'
Royal Highness

Nature Program

V-1
V-2
F-1
F-2
B-1
B-2
Sobopla
Moon
Bowl

Rose II

Blaze Improved
Maybelle Stearns
Mr. Lincoln
Sonia
Chicago Peace
Betty Prior
Tiffany
Oregold

Soul Ray

1
2
3
4
5
6
7
8

Garden

Broccoli
Cauliflower
Celery
Chives
Comfrey
Corn
Cucumber
Dill
Nasturtium
Okra
Salvia
Snap Pea
Summer Squash
Sweet Bell Pepper
Tomato
Yellow Yarrow
Zinnia
Zucchini

MBP Balancing Solutions

Cardiovascular
Cell
Digestive
Endocrine
Immune
Integumentary
Lymphatic
Muscular
Nervous
Reproductive: Female
Reproductive: Male
Respiratory
Skeletal
Urinary

ETS

Humans
Animals
Plants
Soil
Water
Atmosphere
Soil-less Gardens

Perelandra Solutions

EoP
Natural Aging
Mouth Balancing
External Parasites
Internal Parasites
Joint Health
Bites & Stings
Weight Balancing
EB&S
Seasonal Balancing

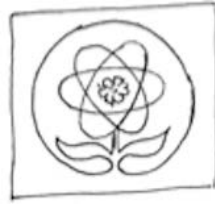
Canine:

External Parasites
Internal Parasites
Joint Health

Feline

Internal Parasites
External Parasites
Joint Health





PART THREE ADDENDUM

EXPANDING PIC LIST TESTING TO INCLUDE THE ENVIRONMENT & SOIL-LESS GARDENS

PIC List testing may be expanded to address environmental issues (including health issues for herds and flocks) and problems or concerns that arise when working with soil-less gardens. By using the PIC List in these areas, we are able to provide the same high quality, comprehensive help that PIC units provide for human health issues.

Important: When working with PIC List focuses for environments or soil-less gardens, you must be the owner or the person in charge or have the conscious permission of this person before testing. To run around PIC testing properties or soil-less gardens that belong to someone else is unethical — and really rude. With this in mind, here's a list of focus ideas for PIC List testing:

Environmental Ideas

- Raising the level of balance and stabilizing land areas such as your yard, garden and fields.
- Preparing your vegetable garden for the planting season.
- Providing strength and support for the garden during the growth and harvest season.
- Addressing specific plant, insect and wildlife problems in your garden.
- Addressing insect or wildlife imbalances that are counterproductive to your goals for that land.

- Restoring your land that has been polluted, damaged or abused back to life and health.
- Restoring balance to your lakes, ponds and their immediate surrounding soil.
- Addressing health issues in your herds and flocks.
- Providing additional strength and support to your herds and flocks during health-related outbreaks and unusual times of stress, such as preparing livestock and flocks for weening, transporting, sale or slaughter.

Soil-less Garden Ideas

- General balancing, stabilizing and strengthening.
- Breaking through blocks.
- Bringing clarity and direction when confusion is all around.
- Addressing specific problems and challenges that arise.
- Shoring up stability and strength during times of change and growth for your soil-less garden.
- Promoting calm during times of chaos.

THE PIC LIST TESTING STEPS FOR ENVIRONMENT AND SOIL-LESS GARDENS

1. Activate PIC as usual and follow the guidelines as given in the PIC Brochure [pp.13-17] for testing the PIC List. The focus for the test is the environmental or soil-less garden issue you wish to address.
2. Test the *entire* PIC List, placing check marks next to anything that tests positive.

PIC List Nature Shift

Here's where you need to change your PIC approach a little. The challenge for environmental and soil-less garden PIC comes when it's time to administer the drops. For this you will be assisted by nature, which is already present as a result of activating PIC and is ready to help. You will also need a FLAT, clean, dry, non-porous surface like a flat-bottomed dinner plate or tray. (It doesn't matter what color the plate/tray is, or if it has a pattern.) It needs to be large enough to hold little "puddles" of each solution that tested positive on the List. The puddles need to remain separate from one another without running together. Hence the need for the flat and dry surface.

Note: If you're planning to do a lot of this type of PIC List testing, we found an option that you might appreciate using instead of a plate: **Mini Ice Cube Tray**. This might be especially helpful for farmers and ranchers who are working with PIC for their livestock, flocks and fields.

Place the plate or tray directly in front of you on a flat table surface. Be sure not to jiggle or move it around or you run the risk of the puddles running together.

3. For each bottle (including the Essences) that tested positive, place the correct number of drops onto the plate creating one small puddle per Solution/Essence. Each puddle for each Perelandra Essence will consist of just one drop. (Essences cannot be combined for a PIC List Nature Shift.) Do this for each bottle, leaving about one inch or more between puddles so that they won't bleed into one another.
4. Direct your attention to PIC and nature and state (aloud):

"I'd like to set up for a PIC List Nature Shift for _____."
(Insert the focus of the PIC List test.)

Then state (aloud):

"The drops are ready for release."

5. Wait ten seconds while the shift occurs. Do not touch the plate/tray during this time.
6. The PIC List Nature Shift is now complete. Get the date for the Retest and record it on your chart.

You will be administering these unit drops twice daily. To do this, you will need to activate PIC and do steps 3 through 6 (the PIC List Nature Shift) each time, eliminating the check for a Retest in step 6. The original Retest still holds. Use the same dosage rhythm as set up for PIC List testing for humans, including not shifting any of the drops the day before a Retest is scheduled.

7. You may "visit" the Library to ask questions and receive insight about the patterns that were needed for that focus or you may set up for another PIC List test or you may de-activate PIC at this point and continue on with your day.
8. Once the shift is complete, the puddles are no longer needed. I recommend you wash the plate/tray right after the shift or after deactivating PIC so that it will be dry and ready to go for the next PIC List Nature Shift. You may use the same plate or tray for shifting the drops for different focuses. Just make sure you shift the drops for one focus, then wash the plate well and let it completely dry before you set up PIC for the next focus and shift.

PIC vs *GARDEN WORKBOOK* AND *SOIL-LESS GARDEN* TROUBLESHOOTING CHARTS

When addressing an issue, PIC List the problem first and go through all the needed Retests. If some elements of the problem or issue still exist at the completion of the PIC series, take that issue to the troubleshooting chart from the *Garden Workbook* or the *Soil-less Garden Companion*. Most of the time PIC will take care of the entire issue. However, sometimes you'll need to add specific processes for addressing the remaining problems that fall beyond the scope of PIC units.

THE ALL-PURPOSE PIC GUIDELINES FOR SUDDEN DISEASE OUTBREAKS

In August of 2015, I watched the development of Legionnaires' Disease in New York City and debated whether to send out a PIC health alert to New Yorkers with guidelines for setting up a PIC focus for the outbreak. But the outbreak was driving me nuts. First it's serious, then the mayor says it's under control, then it's announced it has spread into other areas, then they put people on alert, then they remove the alert . . . All of that managed to freeze me into position while I waited for some clear development that would serve to press me into reasonable and responsible action. This is where I may need to admit to you and myself that, underneath it all, I might be a hopeless Jewish mother. I just don't want any of you suffering out there because you either forgot about PIC when you're in the midst of an outbreak or not sure how to set up the focus. Besides all this, while trying to figure out what's going on in NYC, a bunch of other hot spots cropped up around the country and internationally. In 2016, at this update, it's now the Zika virus making headlines. Who the hell can keep up with all this?!

So I've raised the white flag and gone generic on you. I'm giving you the all-purpose guidelines for setting up the PIC focuses to use when you have concerns or have been exposed to pathogens and disease. This way you will have the flexibility to respond to whatever is swirling around you and causing concern. Be sure to print off a copy of this so you will have the guidelines whenever needed.

PHASE 1 — PREPARATION

For when you hear in the media, through word of mouth or from official health announcements that there is an outbreak and it is either near you or coming your way and you'd like to prepare yourself for possible exposure:

#1 PIC focus: “There’s an outbreak of _____ [insert the name of the pathogen or disease galloping your way] and I would like to strengthen and prepare for possible exposure.”

Then test the PIC List as usual and take the correct number of drops twice daily. Do the retests while you are in the preparation stage. To prepare family members and friends, you will need to do a surrogate PIC List test for each person.

PHASE 2 — YOU ARE SICK

Stop taking the combination of drops from PIC focus #1 right away. You have moved into a new stage and you need a new PIC combination. If whatever is causing the outbreak makes you ill and you have been taking the drops for focus #1, chances are good that you will have a mild hit and not experience anything like what those who haven’t prepared are experiencing. In short, you’ve laid the groundwork and your body isn’t caught off guard. Should you become ill, there are two approaches you can take depending on how you are feeling.

If the symptoms are mild and you are able to do a PIC List test:

Stop taking the PIC #1 combination drops right away.

#2A PIC focus: “For moving _____ [insert the name of the pathogen or disease that’s causing this rude inconvenience] out of my system and for shoring up my body and health from any adverse impact caused by the illness.” Take the needed drops twice daily and do all the retests until you move into Phase 3, the recuperation stage.

If you’ve been hit harder and are unable to do any testing:

Stop taking the PIC #1 combination drops right away.

#2B: Throughout your illness, take ETS for Humans 5 times daily. Also take Essence of Perelandra (EoP) 5 times daily for maintaining strength. Either take the needed drops directly from the bottle dropper or use two clean spoons. Do not combine ETS and EoP in one spoon. They may be taken at the same time of day but be sure to keep the Solutions separate from one another by using a clean spoon for each.

Important: Don’t hesitate to get any needed medical help while you are sick. Just continue to take your PIC drops as outlined in #2A or #2B. They will assist and support you along with the additional medical treatment you are receiving.

PHASE 3 — RECUPERATION

You are no longer sick and your body has successfully dealt with the offending pathogen. You are now in the recuperation stage. Generally you can tell if you are in this stage if you feel tired and physically weakened.

Stop taking the combination of drops for focus #2A or the #2B Solution drops right away.

#3 PIC focus: “For full recuperation from _____.” (Insert the name of the pathogen or disease you’ve been dealing with.) Take the needed drops twice daily and do all the retests until you test that no further retests are needed.

Helpful Hints

These guidelines provide a comprehensive approach for addressing a wide range of health challenges beyond epidemic pathogenic outbreaks. Feel free to use this approach whenever you feel it will be helpful with your PIC work. All you have to do is insert the “cootie” or disease of your choice.

Also, if needed you can expand the focus for #2A: “For moving _____ out of my system and for shoring up my body and health from any adverse impact caused by the illness and treatment.”

Should you wake up one morning to discover you’re sick as a dog and you don’t know why, use this as the PIC focus for #2A: “I’m sick.”

For those using the Microbial Balancing Program (MBP):

When working with the MBP, you have a choice on how you include PIC.

1. You can work with PIC on its own and once the PIC retests are completed, then kick in the MBP.
2. You can work with PIC and MBP simultaneously but separately.
3. You can work with the MBP first and then turn to PIC after you’ve completed all of your MBP follow-ups.

Test to find out which of these three options is the best way to go for you and the situation you’re in. When testing the MBP, you can use the same wording for the focus as you used for your PIC focus



PIC FAQs & POINTS

PIC really is a brand new approach. So it's important that, when working with PIC, you let go of any of your preconceived notions, habits and understanding that you developed using the Perelandra bottled products under the old system. It's a new ballgame that provides you with better results.

The first question many are asking: What does "PIC" stand for and how do you pronounce it? "PIC" means "Perelandra Information Center" and is pronounced "pick."

1. When you say, "Test the whole List." do I include the two MBP Reproductive Solutions (Male and Female), each of the environment and soil-less garden ETS bottles, and the six bottles for cats and dogs?
 - A. Yes. And this is why: I have stated that the electric patterns contained in each of the Perelandra bottles are very extensive. When you test the PIC List for a specific issue and any of these "odd" Solutions test positive, it means that those electric patterns contain some element that is a vital part of the List unit and needs to be included if that unit is to function properly and do its job. It does not mean that you have turned into a dog or cat, nor does it mean that you've suddenly become a plant or pile of soil. And it definitely doesn't say anything about your gender. If you want to understand how any of the odd patterns fit into your PIC unit for a specific situation or condition, take your questions to the PIC Classroom.

If you have tested the List already and skipped some of the solutions because you felt they didn't apply to you, start over. Get a clean List and fill in the focus line. Then retest, this time including everything. Also get a new Retest date. You don't get penalty points for needing to start over.

Examples:

- I have all the bottles listed except the feline, as I do not own a cat. You say to test the whole list. Would I ever test for a feline solution? (Answer: Yes.)
- I tested for Mouth Balancing and Natural Aging. Since this is for my back problems, do I take these two outside of PIC for regular use for my mouth and for aging? (Answer: If they are part of your PIC unit, they need to be taken with the other bottles in that unit. Don't separate them out. They can also be taken outside PIC according to their original guidelines, but these doses are separate and in addition to any PIC testing or dosages.)

2. The environmental ETS bottle information states: “Not intended for internal use.” Is it safe to ingest the ETS and animal solutions if/when they test positive?
 - A. Yes. Actually they have always been safe. When these Solutions — ETS for Plants, Soil, Atmosphere, Water, Soil-less Gardens and the six for dogs and cats — are used outside of a PIC unit, humans are not to take them orally even though they are safe to ingest. When they are part of a PIC unit, we have new rules and it is important that their drops be ingested as part of the unit.

Example:

- I tested for ETS Water. I sat there feeling puzzled as it is not for humans to take it. Am I to take these drops orally as part of my PIC unit? (Answer: Yes, they are perfectly safe to ingest and the fact that you tested for it means ETS for Water is an essential part of that PIC unit.)
3. If I test for and take a PIC unit for general daily health and balance, do I need to continue to take Perelandra’s annual Seasonal Balancing Solution daily, as well?
 - A. It depends. If you have been taking the Seasonal Balancing Solution and your health has remained stable during times when seasonal viruses are swirling around and making everyone around you sick, continue to take the Seasonal Balancing Solution. It’s holding you well. In this case, your unit for general health and the Seasonal Balancing Solution are addressing two different issues and you need to take them both daily.

If you normally find the fall/winter or spring/summer challenges especially troubling even when you take Seasonal Balancing daily, test the PIC List. Write, “Seasonal Balancing” for the focus. Test everything on the List, including Seasonal Balancing. You need broader support for the range of seasonal health issues that impact you personally. When testing the List for the Seasonal Balancing focus, don’t worry if the Seasonal Balancing Solution is not included. Just take your Seasonal Balancing unit twice daily as outlined in the PIC Brochure. This unit replaces the Seasonal Balancing Solution drops.

4. If there is no Retest date, does this mean I take the unit solutions one time only?
 - A. No. It means you need to find out how many days/weeks/months you are to take the current unit (the one that doesn’t need a Retest). Then take that unit’s drops twice daily for the full period of time. At the end, the unit’s work is done for that focus [see p.15].

5. I have two health problems that I can't seem to shake. How do I know if they are connected and two symptoms of the same problem needing just one PIC List unit? Or are they two disconnected issues needing two different PIC List tests and units?
 - A. While you have PIC activated, ask the question and let PIC identify the effective way to go. When it comes to different symptoms, don't assume they are connected. Be safe and test the question with PIC.
6. Ordering the bottles you need: If you need to order a few bottles to complete a PIC unit, consider ordering them Priority in order to receive them faster. We send Priority orders out first each day. Also, it's best to order any needed unit bottles right after you test the List and to not procrastinate.

Add to the Retest date the number of days it took for you to receive your bottles. If you received the shipment five days after testing the List, add five days on to the Retest date so that you are taking the unit drops for the correct number of days.

7. From Machaelle: There's some confusion over what I mean about the timing for a Retest. I write in several places: "Stop taking the combination of drops from the previous PIC test the day before a retest is scheduled." I think the following example will clear up any questions you have:

Let's say you are to retest a PIC unit on March 15.

- a. *On March 13* you are to take your current unit dosage twice that day.
 - b. *On March 14*, take nothing. This prepares you and your body for the Retest.
 - c. *On March 15*, do the Retest and take the needed drops from the new unit of bottles right after the test and before leaving PIC.
 - d. *On March 16*, take the new unit drops twice daily as instructed until two days before your next Retest date. Then repeat a through d.
8. What should I do if a Retest date comes up while I'm on a trip?
 - A. Take a blank PIC List with you and test it on the Retest date as normal. When you get back home, add the days between the Retest and your return home onto the Retest date. Then take your first unit round while PIC has been activated. The next day, resume the twice-daily routine for your new unit. Adding the days onto the Retest date will ensure you have a full Retest period. Note: If your trip lasts more than one week (seven days) after you retested, do the Retest over to make sure you get the correct unit mix.

9. ANOTHER POINT ON RETESTS

From Machaelle: When testing for a Retest date, you need to start the calendar testing 3 days after your original test. (I just heard you say, “What is she talking about?!”) This example should clear it up for you.

March 2: The date of your original PIC List test. Take one round of unit drops while in PIC. If you are following the PIC rhythm, the first day you test on the calendar for a Retest is March 5th ($3/2 + 3 \text{ days} = 3/5$). So let’s say you need to take the unit dosage for the original $3/2$ test for the shortest possible period of time. When you begin testing the calendar for a Retest date, you will begin not on $3/3$ but, rather, on $3/5$. This is PIC’s version of the dosage for “one time only.” Leading up to $3/5$, your original $3/2$ unit dosage will look like this:

- *March 2:* The original test with one round of drops.
- *March 3:* Take 2 rounds (morning and evening) for this PIC unit.
- *March 4:* Take nothing for this PIC List to prepare for the Retest tomorrow.
- *March 5:* Retest the PIC List as scheduled & take one round of those drops.

You must have at least one full round (2 times daily) of the PIC unit drops before moving onto a Retest rhythm. If you are testing for a quicker Retest turnaround, you are rushing the process.

10. What is the dosage for taking each of the ETS drops?

A. The dosage for each of the seven ETS bottles is the same: 10-12 drops per dose.

11. If I need to take a drop from eight Essence bottles for one of my units, can’t I just make a regular Essence solution bottle that includes all eight of those Essences?

A. No. You may combine the eight drops onto a spoon and take them orally all at once from the spoon each time you take your unit drops. However, it’s important not to dilute those drops by adding water and preservative needed for a solution bottle or change the ratio (testing for number of drops from each Essence in a 1/2-oz. bottle solution). In order for a PIC unit to function properly, you need one drop of Essence taken straight from its concentrate bottle. The PIC Essences are to be kept “straight and clean.” Adding one drop from each bottle into a single spoon does not dilute the Essence patterns and does not prevent the patterns from being kept straight and clean.

12. Do animals need to be 3 feet away from us when doing the PIC testing?

A. Yes. But when taking a unit dosage, you do not need this 3-foot buffer.

13. When I test for a feline or canine Solution, do I take the number of drops listed on the bottle for the dog/cat, or is it a different number of drops for humans?

A. Take the number of drops given on each bottle's label.

14. What do I do if I miss a PIC dosage? Start over with testing? Or add a day?

A. If you miss a dosage you will need to test how long (number of days) you will need to extend taking that unit's drops. The amount of time a unit is to be extended will differ, depending on different variables.

Once we begin taking a unit's drops, we are introducing a strong, supportive and powerful "platform" into all levels of our system. The twice daily dosages ensure that the platform maintains a particular level of "presence" while the needed changes are occurring. When a dosage or a day is missed, that level suddenly drops. You need to not only bring the level back up in order for the work to continue with full strength and support but you also may need to adjust the number of days you are to take those drops in order for your body to recover from the impact of a sudden drop of the unit's level and support. Think of it as similar to flying in an airplane and the plane suddenly takes a drop. You feel that change. The sudden drop of a unit platform is similar, though not as obvious or drastic. The point I want to make is that it's important to keep both a unit platform and a plane level.

My recommendation is probably obvious: Don't miss a dosage or a day!

15. What should I do if I'm in the middle of taking my drops for a PIC unit and I accidentally take drops from the wrong bottle?

A. Start over. The group of bottles that test positive on a PIC List function together as a unit. If you accidentally throw in an extra pattern you've changed the unit. But it's easy to get back on track. Just refocus and tell PIC you are starting over.

Tip: To avoid this problem, gather the bottles for your PIC Unit dosage away from your other bottles and check it against your list before taking the drops (just in case someone in the house moves your bottles for whatever reason).

16. PIC SUGGESTION: Season Prep

If summer weather is not your favorite time of year and the heat, bugs, sweat, long days with just too damn much sunshine annoy you and you tend to sit around a lot with no energy waiting for the season to end, try setting up a PIC List test with "Summer Season Prep and Balance" as your focus.

If you hate winter, tend to get sick a lot, hate the cold temperatures, wind, ice and snow and the shorter days with less sunshine depress you to no end, try setting up a PIC List test with “Winter Season Prep and Balance” as your focus.

In each case, I think you’re going to be surprised at the test results and you’ll see that your feelings and reactions to those seasons were due to something bigger going on. The testing may be done any time during the season. However, I recommend that you do the List testing 1-2 months prior to the season so that you’ll have time to build up well for the season. This would be especially helpful for those who have a high degree of difficulty with the challenges summer and/or winter bring on.

17. IDEAS FOR WORKING WITH PIC THAT YOU MIGHT FIND HELPFUL.

If you have been unable to turn a health problem around and have even tried working with some of Perelandra’s bottled products to no avail, try testing the PIC List for the problem. For example, let’s say you have a weight issue and you faithfully took daily doses of Perelandra’s Weight Balancing and EB&S as instructed. Some people reported that they lost weight initially but gained the weight back even though they were still taking these two Solutions. In this case, consider the possibility that weight is only a part of a larger issue and these two Solutions simply won’t address the larger picture. You’ll need the PIC List for this. The focus will still be “weight loss” because this is the symptom you recognize that is part of the larger picture and it will serve as a window to the more expanded issue. So look at the issues that you’ve been unable to resolve despite your best efforts and try the PIC List.

Combining PIC with the Microbial Balancing Program: If you have a health issue that includes infection and you need a strong response, test both the Microbial Balancing Program and the PIC List simultaneously to set up a two-prong response. The Microbial Balancing Program addresses the state of your body’s microbes, including microbial pathogens that are causing the problem. The PIC List identifies the unit of drops needed for your body to make the changes necessary to move away from the microbial problem and restore a healthy balance that is inhospitable to the pathogen. Treat the Microbial Balancing Program and the PIC List as two separate processes and work with each as directed in their respective instructions. You do not need to attempt to “weave them together.” Just provide the two processes simultaneously and they will automatically support one another as you move through the problem.

18. A REMINDER

You don't have to work with the PIC List and test the full range of Perelandra Essences and Solutions to receive benefits from PIC. Don't forget the PIC Classroom/Library provides insight and information on any Perelandra bottled products that you choose to use as it applies to your personal needs. You may benefit from the Library with questions about just one bottle of ETS for Humans or one set of Perelandra Essences or even one particular Essence or Solution. There is no limit to how many Essences or Solutions you can ask PIC about. You don't even have to purchase any of these bottles first. Just ask your questions about the bottles or about a health issue you're addressing for a wide range of helpful insight.

However, if you choose to work with the PIC List, you must commit to testing the full List in order to identify the correct unit you need for a particular issue. And you don't need to purchase a bottle of everything on the PIC List first. You just need to purchase the bottles that test positive for each focus.

19. ABOUT FSBS+

Over five years ago, we sold a solution named FSBS+ that addressed a developing microbial situation that was serious and could have developed into a full-blown pandemic. Luckily, many of you have kept your bottles of FSBS+ and since PIC was announced you've been asking what you should do with those bottles.

Don't throw them away. The WHO just announced a warning about several viral developments around the world that have the WHO officials concerned. Since releasing FSBS+, I've been working with nature two or three times each year to upgrade the pattern that your FSBS+ bottles contain. It's a fairly simple process that is similar to the automatic download of a new IOS program onto your computer. Like the programmers, I adjust the pattern at Perelandra and then download it. Instantaneously the existing old pattern in the FSBS+ bottles is replaced by the new one. I will continue to make these adjustments as needed in order to keep FSBS+ current. Should a pandemic break out, those of you who already have a stock of FSBS+ will be ready. At that time, we will also offer upgraded FSBS+ for sale for all. And at that time I will be telling those of you who are working with the PIC List to add FSBS+ to the List and test whatever the microbial outbreak that has developed into a pandemic as the focus. This will provide you with a stronger, more comprehensive response to a serious pandemic situation.

So the short answer to the FSBS+ questions is still keep your bottles. Because they have been stored for a number of years, it would be good if you checked the droppers. If they feel soft and mushy or they've collapsed, you need to replace them. The solution may

taste a little rubbery but the pattern is still perfectly fine. Just call our order line for 2-oz. dropper replacements.

20. My bottles are different sizes (dram, 1/2 oz. and 2-oz). The size of the drop coming out of the different droppers varies. Does that matter?
- A. No.
21. How does (or doesn't) PIC and the PIC List integrate with the Perelandra Organizing Process and chart?
- A. First test the PIC List, then if any aspect of the issue is still lingering, test the Organizing Process.
22. When doing a PIC List Nature Shift for the environment or a project, is it okay to put the drops onto a plastic palette?
- A. Yes, it's okay to use a plastic tray for your PIC List Nature Shift. The Essences and Solutions are only impacted after extended exposure to plastic.
23. Should I test the PIC List as part of the Activation Process for a new SLG?
- A. First, move through the steps of the SLG Activation Process as instructed in the *Companion*. Test the PIC List to see if anything is needed after the Activation Process is completed, and not before.
24. Do I need to open my soil-less garden (SLG) coning if I'm going to do a PIC List test for my project?
- A. No.
25. Should I add testing a personal PIC List to the options for humans on the SLG Troubleshooting Chart?
- A. No. The SLG Troubleshooting Process is geared for a soil-less garden and the actions/processes that test positive are what you need just for that project. After the troubleshooting is complete and you have closed your SLG coning, then you can activate PIC to see if you need to test a PIC List in light of the problem or issue you're having with your SLG.
- The rule is: Keep PIC out of the troubleshooting. Whether it's MBP, SLG or for your garden — no matter what the troubleshooting is, test PIC separately.

26. HEADS UP: PIC TESTING FOR DOGS & CATS

People are testing their dogs and cats using PIC. This is a good thing. However, brandy and vinegar (the pattern preservatives) can be toxic to both dogs and cats. If your animal is testing for a lot of bottles that means he/she will be getting a rather large dose of brandy or vinegar twice daily. We have not had any problems in the past with the small amount of brandy or vinegar an animal received. However, just to be on the safe side now with the larger dosages PIC sometimes requires, I suggest you administer the needed drops using the PIC List Nature Shift as outlined on [pp.29-30](#) in this brochure.

27. I'm going away for the weekend and my dog is staying in a kennel. Can I shift his PIC unit dosages to him while I'm away?

A. No, you should not apply any PIC dosages long distance.

28. YOUR PIC LIST FOCUS

If you have questions about what the focus of your PIC List test should be or how the focus should be worded, just ask PIC.

Examples:

- Is this focus too specific? Too broad?
- I have 5 issues I would like to address, which one should I test first?
[Include "Daily General Balance and Well-Being" in your list of issues.]

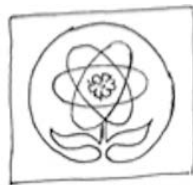
29. HOW TO MAKE THE SWITCH FROM THE CURRENT SEASONAL BALANCING SOLUTION TO THE NEW SEASONAL SOLUTION IN SEPTEMBER

When we begin shipping the new Seasonal Balancing Solution in September, retest any of your active PIC List units that include the old Seasonal Solution. Don't wait for the next scheduled retest to make the switch. You are using the same focus, but now you will include only the new Seasonal Solution on the list. And don't be surprised if this new test gives you a different PIC unit with several different bottles. It's possible the new unit won't include Seasonal Balancing. Just chalk this up to what can happen with a unit when a new pattern is included and tested.

Once you have completed this test with the new Solution, find out your next retest date and proceed as usual from there.

30. I was in a serious car accident a year ago and I'm still trying to manage the pain, without developing a dependency on pain killers. How do I address this with PIC?

A. Test PIC with the focus of "eliminating chronic residual pain from my car accident." In addition, take ETS for Humans 5 times daily.



Perelandra, Ltd.

www.perelandra-ltd.com

Order Line: 1-800-960-8806 / 1-540-937-2153 (MON - FRI, 9 AM - 5 PM)

Question Hot Line: 1-540-937-3679 (WED, 10 AM - 8 PM)