

July 2019

**13 Principles  
to  
Develop Your Medicine**  
(According to Dr. Vest)

1. Ask the Old People
2. Meditate Daily
3. Practice, Practice, Practice and listen to feedback
4. Talk to your Ancestors
5. Know your Purpose
6. Listen to your Higher Self
7. Critically Reclaim Your Traditions
8. Keep Medicine on your Person
9. Use gifts to Help and Protect,  
Never to Control or Harm
10. Work with Rock, Plant, and Animal Peoples
11. Align ALL aspects of your Life with your Purpose
12. Fill your Personal Space with Medicine
13. Always Stay Humble and Kind