

Flower Essence And Gem Stone Report for

Edgar Cayce

18 March 1877

3:03 PM

Hopkinsville, Kentucky

This report is based on the positions of the planets at the time of your birth. For the benefit of students of astrology, these positions, along with other technical information, are listed below:

Sun	28	Pis	23	Pluto	22	Tau	56
Moon	12	Tau	14	N. Node	10	Pis	31
Mercury	11	Pis	42	Asc.	21	Leo	03
Venus	15	Pis	43	MC	14	Tau	44
Mars	11	Cap	13	2nd cusp	14	Vir	09
Jupiter	2	Cap	03	3rd cusp	12	Lib	02
Saturn	12	Pis	49	5th cusp	19	Sag	24
Uranus	21	Leo	16	6th cusp	22	Cap	02
Neptune	3	Tau	39				

Tropical Placidus Local Mean Time observed

GMT: 20:52:57 Time Zone: 0 hours West

Lat. and Long. of birth: 36 N 51 56 87 W 29 19

Aspects and orbs:

Conjunction	: 4 Deg 00 Min	Trine	: 4 Deg 00 Min
Opposition	: 4 Deg 00 Min	Sextile	: 2 Deg 00 Min
Square	: 4 Deg 00 Min	Quincunx	: 3 Deg 00 Min
Conjunct Asc	: 4 Deg 00 Min		

Note: Most trine and sextile aspects are not interpreted

because they do not present strong challenges and
problems with one's well-being.

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This report is designed for those who are interested in tools which can support their own efforts toward growth and well-being on all levels. Using astrology, flower essences, gemstones and gem elixirs, color, music, aromatherapy, visualization, and other methods, one can transform difficult patterns in one's life and manifest more of one's positive potentials.

Our emphasis is not so much on eliminating undesirable traits or experiences as on bringing one into balance so that the positive expression of one's astrological signature can manifest. A person who is essentially inward and shy and who has trouble making his way in the world will not become a dynamic, flamboyant world-conqueror, but he can build confidence in reaching out to others. Rather than attempt to get rid of his shyness, the focus would be on discovering the positive gifts his gentleness may offer him and alleviating the more extreme, isolating aspects of his shy nature. Using these "vibrational" tools, issues that one may have struggled with for years can be eased, and long-buried talents and loves can be awakened.

Many of the tools suggested herein, including astrology, work on what esotericists refer to as the energy bodies, the chakras, or the aura. This subtle energy field, which emanates from every living thing, is where our energetic and emotional habits, thought patterns, belief systems, and so on reside. Introducing the energy pattern of a flower, plant, gem, or mineral into one's aura directly affects one's emotional and mental energies, and over a period of time this promotes long-lasting changes.

The key factor in using any of these remedies or tools is one's positive intentions, willingness, and desire for harmony and health. They are not "magic". Used consistently and with conscious intention, they reinforce and accelerate desired changes. In the back of this report is a listing of resources where you can obtain the flower essences and other products suggested for you. There are also other tips and instructions.

As you read over your report you may see a number of areas that you would like to work with. There is a lot of information here and the possibilities can be very exciting! However, it is usually best to attend to one issue or cluster of related issues (a theme) at one time. Choose whichever one is most meaningful or troublesome to you at present. Keep in mind that you will NOT manifest all of the potential imbalances mentioned. Some issues may have

already been resolved, and some will simply not be relevant. In deciding which issue to focus on, follow your intuition. Remember, too, that gentle, persistent effort is usually necessary in re-patterning and creating any real change. Best Wishes to You!

Sun and Ascendant: General Characteristics

The position of the Sun in your birth chart represents the person you are at heart and the path you must follow to fulfill yourself as a unique individual. It also indicates your personal strength and vitality, as well as what activities or life experiences you require to feel alive and to replenish your life force. The Sun represents your personal identity.

Sun in Pisces:

Key issues: Creatively expressing feeling, empathy, and imagination; experiencing oneness and interconnectedness without losing personal identity.

Key qualities: fluid, malleable, receptive, all-inclusive sympathy.

Your nonjudgmental, all-inclusive, sympathetic understanding of others is one of your primary gifts to the world. Your ability to listen and to uncritically accept draws others to you. You are attracted to or identified with the underdogs, the rejects or broken ones, those who are in need. Easily moved by emotion and pity, you have few rigid rules, boundaries, or absolutes. At times, and especially while young, you may have a weak or confused sense of self, as you absorb others' energies quite easily. You shift chameleon-like, according to your company and surroundings, and a place to withdraw to protect yourself from being overwhelmed by more dominating energies is necessary for you from time to time. Because of your fluid sense of self, you may enjoy trying on or shifting your persona, playing out different parts at different parts times, and not fully identifying yourself with any of them. You naturally possess a certain detachment from the small, narrow ego-self and much of the competitiveness and pettiness in the world which is based on it.

It is not so much that you lack will or ability to assert yourself as that at some level, it just is not important to you.

At core, you are a very sensitive person, and the world can seem rather abrasive to you. Escapism or addictions which enable you to avoid some of this harshness could be your weakness. But your compassionate and

imaginative sensitivities are actually your true strengths.

Patterns of Imbalance:

For passivity, inability to say no, good nature easily exploited, and a tendency to martyr oneself: the flower essences BRIGHT STAR and CENTAURY.

For over-involvement in others lives and problems, "loving too much", self-sacrificing because of weak boundaries between self and others: the flower essences RED CHESTNUT, BLEEDING HEART, WILD GRAPE, RHUBARB, and PINK YARROW.

For extreme vulnerability to others and the environment resulting in psychic toxicity; a need for psychic protection and to repel others' negativity: the flower essences YARROW, MOUNTAIN PENNYROYAL, and WHITE VIOLET.

For addiction to or dependency upon people, substances, or activities in order to escape personal responsibility: the flower essences MILKWEED, SELF-HEAL, and CALIFORNIA POPPY.

For escaping into fantasy and inability to live fully and effectively in the present: the flower essences CLEMATIS and MANZANITA.

Gemstones that may be beneficial for you to wear, carry, or take as an elixir:

COVELLITE, which brings strength, clarity, and definition to the auric field, and HEMATITE which strengthens energetic boundaries in the emotional body, promoting emotional independence and compassionate detachment.

SUGALITE and LAVENDER-PINK KUNZITE stimulates your intuitive and inspirational energies.

CLEAR QUARTZ CRYSTAL, which is cleansing and purifying. Using clear quartz when doing any visualization or positive affirmation helps to magnify it, also.

Sun Square Jupiter:

To feel your best you need openness and spaciousness, both psychologically and physically. What for someone else might feel compact, cozy, and secure may well feel cramped, stifling, and crushingly limited to you. This is important to recognize, whether you are choosing a place to live, making a career decision, or negotiating interpersonal relations. You need a view preferably one that is big and inspiring and not just out your window, but also for your life. Otherwise you will suffer from chronic restless dissatisfaction which ultimately will affect your health. You need to be on the stage of life in a big way, you need a sense of freedom. You feel best when you are doing something a little risky and open ended, something that has growth potential. However, grandiosity, lack of humility or discipline, inflated egotistical desires, or foolish overoptimism can bring you down. Health wise, excesses and overconsumption are your nemesis.

Flower essences that will help you to bring out the better side of this pattern include: SAGE (for perceiving the higher purpose and meaning in life events), and SUNFLOWER (for balancing a distorted or grandiose sense of self).

Your Ascendant (or Rising Sign) describes your physique, as well as indicating how you relate to and are affected by your environment. It has a direct bearing on your physical health.

Ascendant in Leo:

You have good longevity and staying-power, and your health can be quite vigorous and robust well into your elder years.

You really thrive in a warm, sunny climate and may find your health slumping if you are deprived of sunlight for any significant length of time. When you are ill, or need to be rejuvenated, you are apt to instinctively seek out the sun. Taking care not to overexpose yourself, you respond very well to heliotherapy (therapeutic sun bathing, or artificially produced full-spectrum light). Color therapy utilizing sunlight or solarized water (see Appendix I), and meditations or visualizations that focus on light as the primary healing agents are also very effective with you. Foods that increase your vitality and sense of well-being include oranges, lemons, and vitamin C-rich foods in general.

Unless other factors in your chart suggest otherwise, moderation is not one of your virtues. You naturally do everything in a grand (or overstated)

fashion, and thus are prone to imbalances or diseases caused by excesses or over-consumption on some level.

One of the psychological factors that can affect your health most directly involves your desire to shine and look good, that very pronounced sense of personal pride. You do not like to appear weak or needy, and may smile and put on a false cheery front while suffering within. When you are sick or have any sort of problem, you may strongly resist admitting it, or act as if it is some kind of terrible secret, and because of this may risk not getting treatments early in the course of an illness. On the other hand, you may dramatize your troubles to get attention. On the positive side, though, your pride and self-respect can motivate you to live with integrity (thus fostering mental and psychological health), as well as to take care of yourself physically. The flower essence SUNFLOWER is an excellent remedy for you, balancing narcissistic tendencies and/or issues of self esteem.

Asc. Conjunct Uranus:

Your approach to life is improvisational, extemporaneous, impulsive, unorthodox. You have a sensitive "psychic antenna" attuned to meaningful coincidences and the wave of the future. You can be a positive agent of change and renewal, or a negative, disruptive rebel.

Physically you may have unstable or fluctuating energy levels, arrhythmia, or an overly sensitive nervous system, and would benefit by developing some stable patterns and regular habits. Flower and garden essences that can help: FAIRY DUSTER (for nervous excitability, over-reactivity to stimuli, and the tendency to swing between high and low energy states), and CORN (helps ground and align one with earth; stabilizing).

Asc. Square Pluto:

You have unusual charisma and can wield considerable influence over those in your environment, for good or ill.

In a negative state, you can be extremely Machiavellian and manipulative, and use your penetrating insight into people to your own advantage. You may be driven by compulsions you do not understand. Due to painful early losses, abandonment, or betrayals, you may carry deep-seated mistrust and resentment which needs to be cleared. Unless you actively work to become

conscious of and release such feelings, you are apt to sabotage yourself again and again, and may also develop serious health problems. Using the color PURPLE and the scent of VIOLETS (used as aromatherapy) can help transmute negativity, clearing it from the aura and promoting forgiveness and healing. (See Appendix I regarding how to utilize color). Also very helpful are the flower essences: HOLLY (for resentment, suspicion, vengefulness, hate or self-hate), WILLOW (for bitterness and resentment), PINE or HYSSOP (for guilt), BISBEE BEEHIVE CACTUS (to get to the core of an issue to heal and transform old wounds, helpful in cases of sexual abuse), MOUNTAIN WORMWOOD (for healing old wounds and gently promoting forgiveness), and WHITE FIREWEED (for healing emotional trauma and releasing the energetic imprint of such experiences). When you are clear and positively directed, you can be a potent healer and agent of transformation in others' lives.

Moon and Venus: Emotions and Feelings

The position of the Moon in your birth chart reflects your emotional nature, what you need to feel nurtured, what feels familiar and comfortable to you. It is also your deeply-held beliefs and mostly unconscious or instinctive responses, which play themselves out in your closest personal relationships. Your moods, memories, dream life, and feeling-self are depicted by the moon in your birth chart.

Moon in Taurus:

Key issues: establishing emotional security and rootedness; Maintaining and preserving; Attachment to what is familiar and in the natural order.

Key qualities: steady, peaceable, slow to respond or react, fertile, abundant.

Emotionally you are rather sturdy, and able to maintain your poise and centeredness in the face of considerable outside pressure. You are slow to react and resistant to change, preferring contentment, peace, and the security of your familiar world to exciting novelty or "progress". You lean more to conservative or traditional ways, values, and wisdom, and find comfort in these things. You are also very instinctive and in touch with your senses and

sensuality, the earth and the natural world. You love food, home comfort, simple pleasures. Because your emotional needs and tendencies are toward what is simple, wholesome, and natural, you may not be aware of, understand, or wish to investigate others' emotional complexities or depths. Thus, your solutions to emotional issues or problems between people are often sensible but simplistic, leaving out subtleties and the mysterious, unexplainable elements. Your down-to-earth, dollars-and-cents, meat-and-potatoes, if-it-ain't-broke-do-not-fix-it approach does not always work when feelings, passions, or emotional yearnings are involved.

At your finest, you express the energies of The Good Mother / Earth Mother / Goddess: abundant hospitality, patient nurturing and caring, generous warmth and kindness.

Patterns of Imbalance:

When out of balance you are prone to lethargy and inertia, feeling heavy, sluggish, or stuck. Regular, rhythmic aerobic exercise in the outdoors, such as bicycling, swimming, or aerobic walking (not strolling!) would be excellent for this.

Frequently including spices which have warming, energizing properties, (such as ginger, black pepper, cinnamon, coriander, cayenne) would also help alleviate this. Although you have a natural affinity for the color green, you could use MAGENTA to stimulate and quicken your energies. Wearing this color will help you feel less inert. (In appendix I are more detailed instructions for how to directly incorporate color into your energy system.)

Flower essences that may be appropriate for you when you are out of balance include:

For being possessive, emotionally greedy, clinging: the flower essence CHICORY.

For fear of lack, inability to give or share freely, or to trust in a higher providence; insecurity based on feeling you do not have "enough" materially: the flower essence STAR THISTLE.

For feeling dull, sluggish, or that you are stagnating, unable to move forward toward change: the essences PEPPERMINT and CAYENNE.

Gemstones which can be worn, held, or taken as an elixir to attune you to the earth-goddess-nurturing aspects of yourself include: EMERALD, CHRYSOCOLLA, CHRYSOPRASE, and GREEN JASPER.

The position of Venus in your birth chart reveals your capacity for love, intimacy, pleasure, giving and receiving, and relationships. Representing, also, your taste in beauty and your values, it is a key to how you can create harmony within yourself.

Venus in Pisces:

You have a great deal of mercy, kindness, and sensitivity to others, and are easily moved by pity or compassion. Drawn to those that are needy or vulnerable, you may give of yourself very generously and unconditionally, and/or indiscriminately, with little sense of boundaries or your own limits. It is hard for you to turn your back on someone in need of charity.

You seek a sort of mystical harmony through love and have quite a romantic imagination, which you may satisfy through music, involvement with the arts, or spirituality. Flower essences that may be helpful to you include: PINK YARROW (for unbalanced sympathy, an overly absorbent auric field, inappropriate merging on an emotional level) and BLEEDING HEART (for loving and relating without forming emotional co-dependencies).

Venus Conjunct Saturn:

In many ways, love, intimacy, and relationship are not easy for you, and you may struggle with loneliness, shyness, social isolation, feeling unlovable, unattractive, or unwanted. Or you may have suffered such losses or pain in love that you fear trusting and opening your heart. If so, your coolness and apparent indifference may well reinforce your aloneness. Insecurities about your ability to keep the affection and loyalty of a lover may compel you to put excessive value on commitment and guarantees in the relationship, perhaps maintaining an essentially joyless or even abusive situation for the sake of "security". However, periods of solitude, and even of deprivation and loneliness, may serve to teach you about your own heart, your deepest values, and how to love and care for yourself, which can lay the foundation for honest, deep, and nourishing relations with others. Thus your mature years are apt to be more gratifying than your youth.

Flower essences that can support the opening and healing of your heart, or resolving thorny issues in relationship, include: CROWN OF THORNS (to help let you go of the belief that love and suffering must go together), BLEEDING HEART (for releasing past heartache), HOLLY (a "master essence" for healing the distortions caused by a lack of love: envy, jealousy, hatred or self-hatred), STICKY MONKEY FLOWER and POISON OAK (for fear of intimacy, unwillingness to be vulnerable), MALLOW (to relax barriers to closeness and trust), PEONY and ALPINE AZALEA (for opening the heart and the spirit of love), COLUMBINE (for self-appreciation and self-love, healing feelings of being alienated and unwanted.).

The gemstones which can be worn or taken as an elixir (combined with any of the above flower essences, or taken alone) include: ROSE QUARTZ, PINK TOURMALINE, and RHODOCHROSITE.

Energy work on the heart and sacral centers can be very helpful, also.

Mercury: Thinking and Ideas

The position of Mercury in your birth chart describes your intellectual qualities, how you communicate or express yourself verbally, and in general how your thinking patterns operate.

Mercury in Pisces:

Your thinking process is a blend of images, feelings, subtle perceptions, and ideas, and sometimes it is hard for you to verbalize your thoughts and perceptions clearly and concisely. Your mind is lyrical rather than prosaic. Consider taking the flower essences COSMOS (to increase your ability to communicate coherently), and CLEMATIS (for mental "spaciness" or living too much in your imagination).

Mercury Conjunct Saturn:

Intellectually, you are systematic and cautious, thorough and exacting. You

have a great capacity for mental discipline, serious scholarship, and/or quietly handling mundane necessities and details that others find terribly dry or tedious. You are a heavy thinker, eschewing intellectual "light weights" and a lot of superficial, frivolous talk. Socially, you may be shy, tongue-tied, or a bit clumsy. When out of balance, you can become cynical and skeptical, dense, mentally rigid and overly cautious, untrusting, pessimistic, or fearful, always anticipating and preparing for the worst. You also may doubt your own intelligence, believing yourself to be slow or stupid.

Flower essences that can be helpful include: WHITE CHESTNUT (for worry and negative thinking), FILAREE (for exaggerated worry and an inability to gain a wider perspective on daily events), SCOTCH BROOM (for greater optimism about the world or future events), SHASTA DAISY (for over-intellectualizing and inability to think or understand holistically), TRUMPET VINE (for impediments in speech, difficulty in verbally expressing oneself, holding back one's voice), and FISHHOOK CACTUS (for defensive barriers to communication).

You may have blockages in the throat chakra and/or brow chakra, which can be cleared and opened with energy work (such as Reiki polarity, or other laying-on of hands). Gemstones and gem elixirs to help facilitate this process include: MALACHITE-AZURITE (breaks up mental rigidity and congestion in brow or throat), CELESTITE, LAPIS LAZULI, and RUTILATED QUARTZ. You could wear these or place them upon your brow or throat for 15-20 minutes at a time.

"Toning" or sound exercises to open your throat can be extremely helpful to you, in developing confidence in your ability to verbally express yourself, developing your ability to visualize and use your imagination, and letting go of rigidly-held concepts, as well as increase your overall sense of well-being. Sing as often as you can, especially while doing creative activities such as painting, sculpting, cooking. The sound associated with the throat is "Hreeemmm", which can be repeated while visualizing blue light or blue energy being emitted from your throat area. ("The Book of Sound Therapy" by Olivia Dewhurst-Maddock is a good resource if you wish to investigate further.) "Laugh Therapy" is also good medicine for you!

Mars: Ambition and Drive

The position of Mars in your birth chart indicates your will power, physical vitality and sexual drives, and your capacity for decisive action and self-assertion, as well as the musculature and adrenals in the physical body.

Mars in Capricorn:

Your physical and sexual energy, while not superabundant, tends to be strong and constant. Ambitious, capable, and determined, you instinctively conserve your energies for the long haul. You have the capacity to "plan your work, and work, your plan", which you do with considerable patience and discipline. However you may consistently hold yourself back, perhaps by being overly conscientious, responsible, or serious about yourself and your endeavors. To incorporate the very necessary quality of joy into your efforts, consider taking the flower essences of ZINNIA or ORANGE BLOSSOM. Also recommended: FIG BLOSSOM, to increase flexibility of will and gentleness toward the self, and DANDELION, when over-striving or driving yourself too hard, and to help release tension held in the musculature of the body.

Jupiter and Saturn: Opportunities and Challenges

The position of Jupiter in your birth chart represents the principle of growth, improvement, expansion, faith, and the quest for ultimate meaning or broader understanding of life.

Jupiter in Capricorn:

You seek to grow and expand your understanding of life through connecting to the streams of tradition, history, and ancient well-trodden paths. A belief in a Divine Plan or Higher Order can give your life meaning. You have a well develop capacity for discipline and knowing when to wait and when to seize an opportunity.

The position of Saturn in your birth chart represents the bones, the skeleton, and the principles of hardness, heaviness, structure, stability, form, and boundaries. It shows what is hard for you, what you struggle with, where patterns of rigidity or fear hinder you, what is heavy for you, where you develop character, maturity, and depth through being tested.

Saturn in Pisces:

Your fears tend to be vague, elusive, and amorphous which can prevent you from confronting them directly or working them through in any systematic way. You may avoid anything esoteric, psychic, or otherworldly for fear of being overwhelmed or lost in these dimensions, but you may equally fear everyday life if your inner world is not secure.

You have a deep need to develop a sense of connection to and nourishment from spirit, a spiritual foundation for your life, avoiding any approach that is heavy with concepts of suffering, guilt, self-sacrifice, or penance. Escapism through alcohol or fantasy is also a potential vice.

Flower essences that can be helpful when you are out of balance with this pattern include: ANGELICA (to increase a sense of spiritual protection and guidance), SAINT JOHN'S WORT (for psychic vulnerability, deep fears, disturbed dreams), ASPEN (for fears of unknown origin). JOJOBA (for over-sensitivity that makes mundane life difficult).

APPENDIX I FLOWER ESSENCES, COLOR THERAPY, AND AROMATHERAPY

FLOWER ESSENCES:

The following information will enable you to make up your own flower

essence remedies. However if you wish to try them but are not interested in doing it all yourself, you can contact a flower essence practitioner. Many astrological counselors and other holistic practitioners use the flower essences and gem essences in their work.

1. Choosing your essences: Generally you can use up to five essences at a time. Some people believe five essences is ideal, as the number five is associated in myth and folklore with the healing process. Others find using a single remedy at a time most effective. Follow your own intuition and impulses on this, but please do not try to address too many issues at once. Gem essences can be used with flower essences.

2. Making the remedy: Once you have chosen the essence or essences you wish to take, purchase them from the supplier in the concentrated form ("stock" bottles). You will need a glass dropper bottle such as pharmacists use for eye drops, which are sold at some pharmacies as well as through the flower essences companies. The one ounce size is standard. It should be sterilized by boiling it for a few minutes, then letting it cool. Then, put four drops of each concentrated essence into the bottle, close it, and shake it vigorously for about a minute so that the essences are well blended. Fill the bottle about 3/4 full with distilled or spring water. (For a more potent remedy you may wish to use color-solarized water instead, as described in the color therapy section). Then, close the bottle and, again, shake vigorously for about a minute. To preserve the mixture, add a teaspoon or so of either brandy or apple cider vinegar. (They work equally well; it is a matter of personal taste and preference).

3. Using essences: The standard dosage is four drops four times a day, taken under the tongue. Taking more than four drops will not increase the remedy's effectiveness, and taking it more than four times a day is usually not necessary except in crisis situations. However, if you feel inclined to use it more frequently than four times a day, these remedies cannot be harmful in anyway. They are self-adjusting, meaning that you will simply not absorb more than you can use.

To further activate the remedy's effect, you may wish to use a simple affirmation that corresponds with your intent and the nature of the remedy. For instance, if you are taking a remedy to increase your receptivity to love, you can say "I now let love and appreciation into my life", each time you take the remedy. Keep the words simple, positive, and framed in the present tense. Or,

you may wish to put a self-adhesive label on your bottle, with a list of the essences it contains and a short phrase such as "receptivity to love" or "opening the heart" which you will see each time you take the remedy.

Other very effective ways to use your remedy are to add 7 drops to a bath and/or several drops to an atomizer or spray bottle filled with water and spray it around the rooms of your house or workspace.

4. What to expect: Please understand the flower essences do not "take away" troublesome feelings or attitudes. Some people actually experience a temporary intensification of the issues the remedy is designed to address, what is referred to as a "healing crisis", as strong emotions or other reactions begin to surface. Naturally you can temporarily stop taking the remedy if you get too uncomfortable. You can also get some support while this process is occurring, since a willingness to experience and feel what is actually there is an intrinsic part of the healing. Most people, however, find the remedies quite gentle. Insights into the nature of the problem and how you are contributing to or maintaining it may emerge. Or, you may simply notice a gradual attitudinal, emotional, or energetic shift, and more harmony in that area of your life. Some very sensitive people feel the effects of the remedies on their chakras (particularly the heart and solar plexus) immediately upon taking them.

If the pattern you are working with is longstanding, as the ones which are related to your birth chart are apt to be, you may need more than one bottle of given remedy. Or, after one bottle, you may want to give it a rest, and then go back to that remedy later. If you frequently "forget" to take the remedy or simply lose interest in it, this may be a signal that now is not the time for that particular one.

COLOR THERAPY:

Color can be used to calm or energize, to cleanse, to stimulate a given energy center in the body, or to promote balance and an overall sense of well-being. In addition to paying attention to how color affects you and using that awareness in your choice of clothing and home or office decor, here are two methods to utilize color:

1. Color-solarized water: This is a very easy method. The supplies needed are a clear glass jar or bottle, colored cellophane (which can be purchased at an art supply store), drinking water, sunshine, and a clear quartz crystal (optional). Sterilize the jar or bottle, fill it with water, and if you wish add a clear quartz crystal (this magnifies the effects of the color). Then, close the bottle, wrap it in the colored cellophane, and secure the cellophane with a rubber band at the top. Place the bottle in a sunny spot for 2-6 hours, preferably outdoors. After removing the crystal, you can drink it freely and/or use it to make your flower remedies.

2. Color Breathing: This exercise can be used to clear your energy system of psychic debris, stimulate a sluggish or blocked chakra, and promote healing. Choose a place that is well-ventilated. You may stand or sit as you prefer, keeping your spine erect. Begin by taking 2 or 3 deep, gentle breaths, inhaling slowly through your nose and exhaling through your mouth. Then as you breathe in, see and feel the color filling your entire body. As you continue to breathe, imagine the color surrounding your body as well, extending out about two feet all round you, to create a beautiful egg-shaped bubble of colored light. Simply breathe in this color for 5-10 minutes.

To work on a particular chakra, you may start by breathing clear, white, or golden light (as described above). Then focus your attention on the center that needs clearing or balancing. For the base or root chakra, imagine a glowing sphere of bright, apple red at the very base of your spine. As you breathe, imagine the light becoming stronger and brighter. For the sacral center (located about 2 inches above the pubic bone) the color is orange. For the solar plexus (halfway between the navel and sternum), the color is bright yellow. For the heart, green or pink. For the throat, sky blue. For the brow center (located between the eyebrows and up about one inch), indigo blue. For the crown center (at the top of the head), purple, violet, or white. (You may use which ever one you feel most attracted to).

If you cannot "see" the color with your mind's eye, just imagine that it is there. An inability to visualize a certain color often indicates a particular need for that very color.

To derive healing benefits from visualization and color breathing, it is not necessary to spend a great deal of time. Five to ten minutes once or twice a day is quite adequate. And, once again you decide when you have "had

enough" of a given color or exercise. A change in your feelings about a given color (less attraction to or "craving" for it, or less repulsion toward it, for instance) can be a clue.

AROMATHERAPY:

Aromatherapy involves the use of essential oils from plants and flowers. It is much different from flower essence therapy in that it is primarily the "healing fragrance" which influences body and emotions through the scents. (Flower essences are odorless). Aromatherapy can be utilized either as a perfume (especially applied to the chakras), in bath water, in massage oil, or diffused in the air via steam or incense. Read labels carefully and take precautions using these potent oils.

APPENDIX II HOW TO ORDER FLOWER ESSENCES AND GEM ELIXIRS

The companies listed below are reputable sources for high-quality essences:

Flower Essence Services
P.O. Box 1769
Nevada City, CA 95959

Desert Alchemy
Box 44189
Tucson, AZ 85733

Alaskan Flower Essence Project
P.O. Box 1369
Homer, AK 99603

Pegasus Products
Box 228
Boulder, CO 80306

Master's Flower Essences
14618 Tyler Foote Road
Nevada City, CA 95959

Perelandra
P.O. Box 3603
Warrenton, VA 22186

Australian Bush Flower Essences
Box 531
Spit Junction, NSW
AUSTRALIA 2088

Ellon USA
644 Merrick Road
Lynbrook, NY 11563

Alaskan Flower Essence Project also carries fine quality gem elixirs. A good source for color therapy products is: Dev Aura, Little London, Tetford, Lincs., ENGLAND LN9 6QL.

Given below is a listing of the flower essences that were mentioned in this report and where they can be obtained. The mailing address of each company is given above.

Alpine Azalea: Alaskan Flower Essence Project
Angelica: Flower Essence Services
Aspen: Flower Essence Serv, Desert Alchemy, Ellon USA
Bisbee Beehive Cactus: Desert Alchemy
Bleeding Heart: Flower Essence Serv, Pegasus Prod
Bright Star: Desert Alchemy
California Poppy: Flower Essence Serv, Pegasus Prod
Cayenne: Flower Essence Serv, Pegasus Prod
Centauray: Flower Essence Serv, Pegasus Prod, Ellon USA
Chicory: Flower Essence Serv, Pegasus Prod, Ellon USA
Clematis: Flower Ess Serv, Desert Alchemy, Pegasus Pr, Ellon USA
Columbine: Flower Ess Serv, Alaskan Flow Ess Proj, Pegasus Pr
Corn: Flower Ess Ser, Pegasus Pr, Master's Flow Ess, Perelandra
Cosmos: Flower Essence Services
Crown of Thorns: Desert Alchemy, Pegasus Pr
Dandelion: Flower Ess S, Alaskan Flow Ess, Desert Alchemy, Pegasus
Fairy Duster: Desert Alchemy
Fig Blossom: Flower Ess Serv, Pegasus Prod, Master's Flower Ess
Filaree: Flower Essence Services
Fishhook Cactus: Desert Alchemv

Garlic: Flower Essences Services
Holly: Flower Essence Service, Pegasus Products, Ellon USA
Jojoba: Desert Alchemy, Pegasus Products
Lavender: Flower Essence Service, Pegasus Products
Mallow: Flower Essence Services, Pegasus Products
Manzanita: Flower Essence Services
Milk Weed: Flower Essence Service
Mountain Pennyroyal: Flower Essence Service
Mountain Wormwood: Alaskan Flower Essence Project
Orange Blossom: Master's Flower Essences
Peony: Flower Essence Service, Pegasus Products
Peppermint: Flower Essence Service
Pine: Flower Essence Service, Pegasus Products, Ellon USA
Pink Yarrow: Flower Essence Service
Poison Oak: Flower Essence Service
Red Chestnut: Flower Essence Service, Pegasus Prod, Ellon USA
Rhubarb: Flower Ess Serv, Alaskan Flower Ess Proj, Pegasus Prod
Sage: Flower Essence Services
Scotch Broom: Flower Essence Service, Pegasus Products
Self-Heal: Flower Essence Service, Pegasus Products
Shasta Daisy: Flower Essence Service, Pegasus Products
Star Thistle: Flower Essence Serv, Alaskan Flow Essence Project
Sticky Monkey flower: Flower Essence Service
Sunflower: Flower Ess Serv, Alaskan Flower Ess Pr, Pegasus Prod
Trumpet Vine: Flower Essence Service, Pegasus Products
White Chestnut: Flower Essence Serv, Pegasus Prod, Ellon USA
White Violet: Alaskan Flower Essence Project
Wild Grape: Desert Alchemy
Willow: Flower Essence Service, Pegasus Products, Ellon USA
Yarrow: Flower Ess Ser, Alaskan Flow Ess Pr, Desert Al., Pegasus
Zinnia: Flower Essence Service, Pegasus Products, Perelandra