

# Gem Elixir Descriptions

The use of crystals and gemstones has been recorded in almost every ancient civilization as a form of healing and changing consciousness. As with flower essences they can be made using the sun method. Simply put, after cleansing the stone energetically, preferably in its natural, raw form, it is placed in a bowl of pure water and left out in sunlight for a minimum of two hours and sometimes for several days. After exposure to the sun the mineral is removed the water is strained, if necessary and alcohol is added as a preservative of the energy. The resulting liquid is placed under a geometric structure to further amplify and preserve it. Unique to Pegasus Products as with the making of many of our elixirs the sunlight passes through a field of stimulated xenon gas before reaching the water. This helps to remove energetic properties within the sunlight that are not life enhancing. Seven drops from the resulting mixture is then placed in one-ounce bottles with the remainder being a mixture of 16% alcohol and water.

Gem elixirs integrate and act as an interface between the anatomical and etheric levels of the body. Through physical laws dealing with sympathetic resonance and vibration gem elixirs can have a profound impact on the physical, emotional and spiritual health of humans, animals and plants. Disease usually settles in the subtle bodies, especially the etheric body before affecting the physical body. If the imbalance can be treated in the subtle bodies and the aura before the physical body is affected, then resolving the problem is much easier. This same principle holds true for psychological, spiritual, and even financial imbalances as well. When people get older and their vitality lessens, this allows imbalances to move into the physical body. Each gemstone balances a chakra according to a specific element within it. For example, Emerald and Ruby balance the heart and heart chakra partly because they have certain mineral properties that have an empathetic resonance with that tissue. They act as a purifier of energy within that chakra point thus activating the molecular structure into its proper pattern and frequency. For further reading and research see the books Gem Elixirs and Vibrational Healing Volumes 1 and 2 by Gurudas, Cassandra Press as well as a future Volume 3.

## **Abalone – Diversified Personality**

This elixir can stimulate the enzymes to better bind carotene to the system, thus improving protein assimilation. Some forces associated with the heart chakra, particularly the thymus gland, are aligned as well as the etheric body. The reflective surface of abalone, with its many diverse colors signifies that this elixir can help diversify the personality.

## **Acharandite – Prophecy**

The elixir has the capacity to produce the calming effects associated with a drop in temperature. These effects relate to higher subtle energies, particularly those relating to ultraviolet light and the tenth chakra. The ninth and eleventh

chakras are also benefited. This elixir also creates significant strengthening of the physical body for people who have difficulty with thyroid or adrenal function. Those with lowered body temperature or a sense of coldness in the extremities can benefit from Acharandite. This elixir can be very helpful for those who are making a transition to a vegetarian diet and would seek to build the heat in the body and to acclimate to cold conditions. The reverse is also true; this elixir will benefit those who are subjecting their bodies to extreme warmth.

## **Adamite – Hidden Talents**

Adamite can propel people into a deeper acceptance of their destinies, of what they see as their highest and best talents. It can, in some cases, take a person off what would appear to be their intended path, pushing them into seeing things differently, and taking up new lines of work, new ways of doing what they do best in the world. The optimum effect of this elixir is during the time of the New Moon.

## **Aegerine – Past life Understanding**

This elixir may improve circulation and also the blood by allowing a greater connection between the root chakra and the circulatory system. This allows more Earth energy into the blood. This stone can clarify the issues that allow an individual to choose how they are going to love. This may bring understanding of difficult situations that have recurred during multiple lifetimes.

## **Aeschynite-Y – Nutritional Balance**

The capacity of this stone to allow various mental states to shift can for some individuals be quite profound, helpful in lifting aspects of depression, particularly where it is of unknown cause. Many times this is physical; purely a nutritional issue, and the individual may note in utilizing this stone that there is a sudden craving, a sudden sense of the taste for a particular food. Unfortunately this is problematic if the food is one that is clearly damaging or difficult for the body. Should this then show up, look for a similar food that might be something available to your ancestors, meaning going back 10,000 or more years, and a food that therefore is easily natural, unprocessed, and might indeed be obtained. If the food might be utilized in that unprocessed form available to your ancestors, many significant benefits can show up. In addition one has deeper insight into such states, which can be particularly problematic when the individual has no awareness of why they have shown up, where that energy is coming from, what is being pushed in, what

emotion and so on, and where it is affecting ones own outlook, such aspects as sadness or grief may be more easily released. There is also a sense of hope that shows up without reason, and it is not so much in the cleaving to or attachment to this more positive emotion that there is benefit, rather it is a way in which one can somehow go beyond both that of hope and hopelessness, that of grief and joy, and come to a place in which one can simply accept that those energies move through, that they are allowed, and that they shift. As one becomes more aware of this, there is a chemical balance reset within the body, and this often can give rise to the craving for the various things that are missing. Wide spectrum foods containing a variety of healthy useful materials can often be employed when one does not have a craving for any specialized food.

#### **Agate (Blue Lace) - Expression**

This stone can bring about a deeper spiritual connection, with modes of expression and quicker decisions enhanced. Thought addiction is eased. It also can help one with being at one with their audience. Blue lace agate also can assist in the process of breaking down pictures or images of oneself, without judgment. One's true nature is revealed through the use of this elixir. It can be utilized quite well for communication among couples.

#### **Agate (Botswana) - Joy**

This elixir aids in the re-oxygenation of the physical form. Use this elixir as an emergency remedy when there is excessive smoke or other breathing difficulties. Depression and lethargy are eased and real joy is experienced through its use.

#### **Agate (Carnelian) – Heart Opened**

The heart chakra will be opened with the use of this elixir. It can also strengthen all of the meridians and nadis. The alignment between the etheric and physical body improves.

#### **Agate, Eye (Agate that resembles the eye) - Focused Goals**

This elixir brings a capacity to attune towards a higher visioning principle, bringing in the sensation of what one might want to see in the future, thereby allowing the individual to release this from the current time. It also brings energy into the visualization process, helping individuals to maintain goals and focus. Ultimately, whenever anything to do with the human eye is focused on or worked there will be many shifts and changes. This is why work to improve vision by natural means has such a profound psychological effect that assists individuals on many levels to understand themselves better. There will be

naturally some attunement to the physical eye, but most of the attention appears to be focused more in the sixth chakra, attunement to the higher functions.

#### **Agate (Fire) - Color Therapy**

This stone helps one develop a fuller perspective and a practical nature. The sexual and heart chakras are aligned thus bringing greater balance concerning sexual issues. This elixir is a master enhancer of all flower essences.

#### **Agate (Moss) – Mental and Emotional Balance**

With this elixir individuals can learn to balance and apply emotional priorities and altruism. The emotional and mental body function as a single unit and practical spirituality develop. This is an excellent elixir to use in agriculture and for people to attune to nature.

#### **Agate (Picture) – Emotional Balance**

This elixir can be used to stimulate visualization between the left and right brain. Apathy is eased and the emotional body is balanced.

#### **Agatized Coral(yellow orange, Tampa Florida) - Structural Rebuilding**

Agate has many positive qualities to assist in various changes to the circulatory system to benefit oxygenation to enhance consciousness, to allow deeper concentration. Coral works with various aspects of physical strength, more appropriate calcium balance and bone balance. The strengths that occur in the aetheric body allow these energies of the circulatory system of improved oxygenation to specifically nurture and benefit the underlying structures of the heart and the structures of the circulatory system, and more importantly the structures of the emotional body. However the capacity to manifest more energy in structural rebuilding is enhanced with agate on coral; this elixir providing the energy to create new structures, see things in a new way, and immediately bring them into a highly energized form, to feel them as fun, to stretch those structures in a way in which fun can anchor. But what will usually result at the interface itself is a whole new energy, and this is also occurring here with this new energy relating to the capacity for an individual to make rapid change in their life with a deep sense of trust. But with Agatized Coral, in addition is an accelerating energy available to the eleventh chakra that will usually help individuals with a new sense of their own interconnection to time and ability to use it more appropriately or in a more balanced fashion.

#### **Albite – Grief Relief**

With this elixir silicon and silica are more easily assimilated, while feminine qualities are activated. Anyone expressing grief could use this elixir.

#### **Alexandrite - Self-Esteem / Centering**

This stone helps one in centering the self. The ability to experience joy and appreciate the interconnectedness of all nature is enhanced by this elixir. It can create a more balanced emotional state. Yin qualities are amplified.

### **Allanite-Ce (Greenland) - Sexual Prejudice**

There does seem to be some significant shift in the ability to receive information that individuals have hidden emotional or moral blocks to. This can be especially helpful with sex education where people are not easily receiving, somehow resisting, pushing away important useful information. This is interesting issue to examine across cultures, with the significant resistances to this in African cultures, resistances to this in some U.S. educational districts where high percentage of Christian and especially Christian fundamental individuals live, and less resistance or greater acceptance and awareness of this in more sophisticated, less religious European communities. The difficulty with this often is simply those aspects which are unexamined, areas in consciousness that run deep but are those which you are unwilling to experience or understand. Sex education is only one of these areas of course, it can be ways in which individuals have great resistance to things that oppose their religion, various cultures that do things very differently from you, and ways in which those energies might be resisted because of various racial or religious or cultural prejudices. But it is not the breaking down of the prejudices themselves, it is rather an examination or understanding of the inner attitudes, those aspects that have been previously denied, pushed out of your consciousness, that begin to show up. This is particularly true in one very simple manifestation around issues of sexuality. It has very much to do with a repression of the information, the lessons, the experiences, and so on that were learned from a previous lifetime in which you were the opposite gender from what you are today, or the same gender but with a clear preference for people, individuals, who were not seen as acceptable to your culture.

### **Alunite - Athletic Enhancement**

This stone can energize movement, particularly upward movement, and vortex action. This can improve athletic abilities especially where movement is through resistive media such as swimming, mountain climbing or skiing. This

elixir may strengthen muscles by reducing the widespread effects of aluminum in the body. Alunite can also strengthen clairvoyance.

### **Amazonite – Life Force**

With this elixir the activities of the heart and solar plexus chakras are aligned, which also aligns the mental and etheric bodies. The stone magnifies the consciousness stored in these chakras, which especially activates their psychological attributes. This can be an enhancer for most vibrational remedies.

### **Amber - Spiritualizes Intellect**

People needing amber may exhibit memory loss. It can be utilized when there is an inability to make decisions, eccentric behavior and anxiety. Amber elixir will activate an altruistic and passive nature. As a thought amplifier, it creates a realization of the spiritual intellect.

### **Amblygonite - Insight/Understanding**

This elixir calms and strengthens the mental body. It also assists in smoothing the connection between mental and etheric bodies. This stone promotes camaraderie and the connection to others through the revelation of past life information at the mental body level.

### **Amethyst - Well Being**

This elixir is good for individuals experiencing low self-esteem, a sense of uncenteredness, or hyper-kinetic activity. It helps one to feel more integrated within society. Spiritually, it enhances meditation and an awareness of God. Amethyst can increase intuition, while the emotional, mental, and integrated spiritual bodies are fused to function as a single unit.

### **Anapoite - Earth Healing**

This elixir provides a greater understanding for people to tune into the Earth and her processes. This can be used for dowsers and geomancers to receive information in a gentle way. This stone balances, calms and soothes the astral body.

### **Anatase - Time Conception**

Anatase can link individuals with alternate universe or parallel life energy. It is useful for those who are unable to easily allow the blending of past, present and future energies that is always taking place. Thus, higher psychic functioning may result with this elixir and a greater ability to work with, play with and understand vortices of energy within the human body and Earth.

### **Anchorite - Playful Communication**

Anchorite gives us access to a more childlike state, providing a chance to see life as if through the eyes of a child. It can help us open to a playful loving acceptance, and expand our capacity to receive communication from others.

With repeated use, Anchorite seems to enhance telepathic communication at a high vibrational level. When taking this elixir it is advisable to provide some time to play, to joke with each other, to tickle each other, to engage in being children again, in order to fully enjoy the capacity of the heart. Anchorite may also be beneficial to use before tantric or other rituals.

### **Andradite - Dolphin Energy**

Dolphin energy may be more available to individuals taking Andradite. Those with a strong attunement to the planet Neptune in their natal chart will greatly benefit from this elixir. This Neptune energy is related to psychic abilities and attunement of subtler energies.

### **Anglesite - Loving Will**

The effects of anglesite are dualistic, working on the 7th and 8th chakra level in bringing new forms of spiritual energy regarding deeper avenues for combining consciousness and love. This elixir also is working at the 3rd and 4th chakra level, where strength of conviction, manipulation of ideas, and will are combined with energies of the heart. There will be a greater ability to empathize with this stone.

### **Anhydrite – Sensitivity**

Taking this elixir increases one's clarity of femininity in spiritual work and in society. The heavy metal miasm is alleviated, while feminine qualities are slightly enhanced and balanced.

### **Annabergite - Service**

This elixir can assist someone in understanding the transmission between matter and form. This can awaken a loving place by which people can understand and manifest what they need in their lives. This is often created by a deeper insight as to one's mode of service. What may result is an enhanced ability to recognize truth and to be able to share this with others.

### **Antlerite - Empathy**

This stone can create a sympathetic vibration, an improved ability to perceive, without internal coloration of one's own emotions or someone else's emotions. This is for people who are unconsciously empathetic, which can cause difficulty. Antlerite can assist those who wish empathy on demand.

### **Apatite – Personal Expression**

This mineral has a beneficial impact on muscle tissue and can aid in the coordination of basic motor responses. The throat chakra is opened through the use of this elixir thus stimulating personal expression.

### **Apophyllite - Joy**

This stone can assist one in tapping into creative forces and bringing them into form with great joy. The elixir can connect people with nature and nature spirits.

Personal transformation becomes more playful.

### **Aquamarine – Stimulates Healing**

This elixir can bring a greater integration of mind, body and spirit. It will lessen fear and disorientation. Expressive abilities and receptivity to others improves with this stone.

### **Aragonite - Restructuring**

This stone has an unusual internal structure. For those working with architecture or with structures such as groups or communities, aragonite can clarify how energies can depend on one another and work together. This may also benefit individuals who are studying higher forms of mathematics, especially fractal geometries. Individuals who wish to attune to the artistic forms created through fractals and other new geometries will benefit as well, even though they may not have any mathematical background. Aragonite is helpful for people who are restructuring their lives by doing internal work, but this must always be shared with others in some way. There is some added flexibility to the spine. The ability to work with yoga is improved. Those who find extreme stresses in the physical body when energetic yogic forms such as Iyengar style yoga are used will benefit from Aragonite. There is enhanced absorption of many trace minerals such as molybdenum, boron, silver, gold, and the more available minerals such as manganese and cobalt.

### **Arthurite - Earth Attunement**

Arthurite will help people to have a deeper love of the Earth or animal or plant forms that dwell on Earth. This elixir can benefit plant growth. IT can create a deeper awareness of the natural environment.

### **Artinite - Light Absorption**

This stone is valuable for coordinating any higher light energies as they make their way into the physical body. This gives many opportunities for healing, for attunement, and for a direct projection of the energy. Artinite elixir will create a gradually increasing cumulative effect. The initial utilization of Artinite elixir would bring a person a sense of deeper peace. Then there would be an awareness of various energies that need to be cleared, these dealing with higher psychological or spiritual functions, as well as certain physical functions. Then there will be a period of peace. Lastly, there would be a sense of higher coordination, as if a greater light becomes available for the person. Artinite elixir enhances absorption of light from sunlight, the biotron, and other healing devices utilizing light, as well as subtle light healing where light is imagined to pour into a person as in the Omega, Reiki, Masacari, Jotri, and many other techniques. This stone was utilized in Atlantis and by beings associated with the Pleiades for bringing light frequencies into DNA.

### **Asphalt – Alleviates Anger**

This elixir is primarily for treating the petrochemical miasm, especially for people living in North or South America. When taken, the heart chakra is

aligned, which strengthens the life force of the recipient. People focused on the negative traits of the lower chakras, including anger, violence, or other antisocial behavior, can benefit from asphalt elixir.

### **Astrophyllite - Psychic Acceleration**

This elixir can increase the ability to process information as well as gaining increased speed in performing mental tasks. There can be an enhancement of telepathic communication. It will accelerate the emergence of psychic gifts. This is for those with a difficulty with Mars in their birth charts.

### **Atacamite – Stress Relief**

This mineral has a powerful Lemurian vibration. Its primary use is for the tubercular and gonorrhea miasms. This may alleviate a whole range of physical difficulties within the lower chakras.

### **Augite - Inner Awareness**

Augite is present in large masses very deep within the Earth. The higher pressures available there and the energy of the stone establish a powerful link to the Augite crystals found upon the Earth's surface. Thus there is a connection through this stone to inner regions. This can increase one's awareness of an environment of alternating hot and cold, with many unusual lifeforms and structures. Augite can help you become more aware of inner aspects of yourself for a deeper understanding of your own motivations, inner awareness, and reason for being on the Earth. This is a way of being where you can see yourself from the inside out.

### **Autunite - Radiation Miasm**

This stone increases the ability to see things in a new light. This can enhance the psychic ability of manifestation. There will also be a better ability to clearly perceive a visual image. There can be some attunement to the Earth and the Earth's willingness to provide solutions to the entire problem of radiation. Autunite assists in predicting future trends.

### **Aventurine – Relieves Anxiety**

With this elixir can be a cleansing of the etheric, emotional, and mental bodies. It is specifically used to alleviate psychosomatic illnesses. It also may alleviate anxiety and buried fears, particularly those originating during the first seven years of childhood. In psychotherapy, aventurine assists in the development of emotional tranquility and a more positive attitude toward life.

### **Azeztulite - Multi-dimensional Travel**

This elixir can help to open dimensional doorways; even access to a time/space tunnel. This may be through a meditative or visualized journey. However, with some practice a physical journey may be possible. Once these doorways are opened, use of neon element elixir might be useful to keep grounded to the

Earth plane. This stone enhances astral travel and apportionation.

### **Azurite - Expansion**

Azurite activates a general expansion of consciousness, and people especially healers, have their natural healing abilities amplified. This can be used effectively in a bath to ease mental disorientation and depression.

### **Azurite-Malachite – Clairvoyance/Compulsive Eating**

Anxiety, compulsive eating habits, hyper-kinetic behavior, and lack of discipline are alleviated. Increases the dream state and a capacity for astral projection. Patience increases.

### **Baddeleyite - Psychic Abilities (Kola Peninsula in Russia)**

This stone has some intriguing properties with regards to people's ability to discover new psychic abilities and put them into use; and at the same time as doing this, find ways in which these abilities can be conferred with others and shared with them. When used for longer periods of time, this can build to what could be termed, group psychic abilities. These abilities can relate to the focused intent of any group, in particular in areas in which the group has a common desire for assistance: to help others, to bring something of benefit to the planet, etc. Some individuals may find it useful when they are not actually in a group and are seeking to contact the group that is not in physical proximity, such as group endeavors during sleep or shared projection experiences, and this is an area of some experimentation but is to noted as an additional application for the elixir. Many applications with land use are obvious: plants, animals, wildlife, all benefiting, forest areas as well as areas used for growing crops, and so on.

### **Barite - Emotional Breakthrough**

This elixir brings an enhanced ability to use Martian energy appropriately, to balance energy associated with the lungs. Excessive emotional states such as hostility, aggression, anger or fear can be better understood with this stone. Where did these feelings originate? How can they be used in a positive manner? This understanding will naturally transform these energies into enthusiasm or charisma. Some balancing of past-life tendencies toward warfare and violence can occur. Barite is useful for martial arts training.

### **Benitoite – Higher Self**

With this elixir the etheric body is stimulated, and the spiritual body is aligned with the activities of the higher self. Higher states of awareness may ensue, bringing greater knowledge of the self as a spiritual being. Clairvoyant abilities can be stimulated.

### **Berthierite - Circulation**

This elixir can energize the legs, feet, knees and establish a deeper connection to Earth energy. Emotional energy can be transferred from the Earth directly into the blood to purify it. This combines nicely with herbal blood cleansers such as chapparal, red clover, burdock, etc. This can also facilitate the transfer of one's loving energy into the Earth. Visualize this energy transfer from one's circulatory system into the Earth's circulatory system or waterways.

### **Beryl – Mental Tranquility**

With this elixir, anxiety and over-stimulation of the mental body can be alleviated. The over-analytical or over-critical person would be benefited by the use of beryl. The elixir can have "sedative-like" properties for releasing tension in the body physical.

### **Beryl (Red) - Creativity/Expansion**

This stone can be useful for strengthening the root chakras, legs, knees, feet and the minor chakras in the soles of the feet. There can be an attunement to survival issues in a way that they may be quickly swept away. Individuals struggling with sticking to a diet might find Beryl-Red helpful. There is a connection here to Jupiter, so that Beryl-Red may help in easing inner conflicts that may block creativity and expansion, or weight loss (Beryl-Red, Vanilla, Neon, Jupiter elixirs).

### **Beryllonite – Personal Expression**

This mineral can alleviate fear and anxiety, particularly concerning personal expression. The heart chakra is opened, and there is more clarity of consciousness regarding the father.

### **Betafite -- (Madagascar) Psychic Abilities**

Betafite has some fascinating properties at stimulating a wide variety of psychic abilities, but most importantly tends to confer on those working with the elixir a sense of their own evolution, their ability to perceive as if through these psychic levels where that evolution can take them, and help them make decisions as to guiding that evolution. What will typically occur is that--this is principally because of humanity's need for these psychic abilities--as you contemplate your evolution, you begin to realize how important these abilities are,

how the capacity to recognize subtler energies than you are normally capable of, or diagnose aspects of your own and others bodies, work with the earth more directly, understand the subtler realms which surround all beings, and work with the multidimensional reality, it becomes naturally important to you, an aspect of your own evolution. For some individuals of course their own psychic abilities awakening might turn them into completely different areas of interest, drawing them to the more physical and practical, but over and over the consensus shows up in your soul, the aspect of consciousness of your guides and helpers and the collective of humanity, that the development of these higher dimensional aspects of your being, the aspects of what could be called sixth, seventh, eighth, ninth, and so on senses, as opposed to simply the five senses, these aspects are intrinsic to humanity's survival, understanding of it's purpose, ability to assist others, your own soul's evolution, and other things. Many times when people have utilized various vibrational remedies in order to increase psychic abilities, there is less emphasis on evolutionary aspects. There might be some focus on the spiritual, but more typically it is around the realm of simply getting to know those psychic abilities, recognize them instead of being afraid of them, understand their true nature, etc, etc. But with Betafite comes this deeper understanding these must be used appropriately. These must be energies that I can use to grow and understand myself; how can these be applied in ways that are in alignment with my purpose? For many individuals their purpose will coincide with aspects of helping others, growth through assistance, learning by interacting with others and sharing one's own truths with them to watch them and assist them in their process. Inevitably therefore for most people, improvement in telekinetic, various healing abilities, and aspects of deeper communication, various forms of telepathy, dream journeys together, awareness of deeper interaction at these higher vibrational levels with other people will result. This is an excellent elixir to use to improve communication with animals.

### **Beudantite - Understanding**

This stone helps people tune into a common base of love, enabling them to bridge to other cultures, races, and, especially, other genders and generations. This elixir helps one increase love for the smallest essence component out of which others have built their lives. You might understand how people, given their set of circumstances, have done the best they can; and thus you can forgive or love them. The stone was utilized in a number of interactions in the past between Lemurians and Atlantians during visits from extraterrestrials. It was able to cleanse certain difficult issues that have nothing to do with Earth beings. Small quantities of this stone have been removed from Earth and utilized to heal conflict between various extraterrestrial races. This elixir will benefit those who wish to understand peace more, accept it in themselves, and work with it more consciously.

### **Bixbyite - Higher Communication - Tool County, Utah**

Bixbyite does seem to enhance one's communication with guides and helpers that are seeking physicality in recent, new or upcoming incarnations. These include extraterrestrials and beings who have significant desire to impact humans. Many times these beings have been characterized as blind guides. Communication with blind guides is helpful. These are beings who might want very much to help, having a positive outlook, and awareness of their desire to assist and love, but at the same time much difficulty with the bigger picture, knowing exactly what is right to do in any circumstance, and most importantly, taking on a willingness to have karma, to take on issues in which the people involved might be hurt, might have struggle, might have their own limitation of various phenomena in their lives. Still though, this ability to understand, to form a bridge, this is important, and Bixbyite can be valuable in allowing this as a communication. Where it gets particularly intriguing is around extraterrestrials who have on their agenda a high likelihood of overt contact with human beings. For many decades, people involved in various aspects of psychic awareness, channeling, sharing information in the world of a subtler nature, have predicted this, have stated that it is time for contact with such beings. One of the reasons this occurs is in the area of what could be seen as a positive helpful self-fulfilling prophesy where humans choose to bring this forward: one of the

best ways to do it is to propose that it will happen. Bixbyite may indeed play an important role in this, allowing you to make deeper contact with beings who are willing to take on the karmic consequences of such action as making a public announcement, becoming aware of transference of technology, being involved in ways beyond that of shadow or secret governments, but areas in which ordinary people would have access, would be able to work with, or in fairly simple ways communicate with extraterrestrials. This deeper understanding that comes each day one step closer is an area of tremendous concern for a wide variety of non-physical beings, those who see that it is going to be an essential characteristic of humanity's waking up process. So the important aspect to understand here is that at it's deeper level, Bixbyite is a healing stone. It allows individual to find this inner healing that allows them to open on all levels to the deeper messages of the guides and helpers, of the beings at the higher vibrational level, of their own soul and other things. The path is indirect. It is one that comes first through the awareness of others, of their struggles, their inability to see at the higher vibrational level. But it allows them at an eventual level in themselves to recognize this tendency.

### **Bloodstone – Vitality/Courage**

With this elixir, physical and mental vitality can be augmented. Courage and mental balance develop, the uneasy mind is calmed, and one develops caution in order to avoid needless risks. Bloodstone generates higher states of consciousness and actualization. This elixir is useful with yogic and tantric practices as well as biofeedback.

### **Bobbierite - Manifestation (Kola Peninsula of Russia)**

Bobbierite has some interesting qualities of shifting ones relationship to manifestation. It is often for this underlying reason that you then create the underlying blocks to prevent having those things show up in your life, and as a result examine the issues, work with those blocks, and grow as a result. As the entire process becomes easier to understand, Bobbierite is able to influence this to allow you to let go of those attributes that stand in the way of

your own emotional energy assisting with the manifestation process. It is as if an energy that relates to the phrase "I deserve" or some similar positive helpful energy begins to come into the body by a different route. The soul always has such energy; it is always there to allow different capacities of love, abundance, various healing energies etc to come into a person. But, if for whatever reason they reduce, filter, or reject those energies, they are not easily available by other routes. Bobbierrite can help with this, bringing all different new points of view in, new pathways; new ways of understanding the collective consciousness around deserve ability, around the opportunities for humanity to help itself.

#### **Bog (Peat) – Alleviates Anger**

This elixir will enhance the bio-magnetic properties in the body. This is to be used for treating the petrochemical miasm, for people who live in Asia, Europe, and Africa. Asphalt is the elixir to be used for people living in North and South America.

#### **Boji Stone – Attunement to Nature**

This stone is useful with agriculture and horticulture. It helps one to attune with nature. Better communication with plants and animals will result from the use of this elixir. Boji Stone increases channeling abilities while all chakras, meridians and nadis are strengthened.

#### **Boleite - Left/Right Brain**

This elixir can improve the logical thinking processes, bringing into deeper reason and awareness much of the heritage of mathematics and logical thinking from humanity's past. It can be useful for the integration of logical and intuitive processes. Boleite combines nicely with Procyon elixir.

#### **Boltwoodite (Namibia, South Africa) - Healing Ability**

There is a useful quality of the ability to heal enhanced with Boltwoodite that seems to be useful in any form of radiation treatment, but also with the ability of people to provide a sense of light or energy to each other. This becomes a sort of generalized healing field that then can be turned into something specific. The best way to use this would be that one would have the visualization upon taking the elixir that you are surrounded by energy, a brilliant pulsating golden light perhaps, and as

that pulsation becomes stronger and clearer, you very deliberately choose to keep it in that form until it changes. For some individuals this may take as long as three days, particularly where the astral body is affected. But for most individuals within about 5 minutes this will shift. Gradually what will show up will be a pattern. It may be a sense of an object such as a crystal or a particular geometric form, or it may be a motion such as a swirling, or it may be a reminder of a past-used technique such as the visualizations associated with various healing methods. The healing field as is created by Boltwoodite does seem to extend worldwide, the opportunity to have the sense that you are allowing healing for other people in other places, having the awareness that their energy is somehow also affected, this does seem to be enhanced by the presence of the elixir, as if the vibration itself assists with this. One of them is the use of elixirs to assist individuals in working with this. The other is the emphasis on a variety of radiation-reducing health methodologies, including recommendation for such foods as avocado and orange, or the use of the sea vegetables, and the ways in which these can be applied as a sort of everyday part of ones diet. In the meantime, to understand these possibilities, to look at them, to bring them to people's attention, does seem at least temporarily to be one of the benefits of the investigation and utilization of Boltwoodite. May be effective in the treatment of any radiation-related condition, such as depleted uranium exposure, which is all too common in Middle East.

#### **Boracite - Soul Attunement**

Boracite assists one in the awareness of the loving energies the soul offers into the physical body. The left and right brain are more coordinated to resonate in tune with one's soul. The mental body is cleansed, and the 5th, 6th, 11th and 12th chakras are stimulated.

#### **Brass - Releases Negativity**

This elixir promotes healing in the skeletal structure and can eliminate toxins throughout the physical body. It can be used for many issues of the skin and scalp.

#### **Brazilianite - Universal Love**

This elixir can awaken the third eye to a deeper soul connection. This will enhance psychic gifts. With this stone comes a greater understanding of the principle of universal love. Energies connected with the Mayan and Aztec civilizations are more easily absorbed and understood with brazilianite.

### **Brochantite - Joy of Healing**

This elixir can provide renewed vigor in an individual and in the healer. This is especially useful for those seeking new healing forms. A greater awareness of the etheric bodies of oneself as well as other people, plants and animals is possible with brochantite.

### **Bronze – Inner Discipline**

Inner healing, discipline, and a closer attunement to one's higher self develop from taking this elixir. Bronze helps the etheric body come into an increased alignment with the physical body.

### **Broshentite - Group Mind**

A greater sense of group interaction can develop with this elixir. Thus a sense of community, deeper acceptance and trust will result. A sense of belonging can appear, especially for those who do not feel they belong on the Earth. What is possible through the use of broshentite is to finally feel at home or connected, which, naturally, will produce a state of joy. There is a connection between this stone and the planet Venus.

### **Brucite - Divination**

This elixir can bring forward new forms of divination. What can arise from the use of this stone are new levels of attunement to the inherent beauty of things, others, life and God. Brucite can be quite useful for medical dowsing, physical healing and diagnostic techniques. Dancers will benefit from this elixir.

### **Cacoxenite – Enhanced Creativity**

This elixir will align the three lowest chakras and opens the properties of the base chakra. It can enhance creativity, intuition, and sensitivity.

### **Calamine – Religious Tolerance**

This elixir can cleanse the skin's tissue. Individuals can become more tolerant or flexible of other spiritual or religious systems of thought through the use of this elixir.

### **Calaverite - Love Perception**

This is a fascinating material that is allowing a powerful bridging in consciousness between your understanding of love and your actuality of love, the ability to have a sort of stepping outside, turning around and looking, how you look at it, how you understand it in yourself, as if you were seeing it

in someone else, as if you are seeing it from the outside.

### **Calcite – Astral Projection**

This elixir can assist in the elimination of toxins and fear from the body. It can be a thought amplifier, increasing the mental capacity for astral travel and the ability to remember information gathered from these sojourns out of the body.

### **Caledonite - Personal Growth**

This stone can shift people's ideas about personal growth, what is possible for them, and how they can create this. There is often a disruption in one's energy when taking on a new pattern of personal growth or a particular discipline, be it psychological, spiritual, or even physical. This usually creates the necessity for a period of hermitage where one brings one's energy into oneself without being as easily available to one's partner. Disharmony can be created if the person close to the individual is also seeking personal growth but does not cleave to the path that the other has chosen. This stone can be helpful in balancing some of these difficulties by showing the common essence. It could allow a couple to pursue two paths simultaneously with a deliberate blending of their energies, sharing the inspiration, understanding, and awareness brought by their individual growth. An aspect of deeper forgiveness is strengthened by the use of caledonite. A conscious awareness develops that the ultimate point of the personal growth, deeper awareness, and clearing is to increase the love between them.

### **Callaghanite - Expression**

An upward clearing movement of energy from the heart through the throat chakra is created by this elixir. This assists in one's ability to express emotions and release judgments. This is necessary for correct heart chakra function.

### **Carbon Steel – Inner Discipline**

This elixir can help develop inner discipline and the ability to integrate aspects of the self to function more effectively. This elixir may alleviate any difficulty arising from exposure to radiation. People who feel they know everything or who are depressed often may benefit from this elixir.

### **Carletonite - Deep Relaxation**

This stone creates deeper states of relaxation which would be helpful for spiritually-oriented hypnosis. Deeper relaxation could also be helpful for meditation, balancing some of the difficulties some will note in coming into states of meditation between the anabolic and catabolic processes in the body. Carletonite elixir will assist those who have an excessively anabolic metabolism-high energy and difficulty in concentrating. The deeper relaxation this stone brings will also be helpful for children who have some trouble settling down, perhaps also easing attention deficit disorder. At the higher level one can become aware of a musical tone that gives a sense of a flowing connection to one's guides or to the higher levels of angelic beings. This may come through

the person as a steady, loving vibration. Those involved with Gemini energies who have some difficulty relaxing will be especially suited to utilizing this stone.

### **Carrollite (Zaire) - Personality Shift**

Carrollite has interesting capacity to allow an individual to turn off their personality, to actually have a different sense of oneself. This elixir helps to have more perspective on what is the nature of your personality, how it has served you, how it identifies you, how you have used it as a method of identification. In a meditative state, using carrollite as an initiator, then to go into this place where you recognize an infinite energy or a sense of expansion. For instance, in answering the question "who or what is experiencing this moment now", and going deeper into that; or "who are you?" or "who am I?" Those sorts of questions may result in this expanded experience in which the personality can be sensed as existing separately or independently from the body, from the mind, from the ego, from consciousness. Personality is of course a construct, for when you perceive it in this way more objectively or are able to drop it so that you may understand it in a more clear and conscious manner, you may be able to redefine it, choose it in a different way than you have before, find a way to access it or work with it that is inherently more healing or beneficial. For instance if someone has been told that they have an abrasive personality, or they are overly sensitive, or find ways in which they are not easily able to connect to other people. Extreme examples of this such as various personality disorders, as by example borderline personality, or various issues relating to ways in which cruelty or misjudgment or various ways in which compassion is somehow missing, all seem to be beneficially affected by carrollite.

### **Cassiterite - Natural Talents**

This elixir can shift one's connection from a third dimensional reality to fourth dimensional. This is done even when prior belief patterns of fear, anger and hatred have gotten in the way. Cassiterite can provide a window into the future displaying a person's attributes and abilities in a powerful manner.

### **Cavanisite - Releasing Judgment**

There can be a sense of lightness, a certain joy, a certain wonderment at things in the world with this elixir. It might help in the process of lifting of negative karma from an individual. Cavanisite can help people to lighten up and experience a shifted point of view. Some psychic development and enhancement of the ability to project energy through the voice may be noted. There is a direct relation between understanding of levitation and levity with this wonderful elixir.

### **Celestite - Recognizing Potential**

This elixir can assist in tapping into and utilizing one's full potential and expressing one's higher self. It will improve communication and strengthen the 7th, 8th, and 9th chakras.

### **Cerussite - Understanding Obstacles**

This elixir can affect the relationship between how ideas are put into practice and how obstacles to such ideas are manifest on a physical level. It is important to clearly program one's needs and request understanding about obstacles when using this elixir. When you are feeling stuck, that oppressive feeling can be lifted with this elixir. Cerussite can negate some of the hard lessons of Saturn.

### **Chabazite - Transformation**

This elixir can transform energy at the etheric level by moving it through vibrational shifts. This can be helpful in any healing process where there is a need to shift changes at a subtle level before they physicalize. This stone would benefit physical movements such as relaxed dancing, or aspects of art and music, where the mind is little involved.

### **Chalcedony - Inspiration**

This stone helps to promote maternal feelings. It can also be helpful for states of touchiness and melancholy. A sense of enthusiasm and goodwill develop through the use of this elixir. All states of inspiration from spiritual to artistic creativity are stimulated which helps to develop optimism.

### **Charoite - Spiritual Fear**

It eases fear of higher plane experiences. It is to be used for opening the crown and the brow chakras and to achieve balance between the analytical and intuitive processes.

### **Chenevixite - Intimacy**

This elixir can help to create a deeper sense of intimacy when there is some physical contact between people. This elixir can assist people explore and understand their own body's relationship to another person's body. This will cause energies of a loving nature to move upward in the chakra or meridian

system. This will not so much as encourage sexual response, as it will convert such energies into a deeper sense of love, compassion or willingness to help someone else.

### **Childrenite - Dissolving Patterns**

This elixir will enhance mental function, particularly improving one's internal communication. Thus the development of internal references, deeper understanding of one's own nature, or awareness of how past lives and future lives impact upon one's consciousness are all strengthened. Childrenite deepens the understanding of how attitudes and beliefs create patterns that often stand in the way. Once these are cleared away a deeper belief about love will gently surface.

### **Chorlesite - Piercing Veils**

This elixir helps to guide or lead individuals to a deeper understanding of one's consciousness, especially in the dream state. Chorlesite can assist in piercing veils, to see more clearly one's patterns and what they are creating. Therefore a clearer picture of one's future might emerge. The elixir can help in altering one's created future. There is a nice connection between this stone and our Pleiadian friends who feel it might assist humanity in the altering and adding of new DNA strands.

### **Chrysocolla – Emotional Balance**

This elixir can help to alleviate fear, guilt and nervous tension. Musicians and singers have used this stone as a musical charm. It is of benefit to use this elixir to strengthen breathing exercises. With its continued use there is a cleansing of forces in the subconscious mind. It helps to create greater inner peace.

### **Chrysolite – Emotional Blocks**

With this elixir, there can be a lessening of any emotional blockages within the personality structure that keeps one from their true spiritual path. This may also be quite effective in removing toxins from the system.

### **Chrysoprase – Sexual Issues/Hidden Talents**

This elixir helps to enhance insight into personal problems. Mental serenity and a quicker wit develop from its use. It can develop a generous nature and greater adaptability. Hidden talents are awakened with Chrysoprase. This elixir should usually be considered with sexual problems or fertility issues. The etheric body is strengthened and depression is lifted after repeated use.

### **Cinnabar – Insight**

Cinnabar is one of the more fascinating gems found on Earth because of its simultaneous quality of the presence of mercury and some of the damaging and difficult effects, and the tremendous capacity for

healing, benefit, and cleansing and clearing that is made available. The Chinese in their extensive use of cinnabar in feng shui techniques, various pastes, ointments, ways of preparing it as an herb and other things in some cases were only utilizing the properties of the mercury, but in other cases were utilizing this for its energetic effects. The gem elixir has the unique advantage of primarily taking only the positive qualities and indeed the beneficial healing and cleansing effects of mercury itself into the higher vibratory realms. The element mercury is generally found in excessive levels in all people today. Where such levels are particularly problematic or when the individual has conditions that predispose them to ways in which this toxic metal can push them too far in one direction or another, Cinnabar initially brings a sense of balance, bringing much awareness to how things can be better and more easily balanced in your own consciousness. And later allows the physical body to rebalance and work out some of these mercury toxicity issues. Sometimes this will mean the need for some profound cleansing, some way in which the mercury is brought out of the system. In other cases it can be a very gradual cleansing, in other cases it can be a craving for a particular food that has capacity to reduce mercury contamination, by example cilantro or coriander, or various spicy herbs, or even sea vegetables. In addition Cinnabar may provide for some individuals a sudden flash of inspiration, a whole new way of seeing things. This will often be mirrored by a significant drop in resistance in the physical body, an enhancement in various psychic abilities, and a sudden inspiration, while at the same time an opportunity to let go of areas that might have otherwise been standing in the way so that one can better receive these energies. Typically though this will be fairly brief, with the individual having this as a flash of insight or deeper awareness, which then passes over the next few days. There are some interesting affiliation in some experiments with the gem elixir of Ulexite, and that these two might be a very interesting combination, perhaps with Uranus planet elixir for this brilliant flash of insight aspect.

### **Clay – Etheric Amplification**

This elixir amplifies the ethereal fluidium in the etheric body and also the crystalline properties in the physical body. Amplification of the body's crystalline properties increases clairvoyance, telepathy, and receptivity to healing.

### **Clinoclase - Lovability**

Clinoclase has important properties to help work with one's inability to love and be loved. It brings more understanding as to why someone has struggled with these emotions. This elixir can encourage one to be aware of one's innate lovability. This usually means confronting one's darker side for understanding, which Clinoclase will assist with a greater ability for forgiveness.

### **Clinoptilolite - Peace**

This elixir can transfer the ability to hold a sense of perspective and love during a time of crisis or change. Thus, an easing of tension throughout the physical body is brought about, especially in the neck and shoulder region.

### **Coal – Self-Esteem**

This elixir is to be used when there is exposure to radiation. Depression can be relieved and self-esteem is improved with its use. With coal an individual may experience higher spiritual truths.

### **Coal, 4<sup>th</sup> Isotope - Healing**

Made from material that was co-created in Siberia by an asteroid impact that heated carbon in the surrounding marshy, wooded area. Thus, with this elixir there is some extraterrestrial influence, such as with meteorites. This isotope provides a powerful, helpful, healing energy to water, and to anything it contacts, by stimulating a cleansing and clearing connectedness by which various negative thought forms, difficult or destructive energies are shifted in vibration to a higher level. In addition, 4<sup>th</sup> Isotope Coal provides awareness of the healing process as it takes place between water and every part of the body at a cellular level, allowing for deeper hydration, and deeper attunements to the needs of the physical organs. This elixir can provide a higher spiritual awareness of how the emotions have blocked the healing process, and open the way to acceptance and change.

### **Cobaltian Calcite - Emotional Harmony**

This elixir has similar effects as Cobaltian Dolomite. There is a connection to the planet Uranus. It can help to stimulate the higher faculties. With its use can come a greater ability to incorporate surprise on a physical level. Enhancement of mineral absorption may occur from this stone.

### **Cobaltian Dolomite - Emotional Harmony**

This elixir helps to coordinate the 2nd and 3rd chakras for realizing certain buried emotional states. It will bring people into better harmony with each

other. Enables People are better enabled to express joy to others at a physical level. There will also be an increased ability to understand one's body language. There can be an enhanced ability of the emotional, physical, and etheric bodies to freely intercommunicate.

### **Cobaltite - Absorbing Prana**

This stone is helpful in cleansing processes that relate to the body's ability to directly absorb energy and vibration from water, and to directly absorb pranic energies when breathing through the nose. Clearing of the sinus passages may take place with its use. Individuals with sinus difficulty, be it post-nasal drip, tendency toward sinus infections, or allergies that focalize in the sinus area, can benefit from this stone and the elixir. The elixir, diluted, may be beneficial as a nasal spray. The idea is to bring the vibration into the body, and then within a period of a half hour after taking in Cobaltite elixir to focus energy on these energetic sources, while pouring loving energy out and then drawing it back in. The source of energy can be the sun, the wind, elemental forces, the moon, or whatever energy one might be attracted to. Aromatherapy coordinates nicely with Cobaltite.

### **Colemantite - Soul Understanding**

This elixir can assist in the enhanced ability to work with balance in the bringing of cellular information into the physical body. It may bring forth new connections to repositories of wisdom that have existed in times long past. There can be a greater attunement to some technological principles. The elixir combines well with Procyon and Uranus elixirs.

### **Columbite - Higher Communication**

This elixir enables someone to hear, in working with someone else, the meaning behind words, a deeper intent, in fact the highest loving intent of a person's communication, even in those words that seem harsh. Not only will this enhance forgiveness but also it can allow better communication, especially between adults and teenagers. Columbite can improve the communion between one and their higher self or higher beings of integration. This elixir is great to use for prayer.

### **Columbite-Tantalite (Colorado) - Healing Obstacles**

Columbite-tantalite does appear to have interesting capacities at providing a variety of helpful healing energies when individuals have worked with various other healing modalities and are blocked. They find that they have used some particular method or technique and it has worked to a certain extent, but now they really need to go further. The blocks that may be encountered will at first seem to be those that have to do with the method itself or things from outside. For instance, you have been working with a

particular form of healing such as Reiki or nutrition and you have gotten some benefit, some shift with a particular condition you are focusing it on, but now though you continue to use it, you do not get further benefit. Frequently when this is occurring there is an important soul lesson, some important issue to work with, something you have been overlooking, ignoring, perhaps even repressing. Columbite-Tantalite helps to bring this into consciousness, helps the individual to break through the aspects that have stood in the way of this. Many times what has shown up is something you are in denial of, you are not fully aware of it, it is somehow pushed away from your consciousness. Suddenly you become aware of this, you begin to look at it, and at the same time the same healing modality that you have been using is more effective, more helpful, more penetrating, more valuable, and more understood.

#### **Conichalcite - Group Vision**

There is a strengthening of purpose generally felt with the use of this elixir. This is especially helpful for group interaction where a common vision must be brought into reality, sometimes with a time-frame limitation or stresses of the outside world placed upon it. This stone can project a shift in energetic perspective for most people that generally draws individuals more towards their heart, towards an energy of loving compassion with intelligence and clarity of focus.

#### **Coral, Black - Blood and Bones**

This elixir can be used in spinal-related issues physical, emotional, and etheric. While all corals will benefit the area, the black would tend to focus more on the lower spine physically and etherically. Black Coral can quickly alleviate the denser energies that can occasionally congregate at the lower chakras. Darker thought forms concerning one's place on the Earth, survival issues or the seeming separation from Source can be relieved. Issues of balance, posture, and walking ability can also be assisted. This elixir will have some protective capacities for those who have an energy leakage in the coccyx region, which is fairly common.

#### **Coral (Blue) – Expression**

This elixir shares most of the other qualities of coral with an emphasis on the throat chakra and the ability to express one's feelings.

#### **Coral (Pink) – Emotional Balance**

Coral is associated with strengthening the heart and circulatory system. These

different colors are treated as one gem elixir. Pink and white coral accentuate more feminine qualities while red activates masculine qualities. Red coral can stimulate the metabolism that can create emotional balance with ability to better express what one wants to accomplish. Pink coral increases one's sensitivity. Coral can strengthen all bones and is useful for assisting the spine. Coral helps with concentration and can balance the male and female nature on spiritual levels.

#### **Coral (Purple) - Clarity**

This elixir stimulates the crown chakra and head area. It can be useful for cranial-sacral therapy. There may be a balancing of energies in the head that can assist in better concentration and clarity of thought.

#### **Coral (Red) – Emotional Balance**

Coral is associated with strengthening the heart and circulatory system. These different colors are treated as one gem elixir. Pink and white coral accentuate more feminine qualities while red activates masculine qualities. Red coral can stimulate the metabolism that can create emotional balance with ability to better express what one wants to accomplish. Pink coral increases one's sensitivity. Coral can strengthen all bones and is useful for assisting the spine. Coral helps with concentration and can balance the male and female nature on spiritual levels.

#### **Coral (Red/White) – Emotional Calm/Concentration**

This elixir can balance the entire personality. It can be used for emotional calm, attunement to nature, and to increase expressive abilities and creativity. Nightmares and worries ease, and concentration increases from its use. Meridians and etheric body are balanced while the yin/yang qualities are activated.

#### **Coral (White) – Emotional Balance**

Coral is associated with strengthening the heart and circulatory system. These different colors are treated as one gem elixir. Pink and white coral accentuate more feminine qualities while red activates masculine qualities. Red coral can stimulate the metabolism that can create emotional balance with ability to better express what one wants to accomplish. Pink coral increases one's sensitivity. Coral can strengthen all bones and is useful for assisting the spine. Coral helps with concentration and can balance the male and female nature on spiritual levels.

#### **Coral (yellow) -- Emotional Calm/Concentration**

This elixir can balance the entire personality. It can be used for emotional calm, attunement to nature, and to increase expressive abilities and creativity. Nightmares and worries ease, and concentration increases from its use. Meridians and the etheric body are balanced, while the yin/yang qualities are activated.

### **Cordierite - Higher Communication**

This stone enhances higher communication. It allows an individual to hear the meanings behind words, the deeper intent. This could even mean hearing the god-intent or the highest loving intent of a person's communication, even when those words may appear on the surface to be harsh or harmful to the individual hearing them. Not only can this enhance forgiveness, but also it can allow improved communication, especially between teenagers and adults. The energies of frustration or anger that may be held back or held in a state of denial come through in one's communication. In a state of deeper quietness and relaxation, one is able to tune into one's purpose, tune into God-energy, and be aware of this in a two-way communication. Thus this stone is extremely helpful in prayer and in communicating with beings on higher levels or with one's own higher self.

### **Cornetite - Loving Expression**

This elixir can offer an improved ability to communicate with all plants is enhanced. A harmonizing of the energies of the heart and throat chakras may occur, thus being useful for expression of love through music, dance, poetry or other forms. All healing forms, moderated by love are greatly empowered with this elixir. Combines well with Vega starlight elixir.

### **Covellite - Alignment/Attunement**

This elixir can provide a good connection with the chakras above the head, especially chakras 8 and 9. There will be an improved telepathic ability created among people. An enhanced ability to beam love to another is available through the use of Covellite. It can also benefit those who are drawn to program quartz crystals or to read programs already placed in a crystal. This elixir will enhance a deeper contact with subtler beings that have only the highest positive loving intent for people.

### **Crandallite - Etheric Stimulant**

Crandallite brings new levels of integration to peoples' consciousness, making it possible to work with widely different energies, strengthening how one knows oneself and perceives others. It also can enhance the vortexual action within the mitochondria, thus greatly enhancing the etheric body.

### **Cream Of Tartar – Psychic Gifts**

This elixir amplifies the ethereal fluidium in the etheric body and the crystalline properties in the physical body. Amplification of these crystalline properties is affecting the cell salts, the lymphatic system, thymus, pineal gland and many other systems. Greater clairvoyance, telepathy and receptivity to healing can result from this amplification.

### **Creedite – Spiritual Awareness**

Creedite stimulates within an individual the understanding of oneself as a spiritual being, which as a by-product of this, the psychic faculties increase. The throat and pituitary chakras are aligned which increases personal expression.

### **Cristobalite - Focus**

Transformation of one's focus is an important benefit of this stone. Ideas or energies from one level are transformed to another and increased focus results. This is of great benefit when there are too many things going on in one's life. This elixir is of great use for those born under the sign of Capricorn or aspects relating strongly to Capricorn.

### **Crocoite - Relaxation**

This elixir may ease the heavy metal miasm. This can impact on the molecular level. It grounds and opens the root chakra. Relaxation improves while working with the powerful Earth energies. This elixir is for people who need to slow down.

### **Cuprite - Masculinity**

Insecurity concerning the father or father figure may indicate a need for this elixir. Cuprite helps one balance difficulties concerning masculinity. With this elixir the heart chakra is opened especially in men.

### **Cuprosklodowskite - Regeneration**

This elixir can regenerate structures in the physical as well as the etheric bodies that need extra energy input to move them into a new form. This is extremely helpful when combined with Xenon elixir. It can stimulate new pathways in consciousness for people to examine and work with. For any group coming together to work with new principles in healing, philosophy, therapy or psychology this elixir would be invaluable.

### **Cyanotrichite - New Era**

This stone can bring heart energies into entirely new forms for people. Humankind is trying to find new pathways out of the dilemmas that have plagued it in the 20th century. Many individuals have deep within them a powerful awareness of this time of change. This comes from having past lives during which previous turnings of the ages occurred. This stone may be very helpful for people coming into what they would see as a new era, a new century, a new awareness, without dragging along some of the old patterns. Around the time of the new year, this is an excellent stone to utilize in order to see the possibilities of what can be achieved, letting go of the old and coming into the new. This stone can assist in the expression of the group purpose of a race, a religion, or ethnic group. This stone can help people identify the highest and most beautiful aspects of what they wish to contribute in the world.

### **Cyrtolite (Var. Zircon with Thorite, Thorosumite And Autunite - Higher Communication**

The elixir of this stone has many capabilities because it is not a pure specimen. These specimens have coexisted, interacted, and have a high level of

vibrational interaction, and it is likely that a significant portion of this will be transferred to the elixir. The elixir will provide individuals a deeper awareness of modes of communication that they have not been previously familiar with.

#### **Danburite - Compassion**

This elixir can have a focusing effect on shifting chakra energies, primarily the second, third and fourth chakras. Thus, a way in which these chakras need to shift can come into a person's awareness. The ways in which someone has loved, used power or worked with emotion can change due to a newly shifted perspective.

#### **Datolite - Soul Ascension**

This elixir may allow one to more easily tune into the vibrations of someone recently deceased. More importantly, it allows one to easily disengage with someone recently passed on so that they may move on to the higher realms. It was utilized in Atlantis to communicate with departed beings who had unfinished business to complete or who had needed information still to impart.

#### **Decrespignyite-Y (Australia) - Expression**

This stone has some useful characteristics at encouraging a series of clear concise expressions from people for each other, a willingness to speak in a way in which those energies will finally be heard, heard when previously there were blocks to this. Although the immediate application for this is in rhetoric through speech giving, the more valuable is in a way in which people can connect with each other and find the right thing to say in the right moment. The ability to share using the voice may extend also into singing, and in particular where singing is improvisational. There can be benefit to the areas of the brain in which ideas are formed, in which people are able to light up portions of the brain, actualize nerve interaction and other capacities that were lost to them through accident. This may also assist when individuals have speech impediment or capacities through damage to the brain to ways in which it is difficult to properly formulate words. It also can be helpful when individuals want to more clearly communicate with themselves, formulate ideas more consciously, become more aware of the underpinnings of what it is that they want to express to others.

#### **Descloizite - Growth Patterns**

This stone can remove negative thought forms that sometimes coat the connection between the aetheric and emotional bodies. This connection can be important where emotional energy is necessary to free oneself, to allow important growth patterns. Temporary blockages between these subtle bodies are related to many teenage difficulties, manifesting as swings in mood, changes in physical appearance, and the development of the physical body. When attitudes get trapped at the emotional level, they are sometimes difficult to work with at a later time. An example is an eating disorder such as bulimia where the image of the physical body is warped. Descloizite may be helpful in correcting this distorted image by releasing the negative pattern that says "I am too fat" or "This is not the body I want." As a result of this release, a new image may be more easily manifested.

#### **Diaboleite - Higher Self Image**

This stone can bring innermost desires into consciousness. These desires can often relate to deeper experiences that have not been acknowledged as necessary. These experiences can relate to specific emotional energies, such as a particular aspect of love or caring or sharing that one is seeking. This stone is very helpful for bringing into consciousness the picture one has of oneself. Oftentimes associated with that picture will be images of one's parents or images from past lives that are frightening or violent. This is related to emotional body cleansing, which this stone is able to accomplish very nicely. By clearing some of the blocks to the emotional body, what begins to emerge is this higher image of an individual's self as it relates to his or her own understanding of purpose in their life.

#### **Diamond - Higher Self Alignment**

All forms of diamond are known as master healers. They are to be used in essence combinations to remove blockages or negativity that can interfere with vibrational remedies. Much of the impact of these elixirs are focalized in the head of higher chakras. The colored diamonds do also have impact with the other chakras. For example, red and or black diamond harmonizing aspects of the first chakra, orange and yellow with the 2nd and 3rd chakra, pink and green with the 4th chakra and white with the higher chakras. This is a general assumption of use, one can always use the combination of diamonds, #126 for a more complete treatment or take them one at a time for a period of days. Diamonds can be used to remove blockages created through disease that curtail life force. So, red diamond may be used to increase a depleted life force within the 1st chakra region, and so forth. Diamonds are especially valuable in removing blockages within the crown chakra and the personality. It is to be used with people or animals that are experiencing anxiety, insecurity and low self-esteem. It promotes clarity of thought and aligns one to thinking at the highest spiritual levels. This is a very powerful elixir that will help to cleanse the meridians, etheric and mental body.

Diamond, White

Diamond, Pink  
Diamond, Black  
Diamond, Green  
Diamond, Grey  
Diamond, Red  
Diamond, Blue  
Diamond, Orange  
Diamond, Yellow

### **Diamonds, Ballas - Subtle Body Blast**

(Ballas, or shot bort, is composed of concentrically arranged, spherical masses of minute diamond crystals. Ballas is extremely hard, tough, and difficult to cleave. Principal sources are Brazil and South Africa. Brazilian ballas is said to be the harder of the two). Many of the crystalline form characteristics carry over. But here there is a particular affect on the nesting aspect of the subtle bodies as if all of the subtle bodies come into closer alignment. But a most definite sequence begins to illuminate itself for the person using this elixir. There is this sense of highest energy percolating or blending through energies at the next lower level as they come down into the causal, then through various other subtle bodies. For most people the sequence would then be through astral body, then mental body, then emotional body, then aetheric body, then physical; but there can be other sequences and other arrangements for some individuals. But the sense that these are nested, one works with the other, as one understands and works with one of these characteristics, then an uncovering and greater depth and greater exploration into the next one and so on. Making the connection of all of these can be a useful tool for many individuals, and these aspects can be felt, so it is as much a sort of kinesthetic experience as it is anything visual or audible. Sometimes there can be awareness of this energy as building up in the physical. It would for most individuals be more useful if they can then use that for healing, sharing, or assisting others, that an intrinsically altruistic aspect inevitably shows up, which significantly enhances the capability of using this energy, one becomes more healed oneself when sharing this healing with others.

### **Diamonds, Carbonados - Enhanced Consciousness**

(Found only in Brazil and West Africa, at least 2.8 million years old, perhaps much older). There are several locations in this galaxy where diamonds are collected, studied, worked with in various different ways. Some of these are areas where there is special emphasis on varieties of space minerals in which the space diamonds hold a very special place. One of the museums is located on the sixth planet orbiting the Sirius binary, and this place has many unique and interesting properties because it is relatively easy to change environmental conditions in this location. Some data that is accepted in your consciousness is blended with a larger awareness being beamed to earth from this museum and this place. Some individuals particularly those with some affinity for some of the nearer stars and the Sirian groupings will have access to this, some sense of familiarity and awareness. Diamond in general can be seen as having many useful healing properties. These have many capacities in association with higher vibration, seventh chakra, many such energies. But this particular, and many of the various black diamonds from space, and many of the diamonds with higher consciousness, will also have awareness of the evolutionary nature, of aspects of what it is simply to be alive. This can be tremendously helpful when one is seeking to clear miasms. Certainly this is one of the well-known properties of earthly diamonds, but here one has a different perspective, an awareness of so many of the properties and characteristics that are outside the realms of the usual pathways of human comprehension and human history. In addition there is awareness with black carbonados diamond of a consciousness of the galaxy itself, of the sharing of energies with the earth that takes place amongst all the stars. It is as if there is a powerful intercommunication that is translated into something far more assimilable, far more understandable. Besides chakra seven, there is much energy and alignment of chakras eight, nine, ten, eleven, and twelve. Some of these energies will inevitably make their way into various aspects of consciousness at

the physical, but there does seem to be generally influence on the brain and all of its aspects, increased ability to utilize minerals by the brain, and much strengthening of anything brain-related. This can of course affect every part of the body, but many of those aspects more specifically relating to brain, particularly the absorption of fats for the building of nerves in the brain is noted.

#### **Diaspore - Etheric Therapy**

This elixir is helpful in bringing energies from one subtle body into another. This may create a "wind-like" experience between the etheric and physical and also between the etheric and mental bodies. This elixir can also benefit magnetic or inert gas therapy.

#### **Diopside – Self-Esteem**

See Enstatite, which has almost the identical properties with diopside though being slightly more yang in it's effect.

#### **Diopside, Chrome – Self-Esteem**

A bit more heart centered than diopside

#### **Diopside, Star – Self-Esteem**

A somewhat amplified version of diopside

#### **Dioptase - Loving Change**

This elixir can dramatically transform one's personal life through a reconsideration of the role of love. It can bring about change from the inside out. Dioptase can relieve stress and tension caused from sudden change.

#### **Dufrenoyite (Switzerland) – Transforming Thought-forms**

This fascinating crystal has capacity to allow you to transform negative thoughts, energies that had previously been shunned or pushed away from your consciousness into awareness to enable them to be shifted, transformed, and not necessarily let go of, but changed in such a way that they provide energy.

#### **Duftite - Shifted Perspective**

This stone is useful for shifting patterns of love that people find in their reality day after day. This can be helpful in working with children who have behavior patterns that the adult deems inappropriate. In the work environment, some may unconsciously create patterns that are difficult for others to work with. No judgment here, simply realize there is a difference in vibration, in approach to a

given challenge in life. What Duftite can do is bring new ways of seeing the same energies, and thus allow individuals a new way to approach these difficulties. Duftite can be very helpful in healing when speaking to an individual about their difficulties, to bring them a new perspective. By the use of this stone, a loving bridge can be created that can show a new perspective so the individual can create their own sense of higher potential, their own solutions. These are not imposed from outside, and thus are much more easily accepted by the individual.

#### **Dumortierite - Travel Stress**

This elixir can ease the difficulty one may experience in the separation from one's environment. It also may reduce the stress caused from automobiles, airplanes and moving trains. A greater understanding of technological development may be available, especially the beneficial uses of electro-magnetic fields.

#### **Durangite – Personal Expression**

This elixir can create a general decrease of anxiety and stress in the body. It helps activate the seven main chakras, with the throat chakra especially enhanced. Personal expression is improved through the use of this elixir.

#### **Dussertite - Conscious Responsibility**

This stone is quite helpful for bringing a new sense of the appropriate way to use power in the world. When one must work with levels of responsibility that are difficult to understand consciously, Dussertite can bring in a new reflective meditative state. This can be especially helpful with diseases that sometimes relate to higher levels of receiving and acknowledging one's own natural responsibility; including asthma and mental difficulties associated with being in a caretaker role. A caretaker sees himself as indispensable to others, and is therefore deliberately dealing with underlying belief patterns about appreciation, such as needing appreciation or seeing appreciation as valuable. Dussertite will combine well with Argon, Neon and Vanadium elixirs.

#### **Eilat Stone – Karmic Understanding**

This elixir is commonly used to integrate thought processes between individuals in relationships. This elixir enables one to better accept the conditions of life especially those relating to one's karmic patterns. It will bring increased inspiration from the higher self.

#### **Electrum – Mental Balance**

This elixir is used to create greater balance in mental or intellectual issues, issues of the heart, and over-sensitivity with third or fourth chakra concerns. Healers can use it to overcome personal blockages. It also cleanses the meridians and nadis.

#### **Ellestadite - Telepathy (California)**

Ellestadite has an intriguing ability to enable individuals deeper telepathic communication in ways that had been previously completely inaccessible to them. Typically for individuals what will happen is they will have a sudden burst of noise on initial taking of the elixir or holding the stone, tuning into it in some way, as if there is a sense of a roaring, whooshing, or even a high pitched ringing sound. At first this is unintelligible and there is little one can do with it. But this will repeat itself and over time what will emerge from this are simple phrases, simple words, and simple ideas. However Ellestadite has no specific in that regard: it can be used for an attunement to any source: the earth itself, rocks, a star, your own body, a particular cell in the body, a cancerous condition in the body or in someone else's body, or an animal or a plant. It can establish this by means that are extraordinary, nothing to do with the physical; it works on a much higher vibrational level, as if connecting to some imprint or soul energy or something associated with the person, plant, or object of this attunement. As the energy moves, it must be translated; somehow this will typically be a stimulation of something in your consciousness, something that is already present, and therefore comes into your consciousness. Of course Ellestadite could be helpful in channeling, allowing you to better attune to various things that you are interested in receiving information from. It can be useful also in psychometry where one wishes to receive communication from objects.

#### **Emerald - Balance**

Emerald balances the heart chakra. This can stabilize the astral body and generally increases psychic and intuitive faculties. It can be quite useful in balancing emotional issues of one's father or paternalistic discord. This elixir assists one in achieving balance in any spiritual endeavor and can alleviate hidden fears.

#### **Enargite - Inner Conflict**

This stone is useful for individuals who are contending with levels of energy that appear to be in opposition. Those who work with the Law of Opposite Expression can powerfully understand these opposites as important reflective qualities in themselves. Issues may be brought more clearly to the surface

about one's inner self, the shadow self, childhood grief or the deeper side of one's being.

#### **Endlichite - Fulfillment**

This stone helps people release false ideas about their love of life. People often have mental pictures that connect the sweetness of life with sugary substances, with sweetness often equated with being loved. Over long periods of time, this can stress the insulin producing function of the pancreas, causing difficulties with absorption and utilization of appropriate sugars. At the higher level, individuals accumulate psychic debris associated with every belief pattern that says life is not sweet, one is not loved, one must pay for love, or one must struggle with these higher energies. Endlichite can help people shift and change their higher purpose in working with these issues.

#### **Enstatite – Self-Esteem**

This is almost identical in its effect to diopside with enstatite being slightly more yin in its effect. They are to be used when there has been abuse from the father. The etheric and astral bodies are strengthened, which centers the self, allowing a greater capacity for self-esteem and lessening insecurity. This elixir can help one develop a loving nature.

#### **Enstatite, Cat's Eye - Self-Esteem**

A somewhat amplified version of Enstatite

#### **Eosphorite - Spiritual Awakening**

This elixir is useful in helping to bridge aspects of time where people have been involved in past and future cultures at high levels of spiritual awareness. The elixir enhances the ability to create these links because it penetrates through etheric and mental densities, which are created by negative thought patterns of group unconsciousness on Earth. Can combine well with Argon elixir.

#### **Epidote - Future Perspective**

Epidote brings enhanced alignment and deeper understanding of the future. Use of this essence can help one to gently release current viewpoints about time and simultaneously gain an expanded sense of time. This can result in a deeper relaxation into seeing the larger picture. The hands are energized with more healing energy becoming available. Epidote brings a more relaxed state to all healing activities, as there is less attention on results or what might happen in the future. It shifts more attention on the heart, on being present, strengthening the awareness that love can be created and shared together.

#### **Epistilbite - Soothing Calm**

This elixir may tend to create, for many, a deeper awareness of violent tendencies and their inappropriateness. At a higher spiritual level there is an awareness of the blending between the animal qualities and the physical characteristics of a person. Individuals seeking a shift toward vegetarianism may benefit from this preparation.

### **Ernstite - Solar Healing (Brazil)**

This stone appears to confer much enhancement of the body's ability to absorb sunlight, to understand more of the nature of the sun. The energies that are particularly helpful to people at the current time have to do with Ernstite's ability to enhance absorption of vitamin D, thus avoiding many of the difficulties that typically occur when vitamin D drops in the physical body. These vitamin D levels are a sort of trigger for different physical experiences in the body; when they drop there can be the sudden signal to the body to go into a cleansing mode for such as cold, flu, or other experiences in which the cleansing may involve the need for various short-lived viruses in the body. By taking the elixir during the time period of significant seasonal change, for instance in winter or fall, or in the reverse, coming into spring, then some of this may be avoided or in several ways modified. This elixir is very helpful in bringing a sense of the sunlight energy or strengthening center of the solar system, solar energy, a very positive uplifting helpful energy, into the spine and particularly the root chakra.

### **Erythrite - Visions**

This elixir is used to stimulate visions, the brow chakra. It also helps improve the ability to interpret dreams.

### **Ettringite - Self-Empowerment**

This elixir helps bring a greater awareness of the flow of energy into people. It can serve as a balancing component to the use of Moldavite elixir. This stone was utilized in rituals involving too much or too little rain. Through its use one may feel a greater sense of the combination of love, power, strength, will, purpose, and spiritual guidance.

### **Euclase - Perception**

This elixir can enhance the ability of people to know the truth in others. There is a concentration of energy in the throat chakra with this stone, thus improving self-esteem. When trying to understand the signature of all life forms, Euclase elixir can be quite useful.

### **Eudialyte - Psychic Abilities**

This stone can bring entirely new forms of psychic energy into people and a

greater flow of energy into the crown chakra. A sense of joy and awakening into spiritual practice and into understanding of previously unknown psychic abilities will be noticed.

### **Faustite - New Realities**

This elixir is helpful for those on a spiritual path who are seeking to break through belief patterns that stand in their way. These may be the belief patterns of others that they have taken on themselves. This can allow one to see what is on the other side of these patterns, thereby providing a deeper life choice. The ability to create alternative realities that are more in alignment with one's soul will be possible through the use of this elixir.

### **Ferberite - Etheric Resonance**

This elixir can be helpful in getting rid of unwanted or unsuitable spiritual entities or forces. It may be useful for those who have had a longtime struggle with drug addiction or alcoholism. This elixir also can allow deeper attunements to a mantra, yantra or meditation-based exercise.

### **Ferro-Axinite - Subtlety and Grace**

This elixir can offer an improved ability to make physical contact with others in massage arts, and in the transfer of healing energies through any technique or practice. Its use can improve sexual response, not only on a physical level, but also in the deeper loving connection.

### **Flint - Spiritual Confidence**

This elixir will bring increased assimilation of all nutrients, which can stimulate tissue regeneration. Flint allows the individual to become more confident and balanced in a spiritual sense. This can allow less focus on the self and more unity with nature and other people.

### **Fluorite - Life Force**

This is a valuable elixir for using with issues about the teeth. This is to be used when there is anxiety, sexual frustration, and hyper-kinetic behavior. With fluorite there can be heightened ability to perceive higher levels of reality. There will be increased assimilation of life force into the physical body.

### **Franckeite - Perseverance**

This stone appears to be useful in working with the understanding of how work is to be accomplished in the world, how people are able to be given tasks and work with them over a long period of time. This may be influenced to some extent by the planet Saturn. Those with Saturn forming important astrological aspects, particularly oppositions, squares, or even in some cases conjunctions or trines, would do well with Franckeite. It will also be of some benefit to utilize for those who seek to work in a group for a larger task that they know is difficult. There is some tendency here also to release certain components of the heavy metal miasm, particularly where lead is involved; but this is relatively minor unless the individual also shows that tendency towards attraction of rather

difficult tasks to their lives. Obvious benefit here is to use in combination with starlight elixir Polaris for this willingness to stay on track and work at these higher levels.

### **Fuchsite - Purpose**

This elixir brings a deeper insight into the ways that evolution has been affected by one's thoughts. Alignment and harmony with one's life purpose will be positively affected through its use. Fuchsite helps to create a clearer image of oneself in the future. This elixir helps one to perceive the future and act on it. It will bring about an awareness of time displacement and time travel.

### **Galena – Spiritual Growth**

Use this elixir to alleviate emotional problems that block spiritual growth. There can also be an improvement in the regulation of breathing, especially during meditation and creative visualization. Male and female attributes are balanced with Galena.

### **Garnet, Andradite (Melanite) - Karmic Beliefs**

This stone has helpful properties at encouraging individuals to let go of beliefs that have stood in their way karmically in the past. This is often one of the greatest difficulties of karma when through an emotional way, repeatedly utilizing emotions without very much conscious thought lifetime after lifetime, emotional patterns get stuck, even once you have balanced the karma, even once you have become aware of the karma or the past-life energy, or even when you know at the deepest level that those belief patterns no longer serve you, they resurface, they show up in ways that are difficult for you to understand, they manifest for you in ways that seem to stand in the way of your own progress.

### **Garnet, Black (var. Andradite - Melanite) - Karmic Beliefs**

This stone has helpful properties at encouraging individuals to let go of beliefs that have stood in their way karmically in the past. This is often one of the greatest difficulties of karma when through an emotional way, repeatedly utilizing emotions without very much conscious thought lifetime after lifetime, emotional patterns get stuck, even once you have balanced the karma, even once you have become aware of the karma or the past-life energy, or even when you know at the deepest level that those belief

patterns no longer serve you, they resurface, they show up in ways that are difficult for you to understand, they manifest for you in ways that seem to stand in the way of your own progress.

### **Garnet, Demantoid - Inviting Transformation**

Demantoid Garnet also has opportunity to invite transformation and release karma, but here there is a special focus on the ability to understand the habit patterns associated with the transformation of matter into form, the ability to work with that which you have learned, and then take it to a higher level, and to expand this, to do it in ways you could not have imagined.

### **Garnet, Grossular (Pink) - Enthusiasm**

Garnet, Grossular (Pink) - Enthusiasm This form of garnet has some unique properties to confer a sense of exuberance, enthusiasm, and a capacity to inspire this in others. More importantly though, it helps individuals come to a deeper understanding of the very nature of enthusiasm and inspiration, allowing them a better sense of what is possible for themselves.

### **Garnet, Hessonite (Orange) – Earth Attunement**

With this elixir the heart chakra and the chakras in feet can be opened. This enhances attunement to the Earth's magnetic flow. For those who are not comfortable on the Earth plane use this elixir.

### **Garnet, Rhodolite (Red) - Ethereal Fluidium**

This elixir can help with the alignment of the astral and etheric bodies. This may also create greater flexibility in the skin's tissue and an increase in the absorption of nutrients. It can relieve some nausea during times of detoxification.

### **Garnet, Spessartine (Red) – Spiritualizes Emotions**

This elixir can have some positive impact on the blood. It can be well utilized for sex-related psychological disorders and disease. People who need this tend to be self-centered and reclusive. There is an activation of the willingness to serve others and still remain conscious of the self. This elixir can spiritualize and uplift the emotions.

### **Garnet, Star (Red) - Spiritualizes Emotions**

A more amplified version of Red Garnet.

### **Garnet, Tsavorite (Green) - Health Awareness**

This elixir can give some assistance to people to accept self-healing. It will continue to reinforce energy of healing after a therapeutic session. It can offer an enhanced ability for people to understand the life lessons and purpose behind their health difficulties. There will be some stimulation of the third eye through its use.

### **Garnierite - Perspective**

This elixir can assist one in their ability to create perspective. This comes from multiple dimensional levels, simultaneously, which can allow individuals several different paths. When considering a difficult situation, seeking a different point of view or finding another way of feeling things, this stone can be useful. Taking this elixir, 1/2 hour before bed can produce a blending, during the dream state, of various past and future energies. A greater ability to laugh at oneself may result. This elixir can help people who are from vastly different backgrounds with different languages to communicate.

### **Gaspeite - Out Of Body Awareness**

This elixir can be useful in the "pulling out" of consciousness from a physical vehicle, assisting in such techniques as remote viewing, remote healing or psychometry. It will help the physical body maintain a high energetic state while the consciousness is moved out of the body. With Gaspeite there can be a deeper awareness or merging with the energy of God. It combines nicely with Silver elixir.

### **Gearsutite - Teaching/Learning**

This elixir can assist those with submerged teaching abilities. This elixir is useful for writers of manuals or short stories. It is particularly useful for both parties in "one to one" teaching situations. For those who seek to heal with music or with teaching and communications this stone is highly recommended.

### **Gem Silica - Psychic Comfort**

This elixir can increase the ability to transfer energies from 3rd to 4th dimension and back again. Thus, it helps to release creativity and increase intuition. This stone helps unfold one's psychic gifts with ease, grace and joy.

### **Getchellite - Earth Connection**

This elixir can generate several useful connections between the Earth's center, her central sun, and the healing capacities in people; particularly those focalized in the 1st and 2nd chakras. There is also a strengthening of awareness of non-physical beings in a very protective way for most people. Many non-physicals that have the inadvertent or accidental quality of harm to people will naturally be more easily repelled in the presence of this mineral elixir. With Getchellite, there can also be found a benefit with the energies of the feet and legs, so this elixir may be valuable for those involved in running. A greater aetheric sight is possible to increase especially into the lower

dimensions. This elixir may combine nicely with Betelgeuse elixir.

### **Glass (Fulgurite) - Focus**

This elixir enables one to focus thoughts of a more immediate nature to the individual. There may be improved assimilation of vitamin A and vitamin C.

### **Glauberite - Touch - Camp Verde, Arizona**

Glauberite appears to confer the ability of human skin to receive information more directly from the environment. This appears to shift how you interface with the world, affecting sense of touch, sense of embrace, willingness to receive information from anything you should touch. Psychometry does appear to benefit from this, the capacity to receive information from objects. The ability to communicate with objects is also enhanced; though this does not seem to have much in the way of direct use, some individuals particularly those involved in art where they are sculpting, changing the shape of various materials, will certainly benefit from use of Glauberite. It also appears to have enhanced capacity to bring various aspects of healing touch into deeper awareness for most people. A sense of this eventually gives way to new forms of healing touch, new methodologies, and new ideas. These are constantly coming to the planet with all kinds of new ideas, new methods, but each individual needs to find for themselves something that they are going to be inspired by, that is fun for them, that enables them easier, deeper awareness of the sense of touch. In particular, exercises that bring in a visualization, an awareness of the movement of energies in the skin may be assisted greatly by Glauberite. One excellent exercise is the visualization of a sensation of brushing such as with a soft-haired paintbrush across the skin's surface, an awareness or welcoming of such all over the body can be very stimulating to the aetheric body, bringing in a deeper sense of one's own direct contact with this. In this sense, Glauberite can be helpful at enhancing astral projection. As one falls asleep, the visualization of the energies of this brushing nature, sensing it all over the body as a stimulating helpful strengthening energy, as if to wake up the aetheric body. And the

way in which these energies then form in sleep a second body, a traveling body, the typical understanding of the astral body, and the awareness that this then has a physical contact to your physical body can be a helpful visualization as you fall asleep.

#### **Glaucozerinite - Breakthrough**

This elixir can strengthen healing energies in a person, especially with hands-on healing or remote psychic healing. It can assist people moving through various issues that may block them. Therefore, this elixir may help some to break through extreme blockage and areas of unconsciousness or misunderstanding with others, deep fears, etc.

#### **Goethite (Colorado) - New Awareness**

Oftentimes, individuals will find the sense that areas they have studied or worked with for receiving useful information, understanding, can reach a place where the ability to work with it slows down, requires a shift in thinking, comes to a whole new way of being, they have the sense that this is there but they cannot find it.

#### **Goosecreekite - Group Effectiveness**

Goosecreekite encourages a shift in consciousness to encompass an awareness of higher vibrational levels of manifestation in group consciousness. This includes the awareness of how a group could be better organized and how people could work together in a more conscious fashion. At the same time this elixir helps to make higher contact with the secondary group of guides and helpers that will also interact when people work in groups together.

#### **Gordonite - Wave Form**

This elixir can speed up conscious processes, which assist in the assimilation of new forms of thought, new types of religion or new ways of working with spiritual information. Its use can greatly enhance the understanding and function of flower essences on the physical body. Gordonite will generate a greater sense of purpose and easing of difficulties for some working with Saturnian energies.

#### **Gormanite - Group Coordination**

This elixir helps in creating mergings and blendings of important energies within the consciousness of people, sometimes these energies relate to the dark or to the light side. It helps to increase an awareness of many of these energies simultaneously. This can be especially helpful in dealing with the various negative or positive contributions of people within a group. In the presence of someone else with a certain psychic ability, by taking Gormanite, your ability in

this particular modality will be enhanced.

#### **Goshenite - God Connection**

This elixir can powerfully improve many psychic functions to integrate, coordinate and open the sensation of the connection to God. This can be helpful for to receive channeling from Elohim, from kingdoms of beings that seek only the highest and best for humanity, from the collective unconscious, or from God directly.

#### **Grandierite - Grounded Spirituality**

Grandierite has some interesting properties with its ability to confer a deeper sense of wisdom and love to an individual without their direct awareness of this process, as if it is just supplying them an energy that they would need. Many people are on a spiritual quest because at an unconscious level they are seeking to balance some karma or feel the need at some level to increase their own inherent wisdom, their own inherent love. Such individuals will often appear to others as spacy, people who though they are learned, involved in various aspects for instance of gems and flowers or healing, are unable to ground or work with such an energy in a conscious fashion. This occurs, it would seem, because they are unable to well-integrate the aspects of more concrete linear communication with the subtler energies that they are aware of. Grandierite can help these individuals greatly by enabling them to anchor and bring through both of these aspects. It does tend to assist with left and right brain, but it is not from the brain onward, it is rather from the causal body and higher spiritual functions downward that these energies are transferred. Grandierite's real purpose in allowing this for an individual is an opening to the blending of the love energy with the thought energy in a way that is quite usable to the individual; usable means at the soul level, not just the physical level, and not just in the Earth level, that is for mundane activities or interacting with others.

#### **Granite - Regeneration**

This elixir can heighten the body's regenerative properties, especially when used with magnetic healing. It will help to improve nutrient absorption.

#### **Graphite - Clarity**

This elixir can strengthen bone tissue especially alleviating problems existing at zero gravity. May assist the transformation that occurs for astronauts of a spiritualizing nature.

#### **Guilleminite - New Learning**

This elixir can enhance the capacity to connect with others with telepathic abilities. There can arise a greater ability to learn other methods of love, communication and other ways of enjoying life. This could be helpful for those learning new techniques, thus it can be helpful in school. The elixir can strengthen one's ability to speed up karma in one's own life, to bring in issues a little more quickly. Often this will require someone to stretch. This can combine

nicely with Ulexite and/or the planet Uranus elixirs.

### **Gypsum – Awakens Kundalini**

This elixir can improve tissue elasticity. This is especially important during pregnancy and for people gaining or losing weight. Gypsum creates the ability to release tension, activate higher creativity and awaken the kundalini. Increased flexibility will develop and fears involving male sexuality are eased.

### **Gyrolite - Earth Healing**

This elixir is helpful to use in groups of people, coordinating energies for the purpose of healing, especially for emotional healing of an individual or group, even for the grid or chakra points of the Earth.

### **Halite (Salt) – Cleanses Negativity**

Depression is eased with halite and there is a general strengthening of the meridians and nadis. There will be a cleansing effect upon any negativity within the personality. This elixir will also increase clairvoyance, telepathy and receptivity to healing.

### **Halloysite - Communication**

This elixir brings greater awareness to the sense of communication with people. It can assist in the ability to hear oneself, to observe the process of communicating. This can affect one's ability to perceive, hear and work with words. It can also affect thoughts, to see the essence from which they come. A greater inner understanding of the Law of Thought and Speech can be achieved. A sense of joy in the ability to speak can be realized from taking this elixir.

### **Hancockite - Earth Attunement**

This stone is quite valuable in strengthening physical processes, including deeper attunement to Earth energy. It can be helpful in agriculture for understanding and working with plants and animals. Individuals can perceive ecological systems on a larger level and see their relationship to them. This stone can be somewhat grounding for individuals, as it tends to open the root, second, and third chakras. It is also quite useful for individuals who are seeking to understand their own connection to nature on any level. This stone can be valuable for tuning into some of the earliest aspects of the Lemurian civilization, the bringing into form of humanity. Hancockite helps one attune to past lives and deeper awareness in a relaxed and easygoing manner, allowing visions and images from the past to easily come into form. Hancockite can also bring greater expression and ease to simple music performed with a single instrument.

### **Hausmannite (Kalahari, South Africa) - Flexibility**

There is important attribute of flexibility enhanced

by Hausmannite, capacity to perceive things from multiple angles and immediately apply this. Many applications where there is lack of flexibility in the physical body or when one wishes to enhance flexibility of the physical body appears to improve immediately in use of Hausmannite in its elixir form. However there does seem to be an enhancement of higher vibrational levels, flexibility of the mental body, ability to learn languages perhaps, or to break through previous obstacles. But at the higher vibrational level it is flexibility in your awareness of God, of all of the forms of God, of all of the ways in which God's energy manifests to you, all of the aspects in which you can receive this and know it as others might. Where this can be particularly valuable is noting where in the physical body flexibility has important symbolic meaning for you, where it is blocked perhaps because of back pain or stiffness, or various aspects of the hip or knee, or parts of the body where commonly flexibility is reduced. As one is able to shift the relationship to this, one often can get the deeper lesson more clearly and easily, and dislodging those lessons, seeing where you could be more flexible in your approach, in your attitudes, in how you work with others and so on, often has a gradual trickle-down effect, clearing those issues that might be ascribed to arthritis or various lack of flexibility diseases, but as one would use Hausmannite one would see this speed up and the deeper lessons show up more easily. Combines well with clear calcite for improved physical flexibility.

### **Heazlewoodite - Wisdom Keeper (Tasmania)**

This stone was used in ancient times, by a person who was designated, by the Lemurian group, as a "keeper of wisdom". The stone will tend to provide a sense of inner wisdom or inner peace for individuals who are open to the idea of receiving deeper wisdom. After taking the elixir, one may notice a gentle pressure in the third eye region or a gentle movement like a light breeze through the head region, and then at some later point, it could be even months later, a sudden sense of idea, purpose, help to others, some

way in which one steps forward with that wisdom then naturally shows up. The first of these is to confer on anyone a deeper sense of wisdom out of time, a willingness to be patient, to allow things their own way, to recognize others who are the keepers of the wisdom for your tribe, for your people, your organization, your group, your community, your company, etc. The second quality though is for those who find themselves in positions of being the keepers of the wisdom for the group, those who must make decisions for others, those who have decision-making thrust upon them. For them, Heazlewoodite gives to them a sense of the timing, a willingness to wait, a new opportunity to receive wisdom, new areas to explore and integrate, as many energies from many different sources are simultaneously available to them. But most importantly, it confers upon them the sense that it is ok at times to wait, that they do not have to be swept up in the fury and the energies of those who are frantic or who want things to be changed, or in the more negative sense, are producing fearful energies for their own purposes. In other words, as this awakening of your own inner wisdom shows up, you are more willing to trust it.

#### **Hematite - Vitality**

The focus of this elixir is on all issues of the blood. There can be an easing of low vitality and low self-esteem. May improve capacity for astral projection.

#### **Hemimorphite - Sound Healing**

With this elixir there can be some attunement to the understanding of Earth's own energies, often those occurring in nature as audible, the spoken words of nature itself. There can arise a possibility for true communication with nature through the spoken word, chanting and even in the way one receives the sound patterns of wind movement, water or even the sounds preceding an earthquake.

#### **Herderite - Calm**

With this elixir, balance is restored in erratic emotional behavior. This extends from depression to ecstatic states. General sensitivity and clairvoyance also increases. This is a generally calming elixir.

#### **Herkimer Diamond – Cleanses Aura**

This elixir will help to balance the personality, to cleanse the aura and subtle bodies. It helps to ease stress and improve the memory. There is an

increased ability to stimulate clairvoyance, healing abilities, and the ability to give.

#### **Hessite - Time Shift - Romania**

Hessite has interesting abilities to speed up time, to shift one's relationship to time, to bring areas that were formerly out of time into time. Where this makes sense is where in a parallel universe various things are occurring that are similar to what is happening in your universe, and at some point these need to be brought in, need to be understood, need to be worked with. Time is a relative phenomena, something which for humans is seemingly absolute by outside reference such as watches, clocks, etc. But inside, in people's consciousness, the ability to slow down time or speed it up, to learn things more rapidly, to relax more deeply into places of peace and energy that is healing and helpful, these are all benefited greatly by your understanding of time. Hessite gives you the greater insight to work with this, greater psychic abilities to understand these movements, and the ability to perceive the many paths that are available to you in future time. Many awarenesses shift as you work with this stone, and it becomes very creative, ways in which you can do things differently, bring in entirely new energies literally from a parallel universe, work with aspects that you had previously shut out, work with energies that can be valuable in ways you had not previously seen possible. As this expands within your consciousness, you begin to recognize that you had assumed that many of those things that appear to be confining, aspects of deadline, of doing things within a certain time frame, are there self-imposed, are those areas you brought in because you had some particular goal, some issue, something you wanted to do. Hessite has many capacities to encourage communication with higher evolved extraterrestrial beings. The very aspects of this are confusing to humans when you gaze upon the stars. You are perceiving the light from the star, its color, its appearance, even its location as reference to how it was when the light was emitted. For close stars this is a small discrepancy from where the star is in

actuality right now, but for the very far away stars, this is a significant aspect of confusion to consciousness. Yet the idea is that the beings on those stars, the planets orbiting them or the stars themselves, have for you communications that are based on now, on their present level of development, and most importantly your present level of development. Hessite eases this discrepancy, allows you the sense of these beings as they can work with you right here and right now, and points out to you the influence in consciousness, creativity, and possibilities that they can bring you. Sometimes this can be inspiring for inventors, for people who are seeking new discoveries or seeking to understand archeological or other ancient phenomena, bringing into your consciousness a different point of view and a different relationship to time entirely.

#### **Heterogenite - Earth Connection**

Its primary use is to awaken the mind to a level of love and natural being-ness that embraces the Earth, allowing one to listen more consciously to Earth communications. This is particularly helpful for individuals who generally work more with the mind, through reading or learning by intellectual means. Heterogenite helps to awaken and strengthen our connection to Mother Earth; as her energy becomes more available, specific communications may begin to come through. Strengthening of first and second chakra generally leads to greater awareness and opening of sixth chakra. Therefore, the connection between one, two, and six is strengthened by Heterogenite on many levels.

#### **Heulandite - Loving Heart**

This mineral is able to shift the balance of love as it is created in the heart area. After releasing any energy that may be stuck, the energies of the heart become more available as one consciously wills this awakening at the physical level. It is able to strengthen the creative functions of love itself, which extends outward from the heart region. This forms a radiating energy that has many useful and healing capacities, continuing long after a given exercise or meditation on the heart. It allows a receptive state of loving both before and after any exercise to awaken this chakra, by creating a bridge through time utilizing these energies of love. This allows one to more easily love and awaken loving energies in other people. Many civilizations associated with the creative power of love have poured their energy and compassion into the center of the galaxy to make this available to all. Starlight elixirs associated with the center of the galaxy coordinate well with Heulandite elixir.

#### **Hiddenite – Tissue Regeneration**

#### **Huebnerite - Inner Child**

Deep-seated fears and abilities are brought to the surface with this elixir. How others perceive someone is made clearer. Thus, individuals see themselves more clearly. Difficulties and struggles may be viewed in an entirely clear light. In a counseling situation, deep emotional feeling, childhood memories and bodily sensations can be worked with in an enhanced manner. This is especially true during times of Mercury retrograde.

#### **Ilmenorutile - Multi-Dimensional Awareness**

This crystal appears to have useful capabilities in enabling people to better understand multi-dimensionality, having the sense of their own vibratory energies pushing them towards higher dimension. In particular for most people, this will be a sense that they are connected to some collective consciousness, some awareness of all that is, some aspect of humanity that is connecting to every human in some way; the sense that this is innate, that it is always present, that it can be better and more easily tapped into at any time.

#### **Inderite - Purity of Insight**

This elixir appears to amplify thought forms that are related to the highest and most positive vibrations. In working with any thought form, the higher purpose, understanding and God-level awareness of those thoughts will emerge. Inderite can combine nicely with Sirius starlight elixir in the transformational process of bringing greater purity of love, light and awareness into the healing process.

#### **Inesite - Perspective**

This elixir has an ability to bridge widely different principles into consciousness. This is to be utilized for those seeking new avenues of thought, looking at new techniques of healing or invention. It is also recommended for those who seek a sense of humor and perspective about what goes on in the world.

#### **Ivory – Inner Discipline**

This elixir stimulates healing, flexibility and emotional balance. Inner discipline and a proper sense of self-sacrifice develop with its use. Anger and frustration ease, and the meridians are balanced.

#### **Jade, Black – Altruism**

Emphasizes the lower centers.

#### **Jade, Brown – Altruism**

This elixir stimulates musical talents, higher love, and a sense of altruism. Articulation, especially within the family, increases. Use for attunement to the

Earth. Courage, wisdom, sensitivity, psychic abilities, and past life talents develop with its use.

#### **Jade, Lavender – Altruism**

Emphasizes the higher centers.

#### **Jadeite – Plant Growth**

Use in agriculture, especially with plants to stimulate their growth. It also activates attunement to the devic realms.

#### **Jamesonite - Amplification**

This elixir has the peculiar property of preparing the chakras, nadis, meridians, and subtle bodies to approach perfect alignment with each other, without actually completing this alignment. In all instances, it should be added to any combination of elixirs for added benefit.

#### **Jarosite - Earth Attunement**

Jarosite strengthens a deeper contact with Mother Earth. It also brings into consciousness the relationship of Earth to other planets outside the Solar System. One can tune into solutions of some difficulties on Earth through the experiences of other lifeforms. Some of these difficulties may be those of pollution, waste removal, interplanetary travel or difficult extraterrestrial contact. A deeper attunement to Earth changes, earthquakes, shifting weather patterns and volcanic action can be felt and impacted through people using Jarosite.

#### **Jasper (Green) – Healing Abilities**

Use this elixir to promote healing on all levels. It increases clairvoyance to sense the chakras more effectively and aid the healing process. It balances the healer's auric field and activates the intuition. This is a general tonic in massage. It helps to reduce anxiety in healers. This is a good remedy for anyone to take for it has a powerful cumulative healing effect.

#### **Jasper (From Idar-Oberstein) – Increased Sensitivity**

This elixir is effective against all invading toxins. The heart chakra is aligned more in association with the thymus, while the meridians are strengthened. One's sensitivity increases.

#### **Jasper (Picture) – Past-Life Recall**

Picture Jasper can be used for past life recall of traumatic events affecting one's present life. There is stimulation of the psychic faculties and of soul recall. Hidden fears, deep suppression of the subconscious, over activity of the dream state, and hallucinations are psychological patterns exhibited by people needing this elixir. This elixir stimulates psychic faculties and soul recall. It brings increased information from the higher self.

#### **Jasper (Red) – Yang Activation**

This elixir helps to open the throat chakra, cools intense mental states like anger or rage, stimulates insight into things, and activates yang energy.

#### **Jasper (Yellow) – Ethereal Fluidium**

This stimulates the entire endocrine system with the petrochemical miasm being eased. The etheric body is slightly aligned which strengthens the ethereal fluidium surrounding each cell.

#### **Jeremejevite - (Lake Baikal, Russia) - Enthusiastic Marketing**

Important qualities of enthusiasm and exuberance can be strengthened in some individuals as a result of this stone. The elixir may bring to individuals a better understanding of this energy, and be very helpful to them in, of all things, marketing. That is to say, some of the innate or natural qualities that are within you are then those things that other people respond to. Marketing brings this out. It may not be the thing that you want very much because of its many associations to money or to various issues that might be in various ways distracting from your spiritual path, but at the same time marketing is an important part of the spiritual path. How do you learn about these paths, the various teachers or gurus? What books will you read about such matters, and how will they be brought to your door? In some cases this comes through seeming coincidence, but in other cases it may show up through aspects of marketing, ways in which people are advertising and sharing their information, showing who they are, communicating to the world. This stone allows individuals not only to work with things more intuitively that are brought to them, but find within those things that enthusiastic aspect, that aspect that awakens them that is fun, that is exciting, that is interesting. Conversely when they are seeking to market, to bring out into the world their own energies, what is intrinsic in their nature of that which is fun, exciting, helpful to others, enjoyable--to be able to crystallize this and speak of it, to bring it into consciousness in ways that you can share it with others, and to do it in such a way that it is then acceptable to you.

### **Jet – Emotional Balance**

Jet eases anxiety and depression, especially manic depression. It also awakens people to their higher selves and increases clairvoyance. The base chakra is opened and the emotional and etheric bodies are partly aligned through the use of this elixir.

### **Kaemmererite – Personal Expression**

This elixir links the brow and throat chakras together to better express spiritual experiences and improve personal expression.

### **Kasolite - Inner Radiance**

This helps in the enhancement of the state of joy between those in a relationship. This also may bring up old issues and patterns between people to be dealt with. It strengthens remote viewing and remote healing.

### **Kermesite –Life Force**

This is an alchemical stone that stimulates alchemy in the esoteric anatomy. It stimulates the psychic centers in the medulla oblongata for increased intake of the life force in key centers like the feet and hands.

### **Kinoite - Sound Healing**

This elixir can improve certain modes of communication. Toning and healing through sound are enhanced. Group toning or singing is also improved. It can be utilized for better communication in public speaking or lecturing. Combines nicely with Blue Tourmaline and/or Azurite elixirs when the throat is stressed. Many hidden abilities using the voice are improved through its use.

### **Krupkaite - Loving Bridge**

Krupkaite elixir can simultaneously energize the interconnections between many systems. This will tend to intensify one's sense of purpose, creating greater DNA resonance, which will begin to dissolve blocks in consciousness. It will focus on heart energy and the ability to express love in unconventional ways, resulting in deeper connections to others. The energy pouring forth from the individual will be felt as warmth or vibration. Over time this may be quite healthful and strengthening for the entire circulatory, muscle and skeletal systems. This elixir encourages greater acceptance and trust between individuals, thereby enhancing communication. One will feel a deeper awareness of God's love moving through. At the highest spiritual level there is an intensification of one's ability to work with the energies of love. This may create a sense of deep contact with mother Earth herself, with one's soul, or with the soul of another being. This stone was helpful in Lemurian times for attunement to the stars and is helpful in the communication process with beings from other systems. It will combine well with any single starlight elixir, and can also be helpful with planetary essences, except Mars. Krupkaite elixir will combine well with Krypton elixir for improving the nervous system.

### **Ktenasite (Norway) – Hidden Ideas**

Ktenasite has some interesting properties at bringing hidden ideas into consciousness. Often these are perceived as from past lives, things that are important, governing your life, tendencies, things you move towards without consciously being aware of it. But also these can be other ideas. The most important ideas that could be seen as hidden that need to come to light are those from the intermissive period, the time before you were born, you thought of many of the things you would be doing here, the people you would meet, the contracts you would make. These are the things you need to understand or work with, the aspects of consciousness you need to learn about, the things that you are going to do here, not as contracts but as a concept, as a thought, as a belief, as an energy that you need to bring powerfully and clearly into your understanding. As a result of this important way in which Ktenasite is able to bring these ideas into consciousness, dreams may be affected. Dreaming after some influence from this stone, by having the stone near you as you sleep or using the elixir before going to sleep. It may take a few days as the astral body is shifted, over a period of about three days these energies begin to build, and the result can often be an energy that is pouring these ideas through but at a very high vibrational level so you don't get them so easily. Sometimes in the dream state this is easier. As the dreams come, you become aware of a way of thinking or seeing, some way in which you can talk to others or do things differently. This can have a strong emotional impact. Some people may find when they awaken from such a dream there is a feeling of emotional upliftment, a sense of euphoria just when thinking about the dream.

### **Kunzite – Self-Esteem**

With this elixir the heart chakra is opened, spiritual self-esteem improves, and the etheric body is strengthened, making it easier for the life force to enter the subtle bodies.

### **Kunzite, Cat's Eye - Self-Esteem**

A more energized version of Kunzite.

### **Kutnahorite - Life Lessons**

This stone is helpful for several levels of cleansing and strengthening throughout the physical, emotional, aetheric, and mental bodies. It is quite useful in bringing into focus important life lessons that individuals are not consciously aware of or have set aside. These often relate to suppressed areas of personal growth or deeper understanding. Utilization of this stone would be extremely helpful with chronic health conditions where an individual is aware that there is a life lesson that must be worked on. The same energy that could create the growth of a virus or of a tumor in the body can be redirected into energy of growth for one's own personal evolution, awareness, understanding, and awakening. This stone really shines in its ability to re-route energy. Kutnahorite elixir in combination with Xenon elixir is helpful for bringing new energy into the body where growth is needed, particularly in the skin, the nerves, the hair, and in the bony structures of the body. Kutnahorite combines well with Krypton elixir for deeper understanding of the life lesson behind a difficult disease.

### **Kyanite - Expression**

This elixir assists in the creation of positive expression through the voice, through singing, play and dance. For those involved in performing arts, it can help one stay in character longer. Kyanite can be useful for easing stage fright. It will create a greater connection between the performer and the audience.

### **Kyanite, Orange (Tanzania) - Emotional Expression**

There does seem to be some benefit with individuals able to better understand and work with all the lessons that they receive, particularly from their own emotions as they are healing and strengthening. But beyond this, most of the same attributes to blue forms apply. These attributes include positive expression through the voice and better stage presence with less fear of performing. This elixir will have the impact of bringing authentic emotions to a performance creating greater audience impact.

### **Labradorite – Childhood Issues**

This elixir aids people in removing long-term grudges and emotional problems especially from childhood, and less from past lives. It is often helpful to use with Reichian work.

### **Labradorite Spectrolite – Earth Attunement**

This elixir opens chakras in hands and feet so it is good for healers and attunement to the Earth's magnetic flow. The meridians are opened through its use.

### **Lapis Lazuli – Communication**

This elixir helps people to communicate who they are, and speak their truth. It will help to open the throat chakra. Use it to improve meditation and higher self-attunement. Lapis Lazuli can alleviate old emotional upset and anxiety.

### **Larimar - Earth Harmony**

Creates a sense of relation and understanding of what is occurring on planet Earth, politically, geologically and emotionally. Greater recognition of the Earth as a living being. Can help to attune one to the energies of dolphins and whales.

### **Laumontite - Christ Principle**

Use this elixir to create an increase in the brain's vibration thereby an increase in the cumulative effect of Christ consciousness. There is a greater connection possible between one's heart and the Sun. This stone help to alleviate anxiety concerning higher levels of consciousness and evolution.

### **Lava - Enthusiasm**

Lava has some unique capacities to resonate and work with sound. It also has the ability to assist people in working with extremes of all kinds. This may include extremes of a psychological nature, those in extreme difficulty or those who are stretching themselves. Working on the outer edges, some may need to realize the middle path. Lava can assist those who are working on rage or repressed emotion. These emotions with the help of lava can be transformed into enthusiasm, excitement, play and even a creative urge. Lava can be used to tune into the inner Earth in a very unique manner.

### **Lavendulan - Higher Purpose**

This stone is quite helpful in increasing the vibrational rate of the connection between the soul and the DNA in the body. This can be especially helpful for healers seeking to shift or change DNA in other people. This usually works through four stages, one at a time. First it brings forth the consciousness within the DNA. Thus the individual presents a very simple picture, such as a willingness to live; and then an awareness of important basic lessons, such as an understanding about love, communication, relationship, or dependence on oneself. The next level of awareness is the resonant pattern created by all the vibrating DNA molecules within the person. The healer who has utilized Lavendulan is able to create an energy that can interact with the complex waveform in the other person. The third stage is the merging of the healer and client's energies, which also allows the higher purpose for the interaction between these two individuals to emerge. Finally a deliberate separation takes place, and the energies left with the client are able to continue the healing process on many levels simultaneously, over time. This stone was utilized in Atlantis in many forms. This stone is closely linked to the beings associated with Alcyone and many of those working with Pleiadian information and awareness at this time. The connection between the resonance and changes in the body got their start in Atlantian times as a result of conscious interaction with beings from the Pleiades.

### **Lazulite - Courage**

With this elixir, anger, frustration and general hypertension ease, and courage develops. Courage is the individual being as willing to endeavor into activities based upon spiritual values.

### **Lazurite – Amplifies Thought-forms**

This mineral stimulates visions at the 6<sup>th</sup> chakra level. It has thought form amplification properties approaching the level of quartz. The elixir can help to stimulate a personal system of symbols or to create mantras for individuals. Lazurite can stimulate artistic creativity.

### **Leiteite - Self-Understanding (NOT ON WEB)**

This stone has interesting properties at bringing through a new understanding of oneself. It can gradually allow the individual to create a second or third image of oneself that can bring far greater clarity into the aetheric and mental bodies. As one works with the elixir, one becomes much more aware of oneself, understanding how you appear to others, how you would be seen energetically. What begins to emerge is a sense of how ones subtle nature influences your interactions with others.

### **Lepidolite – Mood Enhancer**

This elixir helps to reduce anger, hostility, and unreasonable fears, transforming these emotions to a more positive state. The third chakra is balanced with the use of this mineral.

### **Lepidocrocite – Transforms Negative Emotions**

#### **Libethenite - Releasing Sadness**

This stone is helpful for clearing emotional blocks relating to emotions of sadness and grief, or where there is an anticipation of loss. This can be helpful when contemplating spiritual concepts and seeing how these concepts may cause disruption in one's family, friends, or other relationships. At a higher level, there is an acceptance of energy of beauty, compassion, and caring that emanates from God. This energy has within it some sadness at the great difficulty that human beings have gone through on Earth to get to the point where they are now. This stone is helpful for those who have difficulty being in touch with the energy of sadness. In their own way of expression and awareness of emotions, sadness sometimes moves through the higher extraterrestrial civilizations, including those of Aldebaran, El Nath, Fomalhaut, Antares, Arcturus, and the energies more closely associated with humanity at the current time, including those from Andromeda, Sirius, and the Pleiades. A sense of the human condition and understanding what people are trying to accomplish, may move through them. When contemplating Earth, individuals from these other worlds are not able to know or express this emotion; but as a group, significant amounts of this energy are sometimes present. Thus Libethenite elixir combines well with many starlight elixirs, particularly where

one wishes to grasp the higher energies that these civilizations wish to promote in people.

### **Limestone – Self Healing**

Limestone aligns the lower two chakras as well as the emotional, mental, and etheric bodies. This stimulates creativity and promotes sensitivity. Creative visualization to promote self healing develops from the use of this elixir. It also increases inner discipline, especially regarding spiritual practices. Hidden fears are eased through its use.

### **Linarite - Sexual Bonding**

This elixir offers someone greater ability to put into action what one is feeling in one's heart. There is an increased understanding of higher sexual principles available. What will result is a deeper sense of the balance between desire, lust and a willingness to bond, creating things together and the sharing of beautiful and helpful energies. Linarite may assist telepathy.

### **Liroconite - Focused Healing**

This stone appears to be of benefit to those who are seeking a deeper heart connection to increase the ability to instantaneously project healing energy to others. Liroconite seems to be able to project such an energy, assisting individuals in focalizing, almost creating a laser-like beam of such joy, such awareness, such concentration. This does not have to be in the heart center, of course, the healing methods that move through the hands or the third eye or even those that are visualized as coming from remote source are affected. For those individuals receiving and working with such light who wish to change belief patterns as to how much of God's loving joyful healing energy they are willing to accept and work with on their own can benefit from this elixir. It would combine well with any regimen to bring more energy into the physical vehicle.

### **Lodestone (Negative/Positive) – Yin/Yang Balance**

This elixir can increase the bio-magnetic forces in the body. It aligns them with the Earth's. It will make the aura become more sensitive, and thus receptive to broadcasting instruments such as radionics. May pull out of the aura such things as coffee, drugs, and alcohol, which weaken it. Lodestone balances the male and female polarities that helps develop an altruistic nature. It can combine well with the Magnetite elixirs.

### **Lodestone, Negative - Yin/Yang Balance**

### **Lodestone, Positive - Yin/Yang Balance**

### **Ludlamite - Multi-Dimensionality**

This elixir can encourage a shift in dimensional space, bringing joy in the process. The energy of love is understood and felt at higher dimensional realities with Ludlamite.

### **Magnesite - Sports Awareness**

This elixir will encourage transformation from physical energies into mental energies, energies of the mind, awareness, and consciousness and even to spiritual levels. This can be useful after physical exercise, particularly when there was a higher conscious awareness during that exercise. This can create transformation between certain border energies that create blocking on the physical level and these same energies at the etheric level. This can lead to relief of certain physical symptoms.

### **Magnetite, Negative/ Positive - Meditation**

Magnetite stimulates the entire endocrine system. It naturally aligns one with the Earth's vibration. It can be used for treating difficulties with radiation. It improves meditation. It generally is best utilized with the positive and negative varieties together. It can combine well with the Lodestone elixirs.

### **Magnetite Negative - Meditation**

### **Magnetite, Positive - Meditation**

### **Malachite – Opens Heart**

This elixir stimulates healing properties within people. It can awaken an altruistic nature and the capacity of a healer to give. This dramatically opens the heart to give and receive love. People working daily with video terminals should consider this elixir for protection.

### **Manganocalcite - Spiritualized Emotions**

This elixir spiritualizes the loving energies that connect one person to another. It can help one to be in touch with one's emotions in a spiritual way. This will align energies of the 2nd chakra with those of the heart and crown chakras.

### **Marble - Passivity**

Psychological clues to applying this elixir include people who are too passive bordering on apathy. Some needing this preparation may be mentally too aggressive. People too passive in their actions compensate for this by being too aggressive mentally. Marble opens the 3<sup>rd</sup> chakra that relates to increased sensitivity.

### **Margarite - Dissolving Preconceptions**

This elixir can be helpful in separating issues, finding ways of perceiving what is inside one as a boundary or a borderline issue, and dissolving it. This can be finding a new way to break through in negotiations or in ways of seeing another's point of view. Margarite can be especially useful in changing people's fixed religious beliefs.

### **Mesolite (Pink) - Judgmental Stress**

This elixir is helpful in allowing one to more easily accept the loving energy of someone else and to see parts of oneself in someone else. An increased psychic connection to another is possible with this stone. A greater state and sense of universal love is possible utilizing Mesolite.

### **Metaschoderite - Abundance**

This elixir brings with it some deeper attunement to Christ consciousness, to the purpose of Christ energy and a greater ability to put these principles into action. Of these principles, use of this elixir is recommended when there is a particular emphasis or need for the understanding of the "money lenders" parable and the appropriate use of money and concepts of abundance.

### **Metazeunerite (Arizona) - Extraterrestrial Awareness**

This stone has some interesting capability in raising consciousness, bringing people to a deeper awareness of what is going on in the local space around them. This is difficult for individuals at times because they have a sense of another presence, of another energy, but because it is barely physical but not fully non-physical, a sort of in-between energy, they do not easily relate to it and may even find themselves afraid of it. Metazeunerite allows them a better ability to sense the subtle realms, in particular the presence of extraterrestrials, a variety of external forces and energies brought for purposes, usually, of benefit and healing for most people. Metazeunerite may also help individuals with problems with negative or service-to-self based extraterrestrials. But for the most part it allows you a deeper understanding or view, the ability to see the ships, the beings that may be perceived at night. Many individuals are fascinated with this; as by example the enormous popularity of the various UFO-based television shows. These are striking a chord within individuals because of their own experiences, because they have in past lives or intermissive period been on the ships, because they have some karmic connection to these beings, because they have the inherent recognition that they are a part of the universe, they are connected to these energies, and they can work with them in various ways. As a result of this there can be at times for individuals many perplexing aspects, many areas they don't understand about these energies. Metazeunerite helps them see, understand from hearing, from the

senses, what is going on around them, in particular as they gaze into the sky, as they are aware of the extra-physical energies and the physical energies, and the ways in which they blend together. There can be benefit in observing these beings in action in the dream state. With the use of the elixir one becomes more aware of the higher and more positive useful intent of the interaction between humanity and extraterrestrials, this energy then naturally allowing people a way in which they can come to accept and work with each other.

### **Meteorites – Angelic Assistance**

Meteorite helps one attune to past lives from other planets in different constellations. It releases from within the self a sense of greater awareness and unity with extraterrestrial influences. As a thought amplifier this elixir has the ability to increase awareness and telepathic communication with beings from other spheres of existence.

### **Meteorite (Sahara Desert 1997) - Angelic Technology**

It came from a piece of the planet, "Jmojer", between Mars and Jupiter, that was located near, the best way to explain it would be, a power station. This was not for broadcast of power as electrical power as you understand it, but had some similarities in the sense that though it was based on consciousness, it still had capacity to provide heat, light, electrical energy, and other things. The consciousness in the vicinity was very concentrated, and very strong.

### **Milarite - Visualization**

This stone is useful in coordinating conscious intent relating to higher spiritual activities. An activation of cellular metabolism takes place more clearly under this spiritual direction. This can be very useful for self-healing. The visualization is to bring the energy from what could be seen as a pattern at the highest conscious level, an awareness of God, a loving intent or connection to the Earth, a sense of compassion or caring for all of Earth's peoples, or any similar higher intent. Then imagine this forming within itself an energy that can then be transmitted to the physical body. This is personified well by a visualization of an exact duplicate of your own physical body, one in radiant and perfect health, nourished and sustained by these higher spiritual energies. Imagine it activated by the heart and the third eye. Then this activation of energy moves into the beautiful body you have created in your consciousness. This body then moves to match your physical body, and then a one to one correspondence is instantly established between the cells of the physical body and the cells of this perfect

health double. Milarite stimulates the transference of energy from causal directly to physical to realign cellular metabolism to make it easier to absorb minerals, vitamins, water, and a number of other substances.

### **Millbillillie - (stony meteorite, fell October 1960, may be a chunk of Vesta) Higher Attunement**

The asteroid Vesta is able to help individuals with transformation in spiritual consciousness. They become more aware of higher origins, sometimes connected to Christ energy or to the energy of the female aspect of Christ. There can be benefit in utilizing Vesta elixir at the same time as this stone. This meteorite strengthens one's deeper attunement to the energies associated with the ancient civilizations that gave rise to angels and related matters, similar to other meteorites. This meteorite is associated with a large structure that existed on the continent of the planet Jmojer. The structure was largely based upon animal lifeforms that produced coral-like formations. This allowed a deeper connection between such formations and the sea. Any of the corals will have their effects accentuated by this stone. People can use this stone to attune to the watery element. It is a unique stone in this regard: a blending between water and fire, without the usual production under such circumstances of steam. This is because in the time of explosion and breaking apart of the Jmojer world there was the production of great heat that was instantly able to capture certain characteristics of these people and their world. There is a deeper understanding of the willingness to incarnate, resulting in an easing of certain emotional aspects of coming into form in a physical body. Individuals with chronic illness held in their bodies for most of their lifetimes will benefit by this stone.

### **Mimetite - Group Enhancement**

This elixir can help to bring people into a state of combined awareness of a powerful principle. This can be with relationship to a universal law, to a particular form of religion, or the awareness of Christ consciousness. There is also an increased ability to speak of these matters with a sense of love, compassion and joy between people.

### **Mixite - Greater Possibilities**

This stone is helpful in energizing the legs, hip region, and heart at the same time. At the next higher level it is useful in bringing people through their blocks into action, bringing energy into the physical body and into their activities. In the winter months when one is feeling more sluggish or unable to complete certain tasks, this stone can bring new energy for these tasks. At the higher spiritual level it brings deeper awareness as to where one is putting one's time, attention, attunement, and energy. This can bring one a deeper sense of possibilities. This stone can be helpful in the creative process, bringing new perspectives into one's work so one can see a different way of doing things, thus helping with difficulties such as writer's block. It is also useful for gaining a perspective on what one is already doing, seeing things as if through someone else's eyes. Part of this is because the heart opens and there is significant

improvement of the heart's vision capacity, what could be called the eyes of the heart. Combining Mixite with Potato flower essence can bring much easier attunement to higher levels of vibration and higher conscious states.

### **Moldavite - Telepathy/Clairvoyance**

This elixir can dramatically increase one's future sight, telepathy, clairvoyance and healing energies. It will help some in assimilating into the earthly plane and in contacting other entities, angels and devas.

### **Monazite-Ce (Colorado) - Understanding Emotions**

Monazite-Ce appears to have important qualities in changing how you relate to your own emotions, a way in which you see them, feel them, and know them differently, a sense that they are no longer those which are fixed. Many times this can be particularly valuable where you have a strong emotional reaction to a person or a situation. This can be a phobia, a leftover from a nasty or difficult divorce, some traumatic incident from childhood, some way in which you have been abused or harmed, or in some way the energies shifted as a result. Gradually you recognize the true value of the emotions as a reminder, a signpost, where to look so that you may balance the karma. Whenever there has been victim, you then also recognize the presence of perpetrator, perpetrator in the physical world, but also in yourself. In the balancing of this, in the understanding of it, in the willingness to accept it, you may find that there is a new shift. As the emotional body is cleansed, what results from this can often be a willingness to extend this to every aspect of emotions that you encounter. This is very important, because those who recognize that emotions are fixed, that's just the way it is for them, are misunderstanding the energy-in-motion concept. E-motion, energy-in-motion as an understanding, is a powerful one for most people to recognize in this life. To accept this for themselves, to truly feel it, not just to hold it as an intellectual concept but as something that is actually present for them, this does seem to be significantly enhanced by Monazite-Ce. There also does seem to be benefit for many individuals as they use it in a deeper willingness to hear, receive, and work with other people's emotions as well in a

positive and helpful way. This leads eventually to an aspect of healing that has not been extensively explored on your planet. This has to do with the way in which emotions can be used to heal. Example of this is where a powerful shout connecting to the emotion of anger is used to startle a non-physical being of mal-intent, making a strong attachment to an individual.

### **Moonstone – Feminine Balance**

This elixir is to be utilized for balance in all female concerns. It imparts the property to cleanse the subconscious mind and ease tension with one's mother or maternal principle. For emotional integration, inner peace, and sensitivity Moonstone elixir will greatly benefit. Psychic abilities develop with the use of this stone.

### **Moonstone, Star – Feminine Balance**

A more amplified version of Moonstone.

### **Morganite – Emotional Balance**

With this elixir there can be a general increase in oxygenation on a cellular level. The emotional and mental bodies are aligned with increased absorption of many minerals.

### **Mother of Pearl (Oyster Shell) – Creativity**

This elixir is of much benefit to use in agriculture for plants. It stimulates dreams, a sense of creativity, and is excellent for color consultants.

### **Murmanite (Kola Peninsula, Russia) – Generational Rapport**

There is a childlike capacity to speak the truth that is conferred and assisted with Murmanite. This gives individuals an enhanced ability to communicate with children, but it also enhances ability of children to communicate with adults and with each other. This would not seem to be particularly important given the many ways in which this can be established and other aspects that encourage this, but we are noting that many children that have been born in the last 10 years (since 1998) are encountering some difficulty with this. They are finding it hard to convey a deep sense of themselves, an awareness of their true gifts, talents, and capabilities. Children being born in this time period recognize that they are going to be witnesses to powerful aspects of change, but at

the same time they are too young to have the opportunity to wield that change in a way in which it is clearly needed. Many children are very much aware of the effects their lives and those of the people around them and their parents are having on the environment. They recognize the significant enhancement of the temperature and carbon dioxide issues, and the ways in which this is likely to lead to a significant sequence of difficulties for the planet. They are frustrated not only because they can't do anything about it; being simply able to speak about it is insufficient, but also because they understand what could be done, they are willing to do it, they have the opportunity in their own consciousness to know this because they saw it before they were incarnated. There is also an emotional aspect associated with Murmanite, a sense of hopelessness relieved. This hopelessness may be relieved both in the children and the adults, and ways in which this might be better understood will simply come to asking questions of a compassionate, caring, and loving nature. When you are willing to ask, and especially be asked by the children, then these are important areas to explore apart from Murmanite, but where that hopelessness has been relieved, where the children are more willing to speak their own personal truth, then there does seem to be quite an enhancement as if the generations better able to understand and work with each other.

#### **Muscovite - Cultural Diplomacy**

This elixir can help set up bridges through inter-dimensional capacities, especially through the 4th dimension. It may also assist in attuning to cross-cultural phenomena, an awareness of the true significance of current events in other countries. A willingness to accept shifted points of view or alternative realities that other cultures provide is enhanced by Muscovite. One can be assisted in directly experiencing another culture's spiritual reality with this stone. In addition, one received an increased ability to learn a foreign language.

#### **Natrolite – Personality Development**

With this elixir, there can be a building or integrating of the higher self with the forces that become a functional part of the ego. There is a mixing of the yin and yang forces and a development of the personality through the use of Natrolite.

#### **Nealite - Loria, Greece - Extraterrestrial Relations**

Nealite has some intriguing properties with regards to abilities to shift one's relationship to extraterrestrials, various energies associated with those who have visited this planet, particularly in times long past. The ability to shift people's perception, ability to perceive into the subtle dimensions, also seems to be affected by nealite. Nealite does seem to have the capability to do these sorts of things gently, to allow people a gradual shift in how they are able to understand and receive energies, and be able to do this in ways they had not previously seen possible. The interesting area for nealite is in healing; this is still under some consideration, but it does appear that there are many individuals who do not respond easily to hands-on healing. Yes it feels good or it is an energy that helps them, but it is as if for it to go further or for it to have deep and long lasting effects, this is not possible. It is as if a new bridge energy, that which is erected outside the usual pathways, this is enhanced dramatically by nealite. The capacity to do this is of course strengthened if the person using the essence is aware of the energies as they move through their hands and their physical body, and it would be useful for both the client and the healer to use nealite in this way, to take it as an essence, to spray it in the air, but also to have the sense of this as it penetrates into the individual is creating a movement energy between the client and the healer, as if you are both involved in this energy swirling and interacting and somehow clearing whatever might be in the way. An area of extensive study, are the many ways in which nealite has been utilized across the animal kingdom. The feline kingdom seems to be especially affected here, and ways in which animals are able to shift their connections to humans. But most valuable here is something else entirely, a way in which the animals become more aware of their connection to their original home, their extraterrestrial place that they have lost sight of with their many incarnations and connections to earth and earth people. This enhances healing and strengthening, but it also allows them to receive energy in ways they hadn't previously, thus again

speeding up healing processes for animals.

### **Nephrite – Personal Expression**

With the use of this elixir, the throat chakra is mildly activated which increases expression of the self. It can be used for detoxification of overexposure to any form of radiation.

### **Neptunite – Kundalini**

Neptunite activates the kundalini and stimulates the intuitive faculties.

### **Northuptite - Memory Suppression**

This elixir can bring long-buried memories to the surface. It is for those seeking deeper conscious memory of abuse in childhood or pastlife memories. Some suppressed memories implanted intentionally by others using mind control, or even by extraterrestrials, can be relieved through this elixir. It can even protect against such a phenomena. Was used in the later phases in Lemuria to restimulate the racial memory of Atlanteans.

### **Obsidian – Digestive Tension**

The emotional body is aligned with the mental body, which alleviates tension within the intestinal tract through the use of this elixir. The meridians and nadis are also strengthened.

### **Okenite - Change**

This elixir can offer one a better affinity for working with change. It can also assist in the understanding of the Earth's etheric body. Okenite works with movement, wind, and air travel. It is useful for meditation with clouds (cloud gazing), astral projection into the clouds. This stone helps to balance and strengthen the astral body.

### **Onyx – Stress Relief**

With this elixir, neurological disorders, apathy, and stress are relieved. Sensitivity and increased integration of the self develop. The throat, base and solar plexus chakras are opened.

### **Opal (Blue) - Future Possibilities**

This elixir can enhance meditation and bring newer and higher levels of inspiration. It creates a bridging across time of important aspects of the Mayan, Incan and Aztec civilizations. Opening to humanity's future is possible with Blue Opal. A greater courage to continue to express one's higher love and a greater ability to give loving, soothing assistance to others is possible with this opal from Peru.

### **Opal (Cherry) – Joy and Intuition**

With cherry opal, depression, anxiety, and lethargy are eased, while a sense of joy and intuition develop. It can bond the emotional and crown chakras,

activating higher inspiration from the level of the hara. Many times it is the emotions that lead people to mystical experiences.

### **Opal (Dark) – Higher Expression**

This elixir helps to transform sexual feelings and baser emotions into a higher expression. Newly released emotions are stabilized. Meditation and higher inspiration improve through the use of this opal.

### **Opal (Fire) – Clairaudience**

### **Opal (Jelly) – Stabilizes Mood**

Wide mood fluctuations may suggest the need for using jelly opal. It spiritualizes people by enhancing meditative practices. It can activate one's inner resources to stabilize the emotions. It aids in the absorption of all nutrients.

### **Opal (Light) – Mystical Experiences**

This elixir can be used to enhance the function of the pituitary and pineal glands. It bonds the emotional and crown chakras, so that one seeks higher inspiration from the hara. This stone stimulates this quality more than the other forms of opal. This elixir will greatly increase one's intuition.

### **Orthoclase - 5th Dimension**

This elixir has the ability to allow mental functioning into dimensions beyond what is usually available. This can extend for most individuals to the 5th dimension in which they begin to appreciate the ideas of their guides and helpers. It will help one to assimilate ideas of a channeled nature, particularly when they are stressful for the person to understand. Orthoclase can push one's consciousness beyond what is normally attainable.

### **Osarizawaite - Group Interaction**

This stone is quite helpful at energizing and bringing a sense of activity into many different mental pursuits. It can be especially helpful for groups of three to ten individuals working together to create a specific mentally focused activity that needs to draw upon heart energy. This is a powerful way of expressing and sharing with others. What others will receive will often be the emotions that were present during the phase of working out the details. Therefore this stone can be particularly helpful for those who are working to build new healing devices or work in areas of technology where an altruistic motivation is shared group intent. For individuals who wish to be in contact with people of like mind, this stone can create a similarity in vibration between individuals for a day or two. The stone can help individuals attune to the needs of a larger group when they are seeking to fit in or work with that group in a conscious fashion.

### **Papagoite - Animal Communion**

This elixir is for those wishing a deeper connection to the Animal Kingdom. It is

excellent for improving the communication between human and animal. Using it can open the throat, heart and third eye centers to facilitate a state of communion, a loving projection to animals, particularly the whales, dolphins and elephants. Papagoite can also open up the possibility to connect to one's own inner animal self or even personal animal totem. It can be combined with Sirius elixir to tune into pastlife incarnations where one had a very different relationship with all animals, especially cetaceans.

#### **Pearl (Dark/Light) – Emotional Balance**

Profound balancer for all emotional extremes. Emotional sensitivity and flexibility develop. Problems with the mother ease. No other mineral is so effective in treating emotional difficulties. May eliminate body cravings that exist. Will combine well with Luna elixir for treating the unconscious emotional energies.

#### **Pearl (Light) – Emotional Balance**

Amplifies feminine properties with a focus on the 3rd chakra.

#### **Pearl (Dark) – Emotional Balance**

Amplifies the masculine properties with a focus on the bottom two chakras.

#### **Pearl (Black) – Emotional Balance**

Similar to dark pearl.

#### **Pentlandite - Astral Booster**

Pentlandite does seem to strengthen the astral body and release false hopes, and allow an individual a better attunement or connection to life. Pentlandite does appear to enhance one's ability to absorb iron and use it properly because it is more naturally occurring in the stone; as opposed to anything artificial or that which has been purified. Pentlandite is able to create in the elixir form a natural ability for people to understand their own energetic processes, better balancing everyday energy, better able to extend their sense of themselves for sports that involve significant level of endurance, such as marathon running. It also has the capacity to improve the digestive system. Pentlandite does seem to provide for the individual a deeper sense of the physical body and the awareness of how to more appropriately use it.

#### **Percylite - Conception**

This elixir may be helpful to attune to a prospective child, bringing in the appropriate energies. A greater state of relaxation in contemplating a new birth is realized through the use of this stone. There will be enhanced communication, both ways, between parent and future child with Percylite.

#### **Peridot – Creative Visualization**

Peridot aligns the subtle bodies. Information from the higher self is more easily received and all vibrational remedies work more effectively combined with this

elixir. Increased clarity, patience, and a positive emotional outlook result from the use of this stone. Use Peridot for healing meditations and creative visualization work.

#### **Petalite - Self - Acceptance (Namibia)**

Petalite has some intriguing qualities of stimulation to the pancreas; the opportunity to establish a gentle sloping link between the pancreas and the heart, establishing a love aspect and benefit that gives an innate calming effect, enhancing the body's ability to naturally absorb lithium. Gradually various mental states are shifted, sometimes they are eased, but generally it is as if you can step back, look at your life, see yourself differently, accept innate capabilities, talents, but also various blocks or issues that you have struggled with. Gradually what emerges is a sense of yourself as if it is all right, it is all unfolding in its own time, in its own way, and that this is somehow acceptable to you even when it is around issues that you have struggled with at various times. Petalite elixir can stimulate for some individuals the capacity to love themselves in ways that seem as if they have opened a great floodgate, a powerful helpful energy. If that does occur for the individual, it would be wise to be around other people, even if necessary to be physically close to them, as if to receive an embrace or to ask them what do you think of me, and to receive, particularly if they can send you some positive energy as you work with this new mental image. It is as if the image that has already been present in you is rediscovered but in a very loving, gentle, almost delicate way as if arising from somewhere deep within you is a sense of yourself as sacred, as special. This actually has nothing to do with your accomplishments or your appearance, it is as if you are rediscovering how god sees you, how the energy of the universe breathing into you did so when you first were born on this planet, an energy that somehow in its own way, lovingly and delicately, brings a spark of life into your being. But the spark is a pink spark, it is a gentle loving spark, it is a spark that tells you that you are capable of much, but for now, rest. In this way what is often felt in

an individual is sorts of inner strength to accomplish things that they might not have otherwise seen possible for themselves.

### **Petrified Wood – Past life Therapy**

This elixir opens people to past life recall, especially when used with meditation and creative visualization. It should be used in past-life therapy to alleviate current problems that have developed.

### **Pezzottaite - Loving Attitudes - Madagascar**

Pezzottaite has some fascinating capabilities in allowing the heart to go into a resonant condition with others. This can be extremely helpful when people want to understand, learn, and work with that experience directly. It tends to be a fairly unconscious aspect, largely relegated to what is termed personal love. As you have the desire, a need within you to create this resonance with another soul, you then learn from it, you powerfully apply the law of reflection, you sandpaper each other; you work with those energies, typically unconsciously, and find through this a great deal of growth. Pezzottaite has the capacity to bring into consciousness the nature of this resonance and allow you to take that as a powerful healing sense: a feeling of a compassionate caring love, a personal love, into a different realm, into the realm of a deeper connection to other people. At first this is difficult, even with the assistance of this elixir, for you to allow this energy for those who would be your enemies, or people you struggle with, or people who you have karma with that inevitably shows up as negative or difficult; but even there, over time, it eases this relationship, it allows you to understand where there is a similarity. It is as if then urging you to love yourself, but not just love the parts of you that you approve of or that other people approve of or that you think are all right, but to love all the parts of your self, the parts that you would find the most difficult, the parts you are trying to overcome, the parts that you would shun or push away from your self, the times when you were judgmental, the times when you accidentally hurt someone, the times when you did things that you have regretted at

this time, the times in which you have made mistakes. As you have a new sense of yourself in this regard, it is as if saying to the child: "I forgive you. I love you. I allow this." Many times, as this resonance is very difficult to establish in a conscious way with your self, you must establish it with someone else. This is the intriguing part of the way in which the more practical, outwardly acting aspects of the law of reflection work where you magnetically attract to yourself the very sort of individuals that you would find a great deal of difficulty with, and find yourself then attempting to change that relationship or shun it rather than find a way of accepting it, and most importantly, it's aspect in yourself. Where the elixir then can be so helpful is as you come to understand this part of your self and love it, but at the same time, deliberately seek at a practical level to alter your relationship with others.

### **Phenakite – Group Dynamics**

Use this elixir for integration and negotiation in group dynamics.

### **Philipsburgite - Superconductivity**

This elixir is helpful in allowing heart energy to break through to the surface, particularly helpful for men in understanding their inherent loving capacities and for women working with certain male capacities. It will generally increase innate healing abilities for people. Combines well with Ginkgo Bilboa for the physical heart.

### **Phlogopite - Writing (Kola Peninsula in Russia)**

This stone has many capacities to assist individuals with processes of visualization and ability to take what they have perceived and bring it into written form, to bring this through poetry, prose, drawing, various ways in which the hand connects to an inner sense of what is occurring. Phlogopite can be very helpful to those who are interested in pursuing automatic writing as a psychic ability or enhancement. When one is bringing areas of writing into consciousness, this is a very helpful elixir, in particular, for a new activity or branch of writing that is becoming widespread in the world, called blogging. The other use for the stone is take the

elixir before falling asleep, or place a small sample of the stone on the forehead or on the chest, and then as you sleep have the sense of connecting to others and what it is you would share with them: sharing colors perhaps, or sounds, or various imaginary gifts, the idea simply being that you are releasing these as symbols into the world to inspire and assist others. It is a useful tool also as individuals open in their own consciousness to receive the powerful important messages from guides, helpers, and the writers of earlier eras, those who have passed from the world but have not yet reincarnated. Such individuals often are important inspiration for many in areas of politics, economics, social change, and so on, and their ideas do not stop just because they have passed from the world and are no longer writing; to receive some of this energy and information is important.

#### **Phosphophyllite - Healing Patterns**

It accelerates nearly all modalities of healing by providing some shifts within the consciousness of the individual. The capacity to break down old patterns, to gradually find a pattern that fits better, and to install it, to work with it more consciously is specifically aided by phosphophyllite. At the higher vibrational level, it gives an individual a much larger perspective on their life, seeing things from other points of view, with an ability to integrate it in other ways. But specifically, it will enable blocks to be seen in their proper perspective: why a person might have put those energies there, what the deeper fear might be, what the underlying thought pattern might be, what the energy of a contextual shift that might be necessary to change things. This elixir would well be used by both the client and the healer in such work, because sometimes the healer will have new ideas, new patterns showing up about the client, that can be expressed or shared. Sometimes the client will be able to bring energies and ideas back to the healer.

#### **Pistacite - Flexible Change**

This stone is flexible and able to do many things. This is an excellent stone for programming changes one would wish for one's life. The elixir is helpful when one is seeking deliberate programs for shifting one's life purpose or awareness of others, and for changing patterns of behavior. It is useful when one wishes to become more spiritually inclined, connect more easily with one's guides, or work on specific spiritual levels. There is a connection with this stone and the galaxy of Andromeda and the star system Sirius. These connections were intensified in Atlantis. The Atlanteans saw the possibility of this stone being helpful to modulate the great changes coming into the reality of individuals now. The elixir of this stone will combine well with Lotus elixir for deeper awareness

of changes to come, balanced with an awareness of one's own energy.

#### **Plancheite - Raises Vibration**

This elixir will allow a deep physical relaxation with a simultaneous sense of higher energy in the higher centers. There will be improved meditation and visualization and a speed up in mental processes. Most psychic functions are enhanced through its use. A greater amount of light may be drawn in through the top of the head after using Plancheite.

#### **Poldervaartite (South Africa) - Merging**

There are two interesting qualities to the aspect that people would generally call merging. One of these is what might be termed empathetic, the other sympathetic. And this stone seems to be helpful with bringing this very clearly into a person's consciousness, into the way in which they are able to understand merging, and work with it in different ways.

#### **Polybasite – Cleansing Thought Forms (Mexico)**

Polybasite has some intriguing utilization for destruction of negative thought forms. There are various energies associated with ritual in this stone for the clearing of energies that are specifically related to those who have recently died without knowing that they have done so. If they are unsuccessful at this within the first few hours after death, there is then a high probability that for a long period of time, on average ten years, the individual will be in this sort of limbo or stuck place. The numbers of such individuals on your planet is huge. In ancient times various stones were utilized in different ways to send positive helpful loving energies to the ancestors, to various individuals who have passed over. Hence to use any of the various tools including Polybasite to allow the individuals to accelerate higher helpful energies during the time of death, during the time of contemplation of death, during the awareness of the interaction with those who have passed over, can be a very helpful tool. Besides the assistance already mentioned to astral body, there is some benefit noted in some greater mental clarity for those using this. Nonphysical beings of course cannot take the elixir, so it is up to the physical person to work with it and transfer the energy as necessary.

#### **Polycrase-Y (Colorado) - Insight and Understanding**

There is a penetrating capacity conferred by this stone, which appears most useful in communicating and assisting others who you wish to help. This could be a useful stone for anyone who is involved in helping others, any sort of service or help that you wish to provide to others. It is as if you will eventually, as an important part of the process of giving of

service, encounter a block, some aspect in which they do not so much want to receive your help, and this is a very common occurrence because individuals will at some level have determined for themselves that they must somehow do this on their own. Although this is true, often times the person who is providing the help is not aware of this process, and as a result finds some degree of frustration or blockage, as if they are unable to go further and they do not really understand why. It is not true, however, that it is best under those situations to stop helping. That is what usually happens, the individuals involved being frustrated with it, sort of back off, and that is as good as it gets for them under most situations. If Polycrase-Y is introduced at this stage, preferably as an elixir taken by both the person helping and the client, one would generate insight, a deeper understanding about where that block is and how to release it. You will suddenly change the context of your relationship with that individual, you will find a new way to express yourself, you will ask penetrating questions in a completely different arena than you had previously, you will do something that will suddenly shift the context in which the help is being provided.

One of the most interesting areas in which this gem could be applied is in the teaching professions. In the teaching professions right now there are many obstacles because a great deal of the teaching has now been recognized as teaching for life, not just teaching about a particular subject. This is forced upon teachers at the current time. If they don't teach their students how to deal with life, then the students will come in with so many problems that they will not be able to learn. Many of these teachings relate to staying sober, releasing drug or alcohol addictions, maintaining proper relationships, staying out of gangs, and working with appropriate helpful people. Changing family relationships so that parents are more supportive and do not block the children from the opportunity to do homework or to study or to in any way accept the understanding that is given to them through school. You see this goes way beyond anything simply having to do with the subject taught

at hand. And here Polycrase-Y is helpful when working with a student where you are then encountering some blocks that you cannot really understand, afraid, am I avoiding, am I repressing those emotions? In many ways then this penetrating quality turns out to be very helpful in relationships as well. Many times individuals are drawn to each other, seeing the possibility to provide some aspect of deep help at some point in their relationship. This is partly out of karma, but it is also because there is trust established, a willingness to trust or accept the other person, and as a result being able to say or do something that would have a truly life-changing quality. Oftentimes that trust leads to aspects that are difficult, but in a relationship where it can be used in an aspect that is successful, helpful, enlightening, awakening, Polycrase-Y can enable you to look at this more consciously and learn to ask the right questions.

**Porphyry - Petrochemical Miasm (NOT ON WEB)**  
Use this elixir to relieve the petrochemical miasm.

#### **Portlandite – Etheric Body**

With this elixir, the etheric body is aligned with and moved closer to the physical body. It can be used to assist ashen conditions of the skin.

#### **Pottsite - Self-Analysis**

Pottsite has some interesting qualities at reversing various trends individuals may have without their conscious awareness, into deeper and deeper issues, usually regarding traumatic or various heart-related difficult relationship problems. Oftentimes the dramas involved are simply a recreation of dramas from the past. There is a greater emphasis on deeper and deeper clarification and understanding about such matters at the current time, with such specific idea that individuals will be able to let go of these themes, finding their underlying source. "I have felt this way before, I see where this path is leading, it seems dangerous or difficult in some way, bringing greater sadness or hopelessness, but I don't understand why." Pottsite assists in the shifting of the way one looks at their own personality and come to terms with this without guilt and self-recrimination, as these are often old energies ready to be shifted. Thus eventually a deeper sense of self in a very positive Godlike way emerges, and an easy release of habit patterns may result, almost as if an effortless shift out of addictive behavior or struggling with things in the world. It may be helpful for to awaken in the early morning, take a little bit of this elixir, and go back to sleep; you will find that your dreams are enhanced, the sense of deeper relaxation and healing strengthens, and at the same time insight is gained.

### **Powellite - Problem Solving**

Powellite exerts a powerful ability in the transformation of energy from the third to fourth to fifth chakras, as if creating an interconnecting flow. There is benefit here in being consciously raised to higher vibrational levels, resulting in improved eyesight, or ability to see or perceive problems in a new light and understand them in ways that hasn't been seen before. This elixir can strengthen one's ability to project heart energy, as a loving state to benefit others.

### **Prehenite - Clarity of Purpose**

With this elixir there is a strengthened ability to perceive things at a distance. This can bring one an ability to see things in a whole different way. Prehenite increases the ability to shift certain principles of love that move from the personality-centered to more community-oriented or global-centered love. IT will assist in creative visualization. It also can help in the clarity of vision that is helpful in agriculture. This elixir is to be used by the farmer and also sprayed upon the crops.

### **Purpurite - Spiritual Power**

This elixir may provide an alignment, balance or connection between the 3rd and 7th chakras. This can help manifest a sense of being or purpose in all spiritual work. Purpurite elixir can provide new avenues of meditation, new forms of various spiritual practices including creative visualization and various forms of music, chanting and forms of movement.

### **Pyragyrite - Bridging Differences**

Pyragyrite elixir can shift awareness within one group to another. It can assist in bringing peace to individuals of a warring nature. This elixir can also be utilized to communicate with those of an entirely opposing religious or political point of view with good results.

### **Pyrite – False Hopes**

This elixir can be a digestive aid. Anxiety, depression, frustration, and false hopes ease with pyrite elixir, and the astral body is strengthened.

### **Pyrolusite - Kundalini**

With its ability to stimulate the base chakra, this elixir increases the capacity to raise the kundalini, and align the etheric and physical bodies.

### **Pyromorphite - Anchoring**

This stone can create a deeper kinship with mountains, with the whole business of mining and working with the Earth in a direct fashion. The energy of this elixir beckons as if saying, "Listen to the Earth, feel me, know me." There is an inherent connection to the planet Saturn. These Saturnian influences, those that would say, "You must struggle and work hard in order to achieve," are

eased. Pyromorphite was once used in shamanic journeys into animal forms, to assist one in coming back to their physical body.

### **Pyrophyllite - Insight and Inspiration**

This elixir can improve mental functioning to increase intuitive insight and understanding. This can be quite useful for those involved with creative arts, music, painting or writing and can help one to access inspirational energies more easily. This is especially true for inspirations in the heart; a burst of love, a sense of great compassion towards someone. Pyrophyllite can assist a healer to help someone to break through an emotional block. In addition, there is some stimulation of aspects relating to Uranus. There can be benefit in combining this with the stone Ulexite.

### **Pyroxmangite - Emotional Perspective**

This elixir has the ability to help one to shift the functioning of the second chakra, to move this into various energies of the heart. It will assist people in accepting their emotions and working with them better. Through its use there can be a warming brought into the 2nd chakra, thus assisting the 1st and 3rd chakras. There can be a shifting from orange to pink within the 2nd chakra and a connection to the 8th chakra, thus achieving greater love in the heart after using this stone.

### **Quartz, Allophane – Enhancing Joy**

Allophane engages the opportunity to understand more of our own personal joy, both where it comes from and how we can create more in our lives. As our own healing abilities increase, it improves our ability to understand how others will receive joy in the world. This greater insight into the process of pleasure brings a deeper awareness of pleasure in our lives. This elixir is utilized for developing one's ability to experience joy and pleasure in all things, from the mundane to the very peak aspects of manifestation.

### **Quartz, Black Smoky – Kundalini Energy**

Proper initiation or release of the kundalini arises through the use of this stone. The elixir can help to remove unclear thought forms. It also can help to ease depression. It can be useful for drawing positive energy to the body while aligning the base, sexual, and third chakra

### **Quartz, Blue – Self-Expression**

With this elixir, the heart and throat chakras open, and all the subtle bodies are aligned. Depressed people or people showing unnatural fear of the aging process will benefit from this remedy. This will open one to the true expression of one's spiritual qualities, with self-expressive abilities and creativity increasing.

### **Quartz, Citrine – Clear Thinking**

This elixir notably removes toxemia from the body with a stimulating effect on general healing on the physical body. Self-destructive tendencies, particularly

of a suicidal nature, are alleviated through its use. There can be a rekindling of inner confidence and a reduction of toxic thought forms after utilizing Citrine Quartz.

#### **Quartz, Dendritic – Stimulates Healers**

Use this elixir in agriculture and to stimulate dreams, astral projection, and the healing ability. Taking it helps to remove negative thought forms.

#### **Quartz, Fossilized Fungi – Earth Connection**

This is a fascinating specimen with an ability to confer many important fungal attributes from ancient times, before humans were on the planet to the essence. The fungi allows a whole different sense of primitive connection, with an awareness of one's own deep connection to Mother Earth and oneness with her vibrations. These attributes also relate to one of the important qualities of the fungi, one of them being similar in quality to psilocybin, which stimulates an enlightened or psychedelic consciousness. This elixir, as a link to the ancient mushroom kingdom, opens a door to the ancient ways of the beings that eventually became the devas now associated with various forms of fungi on Earth. Many fungal diseases can also be cured or shifted by the use of this elixir. Fossilized Fungi, through its natural cleansing aspects, can stimulate an underlying urge towards a healthier life style, by helping people to eat different foods or exercise.

#### **Quartz, Green (From Serifas, Greece) – Transformation**

Green Quartz has important qualities that attune people to various aspects of the Green Ray. It stimulates the awakening of new paradigms, new ways of seeing energy, integrating it, and sharing its transformational power with others. This elixir allows a loosening of the habit patterns, which make it very difficult to see new leading edge truths, new aspects of transformation, or new opportunities to become aware of. This essence will really help develop a sense of humility, an awareness that a much larger force is active in the world, which can be quite useful for personal evolution. Ego issues tend to be cleansed, as an awareness of an inherent love to the larger aspects of Humanity may emerge, and the understanding of various aspects of transformation will be strengthened for most individuals.

#### **Quartz, Lepidocrocite-Goethite – Unreasonable Fear**

Any unreasonable fears are released with this elixir. Information from past lives is also released. The crown chakra is activated and all the subtle bodies are aligned.

#### **Quartz, Lepidocrocite-Hematite – Eases Anxiety**

Taking this helps to alleviate anxiety.

#### **Quartz, Lithium - Deep Calm**

This is a fascinating stone with capacity to produce many aspects of deeper peace, deeper calm, and even a place of empty mind. It awakens a sense of

being one with the present, or attuning in a deeply meditative state, allowing a gradual shift to a deeper sense of relaxation that can be more easily connected to all areas of one's life: emotional interest, relationships, ability to interact in the world, learning, and mundane daily activities. This energetic combination allows people a deeper ability to bring peace into every aspect of their lives. Use of this elixir has the potential to awaken new ways of consciousness for people; not just mental consciousness, but a consciousness of empty, relaxed attunement, a welcoming of God's energy with every step. Vipassana meditation, moving meditation, dance, and other forms of physical movement, that can be done with a deeper sense of peace or connectedness, will often be strengthened by working with this elixir.

#### **Quartz, Manganese (phantom) – Restructuring**

The marriage of these creates an energy beneficial to the spine and physical body in terms of skeletal and structural development, as the quartz amplifies the natural healing qualities of manganese. This enhanced uptake of manganese provides an easing of back pain, release of certain old issues and habit patterns, and strengthening of the pineal gland. This stone is specifically programmed to facilitate a restructuring, to see one's life in a whole new context and rebuild again. It's an excellent stone when one is seeking to bring in new helpful energies after some cataclysmic or traumatic change—divorce, loss of a job, of a relationship, of a child, of a parent, some dramatic shifted perspective or shock. Typically, this stone will be more helpful when the restructuring is based upon new ideas, new ways of seeing as opposed to physical trauma.

#### **Quartz, Orange (rust orange quartz crystals with hematite) – Inner Parent**

The fascinating interpenetration and unusual marriage of these stones creates a uniquely different child stone, which carries only certain qualities of its parents. This stone is a powerful healer for the emotional body that makes it easier to release buried or hidden aspects of one's own internalized parents or parental issues, particularly the more self-critical or difficult aspects. With this elixir comes a greater awareness of one's aging parents; how one is to take care of them, work with and understand them. Use of this stone may bring a strengthening of will, through an inner awareness of more love and energy which gives the individual a strength to persist. Some of the emotional issues that older people encounter with Alzheimer's can be eased with this stone, as the elixir helps them to gently confront the emotional issues, relax and be more communicative and understanding of themselves.

#### **Quartz, Petrified Wood – Synchronicity**

This blending brings a deeper awareness of the ancient times for many people, awakening an understanding of the evolution of the Earth herself and how this relates to people. Quartz provides a deeper sense of patience, while Petrified Wood expands an awareness of the past lives. Use of this unusual combination of Quartz and Petrified Wood allows and encourages people to open to a deeper perspective, and to therefore act more appropriately to balance energy in a way that is ultimately more beneficial. Capacities that allow much greater

patience can be strengthened, bringing a sense of being in the right place at the right time, as well as communion with guides and helpers from the past, including past selves. These energies are generally helpful for people who are seeking to incorporate or integrate various aspects of their own consciousness. In addition, this elixir encourages evolution of the way in which the energy contributions of devas, plants, animals, and other people combine together to bring a more positive helpful energy to planet Earth.

#### **Quartz, Rose – Opens Heart**

Utilizing this stone is good for emotional balance and the opening of the heart chakra. This elixir improves personal expression, confidence, creativity, and love of beauty and the arts. It can ease anger and tension, especially with the father.

#### **Quartz, Rutilated – Spiritual Inspiration**

This elixir will help assimilate the life force into the body. The elixir is good if you want to stimulate inactive or unused parts of the brain. This may stimulate the electrical properties of the body. Depression is eased, and inspiration to experience the highest spiritual teachings develop.

#### **Quartz, Solution – Flexibility**

A psychologically inflexible or rigid person will often benefit from this elixir. People become more flexible and diplomatic. There can be greater capacity for experiencing visions through its use.

#### **Quartz, Star (Rose) - Opens Heart**

A more amplified version of rose Quartz.

#### **Quartz, Star (White) - Emotional Calm**

A more amplified version of white quartz.

#### **Quartz, Tourmaline – Spiritual Unfoldment**

(Quartz with black tourmaline inclusions) This elixir opens the crown chakra. All of the subtle bodies and chakras are aligned, and there is greater attunement to the higher self, along with increased spiritual understanding. See Tourmaline, Quartz.

#### **Quartz, Turquoise – Deep Understanding**

This is a fascinating specimen with some interesting pressure changes or gradients where the Quartz and Turquoise meet. These areas are unusual zones in which a certain amplification of some of the healing properties of Turquoise occurs. This stone may be particularly beneficial for individuals who are seeking to heal other people, as simultaneous healing can occur. It helps to clear the tendency to sympathetically take on others' difficulties or characteristics. Attunement to the stone may produce an increased confidence and trust in the healing process itself—as a self-healing attribute activates with

greater strength and energy.

#### **Quartz, White-Colorless – Emotional Calm**

This important elixir helps to improve meditation, intuition, and sensitivity while helping to increase spiritual illumination. Taking this can help to alleviate all emotional extremes, particularly hysteria. It will help to balance aura and help to calm prematurely awakened kundalini. Use this quartz to amplify other remedies in any combinations.

#### **Quartzite – Higher Ideals**

This elixir can help to stimulate higher ideals that will tend to ease possessiveness.

#### **Ramsdellite - Prophecy**

Taking this elixir can produce a different point of view, an area not previously considered, doing something completely out of what was thought useful, but proves to be both useful and fun. Using this preparation provides a greater awareness and ability to prophesize.

#### **Ralstonite (Greenland) – Gaia Consciousness**

This stone has some unique abilities to enhance people's communication with Earth, earth's center, the connection of earth energy with people, but more importantly, an awareness of earth's mission: a sense that you are able to learn about this from feeling and sensing her own energy, sensing this in ways that would not otherwise be available. Ralstonite may help people find this in their own unique expression.

#### **Realgar - Gender Balance**

This stone appears to strengthen certain emotional and physical body processes, leading to release of stuck energies, particularly those associated with root, second, and to some extent, third chakras. The result of this can be more energetic strengthening in the body on many, many levels. This is especially helpful in cases of chronic fatigue, those who are suffering from excessive nervous system burnout and those who would seek a deeper connection to these energies within them that allow a sense of physical loving or physical closeness. It can, in some people, re-awaken early memories, particularly from Lemuria, where there was a need at times to perceive, to love, to work with others. It was seen that there were some who would not open to this easily, as if then they needed to have some part of themselves individualized, not opening to the possibilities of separation. This was the beginning of some of the difficulties that have now led to what is sometimes termed the battle of the sexes or those energies associated with women's liberation, men's liberation, etc. Most of these, as most people now begin to realize, are simply the facades for an inner energy where there is not an easy

blending or loving between the inner opposite genders within people. In Lemuria the stone has been utilized in rituals for a deliberate separation, creating an understanding of the splitting apart process into the genders; and so also then it can be used now in rituals for bringing genders together.

### **Reticulite - Shifting Beliefs**

(lava, Christmas 1987 eruption on the Big Island, Hawaii)

This stone has the capability to improve ones psychic abilities with regards to telekinesis and levitation. In addition, it holds various capabilities with regards to a new understanding of ones association with the insect kingdom; the capacity to gradually merge these will allow one to understand more from the insects point of view about the naturally occurring antigravity that insects are able to manifest. In working with sound and healing, this stone can be of some value to increase the attunements, use it on the body or the elixir of the stone while doing sound healing. The elixir itself has many important opportunities to train individuals as to a deeper sense of their own connection to Mother Earth and working with the issues of gravity. As one is better able to understand and work with this, meditation is improved. A sense of lightness and a sense of attunement or connection to the air element; to a lifting, and even connection to the moon or to other gravitational objects even further away may be noted for the individual. In addition however there is a sense of gravity noted between other people and the Earth that can at times make healing difficult, as if then giving a direct significance as to inertia, the sense that things as they have been will continue. This can obviously connect to, at a psychospiritual level, belief patterns: I have always believed it that way, therefore I will again. This elixir assists in shifting these belief patterns.

### **Rheniite (Russia) - Reality Shaker**

This has unique capacity to change consciousness for people in a way in which they are able to bilocate, see things from multiple locations simultaneously, and as a result have a completely different viewpoint about time, the ability to understand time moving suddenly both backwards and forwards, a way in which they can shift how they see the world. It is a reality shaker, the opportunity to perceive things in these different ways, it can be very helpful for individuals who are seeking a new point of view, trying to work out issues for which they need new ideas, but more importantly those developing psychic abilities, particularly issues worked with such as remote viewing, attunement to far away energies, and off-planet research. Ability to improve, enhance, and strengthen communication with extraterrestrials is noted, but this seems to be particularly important with those beings who have deeper understanding of

these capacities of bilocating and time travel. There are healing abilities conferred here also. These have to do with the sense that an individual is boxed in, held within a limited context. And this can be especially true when they have sought treatment from the orthodox medical establishment that says no matter what you do, this or that is what is going to happen. Of course that is absurd, not only are there all of the unique and specialized occurrences as have been termed miracles, remissions, spontaneous (healings), and so on, but there is also the way in which misdiagnosis, a complete misunderstanding of the underlying principles and overlooking of important factors, and many other things, often take place. This does not mean that Rheniite is able to provide a miracle healing, but it can shift the context and welcome an energy that would otherwise be unavailable to the individual.

### **Rhodizite - Spiritual Insight**

This stone appears to have the ability to open various flows of energy into and out of the neck and head region of many people. This can lead to improved psychic functioning, but is even more useful for communication, as a therapeutic tool, for inspiring intuition between people. Can combine wonderfully with Diamond and Xenon elixirs for crown chakra awakening.

### **Rhodochrosite - Self-Identity**

With this remedy, the subconscious mind is cleansed, allowing access to higher realms of thought. There is a general strengthening of self-identity and an ability to function well in life. More emotional balance is created through this elixir.

### **Rhodonite - Mantric Practices**

This elixir can increase the capacity to derive enhanced sensitivity and satisfaction from mantric practices. This may prove of some use to people working with musical instruments and those seeking to develop a hearing for vocal quality within music.

### **Rhyolite (Wonderstone) - Self Expression**

The effect of this elixir is primarily at the heart and throat chakra levels. One can learn to blend increased self-expression from the level of the heart chakra. It assists in the ability to speak truth with greater clarity. The emotional and spiritual bodies are aligned through its use.

### **Rock Water - Forgiveness**

Rock Water elixir has the capacity to allow the awareness of a forgiveness field, as if there is an energy somewhere in which all of it—the way you see yourself, the way you judge others, the way you understand them—is as if trivial: it is unimportant. When one can have a sense of this forgiveness, of this sense of blowing energy out of proportion in order to judge oneself, one can then come in a very objective and relaxed way to ask why. This is a powerful doorway, it is the doorway that many who are studying and working with aspects of the law of reflection begin with: why would one have benefit to this aspect of anything in self-denial or strictness or judgment, until one recognizes that it is a powerful clear message employed by the law of reflection in order to understand it and work with it. It relates to the understanding in which one actually recognizes judgment as temporary, not as a permanent part of existence, but as necessary in the process to know yourself and others. This higher spiritual significance is the basis of that forgiveness field: the way God sees you for instance. Rock Water does seem to coordinate chakras 8, 10, and 11.

#### **Rosasite - Conscious Choice**

This elixir will promote self-healing, allowing one to make a more conscious choice about how much healing energy one can accept. This elixir assists in the process of decision-making by seeing things more clearly. A greater sense of the sky, of the atmosphere, and of the Earth's beauty is created through the use of this remedy.

#### **Roselite (Morocco) - Human Connectedness**

This stone has useful properties at illustrating for people a deeper connection to each other, illustrating for them the sense of family, a sense of deeper attunement or awareness. It is a way in which people can awaken to the sense of the human family, this as shared amongst all people. One of the capacities of extraterrestrials and a variety of beings that they have created is to allow a deeper awareness of this energy in regions of the world where various religions are widely utilized by those in positions of power to separate, to say you are

part of this family, but these other people are not. This sense of a widening of one's family, of seeing these energies in a much larger sense of accepting all people on planet Earth in this sense is one of the important characteristics that roselite confers. One of the more positive attributes of this elixir, is to help expand the sense of the human family, the sense of the willingness to drop barriers and divisions between races and religions, more important these days than that of economic divisions. This also important in the event of a new race coming to Earth, one of extraterrestrial origin, to be welcomed and not attacked. One can also feel more connected to past generations of humanity, thus feeling a greater willingness to share energies with beings all over the planet.

#### **Rubellite – Will Power**

Red and/or pink tourmaline. Use of this elixir will help to manifest greater wisdom and creativity. It can activate all of the qualities stored in the second chakra. It will also be able to balance a too passive or too aggressive nature.

#### **Ruby – Spiritual Balance**

Kundalini may be activated in a balanced fashion through the use of this remedy. It can strengthen the heart and the heart chakra is powerfully stimulated. Divine love and inspired leadership abilities are enhanced by its use. Relation to father or father image improves with Ruby elixir. This stone eases disorientation and procrastination.

#### **Ruby, Star - Spiritual Balance (NOT ON WEB)**

A more amplified version of ruby.

#### **Rutile – Childhood Issues**

Rutile alleviates blockages within the psyche from pressures placed upon the self in early childhood. It can relieve an unforgiving nature and aspects of the heart chakra are opened.

#### **Samarskite-Y (Colorado) - Soul Communication**

This stone has some unique properties in enabling certain messages from the soul to be transmitted more consciously and clearly to the individual. It is not predictable which messages, but usually they will tend to be those messages of maximum importance. These will usually go through a specific sort of precedence according to what the individual needs to

understand the most. These will often encompass things like your purpose, a deeper understanding of relationship, an awareness of what is important to you in this life, areas that must be understood in order for you to have the sense of completion about some particular life phase. The soul does these transmissions without regard to an understanding of time in a human sense. This is because the soul is not governed by the same laws of time that affect human beings, particularly as they go through their sequence of incarnating and disincarnating. Rather the soul itself has a variety of important attributes that must be accepted, learned, created, manifested in the physical form. These energies sometimes will require that in order for you to understand them or work with them, you step out of time, you do not hold yourself in the context of things in a limited way that might have been before; you are able to shift from the place of experience to the place of immediate now. Although the soul can assist with this process, it does so energetically more so than by information. This means that there is a sort of gap within your consciousness, how you do things, how you understand them, there is this little piece that seems to be missing. Samarskite-Y elixir can gradually bring this piece back into your awareness. Progressions of the planetoid Pluto may be eased by the use of Samarskite-Y. It is certainly worth a try where individuals are having difficulty with various aspects of Pluto showing up in their chart timed with life events that are problematic.

#### **Sand – Cardiovascular Health**

Sand creates elasticity in cellular tissue. This elixir expunges all radiation from the body.

#### **Sandstone - Flexibility**

The etheric and emotional bodies are aligned through the use of this remedy. It is especially helpful to use this elixir in a bath to aid skin conditions. Meditation with this elixir increases a sense of flexibility within the personality.

#### **Sapphire - Clarity and Inspiration**

With the sapphire family, there can be a complete linkage of mind, body and spirit to bring to the self clarity and inspiration. Taking these elixirs the meridians are stimulated and tensions decrease. The elixir will have anti-

depressant effects. As a thought amplifier, sapphire stimulates clairvoyance, psychokinetics, telepathy and astral projection. Connection with one's spirit guides improve as well as personal expression. The many different colors of sapphire that we offer have tendencies to affect different chakras. blue sapphire may be more for expression while pink may assist in the expression coming from a more heart centered place. As with all stones, those with cat-eyes or stars as in star sapphire have a more amplified effect. a collection of multi-hued sapphires is offered as combination elixir #125 this can be very useful for chakra healing without having the intense cleansing impact of combination 126, the diamonds.

Sapphire, Blue  
Sapphire, Green  
Sapphire, Orange  
Sapphie, Pink  
Sapphire, Purple  
Sapphire, Yellow

#### **Sarabauite - Sexual Healing**

This stone is useful for bringing physical love and emotional love into the physical body more easily, and for creating greater acceptance of these states. It can be helpful therefore with clearing any misunderstanding about childhood incidents associated with rape or incest or other difficult sexual issues for individuals. Many times these particular issues have a number of foci that move through past lives, and these can be brought into greater clarity for individuals. When one would perceive from one's childhood a sense of victimhood or struggle against something larger than oneself, it is usually useful to see that this picture is the exact energy or image one has wished to create for oneself in working with these particular difficult incidents. Opening to the larger picture, one can see the reason why one would invite such difficult situations into ones life, and realize the larger benefit of deeper forgiveness or understanding of ones self as perpetrator and victim. There can be improvement in a number of physical abilities, including the ability to receive and give love. This can improve one's sex life, increase ones ability to know sexual pleasure, or even increase ones orgasmic capacity, bringing a sense of greater ease and relaxation into the emotions and the sexual centers.

#### **Sard - Courage**

Sard enables people to gain and to integrate within the self a sense of courage within spiritual dynamics. The astral body is aligned to ease fear and tension.

#### **Sardonyx – Alleviates Grief**

With this remedy, there is greater resistance to depression, anxiety, and especially to grief. The throat chakra is mildly stimulated, the emotional body is strengthened, and greater intuition and understanding develop.

#### **Scapolite (Purple) - Enhanced Visions**

Important stimulation of the connection between the 3rd eye, the crown chakra, the 8th chakra and the physical brain is established with this elixir. A deeper awareness of God's purpose in working with an individual or humanity may be noted through its use. This remedy combines well with Krypton elixir.

### **Scarab - Regeneration**

Scarab helps to ease depression partly because of a complete alignment between the etheric and emotional bodies. The heart chakra is opened, which increases circulation and improves distribution of life force to the physical body. Scarab rejuvenates the individual's spiritual attitude through inspiration.

### **Scheelite - Past Life Memory**

This stone does appear to be quite helpful in improving a wide variety of psychic abilities, in particular improving the ability to unearth lost memories. Although this would be widely applied in such avenues as recreating lost memories of alien abduction or various difficult childhood experiences such as incest or molestation; its proper use would actually be for an attunement to those initial energies of a larger learning capacity most people experienced from the time of birth to about three years old. The utilization of the stone in such a case is not only to stimulate higher wisdom or association by opening up these memories; it also has capacity to enable the person to have a deeper sense of self around these issues, as if to more easily integrate this. This is a very difficult matter for usually the emotional bodies are brought in to block the particular memories because the individual is unable to integrate them. When such integration is more easily established, then it is also much easier to work with the understanding of this and come to the awareness of the higher purpose.

### **Schlossmacherite (Light blue, Chile) - Relaxed Calm**

This stone does seem to promote a sense of well-being or deeper calm in many individuals. It does appear to relieve stress, particularly that which is due to a misunderstanding of time: time pressure, opportunity to do a certain amount of work in a certain amount of time, that sort of thing. At the higher level however, as time pressure is relieved, most individuals will recognize alternatives—delegation perhaps, or sharing energies in other ways. Yes, this is a stone that could help you in your own understanding of delegation and need to do this appropriately and lovingly. In addition however Schlossmacherite does appear to help individuals have a sense of peace and calm, even amidst chaos and difficulty, as if to be able to more easily find a relaxed place, even though others around them may be feeling tense. It does this by allowing the individual to establish a deeper contact with Mother Earth, awakening root chakra energy, but at the same time allowing energy from ones own higher connectivity, sense of soul group, connection to guides and other energies to flow through. As this flow-through takes place, the individual will be shown ways in which those energies are not those about doingness but about beingness. As the elixir is utilized and the individual tunes into this energy, they will see a certain humor in it, a playfulness, an inner love may emerge; these are all positive qualities

telling them their heart chakra is opening, because it is an opening to the guides and helpers, the group activity in its larger intent, and other positive energies.

### **Scholzite - Peaceful Change**

With this elixir, individuals working with many aspects of change can establish change in their lives peacefully, in a way in which higher energies can be made more available. The stone will not bring higher energies in directly, but open the path so that they can enter much more easily, with far less stress on the body. This can be especially true for those who are contemplating a change in life, new lifestyle, new job, new location, or new relationship, as Scholzite can be useful in opening one to many potentials and possibilities during this time of change. This can relate strongly to the planet Venus, and will combine well with Venus elixir because of the importance of the interrelationships with others. This also appears to stimulate certain aspects of group consciousness where people have already committed themselves to a new path or to working together as a group and learning from each other. The stone has some value in allowing a healing where there is a difficulty in forming new relationships, these seemingly forced upon one by outside circumstances, as in fractured or divorced families coming together, or new business relationships formed by mergers or acquisitions.

### **Scolecite - Sushumna**

This beautiful clear tube is a natural symbol for sushumna or the great central channel in the physical body. With Scolecite, there is a strengthening of the energy up and down the spine, an ability to understand and work with kundalini energy - to shift and change it - energy of breath and movement, of deeper relaxation and yogic postures. This elixir can significantly increase the energy that is funneled and channeled up and down the body and assists in the deeper clarity of vision that is a direct result of this energy movement. There is also a strengthening of the cord (tubelike in nature) that connects the astral body to the physical body.

### **Scorodite - Enhanced Mental Function**

This stone is useful for extending the size of the subtle bodies. This can be particularly helpful when one wishes to gradually increase higher body energies. For many individuals the amount of energy that is contained and utilized by the higher subtle bodies—in particular the astral, causal, and even mental body—is far lower than the higher capacity of energy that could be available. Oftentimes, this is a result of the concentration of such energies to an extent that is largely imbalanced in another of the subtle bodies, usually the emotional body. Scorodite will not do a re-balancing; it will actually add more energy and bring in new aspects that can be associated with these higher subtle bodies. In particular, individuals may begin to notice that as the mental body increases, there are new energies and new things to look at.

### **Selenite - Conscious Dreaming**

This stone reflects certain characteristics of the moon. This elixir brings to the surface from the unconscious, abilities of astral travel, past life recall, and telepathy. Take before sleep for more conscious dreams.

### **Sepiolite (Meerschaum) - Amplifier**

This elixir is valuable in dealing with issues of the bones.

### **Serandite - Earth Connection (NOT ON WEB – OUT OF STOCK)**

After taking this elixir, there can be some increase in psychic abilities such as psychometry, ability to attune to certain vibrations of objects and to become one with them. With its use, there can be some enhancement of the ability to heal emotions. It will also increase connections out of the base of the spine to the Earth. It can be quite useful for animals after contending with the after effects of a neutering operation.

### **Seraphinite - Spiritual Communication**

This elixir can bring an increased understanding of oneself, one's internal communication and spiritual nature. An enhanced ability to shift awareness from one's past, present, future and parallel realities is created. A greater awareness of moving beyond any limits of linear space/time perceptions is also one of its attributes. This creates an awareness of wholeness, of all is possible, of joy. It combines beautifully with Betelgeuse and Bellatrix elixirs.

### **Serpentine - Altruism**

This elixir should be used to improve meditation and enhance the visionary capacity. The astral and emotional bodies are aligned, which alleviates general fear and paranoia, develops an altruistic nature, and increases the capacity for psychic abilities.

### **Shattuckite (Plancheite) – Thought Amplifier**

The etheric body is strengthened with this remedy that also can be used to release information encoded within the genetic system, such as stored languages from past lives.

### **Siderite - Shadow Self**

This is an important doorway stone to understand humanity—to see the highest potential for humanity, coordinated with an ability to allow love. This sometimes is unable to come forth because the darkness and its higher purpose are simply not understood. Those who will usually be able to resonate with the stone most easily are those who, in their own way, have some acceptance of the dark side of themselves. Most individuals who use Siderite elixir will find over time that their ability to accept and work with the dark side of themselves is significantly benefited. The emotional body is cleansed gradually as a result. The energies are released to the mental body, giving a person greater perspective and understanding. Often a deeper awareness of, and ability to work with, the law of opposite expression is made available for individuals. This naturally leads to deeper understanding of the law of love. It is possible in utilizing the elixir of

this stone for individuals to release a number of negative functions within their own bodies. These functions can inhibit proper digestion or inhibit the ability to manifest healing light, or be blocks of any kind at an emotional or even spiritual level. The stone has the ability to help people accept each other, to see the dark side in someone else, and to see that it is but a reflection or a mirror of some aspect of one's own consciousness. In this way one can more easily and lovingly accept another person, seeing that their ability to manifest light is also dependent on the ability to accept their darkness. A deeper conception of oneness emerges at an emotional level, and it is in this way a Buddhaic stone.

### **Smithsonite – Personal Relations**

This elixir greatly reduces the fear of interpersonal relationships and an inability to develop such personal relations. The correct merger of the astral and emotional bodies creates a sense of security within the personality, which generates self-confidence.

### **Soapstone – Immune Stimulant**

Use soapstone to strengthen the heart and thymus.

### **Sodalite – Spiritual Growth**

With this elixir, emotional balance can be attained but expressly for the purpose of spiritual growth, not for psychological growth. This can strengthen the meridians.

### **Spangolite - Vision**

This elixir can help one to strengthen the psychic abilities associated with the seeing of auras and rays, visualization in general or even improve eyesight. It can also help to create a greater acceptance of past-life information, psychic abilities or manifestation.

### **Sphalerite - Sexual Union**

Taking this elixir can be helpful for many men with the thought form associations with the prostate gland. This has to do with inner sexuality, an understanding of the sexual practice and deeper understanding of how male and female energies are entwined on the inner levels. For people seeking new forms of relationship this elixir is recommended. It can also assist those seekers of higher source understanding of tantric or taoist sexual practices. It can help relax various attitudes with regard to acceptance of one's own sexual nature and those of others. Combines well with Fig, Banana, Zucchini and Red Ginger elixirs.

### **Sphene – Subtle Bodies**

With sphene, the mental, emotional, and spiritual bodies are aligned. Activation of the spiritual body always stimulates metabolism in the body. This elixir focuses on the subtle bodies.

### **Spinel – Aids Detoxification**

This elixir can be a general cleanser that should often be used during detoxification. The etheric and emotional bodies are aligned and there is a calming and antidepressant effect.

### **Spurrite - Psychic Fatigue**

This is a useful remedy for people who have already developed psychic abilities who find themselves tired after a period of channeling or other psychic skills. Thus, a strengthening of the third eye can be brought about through Spurrite. This essence can combine well with Sugilite elixir for its beneficial affect on chakras six through twelve.

### **Star Sapphire – Balances Chakras**

This elixir can help stimulate visions, higher inspiration, spiritual awareness, deeper meditation, and psychic abilities. It also can be used to open all the chakras and strengthens aura and meridians. It is also suggested balance emotions, eases anxiety and procrastination. Use Star Sapphire elixir when fasting.

### **Staurolite – Earth Attunement**

This elixir can help to balance individuals with the harmonics of nature by attuning them to all Earth's major and minor chakras. This stone can be used to open people's chakras, gives one a sense of planetary purpose, and remove regional prejudices.

### **Stellerite - Stellar Miasm**

This elixir is useful for relief of space sickness. It tends to smooth the interaction between the human-generated etheric body and cosmic generated ethers. It will combine well with Helios elixir for those seekers of experience of the planets and stars. It will also be useful for those who wish to connect to the stars during daylight hours.

### **Stilbite Apophyllite - Joy**

No info.

### **Stibnite - Higher Love**

This stone appears to be related to the way in which guidance groups, particularly angelic groups, reach for deeper contact with humans. It can also improve communication between those who wish deeper awareness and understanding of the higher knowledge of various extraterrestrials. This can include beings from other planets or star systems where one does not have easy access, such as the light from the star in which they live. This would be helpful for those who wish deeper communication with such beings for any purpose. One can work with Stibnite for the ability to improve communication with one's guides, and to be more easily influenced by them.

### **Strombolite - Spiritual Practicality**

This elixir may allow individuals, as they have deeper insight into God or into consciousness, to make this energy practical and real in their lives very quickly. With children, to stimulate more spiritual energy into the physical body, this essence can be quite helpful. In ancient times, the stone was recognized as being valuable in allowing greater insight during the ritual process. Strombolite was used at the end of a ritual so there would be continuity until the next one.

### **Strontianite - Mental Function**

This stone is useful in shifting underlying metabolic processes that can eventually lead to difficulties relating to the correct absorption and utilization of calcium in the physical body. This occurs because of a difficulty with correct utilization of strontium in the body. Strontium is often found in milk in small quantities due to processes available to the cow. This in itself is not of great difficulty except that the processes of homogenization, pasteurization, and other processes do impart to the strontium in the milk an extra high level of affinity for the bony structures in the body. Small amounts of the mineral certainly are necessary, but when they have been negatively charged, there can be some difficulty at the bony structure level. At the higher level, this stone is able to provide enhanced mental functioning, bringing left and right brain balance, and a speed-up of certain processes associated with mental functioning. These can include the use of logic and reasoning and the ability to perform certain mathematical manipulations. There is also a deeper understanding of various processes and of how things work in the world.

### **Sugilite – Crown Chakra**

This elixir balances the pineal and pituitary glands as well as the left/right brain hemispheres. It can stimulate and open the crown chakra on the physiological and ethereal levels. Use this elixir to raise consciousness. Altruism, vision, and understanding are enhanced with this stone.

### **Sunstone - Inner Strength**

This elixir will reflect energies dealing with the solar principle. The understanding of patterns of past lives is enhanced through its use. This stone can help one to overcome obstacles. It will increase communion and understanding with the energies of the sun.

### **Sylvanite (Gold Hill District, Near Boulder) - Soul Purpose**

Sylvanite has opportunity to bring a great deal of healing energy into individuals for a very brief time. This can be a helpful adjunct when utilizing healing technologies, or most importantly, hands-on healing. It is to provide a burst of energy, a sense of that which is outside the usual domain, a sense of jumping out of the box so to speak, the opportunity

to see yourself connected to a higher level, and to allow that energy as clearly as possible. There may be a sense of electricity or energies that move up and down in the body. But for many people these energies will focalize in the arms, particularly in the elbow region, the sense that this energy can wake up there and then move throughout the body may be benefited by tai chi movements, various sweeping arm movements, moving the arms gently and slowly, swinging the arms, or in various ways recognizing the movement of such energies through this region of the body and into the rest of the body. The healing however is primarily taking place at higher vibrational level; a temporary alignment of the mental, emotional, and causal bodies takes place. As the energies are able to move around, all kinds of aspects are shifted, and there can be much benefit as individuals are able to open to this. Sylvanite does seem to have useful interesting properties in a powerful connectivity to the highest self, a sense of the self, an awareness of where you are going with your lifetimes, of what you are here for. It may not produce the sense in the mental body that is the awareness of these energies as a clearly defined job or mission statement as much as it does a sense of belonging, a sense of purpose. This can be almost an electrical energy, and can move through the physical in a way that can be very healing, a shift in the sense of yourself can be a very powerful tool as you are looking into this deeper question as to why you are here or what you are intending to do. It is also a valuable energy when seeking insight into a problem, to understand things from an entirely different perspective, to work with it in a way that you hadn't previously. It would probably be wise not to simply take sylvanite elixir spontaneously, but rather to plan it out. It could be days ahead, or a minimum of 10 minutes ahead. But you choose that place in time and make a simple statement: 'I ask now for the assistance from the vibrational levels that work with me, my guides, the earth, my soul, the connection to the oversoul of humanity' -- whichever way in which you see this energy working at the non-physical level as being able to assist you and guide

you. You then choose that as a point in time. "10 minutes from now I will use this elixir, and I welcome your shift, your vibration and your energy at such a time." Or at whatever time you establish. Then when you use the elixir, consciously welcome that energy, find it moving through your own body, and work with it by moving. Let the movement in the body be subtle or direct, but a way in which you are allowing that never to be stuck.

#### **Szenicsite - Spiritual Guides**

This elixir brings new life or strength into the body, particularly with a sense of humor, a sense of joy or of movement. This can be very helpful in the study of martial arts. It has the ability to push people through areas of mental congestion such as procrastination or difficulty in completing projects. It can also strengthen the connection between you and your guides in order for them to assist you in completing life tasks.

#### **Talc – Spiritual Practices**

Talc enhances most spiritual practices and past life therapies. It releases past-life talents so that they can be understood and assimilated. It will generally align the astral, emotional, and etheric bodies.

#### **Tanzanite, Blue - Artistic Expression**

This elixir will assist in the understanding and influence of various forms of artistic expression, especially music and dance. It will enhance one's inner artistic nature. It combines beautifully with Vega elixir.

#### **Tanzanite, Green - Artistic Expression**

In addition to the properties of Blue Tanzanite (artistic expression), Green Tanzanite can bring a sense of greater love to psychic abilities. Some individuals will at times create blocks to the higher spiritual qualities associated with Blue Tanzanite. When the absorption of music at a mental level is not available, sometimes the only way music can enter is through the heart. Such individuals will generally be attracted to love ballads as in country and western music. When exposed to Green Tanzanite, there may be a shift and they may access higher levels, which would open them to some of the Vegan benefits of music. The stone can also stand on its own, not only with its relationship to Vega, but the way in which it brings a more heart-centered energy to individuals.

#### **Tarnowitzite - Creativity**

This elixir augments an ability to combine the rays in people. It can help to bring a sense of potential into form. It can be used regularly for the creative process. It may offer entirely new realms of possibilities into areas that never before seemed available. Improvisational music is significantly enhanced by its

use.

### **Teallite - Self-Respect - Bolivia**

Capacity to encourage in individuals a sense of respect, a willingness for deeper sense of integrity, welcoming of the most noble and helpful aspects of one's relationships with one's guides, with one's own soul, with those who have positive and helpful good intentions for you: teachers, guidance councilors, people who are seeking to assist you, this is often difficult when individuals are stuck in the throes of drug addiction, struggling with personal relationships with their family, working with issues that are difficult to understand because that lack of respect, that sense of a denial of you might say the highly regarded elder as it manifests in yourself, this is rejected, this is pushed away, this is what the individual struggles with. Sometimes such an energy simply needs the individual to have this deeper attunement to their own self respect, their own willingness to love and care for their own internalized elder, their own willingness to revere and listen to his or her words of wisdom. Many times these energies of the difficulty in receiving the assistance from others are misinterpreted; the person seeking to help takes it personally. But frequently it is simply because internally the individual is unable to receive their own sense, their own deeper respect, their own love of themselves and their highest and most helpful wishes for themselves. Where Teallite helps for these individuals is they discover in themselves that they have placed that sense of rebellion, that resistance, that difficulty, for a reason; they have put it there in order to draw greater attention to this issue, helping them understand more of that inner wisdom that they have, discover it and know it. Obviously for rebellious teenagers, for relationships where assisting others is so important, ways in which you wish change in your life and have resisted it, Teallite is indicated. But where it becomes more useful is where you realize that in your life many of the issues that have related to those which bring you disease, diminution of energy on any level, chronic

difficulties in relationship or with the physical body, often have their root in these resistances, in this rebelliousness, as if somehow a self-sabotaging teenager is run amuck within your consciousness. Most individuals as they grow older put that aside, resist it, or deny it. Perhaps in their own inner psychological investigations, they have begun to look at this. But Teallite can be very helpful in bringing to the surface the deeper understanding about this and allowing the natural discovery of self-respect, of a willingness to hear and know those energies, and be willing to change as a result. Teallite helps cleanse the emotional body, bringing much benefit to this deeper awareness between emotional and mental bodies, allowing the individual to better accept and work with these aspects of themselves. "I allow this. I welcome it. I release. I let go."

**Tektite - No info, should be similar to meteorite. (NOT ON WEB)**

### **Tennantite - Proper Timing**

For people wishing to understand the underlying principles of time travel this remedy can be valuable. It can be used to see/feel the blending of past, present and future in one's life. A sense of patience and a willingness to allow things to occur in their own time is enhanced. It may help to relieve someone's anxiety about the future.

### **Tetrahedrite - Psychic Opening**

This stone is helpful in coordinating the shift from the third to the fourth dimension. Thus all psychic functioning may be integrated to the point of replacing functions of just the five senses. A greater understanding of the nature of the universe, what it means to be alive, of one's "essence", is possible by the use of this stone.

### **Thomsonite - Telepathic Transmission**

This elixir can assist an individual in energizing psychic abilities, particularly those used in transmitting thought patterns. It can be very useful in healing by forming a mental picture or visualization of a healthy condition within an individual and transmitting it to them.

### **Thorite - New Psychic Ability**

Thorite is indeed a fascinating mineral, and making an elixir of this can be very helpful with the radiation miasm, with people's ability to better attune to Earth energy and strengthen their ability

to receive communication from the Earth, to have a sense of this as an ongoing repeatable endeavor is very important: people's ability to tune into this and sense it.

#### **Thulite – (Pink Zoisite)**

Pink Zoisite. See Zoisite. Made up of manganese.

#### **Tiger's Eye – Higher Purpose**

This elixir aligns the base chakra with the brow chakra, linking understanding to a higher purpose.

#### **Topaz, Yellow – Spiritual Rebirth**

Use of this remedy helps to balance newly stabilized emotions. It will help one to ease anger, jealousy, depression, or worry. It will calm excessive passions and gives strength to handle life's problems. Topaz elixir helps to increase the reception of spiritual inspiration and help to activate the third and brow chakras.

#### **Topaz, Blue - Spiritual Rebirth**

Same as above with an emphasis on the throat chakra.

#### **Torbernite - Joyous Purpose**

Stimulation of the heart chakra along with some awareness of life purpose may result through use of this elixir. The soul energy is strengthened in coordination with the oversoul energy that extends far beyond humanity's soul to that of the angelic kingdom. This usually brings a sense of praise, joy, deeper awareness of angels or angelic states. There is some stimulation of the 11th and 12th chakras from the use of this remedy.

#### **Tosudite (England) Inner Peace**

Tosudite has some interesting ability to help people go to a place of deep quiet, a sense of inner peace, understanding and receiving this sense of peace as it is connected to the entire universe, a peacefulness that is much more than inactivity; generally people see peace in that sense, but this is a sense that then continues, connecting especially to your family lineage, your ancestors, your DNA. With sufficient use, people can use this mineral to sense beings way back, perhaps hundreds of generations.

#### **Tourmaline**

All forms of this multi-hued stone stimulate the bio-magnetic, electrical, and crystalline properties in the body. The electrical effect stimulates

communication between the subtle bodies. The psycho-spiritual properties are activated when the appropriate tourmaline is used. Each type of tourmaline will strengthen the meridians, nadis, and subtle bodies. When one or more of the tourmalines are taken, they must be used with watermelon tourmaline to enhance their effects.

#### **Tourmaline - Black (Schorl) - Protection**

This remedy works on the base chakra and awakens altruism. This elixir offers protection against negativity and the Earth's radiation. It helps to dispel fear.

#### **Tourmaline - Blue (Indicolite) - Expression**

This color activates the throat chakra. It will assist in all forms of expression and is particularly potent when combined with green tourmaline.

#### **Tourmaline-Blue-Green (From Paraiba,Brazil) - Loving Expression**

This stone can create an inter-penetration and a combining of the heart and throat energies. When energies that are not fully joined then become joined, much more energy can be liberated. The result here is an improvement in the ability to accept one's own psychic abilities, to understand and work with them in a regular and easy fashion, and to share them with other people. Psychic abilities related to healing often must combine both heart and expressive energies to be fully effective. This Blue-Green Tourmaline can assist in bringing a sense of empathy to the individual. With sympathy they are in direct alignment with the other person's problem, but with empathy they are in alignment with the source level from which the person has allowed an imbalance that then manifests as an actual problem. This stone is used by a number of extraterrestrials for communication, and may be one of the stones utilized as a bridge of communion in the future.

#### **Tourmaline - Cat's Eye - Visions**

All of the properties of the 6<sup>th</sup> chakra are opened with this tourmaline. This may entail increased visions and an awakening of an individual to their personal concepts of God.

#### **Tourmaline, Chrome - Heart Opening**

A much more powerful heart opening takes place with the Chrome Tourmaline elixir than with other forms of Green Tourmaline. Individuals can often feel this immediately after taking the elixir. It can also make more physical the effects of other forms of green tourmaline, and they may combine quite nicely together. Thus there may be improvement in heart conditions such as arrhythmia or even irregular or extremely rapid heartbeat. A person can better understand how they love or reject love. When one is imagining loving someone else, sometimes a piercing light pours from the heart. The individual who is projecting heart-light energy may find that other people better absorb the energy when that same individual utilizes this more piercing clear form of the green energy, the Chrome Tourmaline.

### **Tourmaline, Green – Paternal Issues**

This opens the heart chakra. Psychological problems associated with the father are eased with green tourmaline.

### **Tourmaline, Quartz – Spiritual Unfoldment**

This elixir opens the crown chakra. All of the subtle bodies and chakras are aligned, and there is greater attunement to the higher self, along with increased spiritual understanding.

### **Tourmaline, Red (Rubellite) – Will Power**

This remedy can help manifest greater wisdom and creativity. It can activate all of the qualities stored within the 2<sup>nd</sup> chakra. There will be greater balance of a too passive or too aggressive nature.

### **Tourmaline, Watermelon – Heart Alignment**

This elixir is to be used in combination with any or the other tourmalines. There is a general association with the heart chakra. This elixir stimulates the piezoelectric properties and crystalline structure of the other tourmalines.

### **Tourmaline, White (Uvite) – Third Chakra**

This elixir activates the 3<sup>rd</sup> chakra. Emotional problems, digestive difficulties and the petrochemical miasm are eased.

### **Tremolite - Emotional Awakening**

This elixir can activate the second and third chakras in individuals, bringing together powerful emotional energies for the purpose of release, understanding and awakening. It can help those to let go of emotional patterns that have been set deep into their unconscious from many past lives. It may also have significant impact on a physical level on the spinal areas of the second and third chakras. There can be a greater awareness received for those dealing with the astrological aspects of Mars.

### **Trinityite - (The fused sand around the first nuclear explosion at Trinity, New Mexico, olive green) World Peace**

These experiments were accomplished with a tremendous amount of what could best be described as muffling energy, which were provided by extraterrestrials, humanity's guides, and angelic hosts, primarily associated with the Pleiadian and Sirian systems. The idea was, as much as possible, to confine some of the more damaging or difficult energies, creating a barrier between them and the rest of space. Because of these muffling energies, a powerful reflection took place, as if the higher, more negative forces reached out and hit that reflective barrier and then were returned to the site. In such contact there was a deeper attunement to the possibility of peace, the possibility of a gentler loving way, and these energies became then more associated with this green color. The elixir can be helpful for those who are involved in nuclear energy in any form, seeking to find some way of it being more acceptable and useful to people, various ways in which it can be more peacefully applied. But

there are also those involved in political movements, those who would seek to create peace in the world by enlightening people to the true nature of nuclear warfare or nuclear disarmament; and such individuals will also benefit from this. The next higher level of this appears to be an energy associated with the need for forgiveness. Thus within this sand there is this essential component through which deeper forgiveness perceived as enemies is allowed and understood. An obvious combination here would be a chunk of the Berlin Wall, again seen as perhaps the end of the Cold War, combined with Trinityite for a sense of deeper peace about many political conflicts, a sense of compassion and awareness as to why these were necessary, and a willingness to recognize humanity growing out of such levels. The highest level of this relates to the radiation miasm as people are most easily then able to cleanse this from the body, releasing it in any form possible.

### **Tuffa - Concentrated Energy**

This elixir can help concentrate energy in any form. It is useful when certain blocks need to be penetrated through healing work. It is then to be taken by both therapist and those receiving the treatment. People who are studying and working with psychic abilities that require a highly concentrated form of energy for a short period can benefit from Tuffa.

### **Tunnelite - Interconnectivity**

This elixir will assist one in becoming more aware of the beauty of one's environment, of the interconnectedness of all beings, of the understanding of the healing process and of people's purpose, mission and understanding in being on Earth. It can bring attention to various areas that are difficult or blocked, so it may be easier to assist others with greater understanding of their point of view. A sense of wholeness or peace can result from this understanding of how things are connected together.

### **Turquoise – Master Healer**

This stone is a master healer; all chakras, meridians, nadis and subtle bodies are strengthened and aligned through the use of this elixir. It tends to stimulate the absorption of many nutrients. This stone is a powerful protector against any environmental pollutants. This elixir can improve meditation with peace of mind developing.

### **Tyrolite - Heart Shift**

This elixir allows the formation of an alternative heart structure, as if at a higher dimensional level or a parallel universe. This heart structure is created to bridge between that reality and yours. The effect of this for most people would be new ways of loving that they had never previously considered. It demonstrates that people can change, that they are not held fixed by the ideas and consciousness of others.

### **Ulexite - Chakra Imbalance**

This remedy can be used when there are some chakras that are significantly

imbalanced compared to the others. Combining Ulexite elixir with other elixirs pertaining to an imbalanced chakra, or combining it with the Coral, Tourmaline or Sapphire combinations will be helpful. It is often helpful for people who struggle with some of the new technology present today. This is the Uranian aspect of the stone. Therefore, the elixir is helpful to come to peace with newer technology. May be taken by those who have difficulty with computers, video display terminals and other high electrical frequencies.

#### **Ussingite - Soul Connection**

This elixir can stimulate healing and the strengthening of certain bonds between people. It can show individuals higher forms of relationship such as the triad form; where three come together for a specific purpose, thus a greater clarity of purpose is possible. It may also help to stimulate connection between soul groups as well as within soul families.

#### **Uvarovite (Green Garnet) - Heart-Light**

This stone appears to be helpful in bringing mental and heart functions together to enable them to combine, forming a new sort of heart-light or heart-mind. This is very important in conditions of stress where the taxing of the heart for a long period of time due to repeated vitamin C deficiency has been noted. The next higher level is the utilization of this energy for helping others, for knowing a sense of altruism, of a deeper connection where the heart is stimulated by the will. There can be in using this elixir, insight and understanding about where love and appropriate use of healing energy or altruism has been missing in one's life, in the world, or with other people. Sometimes this will produce a state of sadness or hopelessness. A second utilization of the elixir would be indicated at such time. This would combine well with Emerald elixir for this purpose, and as the sadness is seen, perhaps even allowed to pour from the body with tears or whatever, a great and powerful deeper joy will be noted. That joy is God's joy, a willingness within people to understand the higher experience of creating and bringing a new light into the world, yet not always finding that it is easy to use it at the highest and best, not always easy to blend it and appropriately absorb it.

#### **Vanadinite - Transparent Shield**

This elixir has the ability to help one in shielding or in protection. It can create a stronger awareness of inner influences. This is a true shield, one that allows energies to pass through. Transparency and the realization of what the fear, struggles, and difficulties are that one might be trying to shield is a result of taking this elixir.

#### **Variscite – Past Life Recall**

Variscite elixir impacts on the direct recall of past lives relevant to the psychological well being of an individual. The astral and etheric bodies are integrated with its use.

#### **Vauxite - Etheric Cleansing**

This elixir stimulates the entire head and neck region at the etheric level. It can assist those wishing to understand the nature of sound and light healing. With Vauxite elixir it is easier to project that light outward by imagining a powerful blue light coming out of the physical body. In addition to this image, by imagining breathing through the skin, many toxic compounds, parasites, and pesticides and other environmental debris can be reduced or eliminated.

#### **Vesuvianite - Manifestation**

This elixir may enhance various people's capacities for manifestation. It will help in bringing a dream into reality. It assists by bringing some sense of love into one's dream and in the way in which the love itself may have certain material manifestations.

#### **Veszelyite - Growth**

This remedy brings a strengthening in one's ability to understand inner growth through one's heart, thus creating an ability to chart and direct one's own growth patterns. There can be enhanced abilities of visualization and materialization from this elixir. Greater understanding, in the heart, of new mathematical forms or series will result from the use of Veszelyite elixir.

#### **Villaumite - Intuitive Smell**

This remedy helps to ease some of the difficulties associated with sodium fluoride in most water systems. These difficulties can be reduced pineal function or immune dysfunction. Villaumite elixir can reverse some of these problems. There will also be some rebalancing of the body's natural ability to perceive and work with food substances. It also can increase one's ability to receive impressions through the sense of smell.

#### **Vivianite - Collective Attunement**

This elixir helps individuals to make leaps of consciousness, always fueled by heart energy. It can be quite helpful to groups that are seeking, in research or in working together, to produce something new, of benefit to all, but also something that must go beyond the bounds of past thought and ideas.

#### **Volkonskoite (Russia) - Releasing Shame**

Volkonskoite has capacity to bring forward in individuals a willingness to communicate about hidden agenda, areas that they have perhaps even kept from themselves; to understand this and work with it, and be able to express it, sometimes very difficult. This often relates to a specific emotion, and that is the emotion of shame; to be able to clear this or to let it go, or to see a way in which it has held you back, this can sometimes be useful.

#### **Wavelite - Counseling**

With this elixir there can be an ability to allow feelings of love and compassion to be transformed into mental activity and communication. It can be valuable for poetry, music and counseling, as well as receiving technical information at the heart level.

#### **Wiggleite - Flexibility**

This elixir is great to take for yoga postures where more flexibility is required. It may also be used when more emotional flexibility is needed. A greater ability to perceive possible future paths is generated thus entirely new behavior patterns can be formed after using this remedy.

#### **Willemite - Common Bond**

This stone elixir can assist in creating a deep compassion and recognition of the essential interconnection among people. This will create an easing of prejudicial states, bringing greater receptivity and allowing new ideas to come in. The keynote of this elixir is that of loving expression.

#### **Woodwardite - Enjoyment**

Woodwardite can bring a sense of lightness, and deeper consciousness of humor and fun to various ways of seeing and perceiving things in the world. It can also reduce a tendency to overindulge in such perceptions. It is to be used when Jupiter is in a difficult position within one's astrological chart. Difficulties arising from over-indulgence of alcohol can be relieved. It can be utilized in the elimination of toxic substances from the body, particularly those accumulated over a fairly short period, as with environmental pollutants.

#### **Wulfenite - Emotional Therapy**

Taking this elixir can accelerate karma through a greater understanding of the message or meaning of emotions. Realizing the pattern or lesson behind an emotion or energies associated with it, can magically and quickly alleviate it. Wulfenite enlightens states of denial.

#### **Wurtzite - Telepathy**

This elixir has the ability to create links across space relating to Earth's sacred geometries, particularly those across Earth's diameter. It is especially helpful for those engaged in telepathy, correspondence or attunement to those on the direct opposite part of the planet. It tends to create a radiating energy in people that can broadcast thoughts and improve telepathy when one is the sender.

#### **Xonotlite - Unconditional Love**

This elixir can increase many levels of energy in a gradual manner. This increases the size of one's subtle bodies, increases the energy output of the aura and allows more energy to flow through an individual. What can arise are deeper levels of love that one has not tuned-in before. Xonotlite is especially beneficial during a healing crisis.

#### **Yttrotungstite - Energetic Storage**

This stone appears to have a number of interesting uses, primarily in allowing storage of appropriate energies as necessary for most people. This storage is observed for those who work with emotions, that emotions in storage can be accessed fairly easily. Many other things can be stored. The storage takes place in one's higher conscious levels where an analog of the physical body's cellular makeup may be observed. This allows people to bring into such systems their ability to store information for the future, to have energetic connections or loving things that happen in their lives that they do not know any other place to fit them into, made fully available to them. There will be benefit in utilization of this stone for hypnosis, self-hypnosis, pastlife recall through hypnosis, and especially for utilization of stored talents. There can be a sense of deeper attunement to Christ-like energy, which is perhaps one of the most important energies that many have in storage. They sense that there may be a time in which it is appropriate to bring such energy out, these energies have been held so long in the higher bodies even before the birth of Christ, they have almost been forgotten. To bring these more clearly into focus is the ultimate lesson of Yttrotungstite, and its ability to remind people of this ability to put the Christ energy into form, and to enjoy it, to love with it, and to know it would be its highest use.

#### **Zanazziite (Brazil) - Understanding Form**

*his gem elixir has capacity to unite individuals who have a connection in consciousness in which they wish to disseminate and understand form, work with form in various ways, down to the day to day aspects of working with feng shui, interacting for construction of engineering matters, working with computers, and other aspects of physical practical life.*

#### **Zincite - Grounding**

There can be a rebalancing of 1st, 2nd and 3rd chakras with this elixir. It can balance those energies between the pineal gland and the thyroid/adrenal complex. It brings a deeper acceptance and love for aspects of humanity's lower chakras. This is relating to ones sexual nature as well as physical exercise or relating to the Earth. It combines nicely with Neon and Hematite elixirs to shift spaciness and makes it easier to ground oneself.

#### **Zircon (Hyacinth) - Biological Personality**

The forces of the pineal and the pituitary glands are merged upon the physical level with this remedy. These are the key elements regulating the biological personality. This can help coordinate visions and revelations into a more balanced and easily grasped psychic experience.

#### **Zoisite - Creativity/Sexuality**

The sexual chakra is stimulated through the use of this elixir. This can bring

increased creativity and the easing of some issues relating to fertility. This is to be used for anyone working on issues concerning creativity or sexuality.

### **Zunyite - Group Interaction**

This stone appears to be quite helpful at enhancing inter-involvement between people in groups. It has been widely utilized for tribal rituals. But the higher function of Zunyite appears to be in bringing groups into a state of harmony so that they can have a common goal, projecting their energy appropriately in the world and accomplishing what is needed; and then letting go of it. Most often this is done when the new pattern is one of dancing or joy or celebration. This can be two entirely different matters; a shift for instance from looking at a healing sort of energy to one that you wish to accomplish politically, or one that you wish to accomplish economically. It could be a shift from a celebratory energy to one that is energy of rest and inner relaxation and meditation, etc. It may also be very good for those who are forming new communities, who are working together in new areas, understanding how they can coordinate and love each other.

## **Element Elixirs**

The inert gases seem to be able to affect the subtle bodies, the aetheric body in particular. The physical body, either unconsciously or under the direction of the mind, then sends that energy where it is needed. In addition to the noble gases, other gases and elements are available in a vibrational form. Some like gold, silver, platinum, etc. have been previously available as Gem Elixirs but are now properly listed as Element Elixirs. Other gases such as hydrogen, oxygen, carbon dioxide are included as Element Elixirs as well. These are part of the long-term project to make available all of the elements of the periodic table in a vibrational format.

### **Antimony – Emotional Shift**

With this elixir, a deeper understanding and awareness around emotions associated with fear is possible. There may also be some deeper awareness of transcendental states, when the emotions and higher states of consciousness can be combined. Antimony strengthens the emotional body.

### **Argon – Transition**

The most accessible of the inert gases, to be taken by most individuals. Can be slightly stimulating over a period of time, an energy boost. A deeper awareness of the solar plexus or power center can be created in a most balanced and harmonious way. The emotional nature of humanity can be stimulated, drawn upward, and directly applied through the heart to ones' life. Negative thought forms will be released (powerfully entrenched, negative attitudes, blockages, and psychological patterns).

### **Bismuth - Rhythm and Coordination**

This stone can bring clarity of purpose. It can be useful in moving radiation out of the physical body. It combines nicely with sea vegetables and radioactive elemental elixirs to cleanse radioactivity out of the body. It also may enhance motor, and hand/eye coordination. It will also assist in the understanding of the co-creative principles of the movement of God-essence into form.

### **Carbon Dioxide -- Breathing Freely**

This substance is a powerful bridge between the human and plant families. Anyone involved in agriculture will do well with this elixir. More deeply, it allows one to understand the entire process of a nearly miraculous transformation from one level to another, from the solid to the gaseous and back again. This can enable deeper insight and understanding in anything to do which can extend far beyond agriculture, into areas of more intuitively selecting and working with food substances. Those who are struggling with vegetarianism, seeking to release meat more easily in the diet would do well with Carbon Dioxide elixir. An additional use is noted for individuals who have the occasional difficulty of excessive carbon dioxide in the body which produces acid conditions. This can be especially noted with individuals who have poor breathing habits. Carbon Dioxide elixir appears helpful in awareness of far-off past lifetimes of coming into being, understanding the nature of form here on planet Earth. There is some improved ability to awaken psychic communication with the devic orders, as many of the vibrations carried between the plants take place on the small amounts of carbon dioxide found in the atmosphere.

### **Chromium - Law of Reflection**

Chromium has powerful capacities when assimilated and utilized properly in the human body. It is a catalyst that governs the transformation of many minerals from one form to another. This affects the ability of the body to correctly utilize calcium, silica, magnesium, potassium, and sodium. Its outward signature of shininess, hardness, and reflectivity is to show that it is also able to give individuals a deeper understanding of the law of reflection. This is the law which states "as above, so below". An individual can see his or her self reflected in the environment; and vice-versa, one can project into one's environment the highest and best understanding of oneself. For instance, if you have a relationship with someone and you do not like certain aspects of that person, recognize that it is because those are aspects of yourself that you are not willing to accept easily. Chromium elixir has many powerful abilities to raise consciousness through the acceptance of this universal law, allowing the energies from other people to be more easily received by you.

### **Copper – Self-Confidence**

This elixir can help one to develop self-awareness, emotional calm and psycho-spiritual self-confidence. Use it with female concerns and for protection against environmental pollutants. The subtle bodies and five lower chakras are balanced with Copper while astrological attunement increases.

### **Gallium – Skeletal Strength**

This elixir stimulates the skeletal structure and can be used in craniopathy. It can assist in treating difficulties arising from over-exposure to radiation. The heavy metal miasm is eased with gallium elixir.

### **Gold – Greater Love/Regeneration**

This elixir is a master healer. It will ease depression and lethargy. Use it to increase alignment to higher spiritual visions. Gold amplifies thought forms and is a great balancer of the heart chakra. Gold stimulates regeneration of the body. One becomes more enlightened with the use of this elixir.

### **Helium – Interconnectivity**

Stimulates the collective unconscious, thus can aid in releasing some negativity from the day, therefore relief from insomnia will be noted. Can be used in combinations with other herbs, flowers and gem remedies with anti-viral properties to boost the immune system. Conditions that include sleep disorders indicate the use of helium elixir. Can be used in the bath.

### **Hydrogen – Oneness**

Assists the creation within an individual's consciousness of an understanding of the building blocks of nature, how things are put together, the natural order of events, and how the Oneness, represented by hydrogen, can lead to a very powerful complexity and then back to the Oneness. There will be a greater appreciation for the microcosm or essence of things and how they give birth to all the larger principles. All holistic healing and practice is brought into greater understanding and consciousness with hydrogen. It can give rise to an entirely new way of perceiving, thinking, and doing things.

It can assist one in forgiveness, aware that one can start all over again. A greater ability for pattern awareness and pattern breaking is achieved. At the highest spiritual level, it may provide some individuals with a deeper communion with God. This could be likened to "enlightenment," if one is ready for such energy.

### **Iridium - Consciousness Shift**

Iridium has many important properties dealing with a shift of consciousness, opening to the higher chakra components, especially the tenth and eleventh chakras. The substance in elixir form opens many doors in consciousness for individuals. There can arise an ability to process information that is not logical, in fact sometimes in backwards sequence, thus moving from the result back to the cause. The understanding of the law of karma is deepened. Iridium has been utilized in the past for many functions connecting with the human body. Small quantities of it were seen as necessary in the human evolution to improve the connection and attunement between the nervous system, the connective tissue of the body, and the brain. Therefore Iridium was introduced as one of the component metals into DNA structures as necessary for human evolution, consciousness, awareness, and many capacities that are directly

related to principles you would understand as super-conductive.

### **Krypton – Psychic Gifts**

Negative thought from as derived from past lives, energies that tend to be mysterious, (astrological influences of the planets Neptune and Uranus), will be made clearer and easier to disperse. Krypton will be able to bring forth previously hidden qualities of many vibrational remedies. It can be well mixed with most vibrational products. Krypton serves as a bridge between Argon and Xenon. Confused mental states can be cleared. Improved memory, balancing of left/right brain function, and better motor skills may be noted. Stimulates many psychic gifts (clairvoyance, prescience, and telepathy). In combination with Green Rose, Potato, White Quartz, White Diamond, or Jelly Opal, the third eye is opened.

### **Lead - Overcoming Obstacles**

This elixir can benefit some individuals who wish to make deeper connection in themselves to what is the most difficult, the heaviest aspect in their own awareness to be cleansed or to be released. It can be especially useful in situations when a heavy workload or burn-out are present. Lead can be used in working with the radioactive miasm. There are many associations with the planet Saturn and a combination with Saturn elixir may be of benefit.

### **Magnesium – Etheric Body**

The key focus with this elixir is detoxification on the anatomical and cellular level. All of the miasms are eased, and there is better protection against all forms of background radiation. The etheric body is more aligned with the physical vehicle to enhance detoxification.

### **Manganese - Lucidity**

At the physical level Manganese is closely tied in the human body to the absorption of iron. Many times individuals who experience anemia will do better by taking manganese than by taking iron, as iron is usually available in the diet from many sources but there is insufficient manganese to draw it in. The ability of manganese to bond and act as a catalyst in interrelationship with iron allows the inner physical a sense of greater strength, awareness, and awakens. The signature of Manganese, its darkness and ability to absorb, relates to an ability to transfer energy between the waking and sleeping states. A person using Manganese elixir is able to have much clearer and more lucid dreams. Manganese elixir will relieve psychic imbalances where there is an inability to distinguish various states of consciousness, such as hallucinations and delusory activities. Manganese elixir has the property of allowing individuals greater perspective as to how they create consciousness within themselves. This works as if casting a bright light on the process of transformation. The things generated by the media that tend to keep individuals in a state of lowered consciousness—commercial television, video games, and simple pure pleasure-related activities relating to the media—these things can often have some of their spell broken by the utilization of Manganese elixir.

### **Mercury Ore - Mental Acuity**

This elixir has a higher affinity for quickness of thought, ability to quickly open the heart, and to allow individuals to change their mind. The mercurial temperament can be eased. Those who can therefore open more easily to this can more easily balance their ability to shift point of view too rapidly for others. Thus individuals become at once more dependable and at the same time more able to understand multiple points of view. In addition, the higher uses of this elixir would involve the many methods currently being studied to remove toxic mercury from people's bodies. It can be quite helpful in drawing out what might be seen as the higher emotional and mental levels of mercury contamination. These are very difficult at times to remove with simple homeopathic methods. The gem elixir at stock bottle potency can be quite helpful in this regard. However there is a higher level to this, and it has to do with the opening to the God Mercury, to the winged being of light and understanding, for those who wish to improve communication, mental function, to achieve much deeper attunement between the higher soul energies of people.

### **Molybdenum - Flexible Strength**

As it is used in nature and utilized in science, Molybdenum can lubricate as well as create great hardness and strength. It is in this combination of properties that many of its signatures can be observed. The most important ability of the elixir is to create both strength and great flexibility. People can become aware of how to make relationships work, smoothing issues and creating greater fluidity and energy. Molybdenum is useful at a spiritual level for increasing one's ability to know one's potential, bringing it into form more easily, and allowing it to flow in one's life with greater ease and love. Those who work with addicts may find Molybdenum elixir quite valuable. It allows one to take a hard line, a place of strength where needed, and yet remain flexible, open, and loving in working with the addict.

### **Neon – Grounding**

This elixir provides stimulation and connection between other energy sources to the root chakra. It will tend to bring more energy to the physical body. Improved digestion, deeper connection to the Earth, and all other issues related to the root chakra can be aided. There is a greater awareness as to the reasons behind excess weight (or too little weight), therefore, through behavioral shift, weight loss/gain is noted. Can be used in a bath or a few drops on the coccyx. Visualize the color red when taking Neon. Can be used to ground one's energies when using Starlight Elixirs or other powerful vibrational remedies. (an antidote for extreme spaciness)

### **Nitrogen -- Nature Awareness**

For tuning to the nature kingdoms, to the Devic orders, and to the subtle energies of nature. Can also assist individuals to make a deeper bond with others. Might also lessen some food allergies. Vegetarians will receive a strengthening of the immune system, while meat eater may notice a reduced

dependence on protein in general. There comes an awareness of the oneness of plants with people.

### **Ozone -- Greater Love**

At the basic physical level, oxygen and ozone will give you a strengthening of various physical body processes, rejuvenation, a certain sense of energy that is transmitted. At the higher spiritual levels, ozone appears to be clearly superior to oxygen. Ozone, with the aspect of threeness, is the highest vibrational substance known. It enhances the higher aspect of the three sides of humanity, which the love energy of this is multiplied by ozone essence. There is a cleansing effect in the body of an electrical nature. There will also be an awakening of the crown chakra and a deeper God connection for some.

### **Oxygen -- Releasing Duality**

Does all of the above (of Ozone's qualities), but to a lesser degree, dealing more with twoness or duality. There may result a greater understanding of the duality of their own existence, within a state of grace, with an understanding of God's love. Assists to allow some to accept their own polarities, light and darkness, male and female, etc. This will, of course, have a harmonious effect on all relationships. Oxygen, being more stable than ozone will have a more lasting effect, ozone providing a more catalytic transference and shift. Can bring about a higher level of nutrition and a greater resonance within the DNA.

### **Palladium - Soul Energies**

Palladium is seen in nature to have a wide variety of catalytic reactions and ability to catalyze various other substances. Platinum also has some of these properties, but in many ways, Palladium is more effective and less understood. There is little scientific understanding about the chemistry of palladium. The true way in which it works is to catalyze by transforming the aetheric pattern of a substance. A new pattern of interaction is created which allows the Palladium to merge briefly on an aetheric level with other substances. In utilizing this elixir, great transformation can take place at the aetheric level in an individual. The ability of the aetheric body to transform energy created from meditative work, visualization, mental energy, etc. into physical healing is significantly aided by this elixir. When used over time, Palladium elixir can exert a profound effect on one's ability to utilize the soul energies. These are energies that often relate to your soul group (the beings you are united with vibrationally).

### **Platinum – Antidepressant**

This elixir can ease depression, pride, stress, and memory loss, especially from shock or anxiety. One symptom recommending its use is deep disappointment. Platinum elixir can improve the analysis of psychic experiences. Use Platinum with many female concerns. Chakras above head are opened after using this elixir.

### **Silver – Eases Tension/Stress**

This elixir cleanses the subconscious and eases nervous tension, anxiety,

shock and neurotic behavior patterns. This remedy can be valuable to use for psychotherapy. It will raise kundalini and opens chakras above the head. Try it for visualization of universal symbols as well.

### **Sulfur – Spiritualizes Intellect**

This elixir can help to transform an intellectual being into more spiritual realms. It will also enhance will power and mental clarity and eases insomnia. This is an excellent remedy for intellectuals. It can help to ease anger and irritability while promoting a generous nature.

### **Tellurium - Objectivity**

This remedy may be helpful for the therapist who is working with someone of a completely different cultural background. It will allow one a deeper insight and understanding without absorbing the energies from the other individual. It can help in understanding why something is the way it is.

### **Tin - Non-Reactivity**

This elixir can create a state of perfect reflectivity and inertness to outside events. One can enter into more non-reactive, compassionate states, and not feel the need to interact in ways that can create harm or struggle. The elixir can help an individual form their words more carefully, by creating a better understanding of their thought patterns and their ability to share their best in the world. The elixir's ability to provide an individual with a greater sense of self and non-reactivity to outside events is the property transferred from the signature of tin. The subtle bodies naturally reflect back harmful energies, so that they are received back by the person who generated them. Tin elixir can make it easier to do this consciously. When there is more consciousness involved in the process, sometimes you can provide more compassion, love, understanding, and awareness to the person projecting these energies. Certain martial arts skills are clearly based on this ability to reflect such energies, such as aikido and certain ancient forms of chi gung and shaolin. The ability to understand and work with these martial arts in a more conscious fashion will also be promoted by the use of this elixir.

### **Titanium - Truth and Harmony**

Use of this elixir tends to release truthful pictures, clearer prophecies and deeper reliance on the intuition even in the face of obstacles or emotional struggles from other people. It tends to cause some bonding between various levels of self-reliance, independence, strength, and compassion in family members, in people who wish to open to greater states of intimacy and closeness. Some individuals may gain value in their own ability to complete projects.

### **Xenon – Regeneration**

Neutralizes and transforms etheric solar energies that can be hazardous to human life. Can promote life extension. Most important of the inert gases. Stimulates the crown chakra. A deeper connection to one's soul and a higher

self connection to many aspects of one's life may be noted. A greater awareness of the collective consciousness at a soul consciousness level. Helps develop a deeper attunement to spiritual principles and modulating and working appropriately with psychic gifts.

### **Zinc - Vibrational Shift**

Zinc elixir has a unique property of allowing better balance between what is taken in and what is released. Zinc supplements can allow this better balance at a physical level. The elixir will work at a psychological level to allow greater awareness of how one chooses to make these balances work. Zinc also assists the teaching and learning process for both the student and the teacher. At a higher spiritual level, Zinc promotes faster internal transformation. The person is able to access higher and higher degrees of spiritual vibration, and in their own way move to those levels and remain there. The ability to shift inter-dimensionally is also affected. This is called de-materialization. The material is still present, it is simply not present in the same form. It is transformed to this higher vibrational rate, and interacts with the environment, particularly light, in a new way. To some extent, Zinc elixir can promote invisibility in individuals and at the same time balance it. Invisibility is generally not observed on a physical level except in spiritual adepts, but is felt psychologically by many individuals. One would appear to blend into the environment and be unseen by those you wish to communicate with. Or the opposite—one may be too visible, always attracting attention, struggle, and difficulty without even wanting to. Zinc elixir may be able to balance this by enabling a deeper sense of self. Ultimately there is an ability to merge well with their surroundings, interacting in ways in which people are able to recognize individuals for their true strengths.

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