

STARLIGHT ELIXIRS

It has been several years since Hilarion first implanted the idea within me of the possibility to create vibrational remedies derived from stars, planets, and other heavenly bodies. When taken alone or in combination with gem, flower, and rare gas remedies, the star elixirs have given me profound shifts in consciousness, new life perspectives, and enhanced mental and psychic abilities. In the simplest terms, by modifying a relatively sophisticated telescope through the addition/modification of silver-coated mirrors, the energy pattern of each star becomes available. A quartz bottle filled with distilled water is suspended directly in front of the eyepiece. The telescope has a clock-drive device that enables it to follow a particular star as it moves and keeps it centered within the telescopes viewing field. An interesting pattern of starlight is revealed within the bottle of water (as in a three-dimensional viewing screen). Rare (inert) gas devices are used to eliminate the possibility of negative thought-form contamination. The resulting mixture is placed within a light-proof container. Pure grain alcohol is added as a preservative for this fine, delicate energy. As for directions to use the star elixirs, take one to seven drops either directly or diluted in water or alcoholic liquids. Avoid exposing an open bottle to sunlight for more than a few seconds. When outdoors, I have become proficient at quickly opening, sampling, and closing a bottle. Please note, this practice is required for sunny as well as cloudy days and that three seconds is the maximum acceptable exposure time and still to be assured of an elixirs potency. For indoor use there is a longer period of exposure that is acceptable, one to five minutes is an approximate range. After this time period, indoor lighting might start to influence the elixir. Depending on the source of electrical energy, be it solar, gas, coal, geothermal or nuclear generated, there can be some contamination when an opened bottle exceeds one minute. This does not totally prevent one from using the stars in massage or in bathing. In fact it may be more interesting to use them in total darkness or with the indirect light of natural, unscented, undyed candles. As a bathing ritual, there may be a memory of the light of stars as they were captured and focused into large, sealed bathing chambers. This was done in Atlantis and early in Egypt for special times of initiation. Depending on the level of the initiate, specific stars were utilized. We are now able to improve on these techniques by taking the starlight internally in addition to immersing ourselves in a cosmic vibrational bath. For those practitioners accustomed to diluting stock bottle concentrations into a treatment or dosage bottle, it is worth experimenting with. I have been personally utilizing the stock bottle concentrations. I can highly recommend combining the stars with flowers, gems and gas elixirs. Some combinations—such as Sirius/ Dogwood/Krypton, Venus/Gold/Emerald/Rosa Macrophylla, Aldebaran/Eucalyptus, Vega/Tanzanite, Jupiter/Neon/Beryl-red/Vanilla, Bellatrix/Potato/Green Rose/Krypton/Opal-Jelly, Luna/Selenite—are just a few possibilities. Please remember: in combination, the remedies must be light-proof. As with all vibrational essences, shaking the bottle vigorously is suggested. Already, some of you are calling with some amazing combinations using the stars. Are the stars not only our homes but the birthplace of most/all

of our flowers and minerals? For thousands of years, in all cultures, people have been meditating on their favorite stars. Many rituals have also been focused on certain of these heavenly bodies. By gazing at certain stars, breathing in their energy and directing that energy to certain areas of the body, profound change is available. An intention or thought of gratitude and connection can also greatly serve this process. Not only can the stars and those sentient beings that dwell amongst them broadcast thoughts and energies directly to us in a quick manner but we too can send our thoughts and feelings to them. Star meditations can benefit most, and in combination with the appropriate star/planet/nebulae/galaxy elixir, the effect can be felt exponentially.

A simple message was given from those who helped shape and guide this project: “Join us. Find your peace. Understand your lessons and awareness so that we may share in your love you may share in ours.”

Achird (Eta Cassiopeiae) – Soothing Vibes

This star is one in which a number of humans have spent a fair amount of time on its fifth planet. It has provided a point of rest and integration for many humans in the process of transmigration from one society to another. It is sort of a hospital/rest-stop in which people’s ability to look back on their own lives, raise vibration to the point of preparation for another life associated with a planet very different than Earth, are made more available. Representatives from many star systems with a close tie with human beings are represented here. □ Sirians, Arcturians, El Nathians, and Pleadians are among those to bring soothing vibrations into people. The main mechanism for this is currently through music. This is music of higher vibrational realities, like angelic choir music. Tuning into this star can be valuable for those working with old age or approaching transition. This elixir can stir memory of valuable lessons and realizations from past life recollections. Achird can assist one in attuning to the higher artistic realms, helping one to see oneself in a higher vibratory manner.

Acubens (Alpha Cancri) – Home and Family

Taking this elixir encourages a willingness to express and work out family issues, to understand the nature of the home, and to create this more clearly. There can be some general influence in the understanding of subtle forces involved in creating a home, such as through feng shui.

Adhafera (Eta Leonis) – Breaking Stereotypes

This star has the capacity to help people in the taking on of entirely new roles, seeing themselves in ways in which they had never seen themselves before. Many of the beings of this place have had opportunity in the past to change themselves radically, and in doing so, have come to new understandings. This elixir can be of great help to any in the acting profession. Directors and producers of various productions can also be assisted. The elixir can also enhance one’s ability to let go of self-imposed roles, roles in which one finds oneself trapped. This is for discovering new ways of being even avoiding

previous assumptions on how one should be.

Adhara (Epsilon Canis Majoris) - Shift Vibration

Taking this elixir improves the ability to enhance absorption of many substances into the physical body. The ability to shift vibration to better match that of plants, animals, rocks, minerals, and to a lesser degree, beings human and non-human from other civilizations is dramatically enhanced as well.

Ahdeneb (Zeta Aquilae) – Group Integration

There can be some ability to encourage group work. This is best manifested when a different person arbitrarily assumes a leadership role each successive time. This elixir is especially useful when a group focuses energy toward the creation of new idea. It will allow the combination of heart and mind in its most essential components to be shared amongst large groups. This will work well for group healing work.

Ain [Epsilon Tauri] – Gaia Understanding

Ain has sixteen planets orbiting it that have been with it for a long time. Geologists who have investigated this system have found a wide variety of unusual materials in some of these planets. Beings from other parts of the galaxy have investigated and worked with some of the materials found in these planets, and from this have been able to reconstruct and make interesting records and understanding about many aspects of planetary geology, attunements between stars, various connections to center of galaxy and many other things.

Albireo (Beta Cygni) - Interdimensional Transfer

This elixir can assist people in their ability to transcend the limits of time and space. Can enable people to have a deeper appreciation of their soul, the very nature of their being that goes on one incarnation to the next. May also assist one in their understanding of their connection to the Earth and her connection to humanity. This is a useful elixir for those involved with astral travel and lucid dreaming. This can also include those who wish to journey within the Earth herself and attune to her energies better.

Alcyone (Eta Tauri) - Extraterrestrial Contact

The primary star in the Pleiades group. Can provide one with a significantly enhanced ability to channel from extraterrestrials, to do this in a balanced way, and to perceive the correct place of contact with entities from other planetary

systems. An ability to extract from this channeled data a deeper understanding of all that happens in the ways of these worlds that touch our world, and from this extraction of information to utilize it properly and appropriately in one's life. An ability to perceive enhanced spiritual truths that may be shared and understood as universal principle.

Aldebaran (Alpha Tauri) - Consolation/Transition

This star provides a particular blessing, since it soothes the mind that is grieving the loss of a loved one - whether through separation or death. A greater understanding of the process of death through this awareness may bring a sense of peace and calm. Hope and positive energy is transferred in recognition of the connection and the oneness between those who might have passed over and those who are still alive, between those things that you might wish for and those you have, and between that which is desired and that which is no longer needed. Through this essence the entire grieving process is accelerated and assisted, and individuals coming into contact with this compassionate energy find their own inner love and their own inner strength. Combines well with emerald essence.

Alderamin (Alpha Cephei)- Shape Changing

Use of this elixir can enhance the mind's ability to influence the physical body. It enhances one's ability to create a positive physical image and then to invite into your life the various characteristics that can assist you in creating that image in physical form.

Alfirk (Beta Cephei) -Law of Cycles

This elixir can increase understanding for people of cyclical rhythms, especially those relating to food. There is a greater ability to tune into food and energy levels. This can be important for those shifting to a new diet, perhaps one where the energy is drawn from light, from the moon or from the sea. This can assist instinctual eating practices. May also be used for the growing of high light vibration foods.

Algenib (Gamma Pegasi) – Creative Visualization

Directly affects the ability to transfer energy from one subtle body to another as modulated by the mental body. Algenib elixir can significantly speed up healing by directly stimulating creative visualization as well as other forms of visualization.

Algieba (Gamma Leonis) – Sexual Identity

The use of this elixir can balance aspects of love relating to the full acceptance of male and female qualities in an individual. Those who are struggling with sexual identity and how they are relating to others as male and female will do well with this elixir. Taking this essence will also provide a deeper aspect of love in a relationship where role reversal is an important part of the relationship.

Algol (Beta Persei) – Life Purpose

This star has the ability to prepare individuals for understanding their destiny, their life purpose, and the ability to manifest this purpose more easily in the world. For most people this will result in an ability to understand their profession and accept it more easily.

Alhena (Gamma Geminorum) – Contextual Shift

This star appears to offer individuals the ability to rapidly change modes of thought and to shift context. This will give them the ability to see things in a whole new way and to utilize the information from a new perspective. Use of this elixir is helpful in the decision making process, stimulates the feet and allows more perseverance.

Al Ma'az (Epsilon Aurigae) - Purification

This star can work in a sweeping-away fashion, creating rapid change or great movement. When used with any ritual for purification such as smudging or aromatherapy, this elixir can have great impact. May be used as a spring-cleaning ritual for many. There is a vibrational connection between the use of Al Ma'az and increased lung capacity and enhanced water absorption. In general, many people will notice a "quickenning" from this elixir.

Al Nasl (Gamma Sagittarii) - Truth

Acts as a focalizer or refractor of the energies that originate in the center of the galaxy, similar to Nunki and M13. These are the energies of the angelic realms, creative forces and the energies to manifest other galaxies. Can assist those with difficulties with speech, public speaking, speaking one's truth. Can combine well with blue tourmaline elixir for issues at the throat chakra level. The ability to perceive the grander plan is enhanced by Al Nasl.

Alioth (Epsilon Ursae Majoris)- Communication/Counseling

Strengthens the ability to create enhanced loving states, to communicate love better, and to do this as is appropriate in one's life. This elixir can assist counselors working with individuals experiencing significant mental difficulties, including manic depression and schizophrenia. There will be no direct benefit to the patient; its role is to enhance in the counseling process. In addition, the ability to correctly metabolize and work with sugar substances in balancing loving conditions and create understanding about the principles regarding weight loss and unconscious associations with sweetness are enhanced for people who have excess weight.

Almach (Gamma Andromedae)- Spiritual Expression

Some transfer of energy from the mental body into the heart is noted through the use of this elixir. This is an ability to bring concepts into a loving and beneficial form for others. With such enhancement there can be some integration of spiritual concepts into ways that the energy is expressed well. An enhanced ability to shift vibration and to better bring through clairvoyant ideas from multiple levels into a single integrated form. Almach tends to create certain levels of self-protection when using these abilities. Combines well with potato

flower essence.

Alkaid (Eta Ursae Majoris) - Integration

Alkaid can assist in the integration of spiritual ideas with internal concepts of power, expression and emotion. This can bring into consciousness long-buried emotions, a sense of power, and a deeper expressive ability. For individuals moving away from eating meat who have difficulty maintaining warmth in the physical body utilize this elixir.

Anilam (Epsilon Orionis) - Responsibility

This elixir creates an enhancement of the ability to work with responsibility, to understand its correct balance to awareness of opportunity. The ability to perceive shortcuts that bring the purpose of one's tasks closer, without harm or difficulty, is enhanced. Assists in more correctly balancing the ends and means and putting them in a proper perspective.

Anitak (Zeta Orionis) - Psychic Abilities

With this elixir potential is made more readily available to individuals for higher energies involved with psychic functioning. These energies can lead to significant vibrational shift in the individual. Thus, these abilities will be strengthened, as well as more energy will be provided to use these abilities. These psychic abilities can include remote viewing, translocation, matter duplication, levitation, prescience and vision of the internal organs of the physical body.

Alpha Lyncis - Emotional Integration

This star is involved in the gathering and synthesizing of many levels of higher mental awareness and understanding from various civilizations. Certain components of this are available as emotional integration and realization of how feelings influence you. Its influence can especially be felt by those working with new science and technology as to the level of appropriate use. So a bridge can be created not only to usher in this new science and technology at the higher spiritual levels but a sharing of many disciplines can be created among a wide range of people. An example would be the blending of art, music, politics, religion and spiritual healing. Through this blending and with the integration of technology and spiritual understanding, there will be a greater future awareness of change ignited through this star.

Alphard (Alpha Hydrae) - Transforming Anger

With Alphard there can be an enhanced ability to bring emotions to consciousness and to work with them with others, particularly in dealing with the emotion of anger. This may be felt by individuals at its true source and easily released as a result. Transforms anger to enthusiasm.

Alphecca (Alpha Corona Borealis) – Clear Decisions

The ability to juggle several ideas at once and make clear decisions will be enhanced with this elixir. An ability to extract the truth from a situation or from

conflicting points of view is also enhanced. Utilize Alphecca to encourage individuals to be aware of their own natural abilities to bring in many thought forms at once and to work with these at the level of superconscious thought.

Alpheratz (Alpha Andromedae) - Regeneration

Can provide a deeper state of awareness of cellular structures in the physical body. Enhances the process of conscious understanding. Stimulates awareness in the crown chakra. Combines well with Xenon elixir.

Alrisha (Alpha Piscium) - Future Shock

Can be soothing for those who fear the future. Enhances abilities to unite generations for a common goal for humanities future. For the transition into Aquarius in a balanced manner this elixir is recommended. Helps to bridge any gap with regard to age, gender, culture or religion.

Alshain (Beta Aquilae) – Balanced Technology

This is an important star to consider for people who allow technology to override other aspects of their lives. This star helps you work with technology in a balanced way, and in a way that develops your consciousness. Alshain allows a more natural blending between your more organic, human, animal energies and those of cold, technological precision. It is also helpful for those who have difficulty working with technology.

□

Altair (Alpha Aquilae) - Overcoming Obstacles

This essence can be used for encouragement when a difficult task looms or when the life pattern seems beset with insurmountable obstacles. This is governing very clearly the understanding associated with these basic principles of resistance, potential and flow. More strength arises, as well as more courage and more ways to confront that resistance, providing a greater ability to transform any challenging situation. A good companion to Saturn essence.

Althamin (Lambda Aquilae) - Accelerated Learning

This star can assist people in the drawing in of energy. This energy can be of a healing nature, an information nature or it can relate to relationships. It can be especially helpful for those people entering community or coming to understand each other better. The elixir can be quite helpful to students to prepare themselves to receive information in new ways without much blockage from the old pathways of learning.

Aludra (Eta Canis Majoris)- Broadcasting Love

With this elixir comes an increased capacity to understand and work with the conscious expression of love. A deeper connection between lower chakras and the third eye chakra for the projection of such love energy into the mental spheres is enhanced by Aludra. There is benefit in combining this star elixir with gold elixir that simulate the heart energy and awareness of this center.

Alula Australis (Xi Ursa Majoris) - Emotional Flexibility

This star focuses its energy on issues of courage, strength of the nurturing instinct, and on various aspects of the development of the maturity of the emotional body. This can manifest as a greater courage to overcome negativity found in society. A deep sense of inner nurturing can develop for oneself as well as for one's family. A greater realization of emotional maturity can occur.

Andromeda Galaxy - Cosmic Consciousness

The ability to understand the purpose of humanity's evolution is enhanced. Increases the ability to recall past lives as different life forms -- in some cases extraterrestrial -- but primarily incarnations in the mountainous regions of Earth, particularly the Himalayas. This can enhance one's ability to see the overall picture. The awareness of the love principle contributing to one's own soul's evolution is brought into consciousness.

Antares (Alpha Scorpii) - Shadow Self

Inner awareness of the past-life connection to deep states of malaise is brought to consciousness. As this information becomes more available, the ability to understand the "Shadow Self," to know it and release certain components of it, are enhanced. Deeper insight into how others struggle with their shadow selves and an enhanced state of group meditation may be noted. The process of exploring the "Shadow Self" with love and forgiveness is enhanced, providing one with a greater balance of karma and an acceleration of consciousness.

Arcturus (Alpha Bootis)- Diagnosis

Arcturus elixir is helpful for health practitioners engaged in both conventional and non-conventional practices. This essence can assist them by bringing more depth, clarity, focus, and strength to their interactions with clients. It aids in diagnosis, as well as enables the practitioner to better understand his/her own abilities and potential. When this elixir is taken by both parties, there will be a stronger exchange of energy; and the client may pose more questions to the practitioner. If it is taken for self-healing, it is important to make a link to a friend or teacher, whether physical or not, or the energies of this elixir will fade quickly. Arcturus strengthens the subtle bodies of both practitioners and clients, especially the etheric body. It also enhances the connection between the etheric and physical levels. It is important to note that this strengthening of the subtle bodies takes place regardless of whether it is used with orthodox or with non-conventional healing methods. It can assist clients in achieving a deeper understanding of their ailments, and even the side effects of certain treatment methods.

Arneb (Alpha Leporis) – Visualization

This star has some capacity to energize the aetheric to mental body connection to enhance visualization which can have a beneficial impact on the physical body.

Ascella (Zeta Sagittarii) – Law of Speech

Some deeper awareness of correct use of speaking capacity will be made

available for most people with this elixir. The way in which your words create certain thought patterns in other people will become clearer. This star can enhance the ways of creating greater joyfulness by speaking.

Asellus Australis (Delta Cancri)– Animal Communication

People use this star along with El Tarf for communication between teenagers and animals. Communication with the animal kingdom and to a lesser extent the plant kingdom will be enhanced for most people. This will work best for animals in the wild or animals that are non-domesticated, and to a lesser degree domesticated animals.

Asellus Borealis (Gamma Cancri) – Nurturing

With use of this star there is some strengthening in the dream state of the ability to perceive your direction with your family and how things are to work themselves out together. the ability to nurture others is strengthened, and it will greatly assist those in professions that rely heavily on nurturing abilities.

Bellatrix (Gamma Orionis) - Aura

With this elixir comes an expanded ability to observe the aura and understand its significance. First, to be able to differentiate and understand your own aura and to recognize its coloration and formation, and en the ability to clear and strengthen it will result from its use. There is also an enhanced ability to work with negative thought forms that have lasted for long periods of time and eventually understand the purpose of such thought forms and what they represent. These are primarily thought forms relating to other people.

Beta Coma Berenices – Technological Understanding

The star has several planets, 8 in number, and several smaller bodies that would not truly be classified as planets; these are as the result of the destruction of 2 of the former planets at a time when there were 10. This destruction took place as a result of a war in which beings associated with the fourth planet came to a place of great civil unrest and much difficulty.

Beta Corvii - Information Transfer

Take this elixir for improved memory, better thought processes and deeper levels of consciousness, especially where channeling or even when programming and reading of the “cosmic computer” or Akashic records.

Beta Delphinus – Sympathetic Communication

This star can bring people into a similar state of vibration, transferring a deeper awareness of how someone else feels. This can be quite useful when one wishes to allow healing of a sympathetic nature by deliberately taking on

characteristics of another person. It also can be useful during sexual activity to more closely unite with or tune into a partner. More insight into how others see you will ultimately make possible a greater sense of forgiveness.

Betelgeuse (Alpha Orionis) - Fears Eased

This star provides a substantial increase in communication with energies of a physical nature, particularly the Earth energies; the root chakra is stimulated, and the digestive system is enhanced. The ability to perceive the difference between survival-connected energies and true spiritual awareness in others is significantly enhanced. As a result, fears are lessened, insight into the source of the fears is strengthened, and awareness as to the purpose of such fears and one’s own life path in regards to the entire understanding of fear is enhanced. A good companion to Mars essence.

Bihan (Theta Pegasi) – New Perspective

There can be an enabling of new levels of diplomacy, with a greater ability to understand and work with each other. This star offers people deeper understanding about their own hierarchal behavior patterns. There will be a greater ability to see things from another’s perspective, which is essential in trying to alleviate another’s suffering or chronic condition. This star can also provide greater understanding of the addictive principle in oneself or others, which will make it more likely that these patterns will be released.

Capella (Alpha Aurigae) - Family Relationships

Gives significant assistance to the physicalization of spiritual understanding, a way of bringing it into form that is practical and can be applied well in the world. It enhances the formation of creative ideas that can be transmitted and communicated between people as love, deeper compassion, and understanding. It is also helpful in strengthening family connections and family ties, and promoting an awareness of past-life connections within one’s biological family that can improve one’s relationships.

Caph (Beta Cassiopei) – Creative Cycles

When one uses this elixir there is a correspondence to mental body functioning. An enhanced ability to transfer ideas into consciousness will be noted. Telepathy will be strengthened. Regular use of this star will give people better ability to express in writing some of the understanding that they have gathered. There will be a better ability to bring ideas into focus and to express them clearly.

Castor (Alpha Geminorum) - Logic

Use of this elixir can influence the logical processes, the various aspects usually associated with the dominant hemisphere and corresponding opposite side of the physical body. Combines well with Pollux in balancing the left/right aspects of the brain and physical body.

Center of Galaxy - Angelic Assistance

This energy helps people understand why they are here. This can be why in

terms of existence, in terms of Earthly life, but most importantly in terms of their ability to interact with each other, to learn from each other, to manifest relationships, to understand the internal sacred marriage, to be able to create their most powerful helpful energies with each other, and at the same time appreciate their most evolved capacities. Angelic beings associated with the center of the galaxy have the capacity to energize various evolutionary and sometimes difficult energies in people, energies that they would resist. There may be benefit combining center of galaxy with other remedies or particularly starlight elixirs for good effect, to encourage people to receive the highest angelic assistance, the highest vibrational encouragement, the highest energy of evolutionary inspiration for their own awakening, and their own understanding, so that they may be able to receive this vibrationally in coordination with other aspects that they are interested in. This makes it similar in some ways to using Lotus flower essence as an energizer for other essences, but at a higher vibrational level than would be present in flower essences.

Charra (Beta Canum Venaticorum)- Time Shift

This star does seem to have important benefits, as it has become a sort of nexus of accumulation of high vibrational electrical energy. This appears to have capacity to change consciousness in an instant.

Cheleb (Beta Ophiuchi) - Intimacy

This star can stimulate the love center in order to enable communication with other persons that can transcend verbal or visual modes. Some strengthening of auditory modes is noted, particularly through song. May assist in dissolving emotional blocks or blocks in memory. It will help with creating a deeper intimacy with others when it feels as if a wall is surrounding oneself.

Chi-1 Orionis - Regeneration

This satellite star is an artificial energy source. The positioning of this was necessary when the central sun of Chi-1 Orionis sent out a call for help about 11,000 years ago. At the same time as various very powerful changes were happening on Earth, shifting of civilizations, energy, and other things, this star requested assistance as it was experiencing some reaction to a variety of energies that could best be described as emotional.

Chort (Theta Leonis) - Bridging

This star appears to increase the capacity of individuals to create temporary psychic bonds. Chort can add additional energy to this process of understanding one's innate ability to create bonds, but to do this clearer and more consciously. One may have a greater ability to see bonds that may have been formed inappropriately and to release them. The elixir is used to create vibrational bridges between people and each other as well as with other life forms. This can be a powerful form of communication and interconnection.

Coma Berenices (open star cluster) - Individuality

This elixir brings out the more positive attributes associated with individuality. One can learn to trust one's instincts or ideas that are different from others, and to be a pioneer. This elixir also assists in developing the ability to move into other dimensions and shift vibration in concordance with others, this could be with your friends, pets, or family, or with any group. There can be a greater affinity to large guidance groups or soul families. This elixir assists the integration of the multi-dimensional aspects of these energies.

Cor Caroli (Alpha Canum Venaticorum)- Aetheric Cleanser

This star will tend to influence the ability of the aethers to affect the person. May result in the lessening of the negative influences of ELF waves, magnetic field disturbances from electric power lines and video display terminals. Can increase the absorption of inert gas energies. this elixir may be useful for reducing radiation in the body.

Cursa (Beta Eridani) – Endurance/Coordination

This elixir has a capacity to increase endurance and strengthen the ability to do mental work. Some enhancement of the thinking process can take place with its use. Any sort of physical action where danger is involved can be influenced by his star elixir in a positive way. It can help to coordinate mental and physical energies especially at those times of potential difficulty.

61 Cygni - Non-Physical Awareness

After civilizations developed within this system, they returned to pour energy into the colder planets within these star systems. As a result, these are energies that can have a powerful healing nature for people where a dualistic frame of mind is important, seeing oneself gradually shifting deeply held beliefs or ideas from one mode to another. This seems inevitably helpfully encouraged and assisted by this star.

Dabih (Beta Capricorni) - Practical Spirituality

Assists the practical manner in which spiritual ideas are put into form and into

consciousness. Rather than leading the life of an “ascetic monk” as the primary mode of learning and understanding, this elixir assists those in any mode of living to extract higher spiritual principles from their daily lives. This can enhance the integration of the spiritual and the practical. After using this star, there can be an increased ability to merge with society and do what is needed -- and then being able to detach when necessary.

Delta Andromeda - Parental Awareness

Deeper awareness of the connection between parent and child will be noted for many individuals. This can be especially clarified at an emotional level for many. There can be assistance with children who have difficulty connecting emotionally or bonding with the parents, as if then there is felt a great deal of love, but difficulty in communicating or in understanding limits.

Delta Bootis - Christ Energy

This star can be helpful in stimulating people's processes of moving them forward with some sense of Christ-energy as part of what they do. There can appear a deeper awareness of the Christ presence in one's own being. What is created is a doorway or opening towards a conference in which many beings with this Christ presence can create a sense of upliftment for the whole race. The elixir may act to welcome a dream of such a conference.

Delta Cephei - Freedom

The primary function of this star is to provide new patterns of energy for people. For most people this can allow them to find a new sense of themselves, a release of patterns that relate to domination into patterns of cooperation with independence. Emanating from this system is also a history of the galaxy that is transmitted. Much of the impact of Delta Cephei occurs in a 51/2 day cycle after opening to the star or elixir; therefore, be aware in your meditations and visualizations of this delayed effect, encompassing 51/2, 11, and 16 1/2 days.

Delta Cygni - Law of Karma

Use this star for increased ability to understand the law of karma as people become more oriented towards the future. An understanding of the consequences of your actions, to understand cause and effect, is assisted with Delta Cygni. An enhanced appreciation of dance and utilizing dance as a means of releasing karma is realized.

Delta Ophiuchi - Third Eye Opening

Use of this elixir can provide some additional stimulation and deeper

awareness of the third eye. This is inherently spiritualizing and will generally awaken most capacities of the third eye center. It can combine well with krypton energy for this awakening ability.

Delta Persei - Higher Energy □

When using this elixir, there is some benefit for the 7th, 8th, and 9th chakras. For those working to incorporate energies of a third DNA strand within their physical bodies, this elixir can fill the need to align with the higher energies needed to consciously attune to this process.

Delta Serpens (Two Stars) - Spiritual Development

Energies from this place can inspire various questions for people. How can you work with your guides and helpers more effectively? What are the right questions that you could be asking? How can the energies of those who are more evolved than you be accepted by you without an ego block? How can you understand and work with these energies in such a fashion that they will ultimately be of benefit and help to all? As individuals may wish to attune to all kinds of higher dimensional beings, more developed than yourself, not just the guides and helpers that you are assigned, but the beings that work on many levels, Delta Serpens elixir can be very helpful for bringing this energy into more a conscious form. In addition, the mental causes of illness can be discovered and more easily understood: the various powerful spiritual issues or areas of denial or resistance may be better uncovered. It will of course require the individual to have some degree of self-responsibility in working through the issues involved and confronting any associated blockages, but the encouragement of guides and helpers here can, of course, go a long way towards assisting individuals penetrate more deeply into issues that have been plaguing them, perhaps for lifetimes.

Delta Tauri (Hyades) - Ease Of Technology

There is some agreement or concordance amongst some of the beings who inhabit a number of planets in this region that the awareness of appropriate balanced technological development is of critical importance for humanity's survival. A number of planets have been reduced, destroyed, burnt out as result of misuse of such understanding of technology. The deeper implications of all technology are being transmitted.

Delta Virginis - Visioning

This star can assist people in connecting to the small still voice within. This could be a development of a moral consciousness. This thread, moving from one lifetime to the next, enhances one's vision of one's soul development. A

certain encouragement to pull one back on track may occur. The elixir may also allow people to follow a thread of patterns into the future for examining future as well as past soul personality to generate greater self-awareness.

Deneb (Alpha Cygni) - Revelation

This star has the ability to create in people deeper inspired states, and awareness of the teachings of masters. There may be an enhancement of the channeling process with connection to non-physical beings of light, assistance and love. Pranayama yoga and various martial arts are enhanced with this essence as are other practices that focus on breathing and energy generation. Information, energy transference, and integration of focused thoughts are enhanced by this star.

Deneb Algedi (Delta Capricorni) – Understanding Cycles

This elixir can enhance the ability to work with patterns and cycles that are related to practical environments. This can strengthen the ability to make predictions based on past performance. Some aspects of the underlying cycles may be made clearer for individuals who work with this star elixir. Astrologers, historians, economists and stock traders are just some of the people that can benefit from Delta Algedi.

Denebola (Beta Leonis) - Leadership

This star has a direct bearing upon will and leadership functioning, enhancing awareness of the deeper meaning of leadership, and the ability to create more consciously the links usually unconscious between any leader and a group. This is the basic form in which charisma comes, in the way in which one becomes the voice for many, in a way in which the many are unable to express that voice.

Diphda (Beta Ceti) – Aetheric Clarity

With this elixir, the ability to perceive aetheric interconnections between individuals is strengthened. The unconscious ties made between individuals are brought into consciousness. The 2nd chakra energies that may be depleted by such unconscious ties are relieved, and healing in this area is generally enhanced. This elixir can positively impact massage work both giving and receiving.

Dscubba (Delta Scorpii)- Judgement

Many aspects of one's past behavior and judgments associated with this past behavior can come into clearer focus through the use of this elixir. The interaction with small groups that presented energy of a difficult nature to a person can be overcome and worked with more consciously by use of this star. This can include interaction with cults or brainwashing where the person involved did not understand some of the techniques used.

Dubhe (Alpha Ursae Majoris) - Love Communication

These stars can strengthen the ability to project energy from the heart that can

be healing, warming and regenerating. This energy can be directed with greater consciousness into oneself, other people, animals, gems, plants and the world at large. Use of this elixir can also create certain deeper states of forgiveness of the elderly in your life be it your parents, grandparents or ancestors.

Electra (Pleiades) - Telepathy

Electra, along with Alcyone and Merope □ all are stars within the constellation Pleiades, homes of the civilizations with the greatest value and connection to Earth at the current time. Electra governs the ability to coordinate with the plant kingdom. Individuals working with Electra may discover inner telepathic abilities, their true significance and how to use them appropriately in the world. This elixir can create deeper states of meditative calm and oneness with cosmic principles and universal laws.

Ellyptical Galaxy Combo - M32, M49, M60, M85, M87, M105, NGC 185

With this mixture comes a re-balancing within many people, especially for their capacity to interrelate, to work with each other, and to outwardly reflect this. This will allow them to balance many aspects of male and female that may contribute to a greater capacity to interconnect with another while still maintaining a sense of separation. Gradually over time this may allow a oneness to evolve, and can be quite enhancing and helpful in dyads of all types.

El Nath (Beta Tauri) - Cosmic Principles

Can assist people in the ability to perceive on multiple dimensions. This can include certain highly-inspired channeling states, but especially important with understanding the deeper essence of mathematics, physics, science and the ability to bring ideas of form, geometry and especially those relating to multiple dimensionality into some level of inner understanding and intuition for people. There is an enhanced ability to intuitively perceive cosmic principles and ideas. Can even be of benefit for understanding of simple math and arithmetic, and has been an inspirational source for many civilizations, including those in the Pleiades.

El Tarf (Beta Cancri)– Family Communication

The use of this star can create better communication in a family. This may especially help individuals attempting to communicate with those between 13 and 20 years old. This can also help these young people communicate with the rest of the family from their own perspective. There can also be a deeper attunement to one's past lives, especially during the time of life associated with the teenage years.

Enif (Epsilon Pegasi) - Unified Purpose

Useful in small groups or family situations where individuals are seeking to unify their purpose in order to create the sense of community, family or the feeling of pulling together towards a goal.

Epsilon Eridani - Potential

There is a conference going on on Epsilon Eridani currently in development of utilization of their fourth and sixth planets for human type civilization in the future, this program is being accelerated, and there is some attention on the fourth planet in preparation for earth beings to incarnate there. This may be in as little as 2000 years.

Epsilon Hydrae - Multi- Dimensional Balance

This is actually a group of 5 stars that are related to the 5-element system in Chinese medicine. A greater understanding of this system can be gained through this elixir. Not only is this understanding available in its simplistic 3-dimensional level but the awareness is expanded to a 4th dimensional level or higher. These levels can expand beyond the boundaries of time and space. A tremendous expansion of understanding and perspective is possible through the use of Epsilon Hydrae. *This expanded awareness of multi-dimensional thinking can be beautifully balanced through the combining with Zubenelgenubi. Epsilon Hydrae can also be used to allow the transformation within the physical body of new substances taken or a change in dietary pattern.

Epsilon Leonis - Emotional Clearing

This star elixir can enhance appropriate emotional expression. A deeper awareness of how other people see you may result from its use. There can be an enhanced ability to create an emotional bond with someone that can lead to telepathic communication. With the eyes of the heart, you see the other person more clearly; and through their heart, you see yourself.

Epsilon Persei – Telepathy

This elixir may influence a generation of vibrating energy that can be attuned to other vibrations in the 6th chakra. This is recommended for people who wish to concentrate more energy in that center. This star can enhance the ability to transmit telepathically. This can be useful for teachers who wish to communicate difficult concepts.

Eskimo Nebula (NGC 2392, in Gemini) – New Understanding

Using this elixir helps one to attune to ones own evolution, and to how best to grow more rapidly towards a place of deeper enlightenment, understanding, and higher consciousness as it relates to others. This will help one to receive new ideas, ideas that would seem at first completely out of the context of one's reality, but later begin to filter through and be understood. This generally offers a new way of seeing, thinking, and feeling, which can take a little time to integrate. Use the Eskimo Nebula when you wish to open to different consciousnesses or new energies, or for looking at your own life in

retrospect and coming to understand things about yourself.

Eta Aurigae - Surprising Ideas

Can help bring people into awareness of higher possibilities than they had previously considered. This would assist to bring new ideas outside the usual contexts into people's frames of reference and consciousness. Oftentimes these ideas will be highly spiritual in nature. In Atlantis, the study of this idea of new understanding took place. It was as if there wasn't an appropriate language to fully describe these new concepts of higher spiritual ideas. So a new form of language was developed to not only encompass these new spiritual forms but also a language with words that contained the physical sounds which created higher resonance to match the heightened spiritual concepts. This elixir can awaken or attune one with some of these ideas and language. This is especially true for those who have undergone lessons around issues of power and dominance so that this ability can be utilized with love and humility. By taking this elixir and experimenting with one's voice, toning and/or singing, one can start to reconstruct this Atlantean language and wisdom.

Eta Cephei - Inanimate Awareness

This star has the capacity to increase Humanity's love for seemingly inanimate objects. For beings that work with these there can come an appreciation of them as living beings. People who have deeper affinity with rocks, crystals, trees, the Earth, Sun, Moon, etc. will do well with Eta Cephei. Beings associated with this star have perfected a bridge connection of love to inanimate objects to a high degree, a marriage of sorts. There is a special connection between Eta Cephei and topaz.

Eta Ceti – Enhanced Potential

This star provides deeper awareness of unconditional love. This deeper love can be extremely helpful when it is used to change habit patterns. These could be addictive patterns, or could just be areas in your life that you wish to change. There is a sense that all things are possible, which will magnify potential. There is a gradual buildup and strengthening of all light grid structures.

Eta Herculis - Upliftment

This star has energy to assist people in raising their vibration to move away from any limiting concepts about the nature of God. The elixir will allow people to take on greater responsibility for themselves, for their planet, for their ecosphere, but especially for their role in the universe in an understanding of love, of God, and of personal reality. This will be of great benefit for many.

Eta Leonis - Inspired Journey

This star has acted as a powerful beacon and way station for many travelers. Due to certain energetic singularities nearby, it is a place that draws many beings from all levels of vibration. Much information is shared here dealing with new possibilities of space travel. In working with this star, there can be increased possibilities of astral projection and other non-physical forms of

space travel. The elixir can bring about a new dream reality, a whole new way of looking at things, a shifted context.

Eta Sagitarii - Material Understanding

This star can powerfully influence psychic processes dealing with coming into physical form. These energies are at their zenith towards the end of the first trimester in a fetus. Eta Sagitarii can be useful for the mother to take at this critical time when much energy is channeled into the child to be. Adults can use this elixir in order to understand why they are incarnated. There will be a greater understanding of the relationship between the physical realm and the spiritual one, especially for those involved in the material aspects of existence, such as engineering, construction, or even research and science.

Eta Serpens – Lemurian Attunement

This star brings people into higher alignment with certain ancient civilizations, particularly people who learned important lessons in Lemuria. There will be a deeper understanding of the higher capacity of community, in which the spiritual alignment and communal focus is emphasized.

Fomalhaut (Alpha Piscis Austrini) - Addictions

This star has an excellent ability to release certain addictive states, particularly bringing to consciousness the purpose of these addictions. These can include relationship, thinking, and sex, as well as various substance addictions. With repeated use of this star, the awareness of past-life connections and the necessity for such addictions also comes to one's consciousness. There is a stronger ability here, as well, to change certain patterns of behavior that may have some addictive components. In addition, there is an enhancement of the inner quieting, as the addiction to the thinking state is reduced.

Furud (Zeta Canis Majoris) – Opposite Expression

This elixir can help develop the spiritualization of power, bringing awareness of how to put higher spiritual principles into use during times of great change. It gives a sense of gentleness, appropriateness, and a willingness to create bridges. Individuals can see that they are not so different from others, and that they have a common bond and common understanding. This elixir will also assist spiritual liberation.

G Scorpio – Past Life Emotions

This star influences emotional processes involved in understanding past lives where darkness descended upon the individual. This star is broadcasting energy that helps bring a balance between light and dark in a very positive and helpful way for humanity. At some point, a full acceptance of all that one has accomplished, all that one has failed at, is necessary in one's spiritual development; and the more positive motivations which can emerge from this will be very useful for balancing these forces. There can also be some strengthening of the reproductive cycles for men and women.

Galaxy Cluster in Corona Borealis - Perspective

Helps bring one to a deeper state of peace, an ability to set aside weapons of war, and find a place inside one's heart to allow a greater understanding of one's fellow man. Provides encouragement for humanity's continued endeavors to discover itself, to grow, and to assist others.

Gamma Ceti - Awareness

This group of stars makes its energies available to all who seek knowledge, wisdom, and understanding, but is best applied to groups of four or more. This energy of balance is well applied to technology, management and government, and especially for families. New energies may become available, integrating and coordinating energies that can provide a great leap in intelligence, awareness, and wisdom to understand and know one another.

Gamma Hydra – Compassion

This elixir can over a period of time create a greater ability to love and to offer compassion. This will allow a significant shift in one's heart to heart communion. The loving energy that occurs could reach into many directions at once, even create the possibility of a dispersion of karma. Significant soul progress can be made. Will help those interested in creating a bridge to past and future selves in order to offer healing and understanding.

Gamma Leporus - Celebration

This star does provide some fascinating and helpful energies with regards to a sense of celebration, as has occurred for several civilizations associated with different locations in Earth; for instance many in the south sea islands, celebration becomes very important. Eventually though this reaches a point where every day is perceived as a celebration.

Gamma Persei – Body Symbols

This elixir can help people attune to the symbols of the body. This will enhance the understanding and use of foot reflexology and iridology. There may be a greater understanding of the symbols of the ear and the ability to affect the body by massaging the ear. There may be value in the use of this elixir for a woman wishing to make deeper communication with her unborn child in a language of shared symbols. This will work best in the second and third trimesters.

Gamma Piscium – Bridging

With the use of this star there is a deeper awareness of the ability to create bridges. These abilities may already be in place, but are often unconscious. this

inner sensitivity is made clearer, and the ability to bridge telepathically to other people will become clearer for most people. there may also be an increased ability to bridge to other places, other star systems, and other beings.

Gamma Sagitta – Awe and Wonder

This star enhances the ability of the mind to see things with greater perspective. A sense of awe, mystery, and the wonder of life itself can be felt through the use of this star. This is a transmission of the nature of beauty in the ever-expanding universe. The emotional body is strengthened, providing a positive effect on the circulatory system, and a deeper sense of peace and calm. This is a useful elixir for meditation.

□

Gamma Serpentis – DNA Understanding

The sixth planet orbiting this star has an evolution associated with it of a group of beings that encompass 5 genders. These have learned to interact in ways that have evolved their knowledge and understanding of biology, various ways to manipulate, understand, and work with DNA and similar components to the point that they were able to transfer consciousness, awareness, and various important capabilities into silicon based, sulfur based, lithium based, and other compounds, elements, and materials as ways of holding and working with consciousness.

Gertab (Kappa Scorpii) – Hidden Emotions

The use of this star can strengthen the connection between the mental and astral bodies. This can help create clear mental pictures for various emotional states. The nature of hidden emotions is better understood and through the use of this elixir. The release of hidden emotions is also enhanced through Gertab.

Giedi (Alpha Capricorni) - Manifestation

These stars have served as a guiding influence for philosophers, inventors, scientists and politicians. With the use of this elixir, an underlying nurturing, a sense that one can go forward, that they have a sense of who they are and a willingness to express that is manifested. An enhanced ability to bring ideas into form is assisted through Giedi.

Gienah (Epsilon Cygni) - Relationship

This elixir can bring a heightened ability to connect individuals, in the beginning stages of relationship, so that some of the inability to perceive the true nature of the vibration between them can be avoided. In utilizing this elixir, some of the natural false images pulled from societal influences, parental influence, and past-life influence will be seen for their true self, early in the relationship.

Gomeisa (Beta Canis Minoris) - Group Attunement

The use of Gomeisa increases awareness of an individual's connection to groups. This includes any group someone attunes to, community, past-life groups, political groups or larger endeavors of all kinds. Can be combined with M92 for greater awareness of soul groups.

Graffias (Beta Scorpii) – Family Crisis

This elixir can help to bring into greater focus emotions associated with one's family situation that may be buried or difficult to access. The use of synchronized dreaming between the children and the parents will be significantly enhanced with Graffias. It is recommended to use during times of emotional stress and difficulty for the family such as often occurs with illness or the teenage years. It is also recommended for use in the adoption process to help to understand the true nature of these relationships at an emotional level.

H & Chi Perseii - Individualization

This double star cluster assists individuals who seek to love God and understand just what that means - to recognize gratefulness, compassion, and praise. A resonant phenomena may occur to make one aware of the deliberate separation that one has allowed in coming into incarnation.

Hale-Bopp - Transformation

For those who were particularly stirred by the appearance of this comet and experienced great shift. This elixir will continue to release stuck energies in them and inspire great transformation.

Hamal (Alpha Arietis) - Concentration

Clearer states of concentration, the ability to hold a single thought for longer periods of time, and the ability to communicate that thought telepathically are strengthened with this star. An ability to understand the true nature of the thought process eventually results with repeated use of this star elixir.

Han (Zeta Ophiuchi) – Deep Purpose

This star can bring a sense of deep purpose into one's life. A better sense of one's life work and the ability to apply this will be enhanced for most people. This star can bring in some higher spiritual capacities for working with others in a more appropriate way.

Helios (The Sun) - Vitality

This elixir has the ability to assist individuals with past-life recall in a more clear and direct sense, particularly along lines of emotional understanding. there is an increased ability to present great amounts of vigor and strength to all parts of the body, to align all 12 chakras, to increase food absorption, and to more easily draw a greater balance of minerals into most cells of the body; in other

words, most of the beneficial effects that sunlight brings. Its use is particularly recommended for individuals who experience light-deprivation depression, that is, difficulty with sad or depressed states in times of great cloudiness or in the winter.

Helix Nebula (NGC 7293, in Aquarius) – New Ideas

This elixir can help capture some part of your highest□ self, your causal body, your God body, and this□ to be made physical, made into something that can be more healthful, healing, and something you can understand and work with. This can make this energy something that you can feel, that you can sense in the physical body or sense in your emotions. This feeling sense and the ability to see its relationship to the highest component of your existence is transferred with this elixir. This energy can bring forth an understanding of□ some attribute of freedom, a sense of allowing things their own way. This can allow people to feel much more comfortable when new ideas or new potentials come their way. There will naturally be some greater awareness of how to link more consciously with extraterrestrials, with various beings that will inevitably come to interact with people□ in humanity's future.

Heze (Zeta Virginis) - Releasing Judgment

Heze can help people move through periods of difficult phases of self-judgment. People from this place manifested the capacity to see themselves as separate and distinct beings from whom they thought they were by actual physical manifestation principles. In the nature of their reality they were able to create a second image of themselves actually interacting elsewhere so that they could examine an alternate reality. By looking at judgment and the purpose it might have served in the past, one can acknowledge it and let it go, as well as the guilt that is usually involved. This paves the way for forgiveness at the highest levels. So this star can have a huge impact on self-awareness, self-esteem, or even one's perception of the nature of God.

Hyades Cluster (In Taurus) - Inspired Creativity

Within this elixir is energy of inspiration to bring into works of art, music, dance, and poetry. This elixir is to be used for people to grow, to learn, to free up artistic creativity. An enhanced ability to attune to the channeling process within creative endeavors is provided through this cluster. This gives the artist or person involved in the process, a deeper trust, an ability to empty themselves or welcome the higher-force energies, accelerating the entire creative process.

Iota Aurigae – Parental Communication

With use of this star some additional strength may be transmitted to the individual and the person receiving this may find that it is easier to communicate it to others. Several processes of communication with children will be enhanced. This elixir can help parents to understand the true nature of their communication as it was originally intended prior to mixed and unconscious messages.

Iota Centauri - Spiritual Awakening

This star is currently projecting a beam of energy to Earth to give people hope, a sense of possibility for the future, but most importantly to give them a sense of community, of ability to come together and share important ideas. Use this elixir to help in looking again, with new insight and understanding, at the issues about God, awareness about who you are, your reality, your needs, and what is important in the world.

Iota Geminorum - Balance

This star acts as a powerful balancer very specifically focused on Earth. Each focused wave of energy from this star can assist people in accepting extremes, to become more tolerant, to find ways of laughing at oneself, and to gain a greater perspective. Over the last few hundred years, this energy has focused on lessening prejudice and creating greater tolerance among people. There comes a recognition, that to deny others will reflect an inner denial of some aspect of self. More recently, there has been a further focus to examine the out of balance nature of ecology and the pursuit of power.

Iota Orionis – Ecological Change

This star can generate greater insight into ecological action, various ways of dealing with money, various economic situations one may find oneself in as well as those things that have a lasting impact on the world. This is an excellent elixir for individuals involved in various forms of ecological or politically motivated ecological change.

Iota Persei – Ancestral Wisdom

These beings, from an important planetary civilization, developmentally challenged, left behind after most of their ancestors moved into a higher state of consciousness, have a strong focus on learning what has come before, working with it in the way in which it is most highly developed and understood. Where this can be of profound and important effect to human beings in utilizing the elixir of Iota Persei is to understand and work with this as the understanding from Lemuria and especially Atlantis.

Izar (Epsilon Bootis) - Soul Energy

The ability to manifest and absorb energy in the world will be positively influenced through this star elixir. In the transformation process of what may be observed as inspirational energy into physical energy, Izar is a benefit. Assists

in the balancing of potassium and sodium in the body; thus affecting the soul energy as it is transformed and transmitted.

Jupiter - Expansion

Here the usual characteristics of expansion and awareness associated with Jupiter will be benefited through the elixir. Individuals who are struggling with areas of economic uncertainty will also be assisted. Individuals who are struggling with diets and understanding the true nature of weight loss may have some benefit from Jupiter elixir in combination with typical techniques for understanding the physical body and working with it appropriately. A state of unity, interdependency, and oneness may be transferred within one's soul family.

Jupiter Shoemaker - Expansion

This essence was made during the impact of comet Shoemaker. A somewhat stronger effect is noted compared to the Jupiter elixir.

Kappa Ophiuchi – Clarifying Emotions

This elixir can help you understand and release powerful emotions. This is especially helpful to individuals who are stuck in patterns linked to early childhood experiences, particularly those before the age of ten. This may assist individuals in releasing some of their guilt and shame, and come to a less charged way of working with these emotions.

Kaus Australis (Epsilon Sagittarii) - Creative Listening

This elixir enhances the ability to speak appropriately and to modulate voice tones to generate desired response. There will be a greater ability to listen to others accurately, to understand what they are saying without imposing your own ideas. Enhanced states of active listening are noted with this star. The ability to share information honestly and in a more balanced sense, even though it may be disruptive to the other person, is enhanced for most people.

Kaus Borealis (Lambda Sagittarii) - Perspective/Purpose

The civilization associated, with this star is what could be termed an outpost of certain entities of great power and what you would translate as positive regard for Earth. Individuals can have the realization and understanding of correct vocations, right livelihood, ability to work within their path to get back on the path should they have wandered from it, with this elixir. Individuals may begin to recognize the sense of connection to other stars, to the universe, even increasing their sensitivity to the vibrations of other stars.

Kochab (Beta Ursae Minoris) - Destiny

Can assist people in grounding information from their past lives. This is a way in which one becomes more comfortable with one's past lives, as if these lives are running co-currently or parallel to one's present life and can affect the person in positive ways. This can generate a deep sense of power within the individual. Those who wish to understand their development into the next life

and the one after can benefit by using this elixir.

Kornephoros (Beta Herculis) – Genetic Change

This star can enhance healing processes derived from mental energy. These can involve genetic change. At the highest level, it is simply a way of welcoming the form of change that you wish to come into you in whatever way appears to be best. The mental functioning enhanced by this star can bring new ideas into your understanding about the nature of the body, the universe, ecosystem, or humanity's problems.

Krueger 60 [in Cepheus] – Law of Symbols

Krueger 60 has some interesting characteristics associated with a small planet that orbits. It has an eccentric orbit that is influenced by the smaller star, and as a result there has been amongst the denizens of this planet a long-term commitment and interest in stellar matters. Having a deeper appreciation of the universe, an awareness of many aspects of the universe in its physical nature, was known to these beings for a long period of their own civilized development.

Lacaille 9352 (In Pisces Austrinus) – Soul Purpose

9352 has some interesting characteristics that have been brought to it by a consortium of several beings from other star systems. The intent here is to use it as a broadcast point for some valuable energies for several civilizations in the galaxy, including Earth civilization. These have to do with certain energies relating to the capacity of individuals to have deeper awareness, or intent to receive deeper awareness, of their own soul: the soul's purpose, its characteristic, its size, its shape, the sense of it.

Lambda Ophiuchi - Oneness

This star is valuable for understanding different aspects of relationship, especially family relationships. Projecting onto the Earth from this star is this idea of making family relationships more conscious. An individual can develop greater awareness of the unconscious ways in which, as a child, one saw ones

parents, and saw one's role within the family. These roles often affect individuals for their entire lives. With this elixir can come the ability to change these relationships, take charge of them, and see the greatest good that is possible from them. As a result of this deeper understanding of relationships, there is an increased capacity to know God, to know the energy of the source, and to feel it in the deepest level of one's existence.

Lesath (Epsilon Scorpii) – Circulation/Transfer

The unconscious ability to influence physical body processes in the utilization of energies for healing will be influenced by this star. It can also assist in the activation of various elements that are usually found in the body but not well utilized. There can be enhanced circulation as well as strengthened physical functioning.

Luna (The Moon) - Consciousness

Taking this elixir helps in the bringing of unconscious energy to the surface when dealing with issues which have some unconscious component. Levels of unconscious meaning may be made more available to people in ways they had not thought possible before, and a general acceleration of this shift will usually be felt. There will also be some assistance with female characteristics brought forth particularly in individuals dealing with deep states of aggression. It is best that the lunar elixir be utilized in combination with other vibrational remedies that can help direct its energies to those areas of the unconscious where one desires to focus, rather than just by itself.

Lynx-3 (Ursa Majoris) - Soul Understanding

Beings who have associated themselves with Lynx have a highly evolved sense of their own subtle nature, able to make a sense of appearance or disappearance, becoming physical and nonphysical with great ease. The capacity to bring this subtle energy into form as would need be and then immediately dissipate it has led them to a sort of awareness of soul consciousness that has a direct parallel in new techniques in information and radio science on Earth called spread spectrum.

M1 (Crab Nebula) – Conscious Transition

The primary characteristic that the elixir will provide for people is in the transformation of consciousness, the ability to let go, and the ability to appreciate and understand the true purpose of death as a transition. It has the additional ability to assist people with the process of manifestation. Thus, while contemplating the end of one life, there could be some assistance in transferring ideas and characteristics to future generations, the writing of a will,

and even some energy to future lifetimes.

M2 (Globular Cluster in Aquarius) - Earth Change

This is a cluster currently being utilized on a temporary basis to broadcast various energies to ease this time of transition on Earth. Thus, it could be helpful when choosing a new place to live. Helps in understanding the purpose of spiritual evolution for individuals as well as for the Earth. May assist with the coordinated efforts of people seeking to create community and a better life for humanity's future.

M3 (Globular Cluster in Bootes) - Law of Cycles

There can be a greater awareness of all life forms, as if there can be an appreciation of the inner cycles, an understanding of the very nature of life itself. This elixir offers insight into the creative cycles of people. A greater reverence for all of life will result from its use, especially when one can focus on one's breath to further be in sync with one's own natural cycles.

M4 (Large Globular cluster in Scorpius) – Enhances Intuition

This elixir has an ability to bring ideas that are widely separated together, and allow them their own way; it is as if birthing a sense of freedom. M4 is able to bring energies that you would never have associated with each other into a place of alignment and mutual love and support. It can be like a cosmic matchmaker. There can also be an awakening of various intuitive abilities. This elixir tends to bring in more energy and information from helpers and guides. There is also an encouragement for people to use their talents and capabilities in areas that will be truly beneficial.□

M5 (Globular Cluster in Serpens) - Profound Peace

Represents the highest level of attainment of communication between the various aspects of the universe that is possible for a human being. Expansion of consciousness to the highest capacity possible for a person, expansion to the level of becoming one with the energies far beyond our galaxy are then strengthened. For deep, quiet meditation. Only to be used by those experienced with starlight elixirs. This is not for beginners.

M6 (Open Cluster in Scorpio) – Inter-Dimensional Contact

This cluster will assist individuals who wish to attune better through channeling, or reading channeled works or other things shared about beings that work at higher dimensional levels. By using this elixir, there can be a deeper attunement to these higher vibrational forces, including those at 6th, 7th, 8th, and 9th dimensional levels.

M7 (Open Cluster in Scorpio) - Data Accumulation

This elixir may bring an enhanced ability to understand large patterns that can relate to the main thrust of earlier civilizations such as the Mayan, Aztec, early Egyptian, Atlantean, Lemurian, and ancient Greek. There also may be an ability to appreciate and assimilate other cultures. Utilize this cluster to enhance the

ability to attune to the purpose of one's past-life incarnations in other cultures.

M8 (Lagoon Nebula) – Community

Energies emanating from this place offer a beautiful vibrational example of ways in which inter-coordination can take place in a way that many different ideas, points of view, and ways of life are integrated appropriately. This energy can inspire people that are seeking to join a community. M8 elixir may be very helpful for people who wish to understand the true path of the formation of larger communities that can evolve into the highest form possible.

M9 (Globular cluster in Ophiuchus) – Higher Self

The principal aspect of this energy has to do with one's development of a deeper awareness of the higher self. This will allow a greater ease for most in working with and listening to that place within. Sometimes this energy may lead to a challenging place of seeing things in a whole new light, or in ways that you have never imagined before. M9 helps people to work with this higher-self energy in a nurturing and fulfilling manner. As one contemplates the tasks one has set before oneself, M9 will give greater ease, forgiveness, and patience for such tasks, while at the same time boosting the energy associated with such tasks. □

M10 (Globular Cluster in Ophiuchi) - □ Consciousness Spark

There is a spark of consciousness within this cluster that has ignited a shift amongst the many beings that have lived there. This is proceeding as a conscious expansion of energy in various waves throughout the universe. It has only reached Earth recently, coinciding with the seeding of the Egyptian civilization. This elixir can give a generalized sense of higher potential and a sense for a deeper capacity for love and creativity. Some individuals who have difficulty working with certain past lives associated with the early phase of Egyptian civilization will do well with this elixir. It will attune them to some of the seeding and strengthening energies at the levels of consciousness which brought that civilization into form.

M11 (Open Cluster in Scutum) – Long Term Relationship

In utilizing this elixir, a deepening of the ability to create lasting relationships will be observed. Some strengthening of long-term love bonds will generally be felt, as well. This may manifest as a deeper intimacy, or as an appreciation of one's partner, or it can be extended to family or groups. This will naturally deepen the awareness of groups that work together on spiritual pursuits.

M12 (Globular Cluster in Ophiuchi) – Regeneration

Individuals working with regeneration would do well to use this elixir before they actually work with physical reconstruction, inert gas energies, or other regenerative techniques. This way they can be more aware of the underlying genetic structures and prepare the way for the new energies to come.

M13 (Open Cluster in Hercules) - Galactic Center

There is development of the deeper awareness of the love and assistance given by the angelic realms, the governing principles of those beings that have directly influenced the formation of the Earth. This elixir can bring a strengthened ability to receive God's wisdom as in a "religious experience." The death experience and the difficulties associated with it are eased for the dying person, as well as for those loved ones around them. The birth process is somewhat enhanced, particularly when it is evident that a being of a highly evolved spiritual nature is to be born. Some enhanced state of the channeling of the Elohim is noted with the use of this elixir.

M14 (Globular Cluster in Ophiuchi) - Understanding Fear

The primary use of this cluster is to dispel and change fear related energies. The elixir is to be used to release long-time fears and other energies holding people back from taking certain risks, and working with various beings. M14 can help you understand your fears better, shift your relationship to fear, and show you how to utilize fear as a way to produce change. Combines well with walnut flower essence in confronting some of these issues.

M15 (Globular Cluster in Pegasus) - Interconnection

Assists in the creation of the energies of hope and strength for many people. There is a general strengthening of the interchange of energies between emotional, mental and aetheric bodies and for this purpose combines well with Silversword and Lotus. A greater ability for people to co-exist with each other.

M16 (Nebulous cluster in Serpens) – Higher Communication

What may be transferred in this elixir is a sense of excitement and enthusiasm with regard to new projects, at working with self-change, with birth, and with transformation. This may positively impact conception when one is wishing to be in greater contact with extraterrestrial guides and helpers during the process of pregnancy and birth. This elixir combines well with and enhances the effects of Aldebaran elixir. Increased healing may be possible due to the enhanced communication levels within one-self. □

M17 (Horseshoe Nebula, in Sagittarius) – Inner Development

Take this elixir in order to increase the natural inspiration to look more deeply at everything in life to gain the whole aspect of understanding. It can enhance one's ability for inner work, meditation, quietness, and being in the now. What may come through is a deeper understanding of the question and answer process.

M19 (Globular Cluster, in Ophiuchi) – Overcoming Obstacles

Energy from this cluster provides an ability to learn from the negativity, from the struggle, from the issues, from what is difficult. A good thing to consider while utilizing M19 essence is the question: "What is right about it?" This can help bring forth the sense of the perfection, the potential benefit in any aspect of negativity or struggle. This ability to draw forth from it its positive qualities is

enhanced when utilizing M19 elixir with a meditation. M19 however also allows individuals a brief period of inner training, perhaps lasting for a half hour or 45 minutes at most. After taking the essence, one might focus for a time on a specific attunement to feel grounded or connected to Mother Earth, or connected to ones family or to ones soul. This can be of value when you are preparing for a potentially difficult or stressful situation. Thus as you imagine the situation, you maintain contact or attunement to a vibrational energy that you know as positive, uplifting, or in some way strengthening.

M20 (Trifid Nebula) - Transformation

This elixir can assist in the understanding of the inter-dimensional transfer of energies of the mind, body, and spirit. Utilizing it can increase the awareness of the ability to transform and to be nourished through that transformation. A greater feeling of wholeness will occur through its use.

M21 (Star Cluster in Sagittarius) - Living in Harmony

This elixir can assist beings in the contemplation of increased global population and the inherent difficulties. It can help many to accept each other to live in peace, but also to find the positive side to this, the opportunity for far greater understanding, deeper appreciation, and deeper joy in the diversities and in the higher population levels. This is the ability to see each other incarnated at the same time and to welcome this, to see of the ways in which people can live together even under what would be seen as crowded conditions, in a place where they can accept and learn to share with each other appropriately. □ This ability to accept each other in close environments, to reduce stress in areas of overcrowding, to welcome the larger number of souls to come into existence more consciously, are important attributes that M21 confers. Of course the future selves, those beings far in humanity's future who are at such a place where all 50 billion are in incarnation together, project a positive helpful energy to people now, an energy of deeper appreciation for each other, love, peace, and encouragement to share the resources of the planet most appropriately, and M21 enhances the ability to receive this positive helpful energy from your future self.

M22 (Globular Cluster in Sagittarius) □ – Extraterrestrial Communication

Use of this elixir will enhance the capacity for individuals to shift in their own vibration to attune to the communication of extraterrestrials. It has the ability to ease some of the physical stresses that may occur when channeling extraterrestrial energies. It can also act to encourage others that may have latent channeling abilities, to open that doorway. One hint is that of individuals that have a keen interest in reading the works of extraterrestrials that have been channeled by others.

M23 (Open Cluster in Sagittarius) – Brain Function

This cluster can enhance the digestive process, and other functions of the body, in order to support brain function. Continued use of this elixir may build up memory function and improve the ability of the brain to correctly interpret

information on multi-sensory levels. It may also assist people trying to tune into more recent past lifetimes. It may also help some in charting their future courses in life, thus assisting in the choices of appropriate vocation and relationships.

M25 (Open Cluster in Sagittarius) - Breakthrough

This elixir will enhance any form of communication between people, including spoken, written, or telepathic communication. But most of all M25 can help people learn to interchange energies in a personal and more relaxed way. Energy can be brought into form more easily, offering greater abilities in art, architecture, music, and poetry, even human relationships. M25 can also help when one is in a rut or needs help in breaking out of a pattern. M25 makes available new possibilities, new ways of structuring the available energy, and using what is already present more effectively. This elixir can be combined with Uranus elixir and/or ulexite elixir to assist sudden shifts in consciousness.

M27 (Dumbbell Nebula) - Evolutionary Purpose

There are certain star systems on the perimeter of this nebula that approximate the level of awareness and consciousness of Earth. For this reason using this elixir can bring a sense of evolutionary purpose into consciousness, an understanding of what will happen next with Earth's civilization. Mistakes that might be made by improper use of technology may be avoided, various new societal constructs may be encouraged and new shifts in mass scale economies will be seen.

M28 – Akashic Memories

M28 is a highly energetic region being utilized by a variety of civilizations for accumulation of data relating back to the Akashic records, understanding of all that has been and all that will be. Such a powerful manifestation requires large data space, but this is held in several areas of the universe.

M29 (Star Cluster in Cygnus Milky Way) - Encouragement

This elixir can engender a deep sense of appreciation for life. In some ways it can lead to gratefulness, but in other ways it leads to a sense within oneself, as if a deep appreciation of the cells of the body, or of a sense of ones own inner personality and how it can be best placed in the world. Although this can lead to a sense of patience for some people, most generally it will be excitement, as if suddenly there is a wonderful new way of seeing things that had previously been ignored, even though it is of course simply an energy that they had already known. Working with this over and over, one can have a repeated sense of awe or wonder, or a way of seeing oneself beautifully and lovingly. This broadcasting of encouragement for deeper connectivity is also an important attribute that Earth people can receive from working with M29. It may

be especially helpful for those who feel discouraged, not able so easily to connect with other people, feeling as if they are somehow separated; to understand that there is an underlying encouragement and a sense of this deeper appreciation, can be helpful for such individuals.

M30 (Globular Cluster in Capricorn) - Shiva and Shakti

This elixir improves understanding of recycling, helping people perceive the balance between the energies of give and take, creation and destruction. This can provide people with new ideas, and more understanding about working with their environment. It helps people see things from Earth's point of view. M30 can help all people get in touch with the guides and helpers who wish to help people live in balance with the Earth.

M32 (Small elliptical galaxy, companion to Andromeda Galaxy) – Personal Wisdom

By connecting with the energy of this place one senses ways to interact in order to produce a sense of balance and perfection. This is a way to understand and see things as if they are of a maximum benefit for all beings involved. This is quite different from the usual human path of suffering and struggle through resistance in order to produce knowledge, clarification, and wisdom. In this manner we can find our own personal wisdom and perfection with what we already have. There can be a great understanding of one's shadow self or questionable past choices that now appear to be in resonance with what one is trying to accomplish on a soul level.

M33 (Pinwheel Galaxy) - Thought Based Energy

Increases one's ability to shift consciousness and maintain a feeling of compassion for others. This is done through dimensional shift so when there are great changes going on one does not get caught up in feelings of fear or great sacrifice. Assists in attuning to new techniques in telepathy, hands-on healing and psychic abilities.

M34 (Perseus Cluster) – Emotional Awareness

Use of this star elixir is likely to create emotional understanding and the ability to accept one's emotions. It will also give one the ability to accept the emotions of others. This can be especially true for those people one has known in the past who have created powerful messages for one's own development. Many times, these are negative messages from one's parents of judgment or struggle, or difficult emotional aspects of one's own inner awareness. M34 will bring one to a place of forgiveness of one's parents or guardians.

M35 (Open Cluster in Gemini) - Spiritual Alignment

Within this cluster, the members are able to interchange and exchange energies, information, and understanding on very powerful and God-like levels. Serves as a source-point of inspiration for those who wish to delve into high orders of the creative aspect. This elixir can be beneficial for those attracted to various meditative disciplines, working with particular spiritual practices,

aligning with various spiritual groups, but who are having difficulty. This elixir will provide the additional fuel to master such disciplines with great joy.

M36 (In Auriga) – Awakening

M36 has some interesting qualities that are being brought to it by many civilizations. There are a few civilizations associated with some of the dimmer stars within this structure, but for the most part it is relatively unpopulated. Each of the suns in this cluster has agreed to a cooperative effort with the others in their immediate vicinity in creating a resonant coupling energy.

M37 (Open Cluster in Auriga) - Stability

Helps create general psychic stability, evenness of functioning, an ability to endure difficult situations for longer periods and in releasing stress. Especially helpful for children aged 7 - puberty. This is the period the child forms many of the important ideals, beliefs and other structures that will be carried into adulthood.

M38 (Star Cluster in Auriga) - Religious Discernment

M38 has uplifting qualities, primarily from transformed dogmatic religions still associated with some of the planets. Most of the beings have gone on way beyond this to a deep understanding of God. They have also recognized that former levels of ignorance and struggle with various limited religious forms provided at once positive and helpful loving energies, compassionate energies, assisting energies, but at the same time many limiting energies, ways in which people were not so easily able to understand the larger intent of their religion, their beliefs, and of course their fears. Once this is better understood, it is hoped that a deeper forgiveness and awareness of the underlying energies will be made available for many people, the result being a rebalancing of what has gone wrong in the past. At the deeper level, M38 of course assists all beings in understanding their desire for faith, for understanding energies that are beyond that of the consciousness of the world, and as a result can also help people understand unifying principles across all religions, and from this a deeper appreciation of each other, a deeper sense of love.

M39 (Star Cluster in Cygnus) – Accepting Love

This cluster will assist with human's evolution with regards to love: how it can be helpful to all of humanity, how it can be understood and studied, and how the differences of characteristics of love can be realized. Take this elixir to accelerate one's appreciation and utilization of love in one's life. M39 can be helpful in relieving shame as one bursts through that in order to understand and work with love in a more conscious fashion.

M41 (Open Cluster in Canis Major) – Appropriate Technology

Working with this cluster will tend to give people a better ability to work with technology and be more comfortable with it. They will develop an affinity for certain areas of technology and just intuitively feel that other areas are not worth pursuing or are in some way negative or harmful.

M42 (Orion Nebula)- Creativity

This elixir can assist in one's ability to incorporate change and to extract from various thought-forms (even the negative ones) certain aspects that one may find valuable and useful. It will enhance creativity to extract the essence of a particular medium. For surprising insights and unusual points of view, this elixir is recommended. At a very deep level, energy that is supportive and life giving is available through its continued use.

M44 (Open Cluster in Cancer) - Surrender/Trust

The primary energy offered by M44 is in assisting individuals to fully accept loss, to release it, and to recognize the great gifts of what one does not need any longer. This is a way of surrender and trust in the God-force. Ability to recognize what is needed and what is no longer needed. This elixir can shift priorities to spiritual levels, so that the true God-nature of priorities emerges.

M46 (Open Cluster in Puppis) □ – Networking

With this elixir, there can be an encouraging energy to enhance the ability to integrate information from other cultures or areas that seem very different from what people are currently working with. A cross seeding of ideas might be strongly assisted. Individuals involved in networking may be greatly benefited from this energy. This will assist people in working together in harmony and in beauty.

M47 (Open Star Cluster in Puppis) – Devic Communication

Some of the abilities transferred from this cluster are a deep reverence for life itself and an ability to enhance life functioning. There may be some excellent transference of these capacities for people who wish to work with the devic orders. The elixir can be useful in agriculture for the proper utilization of nutrients and the ability to work with new plant forms.

M50 (Star cluster in Monoceros) - Inspiration and Awe

This is an area of spiritual inspiration for many, provoking a sense of connectivity to higher mental realms and higher angelic energies, with a conscious ability to receive messages from both. This □ elixir can offer healing that comes in a sudden manner. It comes at first as inspiration with the sense of letting go, of allowing God to touch you, of having a sense of higher connection or higher purpose, then feeling the energies begin to build. This will greatly stimulate the individual to drop old belief patterns, to find ways of creating deeper love, of accepting God's deep sense of unconditional love in every way in which one can. □

M51 in Bootes (Whirlpool Galaxy) - Appropriate Technology

The message is clear from this galaxy to Earth: To take care in the proper use of technology; to have a deeper awareness of the balance of nature in working with technology; and to understand that self-governing systems tend to create energies beneficial for humanity, but must be stewarded and cared for. This elixir is especially rewarding for those involved with science and new technology to deepen their understanding,

M52 (Open Cluster in Cassiopeia) – Conscious Community

The use of this elixir can be shared among individuals seeking to create conscious communities and communities of deeper interaction. Individuals seeking a deeper understanding or awareness of humanity's relationship to primates will do well with this elixir. Another use would be to assist those involved in projects where they must draw from old ideas and put them into new forms.

M53 (Globular Cluster in Coma Berenices) - Spiritual Evolution

Within this system are powerful energies of consciousness, levels of forgiveness or understanding, or a sense of the universal: a place of great peace, a place beyond time, and energies that would be very difficult to describe in human terms. In addition to these energies of M53 is the radiating energy of the core asking in every way possible for people to recognize what is evolution, what is the highest way of their own spiritual development? Answering that question can be very difficult because many times the answer is one that tells you that many of the things that you have been involved in must be stopped, that only the higher more evolved aspects of your consciousness are those which contribute to your own soul's evolution, and that many things that are pleasurable or fun in the world, though they may indeed be somewhat beneficial in allowing you to be happy, are not those contributing very much to your evolution. M53 will help people understand and accept in themselves the presence of an inner light, an inner guru, a being willing at times to ask the deeper questions, and help people resolve those answers.

M54 (Small globular cluster in Sagittarius) – Making Peace

This elixir will be of value to people who are contemplating the release of grief, the understanding of planetary grief, and the willingness to forgive in yourself those capacities, big and small, that would lead you to wish harm or destruction on your brothers and sisters. There comes an attunement to the idea of making peace with ones neighbors as well as making peace within oneself. This can be useful for mediation, diplomacy, or reaching across racial, cultural, and national boundaries. □

M55 (Globular Cluster in Sagittarius) - Moving Energy

This elixir can be used to train oneself in the understanding of energy in a direct fashion. This is important for those working in the healing arts or in technological fields working with energy. There can be greater ability to move

healing energy rapidly over very long distances. This can benefit aspects of remote healing, radionics, and telepathy.

M56 (Globular Cluster in Vega) - Communication

This elixir can be useful for integrating art, science, music, and mathematics simultaneously. Some examples of this would be synthesized music, working with electronics or mathematical concepts, or art that shares intellectual concepts within an emotional medium. This elixir can be used for those seeking to accommodate to other cultures or civilizations, on or off the planet. M56 can also increase understanding of □ the intelligent creatures that co-inhabit the planet with humans, such as whales and dolphins.

M57 (Ring Nebula) - Cosmic Computer

Has ability to translate and transmit various aspects of consciousness into humanity. Increases the ability to receive historical information, deep insight into patterns of long-standing cultural interaction. Is a repository of information for humanity's future. Thus useful in computing the probability of future events.

M59 (Elliptical Galaxy in Virgo) - Extraterrestrial Acceptance

M59 elixir tends to bring people to a place of deeper peace and acceptance about all of their extraterrestrial neighbors, which will to some extent translate to any guides or helpers you may have that are associated with any extraterrestrial beings. At the same time, it may tend to reduce various aspects of fear that may be associated with abduction phenomena or other phenomena relating to aspects that you have previously held as scary or difficult with regards to extraterrestrials. The point of this is that as the fear is reduced, so also is the hold that a being that wishes to, in some way, encroach on your space might have; and so this is of some help in a reduction of abduction formula. However the higher vibrational reality associated with M59 is for people to increase their non-technologically based capacity for learning about related civilizations. Thus capacity to project your consciousness to other systems, to learn of the beings living associated with Pleiadian or Alcyone system, or Sirius, or various beings that we have spoken of in the past that many people may feel an affinity or kinship for. The ability to project to these places is improved simply because one has less fear, more curiosity, and a deeper sense of love or connectedness to such beings.

M60 (Elliptical Galaxy in Virgo) - Interconnectivity

Tuning into M60 can be very helpful for people who seek □ a whole alternative way of seeing their society, their relationships, and their understanding of various things. It can be especially helpful for individuals who are seeking to reach out to other kingdoms, to beings very different from themselves. There comes a general enhancement in their ability to use their own body's electricity, which can be very strengthening. Increasing one's sense of being electrically connected to many other beings of the universe and to the very nature of life itself is generated through this elixir. To further enhance this sense of deeper love and interconnectivity of all life, helium elixir will compliment M60 nicely.

There can be some stimulation of the 12th chakra, moving people towards a greater spiritual level.

M62 (Globular Cluster in Scorpius) - Superconductivity

This is an area that is utilized by a number of higher helpful beings for the creation of waves of energy to proceed all throughout the galaxy for the specific purpose of allowing a harmonization between the stars, for the stars to better understand themselves and each other. People of course would benefit from this in the better understanding of their connection to Earth, to each other, to the Sun, and to all of the planets in the solar system. Individuals beginning to understand astronomy, astrology, the use of starlight elixirs, vibrational remedies at any level that relate to aspects that are beyond their normal consciousness, all would benefit by M62. These beings have studied healing modalities for the purpose of better understanding all healing mechanisms in all beings, understanding where points of resistance have been encountered and why individuals would seek those points of resistance, and how they may be shifted or changed; thus M62 can give insight into the entire healing process.

M65 - Empowerment

M65 - Empowerment This is a very interesting area of space to put ones attention on because within this galaxy is an advanced federation, group, organization difficult to describe in human terms and yet be accurate, but a network.

M66 (Spiral Galaxy in Leo) - Lessens Mistakes

With this elixir comes an ability to study and understand history and work with it appropriately. This will give people more choice about their own evolution, allowing them to open to more of what they can know, what they can remember, but at the same time, consciously shift those capacities that might be too distracting or difficult for them to work with. This elixir, with sufficient focus and attention on it, can give people the capacity to remember more of their own history, going way back into Lemurian times, understanding the stellar influences, working with the history of the universe, bringing all of this into a place of clarity and consciousness. A great sense of forgiveness may appear for all of the apparent missteps that one has taken, with a greater facility to not repeat the same "mistakes".

M67 (Open Cluster in Cancer) - Geomancy

Contains some of the remnants of the essential formation energies of the universe. It is in the universe's essential nature to continuously surpass each moment of previous beauty. An increased awareness of the consciousness of one's roots is engendered through the use of this star elixir. A greater awareness of earth and her inherent energies is realized. A deeper attunement to the purpose of all life is also enhanced through its use. Can also assist people who make flower remedies, gem elixirs, or homeopathic remedies to

understand the very nature of the vibratory principle.

M68 (Globular Cluster in Hydra) – Emotional Cleansing

This elixir presents a positive uplifting influence to individuals in allowing them to better tune in to relaxing emotionally and making peace. This can shorten the path to understanding the feelings that are involved with something more directly, thus enabling you to get to the belief patterns behind an emotion so as to realize its deeper message. This elixir creates a wonderful way to work with emotions in a more direct way. What can transpire is the creation of far deeper levels of satisfaction, a sense of deeper connection and understanding, a deeper awareness one person to another, than perhaps had previously been seen or understood. M68 can help people release the shared beliefs that hold humanity back from making the next steps forward, particularly at an emotional level. □

M69 (Globular Cluster in Sagittarius) – New Abilities

This elixir can enhance one's ability to more rapidly communicate on many levels within one's own consciousness, and more easily receive the lessons of the soul. One can more easily work with the energies that are transmitted by various means that are usually associated with time delay—those are released, one need not be so easily bogged down by the issues of time, and one can be much more receptive and able to easily receive many messages from many sources. Channeling would naturally be enhanced, but especially energies that were previously unreachable because the energy sources were of such exceptionally high vibration. In addition, as communication and superconductivity can be enhanced within an individual, all kinds of powerful processes can be shifted. Because of this shift, individuals may find healing abilities suddenly enhanced, or thoughts previously suppressed suddenly coming again into consciousness, or areas they had not previously considered where they have talents and capabilities again coming to the surface. As various subtle energy structures become more aligned, some new energies may be available to people that they had not previously ever considered possible for themselves.

M71 (Star Cluster in Sagitta) - Inspiration

M71 is currently being utilized to develop inspiring □ ideas for humanity. A greater awareness of higher creative functions □ occurs, allowing individuals to sense their part in this □ process. This elixir is to be used to help people attune to, work with, and understand □ new ideas. There can be a greater facility to contribute to the development of a key idea or a new concept with the use of this □ elixir. □

M74 Galaxy in Pisces - Interconnectivity

Through this elixir one can receive a direct awareness of a true sense of interconnectivity or oneness amongst all beings. This may help someone feel a deeper connection to a flower or an animal. M74 can enhance one's sympathetic resonance with other energies. This system also has been working

around the issues of war and violence. So, the elixir may help some attune to the workings of the competitive spirit and sense of adventure in a way that promotes peace and coexistence at the same time.

M75 (Small Globular Cluster in Sagittarius) - Closer Connection

This energy helps to increase the willingness for beings to come together, work together, knit together and become one. Use of the elixir will help some to set aside prejudice, coming to a place of deeper love and appreciation of each other. This □ shift can lead to a setting aside of sexual prejudice, fear of being close to another being, aspects that reduce trust amongst people, and thus allow a deeper sense of interconnectivity. Addictive relationships are healed with a releasing of jealousy as one increases spiritual evolution. □ With all of this comes a sense of freedom, and a deep appreciation of closeness.

□

M76 (Little Dumbbell Nebula, or Barbell Nebula, in Perseus) – Future Self

This elixir can help people to understand the larger point of view with regards to working with energies of separation. A greater ability to integrate the time paradox in order to understand and receive messages from your future self occurs. The ability of □ your past self to also receive these messages is naturally enhanced. M76 enhances your capacity to be present, while at the same time accept loving energy, messages and ideas from your future self. □ This cluster enhances a natural tendency for greater openness and acceptance, fostering an ability to see the inherent paradoxes in your self, in your personality, or in your friendships, and be at peace with these. □ M76 can also help people accept conflicting aspects in others. □

M77 (Massive Spiral Galaxy) - Emotional Sensitivity

This can bring a sense of harmony when fear is present, or a deeper sense of peace, even when there is sadness from much loss of life. There comes a deeper awareness of what it feels like to walk the Earth and to relate to others in a more compassionate way. M77 also improves communication with spiritual beings of great assistance and help.

M78 (Reflection Nebula in Orion) - New Ideas

This elixir can help bring ideas from the higher vibrational levels into form at a physical level. This can be of much inspiration for individuals that are struggling against old ideas, trying to bring new things into form. This synthesis of the old and the new is where M78 can greatly assist.

M79 (Globular Cluster in Lepus) - New Solutions

M79 is well recognized throughout the universe, and especially this section of the universe, as providing many helpful strengthening energies for individuals who wish to contemplate entirely new forms of society to bring together new areas to be discovered and worked with. Anyone who tunes into M79 will be shown how to do things in a new way, how to see things in a way they had not previously considered, and how to share energies in ways that can ultimately be very helpful. To tune into it in any way when you are seeking solutions can

bring you new insight or understanding, things you had not previously considered, particularly difficulties relating to social issues, interrelationships, families, politics, global crises, all the way down to personal crises where other people are affected.

M80 (Dense Globular Cluster in Scorpius) - Higher Soul Healing

On occasion M80 will be made available to others, particularly Earth beings, for finding deeper sources of spiritual inspiration, a sense of belonging to a larger group, or connectedness to a much larger plan than simply that of a few thousand years. Use this elixir to encourage seeing things in the larger perspective and seeing how one fits into this. This cluster has also been utilized for various means of computation of a highly energetic nature applying directly to healing. Many forms of chronic disease will have their roots in repeated patterns of habitual denial or difficulty that people have struggled with, usually for multiple lifetimes. The understanding of this can be shifted at times through karma, through various forms of love, through different methods of healing. But what will usually be most difficult for the individual to understand, or to be revealed to them, is the energy of the source of this attraction to this imbalance or difficulty. This elixir can be utilized to help people understand that the source energy of a chronic health problem is a poorly formed belief, some aspect in contradiction to universal law. This aspect can be simple or complex, but M80 can be helpful for individuals to break it apart, to help them understand it in a new way, to shine a new light on that idea.

M81 (Spiral Galaxy in Ursa Major) – Mental Capacity

People, who find that they are on a very fast track, working beyond their capacities at high stress levels, may do well with this elixir. They may find that they can relax a little more easily, perhaps gain some perspective, and then go back to work at the appropriate time. Those that use this elixir may find that they can access and work with large amounts of information.

M82 (Interacting Galaxy with M81, in Ursa Major) - Potential

M82 elixir can help individuals understand the true nature of unborn potential, the aspect by which tremendous energy can seem to be available in nothingness. Though there are paradoxes rife throughout this understanding, it is a Zen-like appreciation that often results from repeated use of M82. It can be used well with the elixir M81 to create a deeper connecting energy relating to one specific being, an extraterrestrial guide or helper, a being that is from one of these places. As these galaxies have been interacting for a very long time, their combined energies are full of potential, and bring all kinds of new possibilities for people. This can provide a new way to see each other, to love each other, a way to transform one's marriage or one's interaction with other people, with pets, or with the Earth, or perhaps even a capacity to approach life from a whole new direction. This ability to shift context is only a tiny component of this energy, but is clearly helpful to humanity at the current time. With continued use of these elixirs, there can be a powerful blending of higher chakra forces, with the eleventh and twelfth chakras particularly swirled,

blended, and worked with for most people

M83 (Spiral Galaxy on the Hydra/Centaurus Border) - Apportation

The energy of this galaxy can increase the ability of people to change their vibrations and translocate. This is a psychic gift that is not easily developed on Earth. Those interested in ways to change their location to another by apportation will benefit from this elixir.

M84 (Galaxy in Virgo) - Forgiveness

This energy can be especially effective when confronting a problem and seeing it in a new light and deciding what to do about it. What can be most useful is finding out what is right about it, thus seeing a problem in a more positive and helpful manner, and shifting one's consciousness away from the purely negative. What is achieved is a greater sense of peace, an awareness of other possibilities, and an enhanced ability to see things in a more loving light. This elixir helps one to see the positive in any situation, no matter how grave or how difficult. A great sense of forgiveness is generated from this place, bringing the energies of the heart, the third eye, and the second chakra all together.

M85 - Resolving Conflict

As the case for many galaxies, there are many civilizations in M85. Much of the energies that they have worked with in their own development are focused on the other stars, systems, civilizations and beings in the local area throughout M85. However there has been a development of 6 of these civilizations into a capacity of higher consciousness that is still physical.

M87 (Giant Elliptical Galaxy in Virgo) - Releasing Fear and Ego

In attuning to M87, many may find greater understanding of the deeper issues around competition and around struggles for existence. They would know in a more conscious manner that it is by cooperation or through a caring sense of love or compassion for each other that survival will be assured, not through competition. The competitive frame of mind can be shifted, so that the energy can be one of mutual achievement amongst many beings, a cooperative way of achieving powerful and important ends and goals without hurting anyone. It is suggested that an individual take M87, tune into the positive peaceful helpful energy associated with it, and think of someone in the world, someone that could use some shift or energy of this nature, who could become more peaceful, who could release some connection in their identity to that aspect of war or hatred or fear or struggle. Then take the next step, turn the energy around and ask in yourself: in what way in your life are you like that person? In

what way do you have some issue that is similar, some aspect of your own identity in which you hold some aspect of fear or ego? What can you do to change it? How can you shift it? Under M87's influence you may find answers in areas you had not seen possible before, and in this way make this energy more personal; and then turn it around again, taking what you have learned and sending it out into the world as if to touch anyone in the world that might need to work on such a similar issue.

M92 (Globular Cluster in Hercules) □ - Time Shift

Some additional attunement to the purpose of the Milky Way galaxy as a single entity is enhanced. Use of this star can assist in understanding the nature of our Sun and its interplay with the Earth as well as all the other stars in the Milky Way. In this way, they can be made more familiar and useful.

M93 - Self Love

These stars have some physical proximity, and over time there has been some cross seeding, interrelationship, and action of some of the beings associated with many of the planets associated with M93 to learn from each other.

M96 (Spiral Galaxy in Leo) – New Relationships

With this elixir comes an energy to help people understand their own cycles and to move through them more consciously. New relationships to plants, animals, other people, to yourself, to your future self, and to your past self, all will be benefited from this □ energy. There is some assistance in helping some move ahead in finding more of their own life tasks. The throat chakra is stimulated □ with an added impetus to express oneself more easily. By tuning into M96, previous mistakes by others may be avoided, especially in areas of politics, administration, and other leadership situations. □

M97 (Owl Nebula) – Understanding Duality

M97 has some fascinating characteristics to enable higher degree of consciousness expansion and awareness for those studying and working with all principles of polarity, the principle of two-ness, opportunity for yin and yang, various forces that work for the creative process.

M100 (Large Spiral Galaxy in Coma Berenices) – Being-ness

M100 is as if a tribute to existence, a place to allow some sense of being-ness. Those who are involved in letting go of thought, coming to a place of emptiness and awakening, more of the sense of inner being-ness, will do well to use

M100; but they will understand through this that they are connected to all beings, to many aspects of existence. All forms of creativity would be enhanced because the underlying energy is an energy as if of God to know itself, as if of existence to understand why it exists. This is of course a paradox and difficult to understand when spoken in such way, but the very nature of M100 helps one resolve this because there is the feeling inside that existence is good, that there is something about it that is inherently that which provides a deeper understanding, evolution, and awareness; and this understanding can also be useful to others.

M101 (Ursa Major) – Manifesting Miracles

This galaxy has within it, as each galaxy of course, a wide variety of civilizations, energies of different types, and so on. However there are several with a great deal of attention on the whole business of becoming conscious, not the process that you are familiar with on Earth with the idea of the kingdom of the air, the initial manifestation of coming into matter, but the very idea of consciousness separate from all dimensionality and all physicality allowed to come to a place of a tipping point in which it then manifests physically.

M103 (Star cluster in Cassiopeia) - Clarification

This can be helpful in improving a person's ability to receive messages from the stars, and to perceive wisdom in the energies of other beings. It can allow an individual the capacity to communicate with others of a non-physical nature. Thus it can help you to be clearer and more defined in what you wish to share with your guides, helpers, and extraterrestrials. This elixir will help to inspire community and the ability to work with others. □

M104 (Sombrero Galaxy) - Creativity

Using M104 can be helpful in the understanding of the creative process. It can be used for individuals who have blockages, from childhood or past lives, to certain things they need to learn in order to put their creative ideas into action. The ability to learn these new things will be strengthened, and the various blockages to these learning capacities will come into consciousness.

M105 (Elliptical Galaxy in Leo) – Higher Goals

This place can help to bring more consciousness, more awareness to people to see what they are doing to their planet, to understand what must be changed in their civilization, to recognize some higher goal. This can be energy to inspire

people who wish to understand themselves better in relation to their government. Individuals then find ways to govern themselves in which higher spiritual aims are shared. There can also be a sense of greater inspiration towards the manifestation of their purpose. This elixir also encourages an understanding of plants and animals at a very deep essence level. □

M110 (NGC 205) (Small elliptical galaxy, largest companion of Andromeda Galaxy) - Relationship

Energies from this □ place enhance the understanding of relationships □ on all levels. These could be relationships between people or between different types of beings, or between animate and inanimate objects, or between various aspects of space or time. The elixir brings □ a greater understanding about group relationship, helping people examine how they can better understand each other even when they are from divergent groups with various prejudices against one another. Much of this new awareness is reached by working with the universal law of reflection. This system offers a greater ease in applying the lessons □ learned and recognizing how one's inner self manifests what is around them. This elixir can help people to slow down, get the larger view, look more carefully, pick up the details, and see the subtler energies associated with inter-relating with each other. □

Markab (Alpha Pegasi) – Telepathy

Markab can strengthen the ability to share psychic gifts, such as telepathy, in a loving way. Those that have struggled with telepathy can resolve the deeper issues involved through the help of this elixir. There is an enhanced ability to travel to remote locations with the astral body and exchange information easily with others at such locations.

Mars - Enthusiasm

This planet elixir will help to shift energy that often can be misused in ways of anger and hostility. Mars elixir will generally bring out some of the more positive change-producing qualities, expressive qualities, and even artistic qualities. The ability to bring what you do out into the world, so that others may experience it, is greatly enhanced. In general, all the negative connotations of Martian energy can be transmuted into positive ones through use of this elixir.

Matar (Eta Pegasi) – Childhood Counseling

This elixir can be helpful in parent/child relationships, especially when children are moving through behavior of modeling. This occurs often unconsciously in the child from the ages of four to seven years. Matar will also assist in the processes around recreating your childhood in a way in which you pour into that child resources of love and help, that some difficult experiences can be changed so that they come out better. Use this elixir for those who are counseling children, counseling parent/child relationships, and those counseling adults who are dealing with inner-child issues.

Mebсутa (Epsilon Geminorum) - Childhood Patterns

Some abuse issues regarding childhood experiences can be resolved for individuals. This can release some of the patterns held at an emotional level. These stuck patterns can sometimes lead to difficult physical illness often centered around the immune system. Many child-related difficulties can be assisted with Mebсутa and it is advisable for therapists and teachers to use this for increasing compassion and effectiveness in dealing with blocks of childhood memory. Can bring about a more childlike view of the world.

Media (Delta Sagittarii) – Spiritual Confidence

Use of this star can provide greater spiritual confidence and strength, when individuals are uncertain about the best way to proceed in working with spiritual concepts and ideas. This star can also bring deeper understanding of your relationship to other people and how they are there to expose you to their spiritual ideas or their point of view. It is useful for people of different spiritual persuasions or interests to form stronger relationships and spiritual bonds.

Megrez (Delta Ursa Majoris) – New Understanding

This star can be helpful those who wish to draw in new capacities they have not been able to access before. This will be especially helpful for those working with a teacher. There will be a greater ability to increase discrimination, taking in what are useful and discarding teachings that are not valuable or useful. There was a great teacher being from Megrez whose energy still vibrates around the home star, providing an encouragement to shift perspective, to move to higher dimensional levels, and to draw appropriate teachings.

Meissa (Lambda Orionis) - Enhanced Awareness

Can be combined nicely with elixirs of globular clusters to draw in much information, as if downloading data from a cosmic computer. □ This elixir also offers courage to face change, to understand it without fear, and to see the true nature of change within all people, individually. Can help to shift a bi-polar awareness of things in to more of a triad. This three-ness as symbolized in the 3 stars of Meissa can be used for healing and an expanded awareness of many things. By taking this elixir one can move from a view of light and dark to a view with greater possibilities to transcend previously held belief systems.

Menkalinan (Beta Aurigae) – Astral Experience

This elixir can assist most people's ability to apply information derived from powerful dreaming states or energies associated with astral travel. Using this immediately after the astral experience can bring out the highest consciousness of the lucid dream or astral travel experience. There is also some benefit in using this star where an individual perceives a block that seems to have some cycle associated with it. It can be well combined with krypton elixir for a general enhancement of the dreaming state.

Menkar (Alpha Ceti) – Unconscious Influence

The use of this star can help people to release some of the unconscious connections to others, particularly those made in sleep. The ability to

consciously make such connections will be enhanced. This elixir is valuable for people seeking to truly understand the media, forms of advertising, and the way the media influences people's perceptions of world events.

Menkent (Theta Centauri) – Telepathic Communication

When you wish to send a message out into space, to send an idea to someone far away, or a telepathic communication in which you are not hoping for an answer as much as intending that the message will be deeply received in someone else, use this star elixir. It would be like a message in a bottle, sent out with energy of hope, understanding, and joy created within your own consciousness. This visualization will be helpful when using this star.

Merak (Beta Ursa Majoris) - Leadership

This elixir may be very valuable for those who hold power in some level of denial in themselves. There can be a shift from a power-based system of domination to one based on a more conscious paradigm based on freedom and mutual respect. Individuals who find themselves in leadership positions, and politicians of all kinds, can benefit from this elixir as this shift towards freedom, love, and consciousness begins to occur.

Mercury - Communication

This elixir will affect communication and the ways of dealing with the physical attributes of communication. It will also tend to bring certain unconscious emotions to the surface and do so best when Mercury is direct. Then there will be some benefits in utilization of this essence in ways of soothing, healing and balancing some of the difficulties individuals experience in times of Mercury retrograde, in times in which communications, in particular, can become difficult. Some aspects of enhanced intuition with mechanical things will also be noted in using this elixir. All positive qualities associated with Mercury will be enhanced.

Mercury Retrograde – Clarity of Thought

If your astrological chart has Mercury direct at the time of your first breath, when using the retrograde elixir, you will usually experience intensification of understanding of inner issues. There will be a greater possibility to work out various aspects that you may have previously denied. If Mercury is retrograde in your natal chart, using this elixir will bring greater clarity of thought particularly in ways in which you can understand more buried or difficult ideas; these may be ethical ideas or even mathematical ideas. This elixir is also helpful during group interaction where various ideas that are otherwise difficult or buried can come forth easily. This elixir when taken during the Mercury direct period will tend to prevent accidents, help people understand how energies are moving, acting as a waker-upper, to bring a little more consciousness and awareness to many situations. By using this elixir to prevent various difficulties that occur when guides and helpers wish for you to learn something and they need your undivided attention, you already get the lesson and no longer need the drama. This can be especially helpful during those times of day that you are

most susceptible to difficulties. Although one would usually use Mercury Direct elixir during the Mercury Retrograde period, one should use Mercury Retrograde at least once for the inner-directed lessons of this time. □

Merope (Pleiades) - Universal Laws

Can bring about a greater ability to coordinate universal principles in one's life. This can be a greater perception of universal laws and an enhanced ability to live with and communicate with other lifestreams on Earth, chiefly those of the animal kingdom.

Mesarthim (Gamma Arietis) - Karmic Perspective

With this elixir comes a greater understanding of the process of creation and destruction, where a clearing away must take place before building can occur. There can be more courage to move along one's path. It can be useful at early stages within organizations to set a good foundation. Combines well with Pollux elixir to heal emotional aspects of the will by creating a balance within an individual.

Minkar (Epsilon Corvi) – Heart Opening

The highly populated planets of this star have a deep understanding of how to use love as a force for change. This star can bring a whole new perspective to one's attitudes, allowing change because it feels good. These beings developed an advanced form of touch, which led to an understanding of the inherent capacity all beings have to care for each other. Use this star when you wish to run more love through you in your healing or meditation practice and work. There can be some benefit in running this love energy through the body, and especially the eyes.

Mintaka (Delta Orionis) - Physical/Spiritual Balance

Some balancing of energies seen to be aggressive or animalistic in nature will be noted. This can enhance physical functioning but can also be applied where overemphasis of physical functioning is wished to be replaced with deeper attunement to spiritual ideals, spiritual goals, and spiritual development.

Mira (Omicron Ceti) – Patience

Taking this elixir can bring a deeper awareness of patience. This can be an enhanced ability to observe long cycles, to see them come to fruition, and be patient about them. The ability to assist with the preparation for solar return and understanding of this from an astrological sense will be assisted and intensified. The ability of the person to bring patience into the sharing of their emotions with others will also be strengthened. There can also be for some individuals with this patience a deep sense of calm, a way in which they are able to easily project this calm to other people. □ With children there can be benefit with utilizing this essence, particularly where greater patience is wished to be encouraged.

Mirach (Beta Andromedae) - Sound Healing

An increase in the ability to hear as well as utilize the voice and release difficulties associated with the sounds one hears or speaks is strengthened. The ability to hear the sounds of nature and the Earth will likely be enhanced.

Mirfak (Alpha Persei) - Mental Cleansing

Enhancement of mental functioning through the cleansing of the mind will be noted. Increases the ability of a person to release difficulties of negative thoughts, of various patterns of the behavior that have been difficult as well as the cleansing of certain physical substances. It is wise to combine with the visualization of swirling and sweeping waters.

Mirzam (Beta Canis Majoris) - Accepting Miracles

Most people, in utilizing this star, will feel some deep acceptance of what would be termed magical phenomena. This can mean both viewing everyday actions in the world as miraculous as well as the understanding of things commonly considered paranormal or unusual as acceptable and usable in everyday life. Mirzam elixir will allow individuals deeper acceptance of observance of miraculous phenomena outside themselves that appear to circumvent the principles normally observed in everyday life.

Mizar (Zeta Ursae Majoris) - Channeling

Multiple awareness states, ability to channel, ability to organize various components of one's personality are all enhanced by use of this star. There is an enhanced ability to understand the multiple phases of one's life in regards to physical, emotional and spiritual, thus increased integration will occur. Channeling states will become more balanced, deeper states can result, and more information is likely to be transferred.

Mu Cephei (Garnet Star) - Manifestation

This star can bring the capacity to encourage a transformative energy that is quite helpful to the principle of manifestation, bringing things into existence, for working with many energies to create them in the first place. Flowing from this star is a general energy encouraging the bringing of new things into form for the specific purpose of raising consciousness and bringing an evolutionary nature to those who work with this energy. This energy was utilized during the rebuilding phases of Atlantis and Lemuria, encouraging those there to manifest things in a more conscious fashion after the destruction of their societies. This may also prove to be a useful elixir to utilize for chiropractic and other modalities that help to unblock stuck energies along the spine. Mu Cephei also may assist in the guidance of some in their quest to clarify what it is they wish to do in the world. □

Mu Herculis – New Relationship

These three stars can provide a sense of upliftment. This elixir will enable people to attune better to powerful energies of light and strength within themselves, and improve their capacity for communication with other people. This can improve telepathy and emotional closeness among people in a very

beautiful way. Mu Herculis elixir has an important quality for individuals who are developing their relationships: the ability to understand them more consciously and see how their relationships affect other relationships. These can extend to business relationships, family relationships, and other components. But the interactivity between relationships, particularly of dyads or couple relationships, is of maximum importance. □

Mu Leporis – God Acceptance

There is a very powerful concentration of energy within this star that will strengthen the seventh chakra. This elixir can be of assistance to children, age 1-6, because at this time there is a shift in perspective about entering and leaving the body through the top of the head. Adults can use this elixir to understand and accept God in a personal way. There is a gradual movement of energy from the seventh to the sixth chakra, which can extend the visual color range beyond violet.

Muphrid (Eta Bootes) – Creative Balance

With the use of this star, there is a balancing in relation to what you wish to do creatively. Thus, you may feel better about music or about art. The balancing can take place on the expressive side, but it can also take place on the side that observes or is at one with music and art.

Muscida (Omicron Ursa Majoris) - New Possibilities

This group is accumulating energy and information from many different aspects of time and space. They are drawing energy from humanity's future and past as well as energy from many different star systems, especially those within this galaxy, as there is a great opening available to galactic forces through this star with much in the way of spiritual evolution. Each time an unveiling of new energies takes place on Earth, tuning into this star will reveal new insights. There will be an accumulating affect leading up to 2013 and beyond. Most people will have a positive experience working with this star, opening to possibilities of new forms of communication, information, healing, awareness and many other things. These beings invite you to visit.

Nashira (Gamma Capricorni) – Earth Perspective

This star is good to utilize when you wish to have the ability to see the whole picture of what is happening on Earth -- politically, economically, and geophysically. This is hard to do with just the mental body or emotional body alone. This elixir will encourage the combination of faculties needed for this larger perspective.

Nekkar (Beta Bootis) - Healing Capacity

There may be transference of certain healing capacities for those who work with this star. This is as if bringing a sense of the divine, a loving part of themselves, an honoring of others, and a willingness to be empty. This ability to draw through a higher Christ energy and utilize it for healing can be energized from this star. This healing energy can be quite profound for those who have an

aptitude for it, yet it is not for self-healing. Nekkar may have benefit in bringing people some of the deeper sense of their own lessons. Yet its primary function is to instill the ability for selfless, loving healing of others.

Neptune - Psychic Abilities

It is used to draw out, increase and make more comprehensible one's psychic abilities. If one has a negative astrological influence of Neptune in their charts the elixir can help in lifting the veil or mists that might get in the way. Neptune can help to access a particular psychic gift that one is attracted to but has difficulty fully manifesting. Can also give one a greater sense of perspective of one's life. In meditation, Neptune can be used to achieve a deep, silent and reverential state.

NGC 185 (Small Elliptical galaxy in Cassiopeia, companion of Andromeda Galaxy) - **Greater Peace**

With this energy one can be assisted to examine motives carefully, looking at individual fears, finding ways to channel energies of war towards more positive uses. As individuals work with 185, most will gradually come to a much deeper appreciation of self-responsibility, how their own energies cause others to be in a place of stress or struggle. This concept of total self-responsibility comes with a great deal of patience, understanding and a great deal of love. With this elixir comes assistance to release any inner warring component and discovering more about them, helping people to find greater peace and understanding about each other.

NGC 188 (Ancient star cluster in Cepheus) – **Wisdom And Joy**

From this place emanates the sense of joy that comes from an awareness of what is possible for all beings. This joy can be deep and profound, and will dislodge all aspects that block it such as sadness or struggle. The wisdom that this joy creates is one of connectedness to your helpers and to your guides. Creative endeavors will tend to be enhanced as if non-physical inspiration, communication from these higher levels will naturally be strengthened. This elixir is a natural enhancer to other stars that work more with developing wisdom in people, El Nath being a prime example of this. It is as if the joy mingling with a new accumulation of knowledge brings forth some aspect of deeper wisdom that can be truly helpful.

NGC 205 - Relationship

Energies from this place enhance in the understanding of relationships on all levels. These could be relationships between people or between different types of beings, or between animate and inanimate objects, or between various aspects of space or time. The elixir brings a greater understanding toward group relationship, examining how people can better understand each other even when they are from divergent groups with various prejudices against one another. By working with the universal law of reflection. This system offers a greater ease in applying the lessons learned and recognizing how one's inner self manifests what is around them. This elixir can help people to slow down,

get the larger view, look more carefully, pick up the details, and see the subtler energies associated with inter-relating with each other.

NGC 752 (Star Cluster in Andromeda) – **Soul Connection**

This energy can be of much inspiration to individuals that wish to coordinate groups themselves, to pull energies from different people, different places, and in different ways, and to form conscious communities. This elixir brings an awareness to help people understand their innate benefit to each other. Gradually this will press on every difficulty, every barrier, or every block that any group has, to help find levels of deeper truth, and awakening higher levels of honesty one person to another. This assists in the release of preconceived ideas between people, helping them to find the deeper love or connection soul to soul.

NGC 2264 - (Cone Nebula) - Receiving Pleasure

NGC 2264 does appear to provide a wide variety of useful energies in areas of creativity, and especially with an opportunity to have a deep sense of enjoyment. There is one star system within this cluster that has utilized some of the powerful energies available locally in order to provide many opportunities for the civilizations that lived on the many planets.

NGC 2419 (Distant Globular cluster in Lyra) – **Past Life Integration**

This elixir can serve as a key to unlock the door to greater understanding about the integration of your past lives, about where you are going into the next life, and into the next intermissive period, and about how these energies might best be served right now in your relationships, in your health, and in various practical matters that you might wish to discover and work with. Use NGC 2419 to understand your greater karmic purpose, and to bring awareness of what's next, of the fulfillment of a larger series of missions and understanding than that which simply is personal. This elixir will also benefit individuals who are working with any form of channeling of extraterrestrials or working with the understanding of a positive nature of such beings, to comprehend where this relates more specifically to their life.

NGC 3242 (Eye Shaped Nebula in Hydra) - Enhanced Perception

In the central area of NGC 3242 was a civilization that had followed routes that could be of somewhat similar comparison to that of humanity, and indeed were working with certain ideas, contemporary at the time, approximately

18,000 years ago they came to a critical juncture and moved through a brief war period. During this time, massive explosions caused several changes in their structure.

NGC 5053 – Better Communication

This cluster has widely served as training ground and meeting ground for many extraterrestrial civilizations working with some higher vibrational energies.

NGC 5897 (Globular Cluster in Libra) – Welcoming Diversity

This elixir has the capacity to assist in welcoming diversity, welcoming new ways of seeing each other, and most importantly, welcoming energies that would seem to you to be alien or difficult to accommodate. These are way beyond any of the prejudices, assumptions, or delineations relating to, for instance, class, skin color, or religion, the issues that people on Earth contend with. This can be particularly helpful now with the shift across the generations where the children do things differently from the parents, and how the parents can come to better accept this, work with it, understand it, and ultimately actually enjoy it; not in a way in which as if to please the child, but in a way that allows the parents something of a genuine awareness and recognition of positive helpful energy. Use of 5897 elixir can be helpful at engaging individuals to appreciate not only the diversity in others but in themselves, because in many of your past lives you have lived in other cultures or worked in other ways, and so part of appreciating and working with others is working with these hidden aspects in yourself. Gradually though, 5897's influence will be felt more and more as people attune to it and welcome it when they are seeking to balance energies in teamwork where diversity is of great importance, to see whole different solutions to problems, to understand ways of working together not previously interacted upon or worked with, and especially to allow an energy that can give rise to things never before contemplated.

NGC 6027 – New Awareness This group of galaxies indeed has form

This group of galaxies indeed has formed a much closer knit, and from the point of view of the civilizations involved, interconnected whole. The opportunity to be inspired by this by gazing up into the night sky has been shared amongst civilizations within these galaxies for a long time.

NGC 6229 (Distant globular cluster in Hercules) – Historical Perspective

Tuning into 6229 regularly will bring two levels of awareness for most people. The first level is humorous: much of the larger perspective, the awareness of past civilizations was to be brought as jokes, as play, as fun, as something interesting, silly perhaps, some aspect within consciousness to have a greater perspective, to see things in a higher light--it is sort of a comical summary of the actions of many past civilizations. At deeper levels there is a sense of the larger history of humanity itself: where humanity is headed, how this may be appropriately utilized, and how the developments in technology might be balanced better and used by all people. What gradually emerges is a blending of humor and the archives of history, the ability of people to laugh at themselves and their foolishness in the way in which they saw things as so important.

NGC 6231 (Open Star Cluster in Scorpio) – Aetheric Awareness

This elixir can assist individuals who seek to understand more about magnetism, magnetic principles, or even the very nature of the aether. It can be added to vibrational remedies that are used for bringing energy from the aetheric body into the physical body. With the elixir, there will be a tendency in some people to be closely aware of their heart. This is also to be used by people who may have difficulty imagining energy of a loving nature toward someone else.

NGC 6726 and 6727 (Star-forming Nebulae in Corona Australis) – Creative Spark

These areas can provide powerful creative flux: helping people to see differences, release prejudices, and discover their own inner creativity. It is helpful not just for musicians, artists or anyone involved in creativity directly, but for individuals in the sciences, in accounting, in areas that people generally find creativity hard to come by. This elixir can be for people who are working with their own creative blocks, particularly when they come through habit. Use this elixir when you are beginning a class where any degree of creativity would be helpful. This energy can stimulate ones deeper connective energies with God, as if the creative force flowing through God, flows through you and then into something physical. This elixir can also be used for people who are contemplating bringing a child into the world. It will assist them in gathering information, making the right choices, and in doing things that will benefit the child to be.

NGC 7006 (Distant globular cluster in Delphinus) - Perspective

Utilizing this elixir can help to soothe consciousness and help the individual find a better blend with ones own shadow self, which can be very beneficial when one encounters very unusual aliens or instances of negative energy. Gradually, one receives a larger perspective on many things in life. Additional life force energy or improvement in health will naturally be received as ones awareness increases. This can be used for people who are contemplating big changes in their lives and wish to get an additional impetus. By receiving a

different point of view about change, one can recognize and accept the sweeping new change in a way that might be more easily assimilated into their being.□

NGC 7331 - New Perspectives

(spiral galaxy in Pegasus) The central bulge rotates in the opposite direction from the outer disk.

This rotation appears obvious from far away, but for most of those civilizations that developed within this galaxy this was of little concern because it was happening slowly except in the border region, which is a rather large sphere where these energies come into a conflict.

NGC 7789 (Ancient star cluster in Cassiopeia) – DNA Shift

With this elixir comes a better understanding about working with DNA, the spiritual side to it, the sense of awakening to a higher vibration associated with your own inherent□ patterning. This will help those involved with any type of DNA re-attunement or adjustment to take more conscious control over these processes.□ Use this to understand and receive the higher consciousness□ of□ your own DNA, its own inherent□ vibration. Anyone working with DNA shifting with a primary emphasis on spiritual change will be assisted greatly by working with this elixir.

Nihal (Beta Leporus) – Releasing Prejudice

Nihal can help people relax certain standards of racial prejudice, thus making it easier to absorb and work with information available from other cultures. This elixir will attune people to a deeper insight and awareness into their own processes of accepting all of the various faces of humanity.

Nu Hydrae – Healing Potential

This star system is principally concerned with the bringing of concrete knowledge into form, with an emphasis on the healing arts. This star encourages new technologies to assist in healing and new ways of understanding the healing model for all beings. There is encouragement from this place to look into new areas and to understand the deeper meaning of healing. This elixir is empowering to the soul of both the patient and the healer. Use the elixir to transfer information about appropriate and ethical forms of healing.

Nunki (Sigma Sagitarii) - Diplomacy

Mental transference of ideas and concepts in whole form is enhanced by use of this star. As a result, the deeper understanding of complex issues - economic,

political, and social can be found with this elixir. Diplomacy, ability to interrelate in times of national crisis, ability to transfer between countries diverse aspects of culture will be enhanced. Some artists struggling with large concepts and visions will also be assisted.

Nusakan (Beta Coronae Borealis) - Energy Transfer

Sometimes taking the elixir will attune you to the star in a way in which you can receive these energies in a positive, helpful, loving way; and those energies will gradually fill you with a sense of deeper love, a sense that you have more than the physical; an energy that can be sometimes confusing, but that confusion brings you a sense of looking through their eyes at how confusing it is to be physical, at how clear it can be as you raise energy to other vibrational levels and understand these and receive them in different ways.

Nu Ophiuchi – Balanced Emotion

There is an increased ability to bring emotions out of hiding into areas of deeper consciousness. Individuals with physical difficulties whose inception can be traced to a time of emotional difficulty may do well with this elixir. A deeper awareness of the emotions involved and a greater ability to shift the physical body to offset some emotions can be realized. People involved with physical activities that can be assisted by the allowance of emotional input into their movements can utilize this elixir. This can be done in a balanced way that enhances the movement and helps align the emotions.

36 Ophiuchi – Creative Movement

The beings that have colonized one of these planets are somewhat humanlike and are descendents of a blend of several races. These beings have capacity to understand movement and aesthetics in ways that are difficult for people to work with.

70 Ophiuchi – How Do You Love?

There is a civilization that has been associated with this star for about the last 600 Earth years that is a direct offshoot of beings associated with Deneb. These beings have

colonized the fourth planet orbiting 70 Ophiuchi. And this has been for purpose of getting a completely different perspective, seeing things in ways that could not be possible in most of the other places in this galaxy.

Omega Canis Majoris – Vibration Shift

This star allows deeper levels of loyalty, affinity, and awareness of bonding, particularly at the higher levels between soul groups. Some of the ancient contracts or agreements between soul groups are brought into greater awareness. This can be helpful for individuals who are seeking to create bridges to extraterrestrials or beings who are very different than them. This star has the capacity to bring individuals into higher levels of vibration in which they have the ability to create a bridge into other vibratory realities for a short period of time.

Omicron-2 Eridani – Cleansing Technology

This star may be helpful in reducing the influence of a negative nature of various technologies: electromagnetic, drug substances, and power lines in particular. The constant exposure to these in various ways through the environment, even through the food one eats, the light one receives at night, the energies people work with, is subtle but all pervasive.

Pallas – Higher Truth

Pallas has some contact with some of those beings that were more far seeing and aware of the potentials for some of the destructive capabilities that would eventually come to this planet, Maldek. Before it was destroyed it was part of the continent that was in the northern part of the planet; and this is not exact, because it is a variated chunk of rock, but some portions of it did extend upwards into that continent.

Petra (Eta Piscium) - Beingness

Increases ability to remember past lives and to release any sadness associated with them. Can be of benefit when working with addiction. Combines well with Fomalhaut. For those who are juggling too many things and need to relax.

Useful for meditation.

Phact (Alpha Columbae) - Transition

A number of beings associated with the Egyptian path have drawn great energy from this star. Its healing capacities have been used to revive individuals who have passed too soon from the Earth plane, and to speed the shift in vibration between the Earth plane and higher planes. Those experiencing near death phenomena, various forms of altered awareness, particularly when death has been very close, will do well in utilizing this star in a process of integrating and working with that information. Healers can find this star strengthening. People that wish to improve recollection of astral travel experiences or working with the astral body in the sleep state, will also find this enhanced by the use of the star.

Phad (Gamma Ursa Minor) □ - Light Transfer

This star can be helpful for awakening connections between higher light structures within most people. This can be an awareness between higher chakras, light grids and other higher dimensional mechanisms. This elixir can provide a spiritual breakthrough when one is confronted by a blockage and needs a little extra encouragement or inspiration.

Phecda (Gamma Ursae Majoris) - Psychometry

This elixir can heighten ability for certain of the sensory aspects of psychic awareness. Fingertip sensitivity, the ability to draw information from inanimate objects, is greatly enhanced by Phecda. People attune to sensuality in ways in which the psychic functioning is activated. There can be an attunement to subtler energies perceived at the skin surface during physical closeness. Sexual functioning can be enhanced, and a deeper sensuality or awareness of one's own body function can take place.

Phi Cassiopeia and NGC 457 - Psychic Enhancement

This elixir can help you understand more of your true potential; that which you are here for, that which is your solitary work, that which can help others to the greatest degree. Many psychic gifts are naturally assisted here because the energization of the higher subtle bodies takes place upon using any of the energy associated with this area of stars. The result of this can be a far greater attunement to the emotional, mental, Atmic, and Buddhic bodies, and the energies associated with them. This is an excellent energy to attune to with astral projection. This elixir offers a great deal of wisdom and assistance for many. □

Phi Sagittarii - New Spirituality

Here there is some understanding of spiritual purpose in its ability to bring people into relationship around fixed or dogmatic ideas. Many times individuals who come to higher spiritual understanding require some way of

working with early religion in their childhood experiences.

Pi-3 Orionis - Acceptance

The beings from this system have influenced the development of some of the basic forms of government and culture on this planet, and wish to assist people in developing new forms of government. The elixir can also help one understand one's own genetic encoding and change it. It can also be useful for those with unwanted involvement with extraterrestrials of a de-evolutionary nature. It is also an important elixir for those born with physical handicaps who are seeking self-acceptance and understanding of the higher lessons involved.

Pi Hercules – Encouragement

This star can provide encouragement into areas where one had some fear or difficulty. With this elixir there can be more spiritual awakening as one transcends one's limits and fears. This is especially true when dealing with relationships, a fast vehicle for understanding of unconscious blocks. There can be a greater ability to actively listen. Those who tend to soak up other people's emotions also can use this elixir. Blends nicely with Helios for working on relationship issues.

Pi Hydrae – Past-life Attunement

Some enhanced ability to attune to many life forms is noted. This seems to be especially useful for attuning to life forms that have existed in mankind's far distant past and will exist in humanity's future. This can be helpful for attunement to evolutionary possibilities for humanity, people who are excited by the potential for humanity's development in the future. .

Pi Puppis – Hidden Talents

This star allows hidden talents to come to the surface. Oftentimes these will be talents that an individual has worked with in past lives, yet has elected in this life to ignore or perhaps to only use small amounts of these talents. An individual attuning to these hidden talents may also find that there are other avenues that are worth exploring in life, as if having a different point of view or seeing people in a different light. People who are involved in art and various activities with their hands, will typically benefit from Pi Puppis, because this energy can be particularly helpful with regards to pastlife skills in manipulating the physical world as a gardener, as a sculptor, working with pottery or clay, perhaps working with ancient writing techniques, or various aspects of musical or artistic expression. This can be particularly helpful for teachers and counselors who wish to utilize similar qualities from their clients in themselves,

and in this way make a closer, more compatible connection.

Pi Sagittarii – Genetic Awareness

This group of stars will assist individuals who wish to understand and contemplate their own genetic coding, their connection to their own DNA, and the awareness of their own lifelines through the physical body. They may be able to understand their heritage and genetics, as well as their awareness of how these things could be changed by them more consciously.

Pluto - Transformation

Useful for many individuals to lift some of the dark, shadowy energies that Humanity has taken on at this time. This is especially true when Pluto figures prominently in one's astrological chart. When it is time to bring up and release some of these deep, shadow energies, Pluto can be quite helpful. At a physical level, it is also useful when someone wishes to break down and release stuck energies or unwanted debris (parasites, bacteria, toxins, viruses, etc.). It can assist when someone is ready to confront their dark sides and shift them into the light. Almost anyone can benefit from this elixir. Pluto's real gift is in increasing one's capacity to face change, to welcome it and see it shift gracefully in their lives. In welcoming such change, it enables one to have greater freedom, strength, and love in the next phase of their lives.

Polaris (Alpha Ursae Minor) - Unity

It represents at a deep level the unconscious ability of individuals to align with a common source and to bring through energy that can be applied in the world. But in the subtler way it is a way of answering the request of so many on a spiritual path as to how to become aligned with the nature of the God energy that supports and sustains humanity as one. With this star, there can be a deeper awareness of unity amongst people. As a result of this, what comes forth may be the actual application of the energies found within the sense of unity. Thus, aligning people, bringing them into a state of some common awareness, and realigning them with higher spiritual principles can be accomplished without getting sidetracked into areas not entirely beneficial to the whole.

Pollux (Beta Geminorum) - Intuition

Increased ability to receive thought of a more varied nature. Thoughts relating to past activities, energies to complete thoughts left incomplete. Creativity is enhanced, ability to work with various new ideas can be strengthened. People may simply feel more in tune with themselves, their past, their future, their relationships.

Porrina (Gamma Virginis) – Effective Learning

The use of these stars can create a powerful balancing of the ability to be effective in the world, combined with the ability to learn. Utilization of this star provides a deep learning as if there is an apprenticeship, a companionship, a oneness, and then a release so that the learning takes place in a powerful

transfer.

Procyon (Alpha Canis Minoris) - Mental Acuity

Provides a greater acuity of mental functioning, and brings enhanced states of concentration and the ability to strengthen the physical body. As a result, there is an increased understanding of the reflex points in the physical body at an intuitive level for many people. There is also an enhanced ability to absorb energy directly from plants, the Earth, and the Sun.

Propus (Eta Geminorum) - Creative Solutions

For individuals seeking to attune to their own creative forces and to bring through new techniques and concepts. These could be from art, music or science or a combination of these in ways that they have never considered. □ It can be very useful for young children who are having a difficult time with the creativity principle. It is much more difficult to be creative in a three-dimensional reality than what they were accustomed to in-between lifetimes. It is quite frustrating for them, yet Propus can provide an inner strength to assist. Propus can help one find unique solutions to some difficulties.

Psi Ursa Major □ - Emotional Clarity

This star can strengthen inner confidence. A greater ability to express emotions. There can be some added ability to separate, that is, knowing what is your emotion inside from what is happening outside of yourself. This is quite helpful for therapists and those working with emotional release work. A greater balance between the emotional body and the mental or the emotional and aetheric body is created.

Rana (Delta Eridani) - Home

This star has an interesting planet orbiting it in which the migration of individuals has taken place over time. For various reasons, initially to do with significant change of climate on their planet, they were pressed into rapid development of space travel. This was not initially faster than light travel, but simply the opportunity to move from one planet to the next. But eventually changes forced them to do this yet again.

Rasalgethi (Alpha Hercules) – Sexual Bonding

This elixir can benefit the energies that move up and down the spine. There can provide some inner strength for the reproductive process with an ability to spiritualize some of the blocks that can be sometimes found in the lower chakras. It is an excellent elixir for lovers to take to provide a deeper sense of bonding particularly at the 1st, 2nd and 3rd chakra level. This elixir will tend to

draw one's consciousness up from the root chakra and integrating them with the other chakras, particularly the heart chakra. There will be a greater awareness of love and a deeper trust found between partners.

Rasalhague (Alpha Ophiuci) – Enhanced Movement

This elixir can improve the transfer of aetheric energies into the physical body. These energies can strengthen the physical body when various forms of movement, martial arts, or dance are combined with visualization.

Rastaban (Beta Draconis) – Inner Conflict

This elixir can be useful in dealing with inner conflict and with trying to sort out ideas that do not fit together well. At first, it may seem that you are only adding energy to the difficulties. This will eventually sharpen the contrasts of competing ideas and allow you to take a higher form in which you are able to utilize the approach that works best with your life. What may emerge is an attitude that you don't take these competing ideas and issues too seriously.

Regulus (Alpha Leonis) - Emotional Blocks

This star has vibrations which are able to unblock deeply-buried subconscious patterns. There can be more perseverance, greater emotional stability, and a willingness to look at such patterns. After a while, what comes forth is the natural understanding of such patterns, an ability to express them, and the capacity to accept what others might suggest that one examine and learn about.

Rosette Nebula (In Monoceros) – Nuclear Understanding

Projecting to Earth from this system are energies of encouragement, happiness, and most importantly, a fear of nuclear weapons. Those that would benefit from using the elixir of this cluster are those who wish to understand more about the true destructive capacities of these weapons and who seek to understand their use in past times, as in Atlantis or in other star systems.

Ross 154 (in Sagittarius) - Astral Travel

Ross 154 has orbiting it three planets, of which one is populated, and very interested right now in some areas of exploration of the galaxy, has come upon some useful techniques regarding this utilizing astral travel. These techniques have been utilized for the complete creation of an artificial higher reality by the coordinated effort and observation of the scientists associated with this movement.

Ruchbah (Delta Cassiopei) – Physical Grace

This star can enhance, especially in men, the understanding of states of grace

and the ability to work with the acceptance of love. Some ability to move more gracefully will be noted. This elixir will help to bring greater fluid motion into the physical body.

Sabik (Eta Ophiuchi) - Yin/Yang

Internal balance may be achieved with respect to some of the intertwined, dualistic aspects of humanity relating to acid/alkaline at the physical level. The perfect combination of the energies of love and sadness at the emotional level, and the ability to project and receive power all are enhanced through this star.

Sadachbia (Gamma Aquarii) – New Awareness

This place is well known as an excellent library. The elixir can provide assistance to individuals engaged in historical research, looking into mistakes that have been made in humankind's past, or even one's personal past. This star enhances the ability to integrate different ideas. Many useful solutions to the problems that plague humanity can be found here by looking at how other civilizations have solved these problems. This star can offer a guiding light to assist people in coming to terms with obstacles of an emotional nature. This is focused right now on understanding and releasing sadness, which can hold one back from finding solutions. Gradually, a higher more positive energy comes through.

Sadalberi (Mu Pegasi) - Soothing Trauma

This star can offer inspiration to people seeking to alleviate a deep sense of depression, anxiety, or deep psychic disturbance. Traumatic events or difficult issues often resurface in people's lives, and are running the show. This star will enhance communication with the subconscious, and helps bring up these underlying issues that a person may not be conscious of. The elixir can be helpful when working with psychotherapy for dealing with deep trauma.

Sadalmelik (Alpha Aquarii) – Group Consciousness

The use of this star will improve one's ability to bring unconscious group energies into better focus. Often in such groups, there are many things left unsaid which people are a little afraid to speak of. This star will give them a little more strength to say them and a bit more trust to hear such words. At a higher spiritual level, there is a deeper awareness of moving from individual or personality-based consciousness to group consciousness.

Sadalsud (Beta Aquarii) - Feminine Aspect

This star elixir is valuable in increasing the female part of the understanding of the interaction amongst all men and women in a way in which certain peacefulness is found. There can be a way in which the male mind can open to the female aspects of that person and, in this way, relate better to women. Women are able to better express the very nature of what it means to be a woman and share this. There is a greater acceptance of the balancing of both male and female aspects and communicating that merging in an evolved manner.

Sadr (Gamma Cygni) - Grace/Agility

With this elixir can come greater energy as directed for understanding the nature of the physical body. Enhances the sense of gracefulness and easier movement and the ability to extract energy from the Earth through one's feet and utilize it physically. Can present some deeper awareness of relationship to others, particularly individuals of the female sex. An ability to relate to females can be noted with its use.

Saiph (Kappa Orionis) - Patience

Strengthens one's ability to wait and see the overall picture as well as recognize correct timing. The right place and the right time to express one-self and to make powerful moves in the world is enhanced by the use of Saiph.

Sargas (Theta Scorpii) – Survival

The will aspect in a person is brought to deeper clarity. Sometimes this will relate directly to the willingness to live, willingness to survive, willingness to confront deep issues regarding survival or its opposite, suicide.

Sarin (Delta Herculis) - Hope

This has properties of broadcasting to people on Earth about hope and seeing the possible future. Through the overcoming of great obstacles within this star system the beings of the surrounding civilization, in raising their vibration and consciousness, were able to tap the tremendous power of the stars. It is from this experience that a message of hope, love, patience, and peace is sent out to the universe. For most people, this elixir will encourage them in situations that are otherwise quite hopeless. It brings a message that when one is not able to manifest the necessary changes on a physical level, that through a spiritual evolution a profound shift can occur.

Saturn - Life Purpose

Use of this elixir brings greater awareness of one's purpose on Earth, what is to be done, and how it is to be done. It can be utilized to assist one in learning through one's work. In dealing with negative aspects on Saturn transits, the elixir is recommended. For greater understanding in the dream state, it will combine well with krypton elixir.

Saturn Nebula (NGC 7009 In Capricorn) - Color and Light

Working with light and color has been shared as a technique amongst three of the civilizations that have lived in this part of space. They have developed the technique of sharing the appropriate light with many developing civilizations throughout the universe. They have projected a green color towards Earth for the strengthening of the heart and for the releasing of grief and sadness. It is also for strengthening the immune system and for the heart to assimilate and integrate loving information from others. This can be used to release addictive patterns. There is some benefit to combine this elixir with apophyllite elixir and, to a lesser extent, emerald elixir.

Scat (Delta Aquarii) – Delegation

Scat can encourage people in their tasks when they need to delegate. This is especially helpful in research projects or the teaching profession. There can be a greater ability to accept and release some of the naturally occurring difficulties that are produced by bureaucracies. Improves the ability to pierce through the veils created by bureaucracies.

Scheat (Beta Pegasi) - Increased Opportunity

The ability to transfer energy, particularly to the crown chakra, is enhanced by this star. There is some additional contact with higher-level spiritual energies in the way of sudden inspiration, visionary states, deeper awareness of the interconnection to the galaxy, and appropriate manifestation. The ability to understand the law of cycles is enhanced. There are also some influences of astral travel states, making them inherently more spiritual.

Schedar (Alpha Cassiopei) - Praise

Enhancement of the spiritual principle of praise can be felt within most individuals that use this elixir. This can draw angelic beings and powerful beings of the devic order to people when they are either meditating on the star or after taking the elixir. Here is a way in which the sense of praise, a deeper awareness of the interrelationship (at the spiritual level) between life-sustaining properties as provided by the nature kingdoms (the plants and animals that surround you and the Earth herself) can be more deeply felt by most people. This feeling of praise can radiate from an individual in a powerfully magnetic way.

Segin (Epsilon Casseopeiae) - Awe

This star stimulates higher functions of the para-brain, the equivalent of the human brain at the higher levels. At the current time this will affect most individuals at a higher emotional level. This can be towards exhilaration, awe, and a deeper awareness of the universe; as well as a sense of contact with others who are similarly aligned, be they human or alien. A greater ability to shift vibration for mental body projection techniques can occur. This can result in a deeper sense of oneself. There can also be a greater ability to absorb light on several levels, to draw energy from one's surroundings.

Seginus (Gamma Bootis) - Future Calm

There is energy deep in the heart of this star that is bridging to eleven other stars at this time, including our Sun. It can enhance our ability to work with and communicate with the Sun's energy. Some inner balance between powerful aspects of grace and beauty is noted. There is also some ability to understand the future, creating a greater sense of peace and calm in regards to the unknown.

Shaula (Lambda Scorpii) – Emotional Energy

Repressed emotions can be brought into consciousness and understood with

the use of this star. This can enhance recall of emotional blocks felt in childhood and, to a lesser extent, from past lives. The reasons behind the emotions are better understood and forgiven. Shaula can help to encourage maturity, deeper awareness, consciousness, and choice in dealing with the emotions.

Sheliak (Beta Lyrae) - Understanding □ Relationship

The stars of Sheliak provide a useful simile of beautiful loving energy to be shared between people. This energy can lead to creativity in music. The elixir can create a bridge between one's male and female characteristics or between one and a partner. Those tuning into this star can receive a greater understanding of polarity. Three days after using Sheliak, tuning into Sirius will greatly benefit those understanding this principle of "two-ness".

Sheratin (Beta Arietis) - Law of Progress

Can help develop a deeper awareness of the powerful energy of change in one's life. These are accumulations of unconscious energies developed from repeated past-life involvement with change. In working with this star, one may come into harmony with the whole idea of cycles of birth and rebirth and be able to easily absorb energies from the past.

Sigma Orionis – Creative Flow

These stars can offer energy for sustained creative effort and a sustained creative burst of energy. This can be beneficial for someone whose creative energies begin to run down or someone who is not able to complete some creative project or feel complete about one's effort. This elixir can offer energy of encouragement to continue these creative endeavors, to find a new sustenance, a new strength inside and a new awakening. It is best to use this elixir towards the end of a project when there may be a slowing down, and a burst of creative energy may be very welcome.□

Sigma Scorpii – Law of Cycles

This pair of stars can help individuals become aware of how past life patterns affect the physical body and the expression of emotions. This binary can attune some to the ways in which the cells absorb water better under certain conditions, such as the time of day or the things eaten or drunk. This star can also affect many other rhythms of the body. Using this elixir will help those working with past-life energies to better understand which part of the day is better for such endeavors.

Sirius (Alpha Canis Majoris) - Vibrational Shift

This star is excellent for anyone actually suffering from some physical affliction, for its curative vibrations are able to penetrate all of the various bodies of the human being. (Tapestry by M.C. Cooke) The proximity of this star and the brightness of it are both symbolic to tell people that the transformation of the physical body is of great importance at this time. The underlying message is that the physical vehicle is the place to begin, and its brightness is simply to

remind you of this. On the highest level of such work, there is energy for the ability of the person to shift vibration -- to change the vibration of the physical body to match better that of the spirit, to be able to change the vibration to higher dimensional levels. Using this elixir, one can observe significantly enhanced communication between the subtle bodies. Communication will tend to be enhanced between the physical and etheric bodies. This can be of benefit when healers are working with any level of what may be called sympathetic, empathic, or symbiotic healing. In such cases, there is a clear recommendation for use of this starlight elixir so that they are able to rectify the problem in themselves quickly. At a higher spiritual level, the deeper meaning of a disease is likely to emerge. This can be an aspect of some level of denial, difficulty in working out one's lessons in the world, some aspect of the personality misunderstood, or even some information from a past not fully received. In working with this star, subtle bodies therefore provide a different perspective for the individual and give them a better idea of the missing component in that life's lesson; or, in more powerful cases, the aspects denied in the person. One must actively seek this, however.

Spica (Alpha Virginis) - Lucidity

This star will tend to promote transference of consciousness from the super-consciousness into the waking conscious state. Energies that are already available are speeded up in this process. No new information is imparted as with some of the other stars, but that which is already available is made much clearer and brought into consciousness more easily. Lucid dreaming states, some psychic abilities -- including psychometry and levitation by the use of pure mind energy -- and remote viewing are enhanced.

Subra (Omicron Leonis) – Enhanced Learning

Orbiting this star is a place in which there has been a great deal of work to develop systems of study to learn how to learn. With this elixir one learns how to engage the process of inquiry, looking at issues objectively, consciously, and lovingly. This can be beneficial for teachers especially those teachers dealing with the children of the Indigo ray that have arrived over the last decade and a half. This elixir works by enabling one to see the emotional blockage that hinders learning, and then dissolve it.

Sulaphat (Gamma Lyra) – Higher Communication

This elixir can have a spiritualized impact on the 5th chakra. Thus, the awareness of expression, an ability to communicate better is realized. This elixir can shift the way we relate to the chakra system to allow a new system or an understanding of new energetic forms. A whole new way to communicate can be influenced by this star. A way to share higher spiritual principles, a new language can be created. A useful tool for those who wish to understand the energies of the higher chakras.

Suolocin (Alpha Delphinus) - Sensual Communion

This star helps people remember happier, more loving times. This star can help

one develop a kinesthetic awareness of love. One can find a deeper sense of satisfaction from any physical activities. This star can greatly enhance the ability to give and receive information through touching. Any issues that people have with closer contact with other people may be relieved with Suolocin.

Talifa (Iota Ursa Majoris) - Interconnectedness

This triple star system has influence on humans in the understanding of threeness in nature. With the possibility in the near future of the adding of another strand into the human dna diad, Talifa can have a significant influence in providing new abilities, deeper awareness and an ability to connect into triad energy. Talifa may benefit situations of a single child family to balance the over-protectiveness sometimes involved, and help shift into the higher spiritual energies possible within the triad form. The elixir can allow different perspectives in seeing the beauty within all things, seeing the larger picture and seeing how things fit together in perfection and symmetry.

Tania Australis (Mu Ursa Majoris) - Aetheric Movement

This star can be useful to provide an expansion of the aetheric body. This is to allow the body to create forms of movement, which can transcend some of the barriers of time. People involved with dance or martial arts may benefit from this star. This can bring greater awareness of the movement of the subtler bodies before the physical body completes the movement.

Tarazed (Gamma Aquilae) - Transfer Love

Deeper power in one's heart may be noted in working with this star. This will be physical, emotional, or spiritual, depending on which of these are least developed in an individual. The ability to transfer love in a healing sense is generally enhanced. To understand the soul love and to bring universal love into greater consciousness may be assisted as well. This elixir combines well with Gold and Venus elixirs, for couples in a relationship.

Tau Ceti – Spiritual Transcendence

The energy from this place can bring a sense of a transcendence of the material form, as if the ability to leap from what could be termed spiritual materialism to a true sense of spirituality is made more present for many people. This can be especially important in times in which the confusion in values around materialism and spirituality takes place easily for people, a time like now. The elixir may bring a sense of peace, of rest, a time in which individuals may release stress. Some people who have difficulty with abductions or difficult dreams about alien beings will benefit from taking Tau Ceti. The majority of people will experience a sense of release from de-evolutionary qualities. Individuals may benefit in many different ways by taking the star essence; but not the least of this is an attunement to an evolutionary quality, a willingness to co-create; and this would be not just from the star, but from the whole shared energy associated with this star system. The unusual signature of this star indicates a way of transcendence out of paths of materialism utilized for spiritual functioning, thus into higher evolutionary paths,

deeper awareness of relationship with many other beings, and ultimately, a co-creativity with all of the higher forces of your galaxy for the development of new forms of physical existence in the galaxy.

Tau Scorpis - Past-Life Insight

Can help people develop a sense of courage which may open them to remember deeply buried feelings of an emotional nature from their past. This elixir may assist in looking at past lives and the lessons dealing with those life times. There can also be a deep sense of forgiveness for oneself and an awareness of how past life patterns may be repeated in the present. Some of these patterns will be more easily altered due to the increased insight.

Tegemi (Zeta Cancris) - Gratitude

After a long and tumultuous history of war between two of the planets, they came to a place a sense of reverence, of a great sense of gratefulness, the opportunity to survive, to live, to continue. This gratitude aspect is one that they eventually recognized as the most important within their own civilization; they understood how this energy could multiply and assist them.

Tejat (Mu Geminorum) – Spiritual Understanding

This star can gently and easily increase the ability to bring spiritual ideas into clear and expressible form as mental concepts and direct ideas to be shared with others. There will also be a stimulation of the 7th and 8th chakras, so these ideas may come when least expected. Various cycles such as biorhythms and astrological rhythms will be easier for people. They will be more patient with themselves, having utilized this elixir.

Theta Aquilae – Emotional Shift

This star transmits a beautiful, loving energy to assist people in gaining a higher perspective, a common unity, and a common bond, so that a new forging of energies can take place. There can be a release of negative emotions, and a creation of positive emotional states. This will eventually allow a deep appreciation of God's emotional side, which is quite illuminating, uplifting, and awe-inspiring. This elixir can be sprayed into a room to bring about a shift in heated emotions.

Theta Aurigae - True Grit

This elixir helps to transfer energy from the third to fourth dimension. It will also enhance real strength, the ability to say no, and an understanding of guilt. Courage and strength in the resolute understanding of one's own beliefs in relation to God, the universe, and consciousness are increased with its use.

Theta Bootis - Mental Enhancement

There are several planets orbiting Theta Bootis, but their orbits are quite eccentric as they are affected by many of the gravitational forces. This has prevented development of civilizations for very long. The simplest of animal life is about all that has on its own survived. However there was a colonization by beings from quite far away because there was a temporary appearance lasting only a few hundred earth years of a connecting point, that which you currently call a wormhole (a very silly name for such connecting points) but that which has some basis in science and that which is recognized in your popular culture.

Theta Ursa Majoris – Loving Will

This star is particularly concerned with energy of love and power as it can pour from an individual by means of conscious projection, making the will more loving. This elixir can be helpful placing a few drops onto a crystal and placing the crystal in a pouch or opaque receptacle. This can be done with all stars, but Theta Ursa Majoris has a special affinity to the mineral kingdom. A greater awareness of one's will and its ability to make telepathic connection with others in a most beautiful way can be realized. This capacity of combining will and spirit is a quality of this elixir.

Thuban (Alpha Draconis) - Earth Survival

Most of the energies radiating from Alpha Draconis are those that are associated with the energies of change that have allowed people at times a sweeping away of old ideas to find a new source. There is some awakening of the eleventh and twelfth chakras in utilization of this star, because one can see of the ways in which such energies can be better used. Indeed, anyone with a concern with the potential destruction of Earth due to human misuse should certainly utilize Thuban elixir, and then use the energy wisely; such an individual may find themselves in a position of leadership or help to others at making critical and useful choices as humanity moves towards places of greater love and less fear. This was the pole star in Ancient Egypt and the elixir may be of benefit to those with a deep affiliation for ancient Egyptian sites, or for life-streams in distant times not on Earth.□

Triangulum (Combination of Alpha, Beta, and Gamma Trianguli) - Balance

This elixir brings an additional ability to empathize, by balancing and blending mental, emotional, and spiritual capacities. Alpha Trianguli brings an energy of

balance between the emotional and the physical realms. Gamma has more of an influence on the mental side of existence, offering a quickening and integration of thought patterns. Thus visualization is improved as well as the ability to work with healing by influencing the aetheric body. □ Beta Trianguli brings the additional ability to empathize by combining of mental, spiritual and emotional capacities. This combination enhances our ability to attune to various aspects of our own existence from a spiritual perspective. This can be useful when one wishes to combine Earthly energy with higher cosmic energies. □ It is helpful for releasing judgments, as it enhances the willingness to accept how others see things. It's a wonderful aid in the transfer from three dimensional to fourth dimensional reality as symbolized by the tetrahedron. □

Tsih (Gamma Cassiopei) - Chaos Theory

Civilizations associated with this star project throughout the universe collective thought forms of the true nature of chaos theory. Awareness of energies that can come into one's life with great irregularity and, in particular, utilization of peak experiences in a way in which you feel them, know them and eventually assimilate them in your life are significantly enhanced through this elixir. Presents an ability of individuals to let go of the old patterns and come to new ones that are more beneficial.

Unuk (Alpha Serpentis) – Concentrated Awareness

This elixir has an ability to provide additional energy of leadership and concentrated awareness. There can be a deeper awareness of their own physical capacities and some assistance in sports. The ability to receive love of a non-personal nature such as adulation, admiration, and respect will be emphasized. This star has some properties that are similar to the Earth's Sun and can be used to relieve some of the difficulties with SAD.

Upsilon Sagittarii - Understanding Oneness

This elixir provides an energy that can assist many to understand about the deeper truth of the essential qualities of male and female separation. It makes available the essential qualities of duality, or even deeper truths with regards to a greater understanding of an internal manifestation of a polarity. There are those who could use this energy simply to enhance their capacity in an intimate love relationship, or a relationship in which the dyad plays an important role. The elixir can be generally helpful to people as they wish to appreciate the manifestation of the inner male and female, such as the important qualities of the male and female aspects of truth. But eventually what this gives rise to is an encouragement towards birth: the manifestation of a new project, a new energy, a focused energy that could be helpful at providing some sense of enlightenment or change or something of true beneficial nature for humanity as a whole. □

Upsilon Andromedae – DNA Shift

Upsilon Andromedae has some fascinating properties because this is a place of much

experimentation and interaction with a wide variety of biological lifeforms, as this is a relatively large system with 15 planetary bodies capable of supporting life, and a significant number of these in which various experiments have been going on for quite some time.

Uranus - Catalytic Change

Used in a group, particularly for research, individuals looking for inspiration, intuition, new ideas, and new directions can benefit from this elixir. It is often helpful for individuals seeking to be at peace with negative aspects of technology. It can assist individuals who feel they do not fit in with society.

Ursa Major Star Cluster – Group Effort

This cluster can assist group effort by magnetizing energies to coordinate this group. This combining of energies will be valuable for any group effort that brings something of value to the planet or to many people. An individual taking this essence will feel deeper courage, and a deeper sense of attunement to a higher goal of true deep value.

Vega (Alpha Lyrae) - Interconnectivity

This elixir may increase one's attunement to music. An awareness of the essence of interconnectivity arises between people, one's soul family, and humanity. Helps with bonding between people; group interaction. This star is a source of musical inspiration for many and can also assist in musical appreciation.

Venus - Relationship

The usual aspects of relationship and understanding of these relationships at a deep level would of course be benefited and accelerated by this elixir. There is also a component here relating to exploring the evolution of relationship, and, in particular, how the aspect of understanding group mind can be extended to much larger groups. There is great benefit in increasing one's awareness of the ways in which people tend to know each other on a massive level, an awareness extended from what one learns in individual relationships, pair-bonds, and family relationships. In addition, there will be some strengthening of the heart center, and an awakening of the awareness of the use of love for healing capabilities that is usually dormant in most people.

Venus/Jupiter Conjunction – Expansive Relationships

In using this elixir, a typical response is greater expansiveness, forgiveness, and understanding in relationships. There can be a whole new way of relating to the male/female issues with regards to making money in the world and finding ways in which this is more easily balanced. There can be a greater ability to say the right thing in the right place in a way that makes the most sense and helps the most. The inner female energies are particularly

emphasized in a way that is quite different from what society expects in business and other realms that are so male dominated. This greater acceptance of the internal divine feminine though fairly easy for most women may feel a little jolting for men, but it is an essential positive energy for men as they interrelate with women that are awakening to their own gifts and power. For women this elixir will bring even greater inner strength and self-awareness.□□

Venus/Saturn Conjunction – Karmic Awareness

Taking this elixir brings new insight and understanding about karmic obligations in relationships. It can be particularly helpful for couples that have been together more than seven years, for finding important facets and sharing with each other, and for regenerating, rejuvenating and re-strengthening their relationship. Conjunctions tend to catalyze, allowing new shifts, and energies previously stuck to be released.

Vindemiatrix (Epsilon Virginis) – Follow Through

This star can strengthen resolve and the ability to follow through where other individuals are involved. People who work together can gradually discover a common goal by utilizing this elixir. This star can be a beneficial influence for research groups involved in a cooperative creative process where the end result is unknown.

Wasat (Delta Geminorum) - Pattern Busting

Wasat has some capacity to enlighten people about the changing modalities of religion. There can be, as was the case with the civilizations associated with Wasat, a merging of religions, a shift of belief patterns and a shift of consciousness. This elixir can assist in the release of old belief patterns and thinking. Through its use Wasat can help one to break free of an endless cycle and to reach the inner understanding behind religious dogma, that of awareness between one being and God, the infinity of all things, a higher reality.

Wei (Epsilon Scorpii) – Hands-On Healing

The enhanced abilities to present hands-on healing energy will be observed when tuning into this star. The practitioner of Reiki, various forms of massage, acupuncture, and acupressure will do well in using this elixir. Some energy from past lives served as a healer, energies of one's guides that have direct healing capacities, and unconscious energies that might be available only under stimulating circumstances will all be more clearly available. This energy may proceed easily from the heart center, as well as the hands. Combines well with perilla flower essence and diaspore gem elixir.

Wezen (Delta Canis Majoris) - Underlying Truth

The use of Wezen can enhance the ability to perceive the truth in others, especially where it relates to conditions of repressed love or certain aspects of potential connected to a loving condition. Also enhanced is the ability to

perceive such difficulties in one's own self as well as in others and to know the truth of another's potential. The ability to assist others in manifesting their highest potential is strengthened by this elixir.

Wolf 359 – Energy Filtration

Wolf 359 has three planets. One of these is highly metallic, and has properties to confer a concentrating of energies that can be quite helpful.

Xi-2 Sagittarius - Psychic Attunement

This elixir is helpful for defining, strengthening, and clarifying a number of psychic abilities. These can include telepathy, clairvoyance, clairsentience, and especially psychometry. Individuals are able to recognize in their own lives the great benefit of new psychic abilities coming into form quickly, being used appropriately, and then being allowed to shift into areas that were not previously expected.

Xi Bootis – Society Renewal

Xi Bootis is an intriguing astronomical object and that which may in the future provide important data for humanity. Several large artificial satellites are positioned in this system, particularly around one of the planets. This is an area that has been harmed by civilization in the past, one in which life is very limited, yet many of the souls associated with this civilization remain. Some are similar to psychotic postmortems on Earth as defined by Dr. Waldo Viera.

Y Canus Venaticorum (A Carbon Star) - Plant Awareness

The star can influence agriculture in a positive and beneficial fashion. Individuals who are working with hybridization of plants, strengthening of plants in creation of new strains for greater disease resistance, growing under harsh conditions, and so on, will do well to work with this essence themselves for greater inspiration and to apply it in dilute quantities to the plants.□ The elixir is to be utilized for those who wish greater kinship and association with their plants. There can also be a physical stimulation for people with this elixir.□ Yildun - See Megrez

Yildun – no info.

See Megrez.

Zaniah (Eta Virginis) - ☐ Apprenticeship

This has certain capacities to allow people to apprentice to themselves; to take some of the deeper understanding that they have held back and release it. There can be a manifestation of a separate personality. This can easily be superimposed on a guide or helper who wishes to apprentice with you, allowing energy for you in different ways. There can be an integration of separate selves, multiple personality, and imaginary playmates all done with much love. Through all of this one can recognize one's own innate lovability. It is enhanced through touch, therefore Zaniah can be well used in bodywork for both client and therapist.

Zavijava (Beta Virginis) - Emotional Release

This can help people in releasing stored difficulties relating to emotional or mental issues. This can be helpful when there are psychological blocks associated with particular issues. It can be very effective in dealing with emotions of shame. Most emotional memories can be released easily without the necessity of repeating certain events in order to recreate these difficulties.

Zeta Cygni - Starry ☐ Rescue

This star provides general encouragement for individuals, particularly those on a spiritual path. It can lend itself to the experience of grace under fire. The elixir can be particularly helpful in emergency situations, assisting to relieve shock and increasing mental functioning under stress. There is a deeper meaning of accidents available, a deeper attunement to the personal and higher guides' reasoning behind these fairly acute and difficult situations. There is also some deeper attunement to future scenarios relating to accident phenomena. There is a benefit when someone is feeling tired or stressed to use this elixir, especially when driving a vehicle or using dangerous machinery, in order to provide a slight extra degree of alertness. Through a deeper attunement to one's guides and their higher purpose, one can draw in energies of the lessons needed -- before an actual incident occurs. Therefore, it can be used as an accident preventative. This is a very powerful, yet short-term elixir. Most of its capacities will only be retained by an individual for 1 1/2 to 2 hours after taking it each time.

Zeta Herculis - Realizing Life Purpose

This star can provide a sense of deeper purpose in life. Knowing this life purpose, one can then shift one's life accordingly. After this discovery, feelings of anger or disappointment or frustration or guilt may crop up. The elixir helps to align with the life purpose and soothe the emotions as they come to the surface. By working with the star, a better understanding of how one put blocks in the way of working with personal missions occurs, and the impediments can swiftly vanish, shift or change context.

Zeta Hydrae - Overcoming Obstacles

This star can influence individuals in their ability to convert tendencies of power and violence into more rational behavior. There can be a greater ability to love

and help others. These violent urges can be converted into the strength one needs for overcoming impossible odds or difficult decisions. This is especially true in dealing with serious illness for the patient, the healer as well as the immediate family and friends. Zeta Hydrae can offer that courage to confront the karmic issues inherently involved with these difficulties, the understanding of the very nature of disease.

Zeta Pegasi – Law of Symbols

The beings associated with this star have the capacity to understand symbols on many levels. The elixir can help you change your reality when you feel stuck, because symbols may be the only path available for your spiritual helpers. This elixir will help anyone wishing to understand symbolism, even the obscure symbols of past civilizations.

Zeta Puppis - Connectedness

This star is a powerful nexus, trading point, and a communication and storage facility for many civilizations in this galaxy. Using the elixir will help people feel more at home, more aware of their interrelationships to society, and ultimately to Earth. This star can be especially helpful for individuals who seek to learn about other civilizations on Earth, perhaps people forgotten by time. This star is a powerful one to meditate on when working with astral travel.

Zeta Tauri – Pattern Break

This elixir is to be used by people that are willing to break out of past patterns and come forward in ways in which they have not been seen before. This star can help to reveal an emotion that may be blocked and make that emotion clearer. If it is painful, the elixir can make it easier to face the pain, release it, understand the source, and to forgive oneself.

Zosma (Delta Leonis) – Leadership

Those who understand leadership and charisma may reach a point of deep introspection, considering whether it is wise to be in a position of more fame than they wished. At this point, they may reconsider who they are; and this is a time of deep uncertainty. Use of this elixir helps to modulate and assist those going through such a difficult period of time. A shifted personal point of view occurs, a greater understanding of what it is to be a leader, and a greater joy is realized in being in a leadership capacity.

Zubenelakrab (Gamma Librae) - Welcoming Change

Zubenelakrab is transmitting useful energy to Earth to help people embrace change. The various powerful changes that are coming to people now need to be understood in their correct context, rebalanced or in some ways brought more consciously into form. With use of this elixir, ☐ one can often find that there is a place in your life that you have rejected change; and as you examine and look at it, you may think of ways in which you may be able to bring joy into that experience, a sense of true upliftment, hope, and awareness. As you experience this joy more deeply, it can allow you a new perspective on this

change, not just to accept it, but to see it in a place where it could perhaps be helpful to others. It combines well with Sirius elixir for the inner acceptance of healing and transformation.

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Zubenelgenubi (Alpha Librae) - Relationship

Positively influences those aspects of a close relationship where individuals have given over their will to another being yet recognize that the other being has given his/her will to you. Individuals may be able to find peacefulness in their relationships by balancing forces that may be negative, aggressive, or disruptive. Greater understanding of karmic patterns within a relationship is enhanced through the use of this star.

Zubenelgubi (Sigma Librae) – Law of Signature

This star increases one's ability to share energy with others in a way in which they can receive your signature, some nature of who you are. It also enhances the ability to attune to the specific energies of a place, an object, or a person. As one is able to attune to ones own unique energy signature through Zubenelgubi, it can bring a larger view of life, a more balanced understanding, and even an acceptance of a universal consciousness. With this elixir comes a spiritual awakening that assists people to understand their own uniqueness and their place in the greater cosmic dance.

Zubeneschamali (Beta Librae) - Unconscious Patterns

Tuning into this star's energy helps guide one's understanding of how unconscious energy is to be understood and applied in the world. It can be utilized for bringing into consciousness long-buried patterns of difficult dream states that may be hard to recall. For those with emotional scars from association with extraterrestrials of a negative origin, this elixir may be of great value. In conjunction with hypnosis, it may also be of value. It combines well with Luna, Krypton, and Zubenelgenubi elixirs for the aforementioned effects.

Zurak (Gamma Eridani) – Invocation

This elixir brings a great power to create change through the spoken word. It will enhance invocations, affirmations, and all of the energy moving through the voice. It is used to strengthen the expression with full force of the emotional body for the creation of particular goals, and by boosting the levels of missing sound frequency components. Zurak increases the connection between the sixth chakra and the ability to project and extract meaning released during sound phenomena. It can be most beneficial to use this elixir to allow a higher form of prayer, or to work with higher energies as you invoke them.