

Combination Essences

These mixtures have been created over a period of twenty years. From the collection of Pegasus Products, containing more than fifteen hundred individual elixirs, these combinations have been co-created. There have been times when these combination elixirs have been upgraded or improved upon and this process will continue into the future. These formulas contain vibrational preparations of flowers and minerals from six continents, elements including gases, and planets, stars, and deep space objects. The potential for utilizing many forms of vibration in an elixir is likely, so others will be added in the future as well as updating these formulas as new vibrations become available.

Gem and Flower Combinations

It is often easier to experience the effects of vibrational preparations when they are used in various combinations. These products contain 16% alcohol by volume.

#1 -- Creativity: Lapis Lazuli, Opal (Dark), Quartz–White, Ruby
This can transform sexual energy into greater creativity. The physical sex drive is lessened, and creativity stored in the throat chakra is activated. People with frustrated creativity should consider using this elixir. There will also be greater clarity of thought and less anxiety.

#2 -- Relaxant: Lapis Lazuli, Malachite, Pearl (Light), Turquoise
This combination is primarily a sedative or relaxant to remove anxiety, especially in emotional problems. Use this preparation when one is particularly anxious and to alleviate illnesses caused by stress. There is also increased self-expression with this elixir.

#3 -- Fears Eased: Amethyst, Jade, Opal (Light), Pearl (Light)
This combination alleviates unreasonable fear and paranoia, while also assisting the kidneys. Hidden and unreasonable fears are seepage of past-life problems into the currently functioning personality, due to a weakened astral body. The astral, etheric, and emotional bodies are invigorated.

#4 -- Psychic Development: Beryl, Diamond–White, Peridot
This is specific for increasing psychic abilities such as clairvoyance, telepathy, and conscious astral projection. Some needing this combination may express anxiety over their psychic gifts and may have nightmares or night sweats. The astral body is aligned, and clarity of thought and analysis improves.

#5 -- Ethereal Therapies: Amethyst, Copper, Gold, Silver
This is a specific aid for acupuncture, acupressure, and related therapies. It makes the body more sensitive to these treatments, often cutting the treatment time in half. It works strictly on the ethereal levels, enhancing the subtle bodies, meridians, nadis, and heart chakra. This elixir aligns the etheric body to the physical body.

#6 -- Plant Growth: Emerald, Polished Mahogany, Polished Redwood

Using an atomizer, spray this elixir over plants to stimulate their growth. Orgone energy is activated. If people are sprayed with this remedy, they experience more attunement with nature, especially with plants and the devic kingdom.

#7 -- First Aid Shock: Impatiens, Lotus, Mimulus, Rock Rose, Saguaro, Agate–Botswana, Herkimer Diamond, Opal (Dark), Sapphire
This remedy is for the full range of first-aid problems. It restores emotional balance and eases shock and trauma. This is especially true in difficult and acute situations. The elixir helps one to learn the lessons behind a difficult event.

#8 -- Diagnosis: Jasper–Green, Lotus
With this remedy, diagnostic skills and psychic abilities improve. This is excellent for healers. It is a powerful general strengthener that enhances the life force. It may be taken indefinitely. It will help make one more sensitive to the needs of others. The aura and sense of smell are activated, and anxiety eases with this preparation.

#9 -- Magnetic Healing: Lodestone (Negative/Positive), Magnetite (Negative/Positive)
This combination is to be used with magnetic healing, biofeedback, and ethereal therapies. It helps one to develop altruism and attunement to the Earth, deeper meditation, and greater articulation.

It will help to protect one against electromagnetic pollutants and eases insomnia.

The following six combination remedies are considered to be **The Spiritual Practices Kit**.

Numbers 10 through 14 should be taken until the emotions are stabilized. Then number 15 can be taken. The first five combinations (10 through 14) crystallize the state necessary for the spiritual growth manifested by the 6th combination (number 15).

#10 -- Intuition: Malachite, Pearl (Dark), Tiger's Eye
This will stabilize the lower chakras, activating creativity, understanding, and intuition. The emotional body is balanced, as are emotional imbalances associated with the lower chakras. Use this combination for treating stress and for strengthening the throat chakra.

#11 -- Stability and Clarity: Opal (Light), Pearl (Light), Tiger's Eye
This creates emotional stability, mental clarity, and removes negative emotions such as nervousness and lethargy. Keener insight and a more practical outlook develop, and there is a reduction of any muscle tension.

#12 -- Better Communication: Ruby, Turquoise
This enables one to release emotional pain and grudges held against others. Patience and compatibility within oneself and with others develops. One learns to better communicate with others at the heart level, even those with whom one has had previous difficulties.

#13 -- Stabilizes Emotions: Lapis Lazuli, Malachite, Topaz
With this remedy, all of the negative emotions are eliminated, and there is a greater ability to work with the newly stabilized emotions. There will be a greater ability for people to communicate and express their feelings.

#14 -- Deep Clarity: Diamond-White, Quartz-Rose, Quartz-White
This remedy deals with any lingering emotional negativity needing to be released, with a deep clarity manifesting as a result. There is increased articulation, clarity with dreams, and a greater ability to astral project. This strengthens the meridians and better enables the ethers to transform any negativity still lodged in the subtle bodies.

Use this combination upon the completion of many other vibrational remedies in order to enhance their healing properties.

#15 -- Spiritual Opening: Lotus, Ragweed-Ambrosia, Rosa Sericea

This may manifest a sedative-like quality, calming the person and allowing the crown and heart chakras to operate as a single unit. By filtering some of the energies of the lower chakras, one experiences a calm and balanced perspective necessary to experience higher states of consciousness. This remedy spiritualizes the intellect and increases communication with the higher self and with one's spirit guides and helpers.

(This concludes the six combinations that are part of The Spiritual Practices Kit.)

#16 -- Spiritual Development: Lotus, Quartz-White, Rock Rose, Ruby

This remedy is for general spiritual development.

#17 -- Crown Chakra: Lotus, Quartz-White, Rosa Brunonii, Rosa Longicuspis, Rosa Sericea, Rosa Webbiana, Star Sapphire
This elixir activates the crown chakra to lead one into spiritual realms.

#18 -- Communication: Amethyst, Lapis Lazuli, Onyx, Turquoise
This remedy opens the throat chakra.

#19 -- Activates Heart Chakra: Emerald, Jade, Lapis Lazuli, Ruby
This remedy activates the heart chakra.

#20 -- Balances Personality: Lapis Lazuli, Opal-Cherry, Quartz-White, Topaz
This remedy augments the second chakra.

#21 -- Activates Main Chakras: Rubellite, Tourmaline-Black, Tourmaline-Blue, Tourmaline-Cat's Eye, Tourmaline-Green, Tourmaline-Quartz, Tourmaline-Watermelon, Tourmaline-White
This powerful combination activates all the main chakras.

(The following three combinations should be taken internally within a few minutes of each other. When taken in this way, the effectiveness of meditation or other spiritual practices is dramatically

increased. These three chakras are the balancing point between the upper and lower chakras. They can help to allay many psychological imbalances and act as a catalyst for the collective consciousness in most people.)

#22 -- Opens Second Chakra: Azurite, Bloodstone, Malachite

#23 -- Activates Third Chakra: Emerald, Pearl (Light), Quartz–White

#24 -- Awakens Heart Chakra: Emerald, Ruby

#25 -- Raises Kundalini: Coral–Red, Diamond–White, Emerald, Lapis Lazuli, Opal (Light), Pearl (Light), Ruby, Star Sapphire, Tiger’s Eye, Topaz

This remedy is for opening the chakras and raising the Kundalini. All of the meridians, nadis, and subtle bodies -- except for the soul body -- are balanced. When there is lethargy or a sense of uncertainty, this preparation is recommended.

#26 -- Strengthens Meridians: Bloodstone, Coral–Red, Diamond–White, Emerald, Lapis Lazuli, Malachite, Opal (Light), Pearl (Light), Peridot, Ruby, Silver, Star Sapphire, Tiger’s Eye, Topaz

This combination strengthens all the meridians. The circulatory and nervous systems are also strengthened. When initially taken, there is a slight increase in the body’s electrical energy.

#27 -- Energy Flow: Ruby, Star Sapphire, Tiger’s Eye

This combination is indicated to balance and strengthen the nadis. By this action, the energy of the chakras flows more smoothly.

#28 -- Clarity: Diamond–White, Opal–Jelly, Platinum, Silver
All of the meridians, nadis, and subtle bodies are perfectly aligned with each other with this elixir. One may experience spiritual inspiration, clarity of thought, and clarity of purpose.

#29 -- Cleanses Aura: Diamond–White, Lodestone (Negative/Positive), Ruby, Star Sapphire

This elixir strengthens the aura and alleviates psychological states associated with an unclean aura such as anxiety, depression, hesitation, and procrastination.

#30 -- Emotional Stability: Garnet–Rhodolite, Ruby, Star Sapphire
This combination can be a tonic for the heart and heart chakra. Emotional stability increases, and the aging process is reversed. People needing this remedy may exhibit anxiety, hypertension, and procrastination. The emotional body is aligned with the etheric body, making it more functional.

#31 -- Balances Emotions: Azurite, Coral–Pink, Opal (Light), Pearl (Light), Quartz–Rose

This elixir balances the emotions, makes one more sensitive, and accentuates the feminine qualities. Individuals needing this combination may have trouble relating to their mothers.

#32 -- Eases Procrastination: Coral–Red, Emerald, Opal (Dark), Pearl (Light)

Use this elixir for easing procrastination and indecisiveness. When someone is torn between two choices, this can create a division in the individual’s identity. Eventually, extreme indecisiveness causes a disorientation in the mental processes, which can lead to schizophrenia. This elixir eliminates toxemia that can affect the mind. The etheric and emotional bodies are better aligned through taking this elixir.

#33 -- Relaxation/Trust: Lapis Lazuli, Mother of Pearl, Opal (Dark)

This remedy relaxes people and eases the anxiety that leads to distrust in relationships. This is especially relevant for the relationship between a counselor and their client. It has a soothing effect on the emotional body, making it easier to get in touch with one’s emotions. Massage therapists benefit from use of this elixir because of its calming effect.

#34 -- Clarity of Thought: Amethyst, Emerald, Jade

Use this elixir to alleviate alcoholism, hysteria, and visual hallucinations. It creates clarity of thought and is good for hangovers. The astral body, which is usually seriously injured by alcoholism, is much strengthened. This remedy can also be utilized for increasing the ability of astral projection.

#35 -- Eases Anxiety: Beryl, Peridot

This elixir can alleviate physical and psychological imbalances associated with the liver. Anger, anxiety, and fear exemplify this pattern.

#36 -- Clairaudience: Diamond–White, Herkimer Diamond, Opal–Fire

This elixir is used to develop clairaudience, or psychic hearing. Other psychic gifts may also develop with this preparation.

#37 -- Psychic Development: Emerald, Quartz–White, Peridot

When these gem elixirs are combined, the mental attitude is adjusted to prepare one to work with psychic development. Diseases resulting from a misunderstanding of psychic gifts can be alleviated with this preparation. Better sleep and clearer astral projection develop with this elixir.

#38 -- Alleviates Obsession: Emerald, Quartz–Rose, Tiger’s Eye

This combination alleviates obsession, while the telepathic linkage between negative thought forms and overly stimulated dreams is broken. Anxiety, fear, superstition, and pre-schizophrenia are eased.

#39 -- Electrical Therapy: Lodestone (Negative/Positive), Quartz–White

This preparation enhances acupuncture and acupressure and should be used with electrical therapies and radionics.

#40 -- Physical Restoration: Emerald, Onyx, Sapphire

This combination should be used for people who are out of shape. It prevents nausea during physical exercise. Individuals needing this preparation may occasionally express stress from being overweight.

#41 -- Eases Tension: Opal–Jelly, Opal (Light), Pearl (Light), Quartz–White, Silver

This combination relieves emotional tension, although initially it may cause a slight increase in anxiety. It often seems like a sedative when anxiety is present. There is an alignment between the mental and emotional bodies.

#42 -- Removes Toxins: Gold, Lapis Lazuli, Malachite, Pyrite

This combination makes the fatty tissue more soluble and assists in the discharge of many toxins from the body. There is also some cleansing from damage done by petrochemicals. This remedy is to be used in cases where pesticides, insecticides, environmental pollutants, and LSD need to be released from the body.

#43 -- Petrochemical Elimination: Beryl, Lapis Lazuli, Limestone, Sapphire

This combination can rebuild the system after an individual takes any chemical drugs. Illnesses caused by petrochemicals in the environment, as well as the petrochemical miasm, may be treated by this remedy. Some of these problems include a breakdown of the immune system and skin difficulties. This elixir can stimulate the metabolism for easier elimination of petrochemical influences through the skin and intestines. Depression, anxiety, and irritability are eased.

#44 -- Releases Petrochemicals: Coal, Diamond–White, Lapis Lazuli

To release petrochemicals -- including the petrochemical miasm -- from the body, use this elixir. The heavy metal miasm is also considerably weakened.

#45 -- Eases Anxiety: Amethyst, Lapis Lazuli, Thulite

This elixir helps in the removal of radiation from the body. A greater assimilation of nutrients is possible with this remedy. Anxiety and hidden fears come to the surface and are released.

#46 -- Drug Residue: Diamond–White, Opal (Dark), Quartz–Black (Smoky), Star Sapphire

To rebuild the body after taking psychedelic drugs, use this elixir. It will help to create an improved sense of well-being. People needing this elixir may be depressed and having bad dreams.

#47 -- Inspiration: Diamond–White, Onyx, Pearl (Light)

Use this elixir for treating the psychological effects of any psychedelics, especially from plant sources. This preparation works mainly with the chakras which, when opened and aligned, can alleviate problems caused by psychedelics. People needing this elixir may exhibit disorientation, inability to concentrate, and mild schizophrenia. The body’s natural visionary capacity is revitalized, and inspiration increases.

#48 -- Sexual Tension: Agate–Fire, Coral–Red, Garnet–Spessartine, Ruby

Sexual dysfunction and sexual tensions are alleviated through the use of this remedy. It can be used to treat people with a lack of initiative as well as despondency and lethargy. The emotional body and sexual chakra are balanced to relieve many sexual problems.

#49 -- Eases Bedwetting: Magnetite (Negative/Positive), Opal (Dark), Pearl (Dark), Petunia

This combination is used to alleviate bedwetting. Give it internally, mixed with fluids a child is taking, especially 2 to 3 hours before bed.

#50 -- Left/Right Brain: Copper, Gold, Silver

This elixir restores balance in left-right brain difficulties. Physical coordination improves, and the pineal and pituitary glands are stimulated. The heart and crown chakras are activated, the meditative process is enhanced, and it is easier to reach higher states of consciousness. There will be greater balance in the mental and emotional make-up of an individual, and creativity is enhanced.

#51 -- Stomach Imbalances: Pearl (Light), Topaz, Turquoise

This remedy is used to alleviate stomach imbalances. Anxiety and stress are clues to knowing when to use this elixir. Creates a greater balance between the emotional body and the abdominal chakra.

#52 -- Assimilation: Jamesonite, Malachite, Turquoise

This elixir is utilized for easing assimilation disorders, such as anorexia nervosa. It leads to much better assimilation of nutrients. The emotional and etheric bodies are aligned, and this eases conditions causing suppression of the appetite.

#53 -- Weight Loss: Jamesonite, Lapis Lazuli, Malachite, Turquoise

This combination is to be used for losing weight. The thyroid is stimulated, which adjusts the metabolism and appetite, burning off excessive weight. There is a better assimilation of all nutrients, and cravings for sugar are alleviated.

#54 -- Fasting: Lotus, Papaya, Quartz–White, Silversword

This remedy is suggested for fasting, especially when one wants to fast in order to stimulate spiritual growth.

(The following three elixirs are to be used specifically to increase nutrient absorption. People starving to death, such as in Africa and elsewhere, can greatly benefit from these elixirs. Several drops of any one of these elixirs can be placed in ten gallons of water. It is not necessary to take these three combinations together.)

#55 -- Nutrient Absorption: Eilat Stone, Quartz–Rutilated, Sapphire, Sweet Pea, Walnut–English

#56 -- Nutrient Absorption: Copper, Eilat Stone, Emerald, Gold, Lapis Lazuli, Lava, Lotus, Quartz–Rutilated, Rosa Webbiana

#57 -- Nutrient Absorption: Bells of Ireland, Blackberry, Bottlebrush, Cedar, Copper, Dill, Eilat Stone, Emerald, Eucalyptus, Gold, Jasmine, Lapis Lazuli, Lava, Live Forever, Lotus, Paw Paw, Quartz–Rutilated, Rosa Sericea, Sage, Self Heal, Spice Bush, Spruce

(Elixirs #58 through #66 -- and especially #7 -- are to be considered a First Aid Kit.)

#58 -- Teeth/Bones: Clove Tree, Ivory, Malachite, Mother of Pearl, Pearl (Light)

This should be used for back difficulties, poor posture, and bone issues. It is an excellent preparation for chiropractic use. It is a powerful relaxant for the spinal column. Tooth problems may be alleviated.

#59 -- Circulatory Health: Bleeding Heart, Emerald, Ruby

This combination is for heart and circulatory issues. All of the meridians and nadis are strengthened with this elixir. Psychological states indicating a need for this preparation include depression and difficulty getting along with the father figure.

#60 -- Shock/Trauma: Diamond–White, Lotus, Pearl (Light), Ruby

This remedy can be used for shock and trauma. Nervous tension is eased. The crown, heart, and 3rd chakras are activated and aligned to work as a single unit. This elixir weakens all seven miasms. The emotional and mental bodies are aligned so that the logical thinking processes can function again after having been disrupted by shock or trauma. Someone in shock will begin to get a rational perspective of their condition.

#61 -- Blood Issues: Bloodroot, Bloodstone, Pearl (Light), Ruby

This is used for inflammations and lacerations, aiding in proper blood flow and relieving trauma. It can be used directly over the injury as a tincture.

#62 -- Pain Issues: Clove Tree, Pearl (Light)

This remedy helps to relieve brain tension that can lead to pain. Stress associated with pain is lessened. The emotional body, which is disrupted by pain, is realigned, as is the third chakra.

#63 -- **Skin Issues:** Eucalyptus, Kidney Bean, Lima Bean
This remedy is used to ease skin problems and allergies. It can be used externally as a salve.

#64 -- **Eases Stress:** Daisy–English, Lotus, Pearl (Light), Topaz
Use this combination to ease stress. Lotus opens the crown chakra, which eases stress. The meridians, nadis, and third chakra are strengthened; and all the miasms are weakened.

#65 -- **Burn Issues:** Lotus, Malachite, Pearl (Light), Ruby, Turquoise
This combination treats burns and helps remove the shock and trauma of the incident. Gently apply the combination over the burned area with a salve or atomizer, depending on the skin's sensitivity. Healing of the skin's tissue is promoted.

#66 -- **Releases Toxins:** Green Rose, Lapis Lazuli, Lotus, Pansy, Quartz–Blue, Quartz–Citrine
This combination alleviates general toxemia, cleanses the liver, and reactivates some of the functions of the appendix. Clues to using this elixir include depression and irrational or irritable behavior patterns.

(This concludes the remedies that are to be considered a First Aid Kit.)

#67 -- **Stimulates Visions:** Lazurite, Quartz–White
With this combination, visions are stimulated; and internal mantras and symbols are activated.

#68 -- **Regeneration:** Flint, Granite
This remedy stimulates tissue regeneration of almost the entire physical body.

#69 -- **Colic:** Coral–Red/White, Pearl (Dark/Light)
This has traditionally been used to alleviate colic and vomiting and to prevent childhood diseases.

#70 -- **Corals Feminine Properties:** Coral–Pink, Coral–White
This remedy activates the feminine properties of coral.

#71 -- **Coral Combo:** Coral–Pink, Coral–Red, Coral–Red/White, Coral–White
This remedy is best to experience the full impact of coral.

#72 -- **Balances Male and Female:** Coral–Red, Coral–White
This remedy balances the male and female properties in coral.

#73 -- **Assimilating Emotions:** Opal (Dark), Coral–Red
Dark opal helps to balance some of the potential for red coral to over-stimulate the metabolism. Dark opal helps to assimilate some of the newly released emotions.

#74 -- **4th and 5th Chakras:** Tourmaline–Blue, Tourmaline–Green, Tourmaline–Watermelon
This remedy will activate the properties of the 4th and 5th chakras.

#75 -- **Harmony with Nature:** Benitoite, Neptunite, Joaquinite
This remedy stimulates intuition, psychic gifts, and harmony with nature. Gardeners enjoy this elixir.

#76 -- **4th, 5th, and 6th Chakras:** Tourmaline–Blue, Tourmaline–Green, Tourmaline–Cat's Eye, Tourmaline–Watermelon
This remedy activates the 4th, 5th, and 6th chakras.

#77 -- **Mental Clarity:** Papaya, Star Tulip, Walnut–English
This is for improving mental clarity during fasting.

#78 -- **Vibrational Colonic:** Papaya, Plum Tree, Sweet Pea
This combination is almost like a laxative.

#79 -- **Brain/Nervous Function:** Lotus, Morning Glory, Walnut–English
This remedy is excellent for the peak functioning of the brain and nervous system.

#80 -- **Circulatory Function:** Bleeding Heart, Bloodroot, Eucalyptus, Rosa Macrophylla
This remedy can be used for heart and circulatory difficulties.

#81 -- **Astral Projection:** Kidney Bean, Lotus, Mango
With this remedy, the capacity for astral projection increases.

#82 -- **Zodiac Metal Combo:** Carbon Steel, Chromium, Copper, Gold, Magnesium, Manganese, Molybdenum, Palladium, Platinum, Silver, Tin, Zinc

#83 -- **Planetary Gem Combo:** Amethyst, Aquamarine, Bloodstone, Diamond–White, Garnet–Rhodolite, Herkimer Diamond, Jade, Pearl (Light), Ruby, Sapphire, Topaz, Ulexite

#84 -- **Gematria Representing Different Houses of the Zodiac:** Agate–Picture, Coral–Red/White, Emerald, Garnet–Spessartine, Jasper–Yellow, Lapis Lazuli, Moonstone, Opal (Dark), Opal (Light), Quartz–White, Star Sapphire, Turquoise

#85 -- **Soul Incarnation: Coral–Red,** Diamond–White, Garnet–Rhodolite, Jade, Jet, Lapis Lazuli, Malachite, Opal (Light), Pearl (Light), Ruby, Sapphire, Topaz

#86 -- **Raises Consciousness In Everyday Life:** Amethyst, Aquamarine, Bloodstone, Diamond–White, Emerald, Garnet–Spessartine, Jasper–Red, Moonstone, Opal (Light), Pearl (Light), Ruby, Topaz

#87 -- **Virgo Combo - Discrimination:** Moonstone, Sapphire

#88 -- **Scorpio Combo - Emotional Regeneration:** Aquamarine, Coral–Red

#89 -- **Capricorn - Career Pursuits:** Bloodstone, Jet

#90 -- **Pisces - Eases Confusion:** Amethyst, Jade

#91 -- **Aries - Spiritual Self:** Diamond–White, Jasper–Red

#92 -- **Taurus - Personal Expression:** Diamond–White, Lapis Lazuli

#93 -- **Gemini - Spiritualized Intellect:** Emerald, Malachite
These following mixtures contain flower remedies, gem elixirs, element elixirs, and Starlight Elixirs. (* Indicates that the remedy contains one or more Starlight Elixir/s.)

Please remember the following thoughts about taking vibrational remedies:

Intentionally is always a key to greater success. Be sure to set a program (through visualization, affirmation, or prayer). This is best done prior to taking the elixir or for a few moments while it remains in the mouth or hands.

Thoughts, feelings, or realizations may come to the surface of one's consciousness as part of the awakening, healing, or transformational process. Do not ignore these, as it is important to process all of these revelations to successfully transit into a more balanced and healthy reality.

Always reach out for help. It is a Universal Law that whenever one asks for the help of a more integrated being, they will give it. This is the basis of the power of prayer. So, for better understanding of the personal process, one can always ask one's guides for greater clarity and assistance. One can reach out to the Angelic Kingdom for help. There are special Angels for assisting with automobiles, airplanes, healing, and many other activities. It is always wise to ask for their participation. When taking various remedies, one can always turn to particular Devas of flowers or stones for assistance. While using Starlight Elixirs, there are many multi-dimensional beings, with a benevolent or loving disposition towards humanity, who are available to assist -- even in a way that might be considered miraculous.

Enjoy the journey. There are times that the awakening or healing process can be joyful, thought-provoking, or even shocking. If one feels the need to become detached, do so. It is the willingness to look at some deeply buried emotions or thoughts that will allow them to surface and be transmuted. This is the key to the "alivement" process: What is inside must come to the surface to be dealt with and jettisoned. By removing these submerged thoughts and feelings, there is no need for them to physicalize into disease, drama, financial distress, or emotional imbalance. This is the reason for using vibrational healing, which -- as the ultimate preventative medicine -- diminishes the need to create the illness in order to receive self-awareness. The self-awareness comes through the journey of using the various vibrational preparations. As part of the healing process, there may be some slight cleansing reactions. These can be in the form of dark thoughts and emotions surfacing, disturbed sleep, tiredness, anxiety, skin or excretory discharge, even excess energy. Some things to pay attention to are the reflections appearing in life. New people or situations may appear in

order to speed up the process of self-realization. Pay close attention to all change in "normal" life patterns, for this may be the way one's guides (higher self) show the inner truth of what it is that one needs to understand.

You are never alone. Each one of us has a rich following of beings from other lifetimes, guides, or members of our Soul Family who are totally prepared to support us through our journeys with great love and patience. Combinations with an asterisk are \$14.95 and contain Starlight elixirs all others are \$10.95.

***#100 -- Spiritual Awakening:** Gold, Krypton, Lotus, Argon, M35
Can be utilized at every level of individual evolution to pursue a greater connection to the Higher Self. To be used during meditation or before sleep to create contact with one's guides. This may open channels to all forms of spiritual work, joyfully received. For deep spiritual ascension.

***#101 -- Psychic Awareness:** Krypton, Jelly Opal, Green Rose, Potato, White Diamond, Eyebright, Periwinkle, Silversword, Almach, Alnitak, Phecda

A rich experience is available to all those who wish to develop many new higher-dimensional abilities. Many are already using some of these abilities without really knowing it. The capacity to see into or hear other dimensions is quite possible. The art of visualizing or bringing great creative ideas into form is enhanced. Healing techniques for oneself or others can be realized. A great way for those already working with advanced abilities to develop them further and more quickly. Please use some caution to be sure that you are ready for these new energies. A certain level of groundedness is advisable. If one has difficulty navigating around a 3-dimensional world, it may be tricky to start running around in a 4th, 5th, or 6th dimensional one. Put the Earthly house in order before venturing off-world.

***#102 -- One Heart:** Clinoclase, Flame of the Forest, Gold, Hydrogen, Love Orchid, Angel Orchid, Pink Diamond, Rosa Centifolia Cristata, Ruby, Tiare, Tyrolite, Almach, Aludra, Tarazed
Can bring about a new awareness to the highest vibration of Love. A deeper sense of connection to all-that-is will be initiated. Greatly increases the capacities for giving and receiving love.

***#103 -- Female Sexuality:** Banksia Marginata, Persimmon-Female, Colchium, Wood Betony, Birch-Male, Fig, Mountain Pride, Red Ginger, Pomegranate, Rattlesnake Plantain Orchid, Chenevixite, Green Diamond, Ferroaxinite, Linarite, Neon, Sadalsud, Cheleb, Venus

A deeper understanding of what it is to be a woman. A greater ability to release the need to take on the negative aspects of masculinity in order to thrive in a male-dominated world (being overly aggressive). A more balanced approach to the alignment of sexual and spiritual centers. A greater acceptance of being female and tapping into the natural creative and intuitive centers. A lessening of physical and emotional difficulties is possible by transmuting negative thought forms and emotions centered in the sexual centers. A greater life force is created through this remedy.

***#104 -- Male Sexuality:** Birch-Female, Persimmon-Male, Coconut Tree, Banana, Banksia Baxtena, Red Ginger, Banksia Marginata, Zucchini, Wood Betony, Mountain Pride, Ferroaxinite, Linarite, Pink Diamond, Sphalerite, Neon, Gienah, Cheleb, Venus, Sadalsud
A deeper understanding of what it is to be a man. A greater balance of male and female energies is possible. A more balanced approach to the alignment of sexual and spiritual centers. A lessening of physical and emotional difficulties is possible by transforming negative thought-forms and emotions centered in the sexual centers. A greater acceptance of the masculine nature can be realized. A greater life force is created through this remedy.

***#105 -- Christed Light:** Sweet Alyssum, Holy Thorn, Shasta Lily, Lobivia Cactus, Laumontite, Hydrogen, Passion Flower, Yttrotungstite, Alpheratz
A greater bridge is created to the energies of Christ Consciousness. This will dramatically improve connections to all of the teachings of Christ. A sweet realization of the love of that Being is possible. Greater love can be achieved.

***#106 -- Visions:** Angels Trumpet, Bo Tree, Angelica, Magnolia, Datura Sanguinea, Krypton, Bellatrix
For those wishing to improve their abilities with regard to clairvoyance, remote viewing, seeing auras, and other higher-dimensional powers. A greater ability to explore past, future, or parallel lifetimes may result.

*#107 -- **Crown Chakra:** Rosa Webbiana, Easter Lily, Rosa Corifolia Froebeli, Yerba Buena, Creeping Thistle, Rhodizite, Goshenite, White Diamond, Xenon, Alpheratz, Scheat
For connection to one's higher self, guides, masters of light, Angelic realms, the Creator and other such divine energies when there is the illusion of separation from the higher spiritual forces. For those wishing to deepen their meditation or clarify their Path.

*#108 -- **Aetheric Waterfall:** Indian Pipe, Dutchmans Breeches, Aloe Eru, Swamp Onion, Scolesite, Torbernite, Apophyllite, Vivianite, Brochantite, Diopside, Argon, Mirafak, Ruchbah
To be taken when unwanted denser energies build up in the energy body and one wishes to clear them. A beautiful vortex is created to cleanse the aura and other subtle bodies. A great way to cleanse one's energies with joy and grace. May clear passages along the spine for greater energy and flexibility. A visualization of a multi-colored vortex clearing out unwanted mental and emotional densities will enhance this combo.

*#109 -- **Animal Attunement:** Chaulmoogra Hydnocarpus, Pussy Paw, Scarlet Gilia, Ohi'a Lehua, Epistilbite, Papagoite, Andradite, Brochantite, Hankockite, Larimar, Boji Stone, Kutnahorite, Adhara, Asellus Australis
A greater attunement with the animal kingdom is achieved with this elixir. This is helpful for working with livestock or pets and can be useful when working with animal guides or power animals. Communication with dolphins and cetaceans is greatly improved, which enhances meditation and healing techniques. A great deal of spiritual energy and compassion can be achieved through improved animal attunement. There might also be relief from certain skin disorders of a mysterious nature. An improved ability to dialogue with bacteria, parasites, and viral forms may be found. This can be used to shift their activities in the body to a more benign nature. As one learns to communicate with other animal life forms, abilities to communicate with even more diverse life forms can occur. Can be used to give to animals to improve their human communication. Perfect to encourage both humans and animals to shift to a vegetarian diet.

*#110 -- **Angels:** Angel's Trumpet, Elephant's Head, Rosa Webbiana, Shrimp Plant, Tagua, Ivory, Stibnite, Meteorite, Goshenite, M13

Can be used to encourage a more direct experience of Angelic communication and participation in one's life. This is obviously beneficial in all manner of meditation and healing. One may wish to use this combo before sleep to encourage an Angelic journey.

*#111 -- **Artistic Expression:** Celandine, Stephanotis, Rosa Chinensis Mutabilis, Cornetite, Pyrophyllite, Blue Tanzanite, Green Tanzanite, Vega, M42
This remedy greatly enhances the process of being inspired by higher dimensional energies and being able to put them into form. This can include singing, acting, art, music, movement, writing, or any artistic endeavor. This will open many new creative pathways. This is wonderful to share among groups involved in a collective creative process. There may also be some benefit for those who wish to understand or appreciate various new artistic forms.

*#112 -- **Vegetarianism:** Pitcher Plant, Noble Star Flower, O'hia Lehua, Nitrogen, Carbon Dioxide, Epistilbite, Alkaid
A great deal of spiritual, emotional, and physical health can be realized as one shifts to a vegetarian diet. Many chemicals used for the artificial fattening process of meat are dangerous. The vibration of death and fear, so prevalent in the slaughtering of animals, is transferred to the meat. If one decides to follow the vegetarian path, this combo can make the transition easier. This also can be used to shift the diets of one's pets to a more vegetarian one.

*#113 -- **Releasing Grief:** Red Mulberry, Bittersweet, Bleeding Heart, Eucalyptus, Artichoke, Libethenite, Emerald, Datolite, Diopside, Aldebaran, Sheratin, Betelgeuse
By taking this remedy, one can greatly speed up the grieving process. This is important, especially with the passing of a loved one or friend. Sometimes the grief can keep the recently departed spirit earthbound longer than necessary, causing some problems for the soul who needs to move on to the next level of ensoulment. Some of us also have difficulty making transitions. This could be a new job, a new place to live, a new relationship, etc. This remedy will help make all transitions easier.

*#114 -- **Addictive Patterns:** Rosa Damascena Bifera, Tahitian Orchid Combo, Pennyroyal, Skullcap, Morning Glory, Bo Tree, Woodwardite, Ferberite, Argon, Fomalhaut, Mirafak, Petra
This combination can help shift away from certain addictive behavior. It may bring to the surface the reason behind an addictive

pattern. This is the real way of ending addictive patterns, through a greater understanding of one's need for them. This can include addiction to various substances, various drugs, alcohol, food, coffee, etc. There also are addictive tendencies in certain activities. This could be obsessive reading, watching television, excessive exercise, internet chat rooms, etc. What are these addictive patterns enabling us to avoid? Often these tendencies may be active through various lifetimes. A particular pattern might be easier to clear up by working on the lifetime in which the pattern first originated. Co-dependent tendencies can be released through the use of this remedy. One of the most serious addictive patterns found today is thought addiction. This is an over-reliance on the logical aspect of the mind. These are people who are overly analytical, who need to figure everything out. This combo can help one to shift into a more heart-centered and intuitive approach to life.

*#115 -- **Weight-Loss:** Nasturtium, Vanilla, Tree of Life, Self Heal, Combo 53, Neon, Red Beryl, Endlichite, Chromium, Alderamin, Jupiter

To better understand the bottom-line reality of excess weight in a human or animal. What are the payoffs for too much weight? What does this condition help one to achieve? Sometimes it is just to keep others further away from our hearts by creating a barrier of flesh. Sometimes excess weight can result from difficulty connecting to the Earth or working with gravity. Sometimes there are survival issues involved. This remedy will bring to the surface all self-image related difficulties to look at. There will also be an improved ability to visualize the physical image that one wishes to attain. There will be improved appetite control, suggesting an increased ability to receive the sweetness of life vibrationally rather than through eating. Can also bring about increased awareness for conditions of too little weight and its difficulties.

*#116 -- **Earth Healing:** Shasta Lily, Motherwort, Okenite, Larimar, Anapoite, Arthurite, Gyrolite, Jarocite, Berthierite, Rosacite, Augite, Hancockite, M67, Schedar

A greater connection to the Earth is likely through the use of this remedy. This facilitates not only a greater ability to offer healing to the Earth but also to receive impressions or information from the Earth. Useful for those who dance or do rituals that celebrate living on the planet. Can also be used by city dwellers, to help them stay in contact with Earth energy. A joyous feeling of praise or celebration may arise from just being in a physical vehicle.

Enhanced communication across great distances, e.g., World Peace Meditation. A greater ability to tap into databases of higher dimensional reality located at or near major planetary grid points. A chance to be in harmony with the majestic Earth entity.

*#117 -- **Dance Free:** Angelica, Coltsfoot, Blue Flag, Rosa Webbiana, Alunite, Scolesite, Garnet Hessonite, Berthierite, Zunyite, Neon, Oxygen, Ruchbah, Sadr, Deneb, Vega
Creates the flow of energy up and down the legs and feet -- to the Earth and in reverse. Greatly improves the process of healing by throwing off unneeded emotional or mental debris through dance and other movement. A greater ability for people to connect with each other through movement. Many physical difficulties can be relieved by improving energetic flow out through the feet. States of physical grace and communication through movement are enhanced. Ecstatic joy of the Dance may be experienced.

*#118 -- **Dreaming:** Marjoram, Rosa Centifolia Parviflora, Scarlet Pimpernel, Passion Flower, Forget Me Not, Blackberry, Quartz Dendritic, Manganese, Selenite, Helium, Luna, Spica
Greater access to the collective consciousness of humanity while in a dream state is possible. This will enhance abilities of problem-solving and the receipt of guidance while asleep. An improved ability for programming dreams and dream recall. May release information that is buried within the unconscious mind. Untold information from past lives or soul communities can be realized in one's sleep journey. An ease in the processing of difficult emotions or thoughts can result from working on them with energetic assistance while asleep. This remedy can clarify this process.

#119 -- **Joy:** Rosa Gallica Officialis, Hollyhock, Rosa Hardii, Zinnia, Apricot, Torbernite, Szenicite, Ruby, Woodwardite, Cavanisite, Apophyllite
JOY, JOY, JOY, more JOY

#120 -- **Grounding:** Bistort, Mahogany, Tree Of Life, Hematite, Pyrite, Zincite, Neon
A greater ability to ground one's energies. May be used if one gets too "out there." An antidote for an extreme reaction to vibrational remedies, other healing work, or spiritual shift. To be used if one is doing a mechanical activity needing clarity and strong physical presence (piloting a jet, using machinery, performing laser surgery, driving a car, etc.).

#121 -- **Travel:** Ylang Ylang, Sweet Corn, Angelica, Buff Beauty, Beauty Secret, Dutchman's Breeches, Staurolite, Dumortierite, Garnet Hessonite

Can relieve the stress associated with travel by making one more comfortable in new geopathic zones. There can be a greater ease for a person from the country to be in a big city, or vice versa. There are numerous energetic difficulties associated with modern travel in cars, trains, airplanes, and others. When one is flying, there is radiation stress. In cars, trains, and other metal vehicles traveling at high speeds across numerous electromagnetic zones, there are other types of distress to the body. The travel combination can relieve these modern-day difficulties. In short- or long-term travel, or in moving to a new house or area, this combo really helps.

#122 -- **Protection:** Tansy, Pennyroyal, Aloe Eru, Aloe Vera, Calendula, Comfrey, Lotus, Yarrow Combo, Vanadinite, White Quartz, Ferberite, Argon, Oxygen, Krypton

A vibratory shield may be put into place. This is valuable when one's natural intuitive and natural protective abilities are functioning below par. Can relieve situations where the aura may be damaged enough to allow de-evolutionary energies to have undue influence.

However, true protection happens when our soul has no need to bring to us experiences or other beings who may seem dangerous or distracting. The law of reflection works in this manner. What we fear is brought to us so that we may work out the difficulty. As within, so without; as above, so below, etc. The only true and valid protection is when we become energetically neutral or invisible, and we lose any emotional charge from being in situations that can prove to be dramatic. This remedy may help in the shifting of personal patterns so there is less need to be in circumstances that, in the past, demanded protection. A working out of some past-life patterns may occur to alleviate the present-day realities of dangerous situations.

#123 -- **Aura Spray:** Pennyroyal, Calendula, Luffa, Pink Yarrow, Rosa Macrophylla, Cedar, Green Quartz, Combo 21, Helium, Xenon, Ozone

To be used externally for a general lifting of density within the aura and other subtle bodies. Great for use in massage, after a difficult experience, after a subway ride, or for a vibrational tune-up. Can also be used to lift the vibration of homes or offices. Can be utilized outdoors. Animals and plants might appreciate it. In the act of

healing, one's client might be stuck in a particular area. Use this for that little extra nudge.

#124 -- **A Dozen Roses:** Rosa Centifolia Cristata, Rosa Chinensis Mutabilis, Rosa Damascena Bifera, Rosa Gallica Versicolor, Rosa Hardii, Rosa Hemispherica, Rosa Horrida, Rosa Kamchatka, Rosa Macrophylla, Rosa Roxburghii, Rosa Virginia, Koenign Van Daenmark

A beautiful blend of roses from diverse regions of the world, for when one feels a need for the healing properties of these magnificent beings. Some interesting signatures of roses are their aroma, color, romantic association, shape, and thorns (duality between the highest, loving aspects and the more painful, darker aspects). Many times, in working to bring out the most loving energies of oneself, one needs to examine and work with the "shadow self." Roses can symbolize this process. A being from Lemurian times named Cha A Ra was/is very responsible for the development of the rose form as we know it today. By saying that name aloud when using rose flower essences, the experience may be more profound.

#125 -- **Sapphire Combo:** Pink, Yellow, Orange, Green, Pink, Blue, Purple, Star Sapphires

A wonderful treat for the chakras. When Combo 21 (tourmalines) is not sufficient, this will be a little more impactful.

#126 -- **Diamond Combo:** Black, Gray, Green, Orange, Yellow, Pink, Blue, Red, White Diamonds

For those ready to work with the most integrated form found within the mineral kingdom. Especially useful for clearing the mental body. This combo will provide extra energy and insight into any special task.

#127 -- **Yarrows:** Pink, Red, White, Yellow

Provides a blanket defense against negativity and radiation. Each color has an affinity for a different chakra region; so by including all the colors, it assists in many areas. Used for periods of psychic attack or of being in the presence of negative emotions. It can be used externally in a bath, or spray, or massage oil for strengthening the aura.

#128 -- **Amplification:** Lotus, White Quartz, White Diamond, Jamesonite, Pineapple, Rosa Gallica Officialis, Ozone and Krypton

Helps to amplify other vibrational remedies. When the preparation one is using needs an extra little boost.

#129 -- **Meditation I:** Blackberry, Cantaloupe, Carletonite, Magnolia, Rosa Damascena Versicolor, Silversword, Lapis Lazuli, Plancheite, Xenon

Creates a better framework for those who are beginning a meditation practice. This may be used for those who have been doing meditation for three years or less. Facilitates a clearer mental approach with fewer distracting thoughts.

#130 -- **Corals:** Black, Blue, Pink, Purple, Red, White, Yellow
Useful to focus energy on the chakras for balancing and meditation. With this combination, there is some awareness of the ocean or sea life as well as unconscious past energies. Can be used initially when using multi-colored gem combinations. The order of using these gem combinations is to first use the Corals (#130), then the Tourmaline Combo (#21), then the Sapphires (#125), and then the Diamond Combo (#126). The coral family has been associated with circulatory and heart function. There may also be some assistance with bone-related issues.

#131 -- **Pregnancy:** Watermelon Female, Squash Zucchini F, Pomegranate, Squash Acorn F, Manganese
Can be useful for all phases of pregnancy, including up to three months post-partum. For the physical toning of the female sexual organs as well as the proper absorption and utilization of iron. Take seven drops in an eight ounce glass of water first thing in the morning, and refrain from eating for one hour afterwards -- a very useful time for visualization and creating energetic and loving space for the newcomer.

#132 -- **Public Speaking:** Bee Balm, Brussel Sprouts, Pineapple, Raspberry, Red Mountain Heather, Celestite, Halloysite, Kammererite, Neon
Can assist in projecting thought and energy effectively to others.

#133 - **Plant Growth:** Lotus, Hancockite, Lodestone, Jelly Opal, Carbon Dioxide, Nitrogen, Xenon
For beautiful, healthy plant life.

#134 - **Helpers:** Floss Flower, Jelly Opal, Pink Diamond, Silversword

This mixture is to be utilized to enhance pathways that are already in place, perhaps for many lifetimes, to connect better vibrationally to a helper being. But it is also noted that all one really has to do for deeper attunement to helpers is be aware of them, simply invite their presence, for they wait patiently and will not interfere. Unless a connection is specifically asked for, it will be significantly limited. This elixir can awaken a higher vibrational reality at the level of the crown chakra to facilitate this connection.

#135 - **Synchronicity:** Petrified Cycad, Petrified Fern with Quartz, Petrified Wood with Quartz

This blending brings a deeper awareness of the ancient times for many people, awakening an understanding of the evolution of the Earth herself and how this relates to people. It provides a deeper sense of patience and expands an awareness of past lives. Use of this unusual combination allows and encourages people to open to a deeper perspective, and to therefore act more appropriately to balance energy in a way that is ultimately more beneficial. Capacities that allow much greater patience can be strengthened, bringing a sense of being in the right place at the right time, and communion with guides and helpers from the past, including past selves. These energies are generally helpful for people who are seeking to incorporate or integrate various aspects of their own consciousness. In addition, this elixir encourages evolution of the way in which the energy contributions of devas, plants, animals, and other people combine together to bring a more positive helpful energy to planet Earth. Fossil elixirs amplify the life force. There is greater attunement between this elixir and people because both come from organic tissue. Having previously been living matter, these elixirs often stimulate the spiritual body, which few vibrational remedies do.

#136 - **Grain Combo:** Millet, Wheat, Barley
Most of the nutrient qualities of these grains are transferred to the flower essence. Combined together these three grains are a universal food. It is best to take these three essences in a combination. They affect a fairly broad spectrum of nutrient qualities. This is the key reason why these grains are presented here. You can deduce by their nutrient properties their application to various disease states. There are many applications here. When there is an allergy to one of these grains use the flower essence rather than a homeopathic preparation to alleviate the allergy. The aetheric and mental bodies are enhanced and there is a major

impact on the meridians. It cleanses and balances them. This can be utilized to help cleanse some of the negative consequences of the storing of grains in the physical body.

*#140 -- **Pleiades:** Alcyone, Electra, Merope

At this time, there is more linkage between humanity and stars from this constellation than any other. Most people will be positively impacted by this formula. An enhanced memory of past lifetimes, as well as a greater capacity for channeling and other psychic abilities will result. Will assist in counteracting any feelings of stress from de-evolutionary, extra-terrestrial beings. There can be some enhancement of the shifting or alteration of DNA patterns.

*#141 -- **Reiki:** Perilla, Diaspore, Artinite, Liroconite, Xenon, Phecda, Wei

Can be used to enhance the energies that are channeled out through the palms and feet for the purpose of healing. This is especially beneficial for practitioners of Reiki, Omega, Mari EI, and other light energy systems. There is a greater ability to gather energies at the crown chakra or higher levels and focus them outward with intent.

*#142 -- **Meditation II:** Lotus, White Quartz, Krypton, Neptune, M5, M13

This is for those with a good deal of experience with meditation or the use of vibrational remedies, especially Starlight Elixirs. There is little benefit to use this elixir if one is not ready. However, if one is ready, great strides may be made. To be used prior to sleep and meditation. Please use this with some respect.

*#143 -- **Writing:** Bachelor's Button, Ginger, Gum Plant, Papyrus, Rosa Hugonis, Apophyllite, Pyrophyllite, Krypton, Caph
Bringing through information without interference and blocks.

*#144 -- **Manifestation:** Sulcorebutia Cactus, Annabergite, Metashoderite, Spangolite, Vesuvianite, White Quartz, Giedi, Jupiter, Luna, Scheat

Helps to create the energetic space for more. Useful affirmation: "Gimme, gimme, gimme!"

*#145 -- **Career Path:** Century Agave, Columbine, Easter Lily, Flame of the Forest, Hyacinth, Money Plant, Monterrey Pine, Rosacite, Alrisha, Altair, Saturn

For finding one's soul path or right livelihood. It is useful to take this combo along with the OBE Combo (out-of-body exploration), for realizing one's marching orders or soul contract.

*#146 -- **Out of Body:** Chaparral, Green Rose, Lima Bean, Litchie, Orange, Orchid Combo, Rosa Villosa, Dendritic Quartz, Flint, Krypton, Sirius

An incredible amount of healing and personal transformation can be stimulated by those who are adept at out-of-body journeying. A benefit for both beginner and experienced traveler on the astral and other realms.

*#147 -- **Y2K:** Lotus, Cyanotrichite, Pistacite, Helium, Hale Bopp
Relieves some of the stress and fear that appears during the time of a millennial shift. This was a very popular mixture used by certain adepts one thousand years ago and will probably be a big seller in 3000.

*#148 -- **Anti-Abduction:** Aloe Eru, Kinnick Kinnick, Lotus, Emerald, Iridium, Neon, Barnard's Star, Draconis, Rigel, Pleiades
Useful for those suffering from the shock and returning memory of involuntary meetings with de-evolutionary alien beings. Can ease the discomfort and emotional trauma as well as disengage the energy body from the possibility of repeated visits. It is useful to have a health practitioner or sensitive friend to go along with on this journey towards wholeness and freedom from unwanted alien attention. There is always a positive ability, usually spiritual awakening, that is transferred during these alien encounters. This formula should aid in clarifying these new spiritual gifts. If this subject matter feels upsetting, one may wish to take a deeper look. If this subject seems too far-fetched, understand that there are thousands -- if not millions -- of beings suffering from these meetings, and they have a need to be treated effectively and compassionately.

*#149 -- **Crystal Attunement:** White Quartz, White Diamond, Helium, Alcyone

For tapping into that exquisite communication between human and mineral.

*#150 -- **Negative Thought Forms:** Camphor, Garlic, Juniper, Pennyroyal, Black Coral, Smoky Quartz, Black Tourmaline, Argon, El Nath, Helios, Mars

This is to be utilized to become aware of and to release various thought-form energies that have a marked disharmonious impact on the physical, emotional, and energetic systems. This can be used alone or in combination with Combo 122. This blend will shift many denied realities and create a space for new possibilities and additional joy and purpose.

*#151 -- **Past Life:** Aloe Vera, Barley, Black Cohosh, Goldenseal, Meteorite, Petrified Wood, Picture Jasper, Pink Diamond, Quartz Lepidichrosite Goethite, Krypton, Luna

Outside of wanting to know which ruler of the various Egyptian dynasties that you just know deep within you that you must be, there is great benefit in consciously looking at past patterns so that you do not have to repeat them again and again. At the highest levels, soul personality and soul history are quick paths for self-analysis and rapid growth. This formula will speed the process up a bit without the need to emotionally re-experience some of the more difficult details. There can also be a new perspective in looking at some of the grittier aspects. From a more conscious level, we can look at some of our oft-repeated relationships of light and dark components and receive the necessary wisdom without the self-judgment.

*#152 – **Galaxies - Cosmic Consciousness:** M31, M33, M51, M104

There will be deeper awareness of the cosmic reality, a sense of connection to the myriad universes and to the many potentials and paths that people can walk. In general, there will be an appreciation of many levels of existence. This mixture may bring people a deeper sense of their life pattern and the issues they contend with, particularly where it relates to their karmic group. Many new ways of thinking and seeing things in a higher vibrational capacity will likely result.

*#153 -- **Globular Cluster Combination - Mental Expansiveness:** (12 to 24 Globular Clusters)

This combination will enhance many higher functions within people. It can bring the highest development of mental-body ability within the consciousness of an individual. What will generally occur for most people is the loss of their barriers to the functioning of higher consciousness. There may be some brain wave enhancement in the low theta region that can feel like a greater connection with all

things. This combination makes it easier to enter this state of oneness, ecstasy, and wonder.

*#154 -- **Transition:** Aldebaran, Helios, Luna, Mirach, Mizar, Argon, Krypton, Silversword, Turk's Cap, Okenite

This is to be used for animals, prior to their transition, to make their journey to the next vibrational reality a more positive one. This formula will increase consciousness and ease the separation from surrounding people and life patterns. For people, it is better to use Combo #113 for speeding up the grieving process.

*#155 -- **Compassion:** Gardenia, Lotus, Shasta Daisy, Sunflower, Emerald, Gold, Xenon, Helios, Aldebaran

For many individuals, issues that have been repressed with regards to the awareness of times when compassion was denied, will become more conscious. This will increase the outward movement of compassion for others, for the Earth, for devas, for subtle energies, etc. At the same time, there will be an awareness within of a love, a sense of purpose, an inter-connectedness to other beings, other life streams, a sense of recognition of one's similarity, and an awareness of many energies of nature, of life, of the principle of manifestation itself, and the understanding of God. This will then increase one's inner levels of compassion, self-forgiveness, and acceptance of the human condition. This will ultimately release large reservoirs of energy that may have been stuck for many lifetimes, that can be experienced in a healthy way. There will be a sense of alignment of purpose between the heart and the mind. One can start to expand the possibilities of receiving compassion from higher vibrational levels -- more than one may have ever imagined. As an affirmation, "I accept that I am a deeply compassionate being. I accept that there is a place for this energy in the world." To repeat this affirmation with the gesture or symbols of the open palms would be valuable as one works with this remedy.

*#156 -- **Forgiveness:** Nodding Onion, Silversword, Ruby, El Nath, M22

With this mixture, one can increase one's ability for self-forgiveness -- even those issues that have been around for multiple lifetimes. These issues can be allowed to come up, to be welcomed, and finally to be shifted. After using this remedy, one can relax into a higher vibrational state, a movement into a natural space where a clear, conscious change can take place. As a result, one can shift one's awareness of forgiveness from an emotion to a discovery of a

condition that -- once it has been accepted, enhanced, and allowed -- can move into a more permanent space of activation and assistance. This contextual shift at a high vibrational level can start to answer some inner questions around an adversarial system and competition that is enforced on many levels within this society. One can start to realize a level of forgiveness and acceptance that is apparent in nature as one watches the cooperation between many species. Through the shift enabled by this elixir, one can sense an inherently transformative energy that tends to connect many higher levels of vibration, aligning chakras 7 through 11. As forgiveness is allowed more deeply into a person's awareness, a principle of manifestation begins to emerge. This is the capacity by which one accepts those aspects of life that easily and naturally support and love one. Discovery of forgiveness is a powerful tool to change relationships -- to oneself, to one's family, to one's friends, to all beings of the world. With repeated use of this elixir, the mind opens itself and joins the heart to more easily accept and continue the manifestation of this energy to higher and higher vibrational levels. It is as if the heart enters into the mind, creating an accepting, loving way of being that is allowed to flow through one, being shared with all beings, and acting as an example of benefit and forgiveness.

***#157 - (Spiral Galaxies) Opposite Expression:**

Center of Milky Way, M31 (Andromeda Galaxy), M33, M51, M66, M74, M77, M81, M82, M83, M96, M100, M104

This elixir can provide evolution into areas that had been previously ignored. This can be the deliberate attunement into patterns of opposites, appreciating and working with the whole idea of opposite expression, the balancing of male and female, the sacred marriage of polarities within.

***#158 - Gratitude:** Sacred Basil, Bee Balm, Choke Cherry, Elephant's Head, Azurite, Green Jasper, Star Sapphire, M33, Helios, Neon

There are many belief patterns that will likely surface for individuals through the use of this elixir. Sometimes these will seem completely unrelated to the idea of gratitude or shifting one's attitude or seeing things in a new light. While one is utilizing the combination however, these will pop up. Pay close attention to these belief patterns, play with them a bit, learn the emotions behind them, then ask that crucial question: "How might this be limiting my ability to discover gratitude? Where does gratitude fit in my understanding and utilization of these belief patterns? How might they in some ways

affect how I know gratitude or find it in life? Secondly, make this an essence that assists in one's own day to day activities, that is, finding gratitude as part of everyday life: as in working with others, talking on the phone, interacting at the store, as if looking in oneself to discover all of the shields, various components of wall or separation that one normally allows in day to day interaction. Question this carefully. Is it possible to release some of these? Is it possible that gratitude is hidden out of fear or other energies. Sometimes this can be a powerful journey to the self where an awakening takes place that releases a variety of emotions. Next recognize that as the gratitude is created, there will be a natural resonance with helpers, higher vibrational energies, in which some natural way of working with gratitude is also present, as if these energies multiply and assist each other. In addition, the ability to use this in bath is strongly recommended, as individuals can attune better from the physical side.

***#159 (Elliptical Galaxies) Male/Female Balance:** M32, M49, M60, M85, M87, M105, NGC 185, NGC 205

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

***# 160 - Graceful Aging:** Sequoia, Century Agave, Petunia, Sacred Bamboo, Amaryllis, Clear Quartz, Smoky Quartz, El Nath
The enhancement of wisdom, the ability to provide a larger perspective, to give deeper states of relaxation, leading to enhanced mental activity, will usually result from this elixir. A deeper degree of patience would naturally arise, but more importantly, levels of self-respect, a sense of one's own inner capacity can increase. It can work strongly to bring a sense of graceful aging, wisdom, self-acceptance, and capacity to more easily transmit information and learning to younger generations, to others who would perhaps be ready to receive this. The opposite is also true, in the sense that younger individuals may be better able to receive and work with older people by working with this combination: to receive them in your heart, to hear their inner message, to love them at the soul level. With El Nath included, inherent wisdom that would come forth would have a more immediate application in the

mental realm. The ability to focus such energy, the capacity for the elderly to be better able to contend with disease, and more importantly, reduction in tendency towards Alzheimer's disease may arise through its use.

***#161 - Relax/ Nervine:** Pink Diamond, Aldebaran, Comfrey, Betelgeuse, Gold, Lotus

This is a mixture recommended for all nervous system imbalances and dysfunction. It does appear to be helpful for many individuals in rebuilding and re-strengthening; but it is also quite helpful at assimilation of fats and oils, and purging the body of such materials that may have been absorbed and are causing difficulty, which is always a by-product of disease of the nervous system. This is recommended for anyone that has a history of nervous system malfunction apparent within their biological family.

***#162 - Psychic Ability:** Xi- 2 Sagittarius, Uranus, Neptune
Individuals working with this Combination elixir are assisted in the ways in which they journey through spiritual experiences, releasing of various blocks, enhancing of psychic abilities, and achieving deeper spiritual awareness. This can be helpful to many that are recognizing in their own lives how these aspects of new psychic abilities coming into form quickly, being used appropriately, and then these being allowed to change into areas that were not previously expected can be of great benefit.

***#163 - Evolving Human:** Center of Galaxy, Sirius, Alcyone, Aldebaran, M13, Xenon, and Helium
Xenon and helium are particularly helpful here at allowing energies for people to wake up and receive various messages. But as this energy from the center of the galaxy does need some additional translation, what will be helpful here are those stars that are particularly attuned to humanity's natural form of evolution in terms of its own present day society, such as Alcyone, Sirius, Aldebaran, and M13, these in their own ways have important reflections and benefits for people. In general this combination may be more assimilable for people than just the center of the galaxy elixir

***#164 - Radiation Miasm:** Green Rose, Silversword, Sea Lettuce, Autunite, Cuprosklowdowskite, Kasolite, Magnetite neg/pos, Yttrotungstite, Strontianite, Smoky Quartz, Krypton, Cor Caroli, Tau Ceti

There can be much benefit in using the radioactive elements as a way of attuning one to the whole radiation miasm, clearing it, cleansing it, shifting it, and shifting ones relationship to this. People are being exposed to higher and higher levels of radiation in so many applications, even radiation in food; and so any way to clear and cleanse this certainly makes sense. More and more individuals are being affected negatively by excessive radiation, with the most common application and most difficult issue of this for most people is air travel. There may be value in this combination to be taken at the end of air travel, as the body then is able to cleanse and clear the effects of radiation. This radiation is the result of being high up in the atmosphere and not from the x-ray machines at the airport although they do contribute somewhat. With other exposures to radiation, this mixture would be a valuable adjunct, such as after a chest or dental x-ray, In addition, any of the flowers to assist with higher consciousness, for instance silversword or green rose, may be of some value with this combination because in the development of higher radioactive states, a natural attunement to higher consciousness is an important factor that can produce physical benefit in the human body. The higher consciousness aspect of this has to do with attuning to ones environment, to becoming one with various vibratory energies around one in such fashion that radiation does not harm and is not perceived as a threat. Thus these higher attunements, becoming one with the environment etc. are all enhanced and brought into a more conscious state with this combination.

Animal Elixirs

Combinations of flowers, stones, and elements are geared to multiple animal species -- those of our pets as well as livestock. We have a special honor in caring for these beings as well as in understanding our own animal natures. In many cases, our animals that are experiencing distress are reflecting back to us our own conditions or places that we hold in denial. Therefore, not only should we administer these elixirs to the animal; but we should take them as well. This will help to reveal, even more dramatically, our interconnectedness with them and with all things. The elixirs can be applied in their water; sprayed on; or the drops can be placed in your palms, and you can then move your hands along their auric fields or massage it into them. For some animals, putting a few drops under their tongues is quite simple. Essences are given to household pets of all kinds, as well as those in the wild such as larger cats, whales, dolphins, elephants, and others. Tune into the spirit of the animal for further guidance.

Please share your results with friends and vets. The ingredients are arranged alphabetically -- starting with flower essences, then gem elixirs, and then element elixirs. Certain Starlight Elixirs are recommended when applicable. In addition to these mixtures, you are encouraged to utilize additional elixirs based on your knowledge of the animal, their personal histories, and those behavioral traits unique to them. Please feel free to consult with a veterinarian. There is a growing field of holistic vets and sensitives who are able to truly tune into an animal's personal issues. Seek them out, or increase your own personal ability to tune in and truly commune with an animal. I can recommend combinations 101 and 109 for this. I did not list many stars, due to the logistical difficulties that are sometimes present (light sensitivity and alcohol content). However, the animals can greatly benefit from these energies, so try to include them when possible.

I suggest and support the use of additional remedies while taking these combos. Starlight Elixirs can always be a benefit to add to most formulas. I did not include them in the children's or animal combos for logistical reasons. However, you can take them separately, if you wish. There were usually too many choices for which star might be better to add to a mixture. Usually the major stars, 1st magnitude, all have great influence on human/animal energies. Research them yourself, or avail yourself of a sensitive

health practitioner. In my experience in working with these products, one thing you can expect is change. The pace of that change or the permanence of it will be dictated by your readiness to shift, other lifestyle choices that support change, and the urgency of your need to change.

All ingredients in the following formulas are manufactured and distributed by Pegasus Products, Inc.

#200 -- New Patterns: Agave Yaquiana, Aloe Vera, Flame of the Forest, Goldenrod, Old Maid, Trumpet Vine, Emerald, Argon, Krypton

Useful when a significant shift is required for an animal. This could include a new diet, a new home, a new pasture, an environmental shift, a new sibling, or a change in job structure. This might be beneficial for a change in season, or even when there is a new human caretaker. A new shift in spiritual energy by the human component might require a similar animal shift.

#201 -- Graceful Aging: Date Palm, Mango, Mulberry, Phytolacca Diocia, Old Maid, Pumpkin FM, Copper, Corals, Gold, Helium, Ozone, Xenon

This is to be used to physically support an animal as they grow older. It is also to be used to accentuate an animal's ability to mentor younger animals around them and to generally assist the animal in learning what they came here to learn about humans.

#202 -- Flexibility: Angelica, Bamboo, Century Agave, Mushroom, Sunflower, Clay, Coral Pink, Gold, Magnesium, Scolecite, Wiggleite, Argon

For physical, emotional, and mental flexibility.

#203 -- Fertility: Banana, Blessed Thistle, Cotton, Fig, Hibiscus, Squash, Neon, Xenon

To be taken by both males and females. Combines nicely with Helios essence.

#204 -- Birthing: Breadfruit, Ginseng, Pumpkin FM, Red Ginger, Amazonite, Beryl, Chalcedony, Moonstone, Helium, Neon

To be used in pre-natal care and especially during the actual birth.

#205 -- Spay/Neuter: Coconut, Cotton, Gooseberry, Papaya, Pomegranate, Emerald, Serandite, Neon

This can assist animals prior to and after this most traumatic experience.

#206 -- **Post-Op:** Horsetail, Pansy, Petunia, Pine Drops, Sea Lettuce, Spotted Coralroot, Gold, Ozone, Xenon
Helps to deal with the emotional component of understanding the implications of illness, the necessity of a disease, and the requirements for recovery. Assists the body in releasing drugs, antibiotics, anesthetics, and toxic residues no longer needed after surgical procedures.

#207 -- **Vitality:** Blackberry, Cherry, Ginseng, Radish, Robina, Sugar Cane, Sunflower, Wallflower, Wooly Sunflower, Argon, Neon, Oxygen
When more physical energy, cheerfulness, and liveliness is required.

#208 -- **Stress-Free:** Basil, Black Eyed Susan, Chamomile, Chrysanthemum, Daffodil, Lemon Balm, Mock Orange, Rosemary, Ylang Ylang, Helium
Can bring about a deep sense of relaxation.

#209 -- **New Diet:** California Pitcher Plant, Dayflower, Loquat, Paw Paw, Sugar Beet, Vanilla, Argon, Nitrogen
When switching to a new diet or new way of eating -- vegetarian, or raw food, or a shift to freshly prepared foods. Helps to ease some of the addictive principles associated with dietary shift. Fomalhaut may be combined with this combo to assist with this addictive principle.

#210 -- **Boundaries:** Bird of Paradise, Chin Cactus, Desert Barrel Cactus, Lemon, Quaking Grass, Rabbitbrush, Rosa Californica, Sweet Corn, Argon
Helpful when moving to new quarters where crowding may occur. This is also to be used when sharing space with other animals seems somewhat difficult. Can be used when moving to different pastures or a different locality. An animal might have a hard time sharing space with humans, especially a new human baby.

#211 -- **Performer:** Bo Tree, Brussel Sprouts, Castor Bean, Cinnamon, Dragon Flower Cactus, Fennel, Raspberry, Rosa Virginia, Alunite, Magnesite
When an increase in an animal's ability to perform in front of an audience is needed. A way to add charismatic presence. This can

be used for circus animals, to show dogs/cats, to sea world performers, to race horses or jumping frogs. Can be used in concert with the Athlete Combo.

#212 -- **Athlete:** Apple, Bells of Ireland, Bottlebrush, Comfrey, Orange, Peach, Red Ginger, Argon, Carbon Dioxide, Neon
To increase endurance, agility, speed, power, and willingness to compete in an effective way. Can be used when animals have difficulty keeping up. Provides emotional support for an animal to compete and deal with their owner's feelings of excitement and loss.

#213 -- **Communication:** Cosmos, Lotus, Papyrus, Shasta Daisy, Columbite
Increases the ability to communicate with other species, especially human.

#214 -- **Learning:** Angels Trumpet, Blackberry, Buttercup, Celandine, Chamomile, Clove, Coffee, Ginseng, Marigold, Tobacco
Enhanced learning ability. Include the Starlight Elixir Sirius for an extra boost.

#215 -- **Bones/Joints:** Banana, Bedstraw, Borage, Comfrey, Grapefruit, Black Coral, Mixite, Sandstone, Sulfur, Strontianite
For all difficulties with bones and soft tissues. Add Sirius for a little extra assistance.

#216 -- **Sleep:** Chaparral, Mock Orange, Morning Glory, Sandalwood, Valerian, Amethyst, Helium
Helpful when sleep difficulties are present.

#217 -- **Travel:** Foxglove, Henna, Loquat, Paw Paw, Rhododendron, Sweet Corn, Sweet Flag, Ylang Ylang, Dumortierite, Labradorite- Spectrolite
For difficulties associated with automobile, train, plane, or other mechanical conveyance. Might also be useful for moving to a different pasture or part of a house or barn.

#218 -- **Weight Gain:** Banana, Corals, Neon, Xenon
Jupiter can be used in combination with this.

#219 -- **Weight Loss:** Fig, Henna, Tree Of Life, Vanilla, Carbon Dioxide, Neon, Xenon

Helps especially for those animals with excess weight, even those after giving birth. Sirius is helpful in combination.

#220 -- **Pests:** Aloe Vera, Garlic, Pennyroyal, Snapdragon, White Diamond
Fleas, flies, mosquitoes, etc. Lends more patience and understanding to this issue.

#221 -- **1st Aid:** Aloe Vera, Comfrey, Endive, Henna, Lotus, Botswana Agate, Oxygen, Ozone
Can be used for most difficulties associated with burns, bruises, cuts, and trauma of all types. Use freely internally and externally.

#222 --**Abandonment:** Allspice, Bittersweet, Chrysanthemum, Desert Barrel Cactus, Fuschia, Mulberry, Peanut, Rosa Rugosa Alba, Emerald, Libethenite, Krypton
For animals trying to understand the pain and loss of being abandoned or shifted to another family unexpectedly. Many animals are cut loose into the wild and have no reference to understand the justification behind such an activity. This event can color an animal's emotional life for many years, unless dealt with. Combines well with Luna.

#223 -- **Jealousy:** Corn, Kidney Bean, Orange, Papaya, Pepper, Pink Diamond, Topaz, Argon, Oxygen
Helps with sharing space and energy.

#224 -- **Self-Esteem:** Apple, Black Eyed Susan, Brazil Nut, Lion's Tail, Milkmaids, Lepidolite, Argon
Worthier animal spirits. Self-esteem issues are prevalent when dealing with abandonment, abuse, and the reflection of an owner's worthiness issues.

#225 -- **Shyness:** Balm of Gilead, Bayberry, Bee Balm, Castor Bean, Cosmos, Leopard Lily, Macartney Rose, Pasque Flower, Pink Diamond, Red Diamond
Helps with that fear of humans and other animals.

#226 -- **Aggression:** Barley, Bayberry, Bo Tree, Coriander, Figwort, Garlic, Harvest Brodiaea, Lotus, Sweet Corn
Most of the major stars can be beneficial. Major, meaning those with a large history with Earth and her inhabitants. For more information,

read Starlight Elixirs and Vibrational Healing. One good choice for adding to this mixture would be Alcyone.

#227 -- **Mouth/Jaw:** Pineapple, Silversword, Snapdragon, Aquamarine, Beryl, Green Jasper, Jasper from Idar-Oberstein, Kunzite, Krypton
This combo is suggested for any difficulty centered on this part of the body. This can be for obvious injuries or for issues such as whining or excessive barking or biting.

#228 -- **Hearing:** Bouganvillea, California Poppy, Mallow, Mullein, Red Mountain Heather, Rosa Sinowilsonii, Clay, Platinum, Silver

#229 -- **Sense of Smell:** Harvest Brodiaea, Jasmine, Sandalwood, Tuberose, Witch Hazel, Jasper Green, Jasper Yellow, Jasper from Idar-Oberstein, Villaumite

#230 -- **Sense of Touch:** Avocado, Gladiola, Lantana, Sensitive Plant, Stephanotis, Diaspore, Neon
When physical sensitivity is not working properly. Sigma Scorpii can be a useful addition.

#231 -- **Sight:** California Poppy, Eyebright, Harvest Brodiaea, Lemon, Nasturtium, Pennyroyal, Spice Bush, Powellite, Ruby, Spangolite, Helium, Oxygen
Vision difficulties are often aided by combining Helios with this Combo.

#232 -- **Hair, Skin, and Nails:** Aloe Vera, Calendula, Cedar, Cotton, Grapefruit, Horsetail, Luffa, White Quartz, Oxygen, Xenon
For the physical, emotional and energetic issues of feathers, claws, and skin. Alcyone would be a valuable addition to this formula.

L'il Masters - Children Combos

All of the following products are made with 16% brandy. If you would prefer vegetable glycerine as a preservative, please ask for it, for an additional \$2 per bottle. As in the Animal Combos, Starlight Elixirs are not included in the formulas. They would, however, be very valuable for parents to consider using in conjunction with these formulas.

#300 -- **Memory**: Clove, Fennel, Frangipani, Papaya, Spiderwort, Yerba Mate, Ruby, Krypton
Assists in both long- and short-term memory issues. Luna Starlight Elixir can be beneficial to take in concert with this combination.

#301 -- **IQ**: Banyan Tree, Cashew, Dogwood, Ginseng, Rosa Banksia, White Diamond, Scorodite, Krypton
El Nath would support this combination nicely.

#302 -- **Focus**: Bloodroot, Buttercup, Coffee, Apophyllite, Cristobalite, Zincite, Krypton, Oxygen, Ozone, Xenon
Clarity and lucidity, a greater ability to sit still and pay attention.

#303 -- **Math**: Lemon, Motherwort, Boleite, Jamesonite, Strontianite, Veszelyite, Oxygen
El Nath is an especially good addition to this mixture for improving the mathematical abilities of anyone in need. Gives one a particularly strong sense of how things are made up and how they work. Use to improve any right-brained activity.

#304 -- **Creativity**: Ginger, Owl's Clover, Rosa Farreri, Rosa Longicuspis, Stephanotis, Tea Plant, Gem Silica, Pyrophyllite, White Diamond
For stimulating the creative flow.

#305 -- **Communicate**: Bachelor's Button, Indian Paintbrush, Papyrus, Peony, Gold, Lapis Lazuli, Tourmaline From Paraiba, Krypton
Improvement in all forms of communication, with a greater ease in public speaking, writing, and communication with parents and teachers.

#306 -- **Shyness**: Castor Bean, Celosia, Cosmos, Frangipani, Macartney Rose, Pasque Flower, Sensitive Plant, Wallflower

#307 -- **Sleep**: Chamomile, Chaparral, Lemon Balm, Licorice, Mock Orange, Valerian, Amethyst, Flint, Lodestone, Magnetite, Helium, Krypton
To use with any sleeping difficulty, no matter what age or level of severity. Take a few drops under the tongue, use in a diffuser, place a few drops on the pillow or in a bath.

#308 -- **Vitality**: Cherry, Radish, Robinia, Sunflower, Sugar Cane, Neon, Ozone
More aliveness, more radiance, more light.

#309 -- **Play**: Acacia, Fennel, Indian Paintbrush, Jacob's Ladder, Apophyllite, Willemite, Zunyite, Helium
A greater ability to play. Add Luna and Jupiter for some serious play.

#310 -- **Self-Esteem**: Apple, Brazil Nut, Ginseng, Raspberry, Lepidolite.

#311 -- **Athlete**: Dragon Flower Cactus, Easter Lily Cactus, Eucalyptus, Peach, Alunite, Barite, Magnesite, Molybdenum, Carbon Dioxide, Neon
Increase one's physical dexterity, no matter what level of activity.

#312 -- **Teens**: Bird of Paradise, Coconut, Green Rein Orchid, Ipecac, Penstemon, Peony
Helpful as an emotional balancer during this emotionally difficult time. Can improve communication between teens and parents.

#313 -- **Puberty**: Apple, Coconut, Colchium, Cotton, Fig, Hibiscus, Khat, Shrimp Plant, Yucca, Emerald
For a smoother transition into adulthood.

#314 -- **Conception**: Blessed Thistle, Breadfruit, Fig, Gooseberry, Mugwort, Watermelon, Black Quartz, Neon, Xenon
Can assist those who are consciously trying to conceive. Sigma Scorpii can add potency to the formula.

#315 -- **Pre-Natal:** Breadfruit, Elecampagne, Papaya, Pomegranate, Squash, Watermelon, Carbon Dioxide, Ozone, Xenon
Aligns the energetic systems for a positive birthing experience.

#316 -- **Newborn:** Chervil, Shasta Daisy, Eilat Stone, Strombolite, Helium
Can be of benefit to a new baby and the parents, doctors, or midwives. Please add other appropriate remedies based on birth times or stars of positive influence between parents and child.

#317 -- **Post-Partum:** Almond, Squash, Papaya, Watermelon, Apophyllite, Helium, Xenon
Begin use of this combo after birth for both mother and child. Can be taken several times a day.

#318 -- **Lactation:** Fig, Watermelon, Chalcedony, Malachite, Argon
To enhance Mom's lactating ability.

#319 -- **Colic:** Chamomile, Coral Red/White, Pearl Dark/Light, Magnesium, Malachite, Sapphire Combo
Most situations can be fixed by diet; however, this mixture can assist greatly.

#320 -- **New Daddy:** Pimpernel, Pomegranate, Beryllonite, Chrome Diopside, Chrome Tourmaline, Cuprite, Emerald, Moonstone, Rose Quartz, Ruby, Neon
For that interesting transition for new fathers.

Tree of Life Elixirs

A Vibrational Journey Through the Spheres Of the Kabalistic Tree Of Life

This set of elixir combinations were brought about through my conversations with Joseph-Mark Cohen, a Renaissance Kabalist, astrologer, healer, travel guide, and friend who inspired and taught me an ancient/new system for self-awareness and ascension. Each of the following combinations will help a true seeker explore the individual spheres of the Tree-Of-Life. The s'pherot can be conceived of as the vessels through which the light of the Creator is emanated through humankind. These formulas were created by using a variety of ingredients that resonate with the energy thresholds and dimensional realms invoked by the kabalist. They are tools for your experiential learning and vibrational awareness.

*#333 -- **Malkhut - Kingdom of Earth:** Aloe Vera, Lima Bean, Redwood, Ylang Ylang, Asphalt, Bog, Chalcedony, Clay, Coral Black, Hematite, Labradorite, Opal Dark, Smoky Quartz, Neon, Nashira, Ruchbah
For grounding and the connection to Earth energies and the environment. For anchoring light and aligning with the laws of manifestation. For physical preparation before journeys and walkabouts. A positive effect on the general physical health.

*#334 -- **Yesod - Foundation:** Date Palm, Fig, Pomegranate, Orchid, Sea Lettuce, Pearl, Selenite, Tetrahedrite, Zinc, Neon, Luna, M44, Spica
For connecting to one's sexual energy. For tapping into the storehouse of the personal subconscious. For connecting one's dreaming with one's soul memory.

*#335 -- **Hod - Resonance:** Gotu Kola, Kinnick Kinnick, St Johns Wort, Aquamarine, Celestite, Sphene, Topaz, Yellow Diamond, Capella, Mercury, Scedar
Will assist with the process of the transference of data and inner communication. Brings alignment to the nervous system. Can be used for the clearing of fear patterns. Assists with the attunement to the power of praise and positive affirmation.

*#336 -- **Netzahh - Life Spark:** Aloe Vera, Maple, Milkmaids, Star Jasmine, Tiare, Chrome Tourmaline, Chromium, Emerald, Morganite, Rose Quartz, Aldebaran
For enhancing creative expression and increasing one's self-esteem. For examining and rescripting core beliefs. For appreciating the sweetness of life. A bridge between the emotional body and the energy body. Governs our appearance and how we feel about it.

*#337 -- **Tipheret - Heart Light:** Lion's Tail, Passion Flower, Rosa Macrophylla, Shasta Lily, Sunflower, Emerald, Gold, Heulandite, Magnesium, Ruby, Uvarovite Garnet, Helium, Alludra, Helios, Regulus
For kindling the light of the heart. Connection to the healing power of love, harmony, and beauty. Tonifies the physical and the emotional heart. For attunement to joy at the core of one's being. It balances all of the polarities of the other spheres of the tree. It can balance the will of Gevurah with the loving nature of Hhesed or the superconscious energies of Keter with the subconscious energies of Yesod.

*#338 -- **Gevurah - Self-Mastery:** Allamanda, Pear, Sugar Beet, Barite, Carbon Steel, Red Beryl, Red Diamond, Rubellite, Spessartine Garnet, Altair, Antares, Denebola, Mars
Provides the inner discipline that allows one to set limits and boundaries for personal growth and goals. For stamina, rites-of-passage, and athletic endeavors. For use with the practice of martial arts or other very disciplined endeavors. Can be clearing or purifying of energy.

*#339 -- **Hhesed - Compassion:** Eucalyptus, Hyssop, Sweet Basil, Thyme, Orchid, Amethyst, Dioptase, Gold, Kunzite, Carbon Dioxide, Aldebaran, Deneb, Jupiter
For awakening the spiritual gifts of empathy, telepathy, and soul healing. For connection with healing guides and one's guardian angel. Helps one to overcome grief. Loving kindness and the ability to enter someone else's reality picture and still stay empty and grounded.

*#340 -- **Da'at - Inner Knowing:** Henbane, Sea Lettuce, Shrimp Plant, Chrysocolla, Emerald, Larimar, Ascella, Deneb Algiedi, Measarthim, M92, Pluto
Knowledge and wisdom become more available. For awareness of biological and cosmological cycles. For balancing and

integrating heart and mind. Opens the throat chakra. Aids in giving voice to one's vision. The gift of prophecy. To become more aware of emotional states.

*#341 -- **Binah - Discernment:** Shasta Lily, Boleite, Pearl Light, Star Sapphire, Sugilite, Xenon, Beta Corvii, Castor, Izar, Procyon, Vega
For contacting the Divine Mother energies and opening to soul memory. Works with the limbic system -- the emotional memory bank. Increases various psychic abilities. Food for the hippocampus. For decoding symbolic language. For being present and not stuck in the past.

*#342 -- **Hhokhmah - Wisdom:** Calla Lily, Forget Me Not, Ginseng, Morning Glory, Potato, Rosa Webbiana, Silversword, Alunite, Kunzite, Lapis Lazuli, Krypton, Alnitak, Pollux, Sirius, Spica
For connection to higher wisdom, crazy wisdom, and right brain holographic imaging. Clears the bio-electric circuitry. Prepares the hypothalamus for dreams and visions. For activation of the Merkavah.

*#343 -- **Keter - Crown:** Creeping Thistle, Easter Lily, Holy Thorn, Lotus, Star Jasmine, Yerba Buena, Amethyst, Herkimer Diamond, Hydrogen, Xenon, M5, Polaris
For receiving impulses and direction from one's Overself. For opening the bridge to multi-dimensional awareness. For activation of the pineal gland -- radio receiver of galactic and angelic frequencies. A bringer of humility. A clearer awareness of the inner voice or of channeling.

*#344 -- **Aur Eyn Soph:** - Infinite Light: Star Jasmine, Azeztulite, Herkimer Diamond, Lepidolite, Helium, Xenon, Alcyone, Andromeda, Arcturus, M5, M7, M13, Sirius
A quantum leap. To prepare one for cosmic consciousness. For strengthening one's vehicle for soul and spirit journeys. For time travel and for opening portals to other dimensions and worlds

Zodiac Elixirs

The Zodiac Elixirs have been formulated to support the positive vibratory energies of each of the signs of the Zodiac. They also add consciousness to the so-called negative traits as well as to the potential soul opportunities for self-actualization. Each formula contains metals, gem elixirs, and flower essences that resonate with the qualities of each Zodiac sign (the exception being the inclusion of the gas argon in the Aries mixture). Starlight Elixirs, made from the important stars that occur within each of the constellations, are also included in the combinations. Planet elixirs were purposely left out of these formulas, for there can be a significant difficult aspect in someone's chart that could cause a minor crisis when accentuating that planet's energy within a formula. If that is the case with your chart, you can use the planet elixir sparingly, less frequently, or at a homeopathic dilution to relieve such a condition.

Zodiac Elixirs can be taken on a daily basis to enhance key astrological transits and meditation portals. The new moon is the fundamental moment each month for attunement with the Zodiac Elixirs. Each day, for the 28-day cycle, meditate prior to taking the elixir. The elixir could be taken several times a day -- preferably around noon and prior to sleep. You could even send light to the various body parts ruled through each sign. After the course of one year, a full activation of the physical, mental, emotional, and energetic body can be achieved. Another path may be the use of different Zodiac Elixirs as the moon changes signs every 2 to 2 1/2 days. A good lunar calendar can be easily obtained or the information found on the world wide web. The Moon, symbolizing one's emotional nature and subconscious mind, may be an even more interesting way to experience the different signs. We recommend that an astrological diary that notes perceptions and experiences as the Moon passes through each of the signs of the Zodiac accompany the taking of the elixirs. I recommend that these elixirs be used as a set during the year. However, you may experiment with them in many different ways for yourself and your clients. This is true whether your focus is on medical astrology, career or relationship interpretations, or just tweaking those areas of your chart that need more illumination. This could be a wonderful journey to share with your partner or family. Always use your intuition and follow your inner guidance.

Of course, you should not limit yourself to just these uses. You may find that in the course of your life, you may be experiencing difficulties with several people born under a certain sign. To increase awareness and consciousness about that particular sign can be a quick way to shift the energies between you and those individuals. The following are simply guidelines; there are numerous other interpretations available for how these elixirs can enhance your experience of each of the 12 signs.

Aries: Green Rose, Carbon Steel, Iron, Red Jasper, White Diamond, Argon, Mesarthim

This elixir is an energizer that kindles the will towards creative self-expression. It serves to break up patterns of inertia and allows one to take that first step. The attunement here is to the childlike innocence of the Tarot fool about to begin a journey into the unknown.

Taurus: Snapdragon, Copper, Hematite, Lapis Lazuli, White Diamond, Aldebaran, El Nath

The Taurean elixir is a taste of the waters of the Garden of Eden! The Goddess is alive, and magic is afoot. The planet Venus offers her blessings for all creative endeavors. Inspiration is bestowed for musical and theatrical expression. This elixir is for bringing love and beauty into one's world.

Gemini: Celandine, Four Leaf Clover, Sunflower, Molybdenum, Emerald, Malachite, Castor, Pollux

The Gemini elixir is an aid to maintaining balance in a perpetually moving universe. This one is meant to keep the monkey-mind from falling out of the tree. The attunement is to the double, for gazing into the mirror of relationship to find what is lurking in the deep heart's core. Curiosity keeps the cat active and alive!

Cancer: Angelica, Sage, Light Pearl, Silver, El Tarf

The Cancer elixir stimulates the emotional body to explore the dream state and be of service to family, loved ones, and the dharmic family. This one opens the heart center to deeper levels of empathy and awareness. This can aid in dissolving a tendency to live in the memory rather than the present moment.

Leo: Lion's Tail, Shasta Daisy, Sunflower, Gold, Ruby, Regulus

This elixir awakens one's sense of personal nobility and uniqueness. Consider this time to be a vision-quest moment. This is

an opportunity to bring one's creative gifts to the market and to the stage. Helps to awaken the inner child in each of us. The key star of Leo is Regulus, star of the Sphinx. This elixir helps to re-ignite the divine spark within.

Virgo: Starflower, Magnesium, Moonstone, Sapphire, Spica
The Virgo elixir helps us get a grip on all the nitty-gritty details of life that need to be handled. This one teaches us the lesson of time management and right livelihood. The elixir opens the door to lapidary mind. A good time to consult the I Ching!

Libra: Zucchini, Palladium, Cherry Opal, Light Opal, Zubenelgenubi
This elixir helps us find the balance between self and other, vision and reality, heart and mind, individual and collective. The key here is the attainment of a dynamic equilibrium and good humor with the little glitches in the grand design. If one should need a mediator, now is the time.

Scorpio: Lotus, Manganese, Aquamarine, Red Coral, Antares
A dose of the truth is what we are after here! Time to go scuba diving through the deep subconscious realms. Let go of all the attachments and energies that are keeping you from being who you really are! This elixir is like a lie detector test. It will keep you honest!

Sagittarius: Comfrey, Potato, Tin, Topaz, Kaus Borealis, Media
When the moon travels through Sagittarius these days, it conjuncts Pluto a day or so before it conjuncts the Galactic Center. And those that gaze deep into the core say that there is a big black hole at the center of it all! Not to worry. The elixir is a reminder to get active -- climb that mountain, go dancing! Live it up before the moon enters Capricorn!

Capricorn: Corn, Zinc, Bloodstone, Jet, Dabih, Polaris
An elixir to get one back on track with long-term goals and projects. Teaches us all how to be single-pointed and focused on the light at the end of the tunnel.

Aquarius: Red Ginger, Silversword, Chromium, Spessartine
Garnet, Sadalmelik
Whenever the moon transits through Aquarius, it makes a conjunction with both Neptune and Uranus. This can stimulate both the imagination and the intuition. It tunes us into the transpersonal realm of things, teaching us where to surrender and when to let go.

The Aquarius elixir is of use when you feel it is time to re-invent yourself or choreograph your energy in new ways. We call it liquid feng shui!

Pisces: Pansy, Sensitive Plant, Platinum, Amethyst, Jade, Gamma Piscium, Petra
We are gathering testimonials from reliable sources that hint that this elixir has the capacity to overcome all the little addictions and co-dependencies that have fueled the karmic wheel for the past 2160 years. Use it as a replacement for alcohol when one needs to escape the harsher side of life. This elixir is a catalyst for lucid dreaming. Cheers.

Joseph Mark Cohen, kaballistic astrologer, provided the brief descriptions above.

The following elixirs may be added to any combination or to other single elixirs to amplify, enhance, or bring out some of the more spiritual, hidden, or esoteric qualities of the other remedies.

Lotus -- Spiritual qualities enhanced.

White Quartz, Jamesonite, Pineapple -- Enhances and amplifies.

Diamond -- May remove interfering energies that can block a remedy's effectiveness.

Krypton -- Brings out the more mysterious or esoteric aspects of an elixir or combo.

Luna -- May bring to the surface the unconscious energies of an elixir or combo.

Ozone -- A perfect energetic complement for all vibrational remedies.

Sirius -- May be added to any remedy or combo to improve or speed up healing.

Chakra Essence Set

“Complete alignment of the chakras enables the individual to experience total knowledge and understanding of the self.”

Chakras are centers of energy situated in the subtle anatomy. Spiritual information and life force is channeled into the body through the chakras. They act as transducers that take 4th dimensional and higher subtle energies and bring them into a 3rd dimensional physical body. Although there are many of these chakras in the body, we will be discussing the seven main ones, with some additional information concerning the chakras above the head -- which will be referred to as the 8th chakra for this discussion, although there are actually five chakras above the head.

Chakras are described as oval spirals of energy. They are focused in the ganglions along the spine and extend to the organs they are associated with. They extend several inches in front of and behind the physical body in a higher dimensional pattern. The chakras are part of a more complex, subtle-energy anatomy which is too detailed for this discussion. However, a few general points can be briefly discussed regarding the subtle bodies and how the human energy system can impact the emotional, physical, and spiritual life of an individual.

The energy systems of the body are electromagnetic in nature. Subtle energy bodies are perfectly aligned with each other in a healthy body. Psychological problems and disease result when the subtle bodies are misaligned. Flower essences, gem elixirs, and element elixirs help to restore balance in these bodies. In the information about the following mixtures, the term "etheric body" will be referred to. This energetic component is the interface between the physical and subtle bodies. When the etheric body is weakened, diseases and karmic problems residing in the aura and subtle bodies tend to move into the physical body.

The physical organs associated with the chakra system are as follows: the testicles or ovaries for the 1st chakra, the spleen for the second chakra, the stomach or abdomen for the 3rd chakra, the heart for the 4th chakra, the thyroid for the 5th chakra, the pituitary gland for the 6th chakra, and the pineal gland for the 7th chakra. In

the eastern part of the world, there are some slight differences in the organs associated with this system. There are no physical organs associated with the chakras above the head.

In over 20 years of personal experience, this is what I have found: Using the following mixtures will bring more vitality, life-force, and understanding to many. At the very least, after a few months of use, people will notice greater intuitive abilities, increased ability to get things done in a practical manner, and a higher spiritual reality. Issues and patterns that used to take years to be resolved will be resolved more quickly. The essences can be utilized with any therapeutic practice, and they will enhance that work and speed up positive results. This is not wearing a certain color and expecting a large shift in consciousness or a beaded bracelet that implies incredible transformation. This is the real deal combining many years of research and experience. Each mixture is available at the cost of \$10.95 for a one ounce bottle or \$80 for a set of all eight mixtures. Wholesale and distributor pricing is also available.

The descriptions that follow explain the functions and effects of the eight chakra combinations and do not focus on their physical impact -- although there are often noticeable changes in this area. For instance, as one uses a vibrational substance in dealing with the heart chakra, many of the issues that led to a physical heart problem -- such as unreleased anger, resentment, or shame -- can be resolved, thus avoiding or shifting a preexisting physical difficulty. The point of vibrational healing is to eliminate the need for more severe physical trauma or to bring to the surface the realization of what energy or emotional patterns might have led to an existing physical difficulty.

The following combination elixirs were made with much insight and reflection. Some of these mixtures contain 20 or more individual energetic ingredients. These ingredients -- which include flower essences, gem elixirs, and element elixirs -- have been collected and prepared over the last 20 years. They have been enhanced and further energized by prayer, geometric amplifying tools, light technology, and -- for the first time -- the use of "sono-luminescence." Sono-luminescence is a process in which each concentrate is placed in the appropriate crystal bowl that corresponds to that chakra and then stimulated through playing and toning with that chakra bowl.

1st Chakra - Sacred Ground

(Comfrey, Loosetrife, Mountain Pride, Pomegranate, Red Ginger, Zucchini Squash, Black Pearl, Black Tourmaline, Copper, Red Beryl, Red Coral, Smoky Quartz, Neon)

There will be a marked improvement in one's connection to source energy or earth energy, thereby giving a sense of improved sleep and an ability to sort out important belief patterns at a fundamental level. Physical transformation can be assisted, with an emphasis on enhancing the energy that enters the body through the feet. This elixir helps to alleviate problems with disorientation, subtle or hidden fears, and an inability to focus on important issues or to be concerned beyond immediate insecurities. Stress and anxiety can be alleviated, with a positive attitude resulting from continued use. An individual using the 1st chakra essence will generate a greater sense of mental organization and grounding. Opening this chakra releases past-life talents that can stabilize a person and develop strength of character. Calmness, stress reduction, quiet, and spiritual initiation can be achieved through the use of this elixir. The color red is associated with this chakra.

2nd Chakra - Emotional Healing

(Madia, Pomegranate, Sierra Iris, Asphalt, Chenevixite, Coal, Copper, Dark Opal, Fire Agate, Pearl, Pink Diamond, Rubellite, Spessartine Garnet, Neon)

Use of this elixir can ease disharmony of a sexual nature. Diseases linked to stress from internalized anger can be eased by balancing the 2nd chakra. Many psychosomatic diseases, especially those related to the suppression of sexual energy, are eased when this chakra is balanced. An unbalanced 2nd chakra can cause aggression, anger, frustration, and anxiety concerning self-esteem. This elixir is especially helpful in emotional rebalancing, with a greater ability to release one's willingness to hold on to certain emotions and to be held by emotions. This can be an important mixture to assist in the releasing of abuse or sexual molestation issues. Use this essence to help one see where they are emotionally blocked or unconsciously connected to others. The ability to release cord ties or the unconscious transmission of energy from the second chakra of one person to another, is enhanced. This is often useful when one is trying to end a relationship with a spouse, a teacher, a friend, or a lover. When the 2nd chakra is properly balanced, creativity and an ability to integrate

the emotions increases. Orange and pink are the colors associated with this energy center.

3rd Chakra - Personal Power

Power (Avocado, Bloodroot, Castilian Rose, Dill, Fig, Golden Amaranthus, Hyssop, Khat, Pennyroyal, Sage, Woolly Sunflower, Amazonite, Amber, Azurite, Citrine Quartz, Clay, Copper, Ivory, Malachite, Moonstone, Pearl, Sunstone, Topaz, White Tourmaline, Argon)

This elixir can help with shifting one's relationship to others, particularly around power issues or the understanding of being in control, or of being controlled by, others. Using this elixir will help to develop one's own inner self-concept, with an improvement in one's animal instinct. There can also be an immediate shift in the ability to manifest powerful energies helpful for healing one's body. Sensitivity and intuition increase, with an emphasis on dealing with emotional integration. The color yellow, with a little bit of green, is associated with this chakra.

4th Chakra - Divine Love

(Bleeding Heart, Borage, Coffee, Eucalyptus, Hellerborus, Koenig van Daenmark, Passion Flower, Pimpernel, Sage, Sunflower, Aventurine, Chalcedony, Chrome Tourmaline, Eilat Stone, Emerald, Gold, Heulandite, Kunzite, Malachite, Rose Quartz, Ruby)

This elixir relates to the increased capacity for an individual to understand love at its highest level -- a cosmic or universal love. When working with combinations for love, these higher issues are invoked; and a new realization of belief patterns centered on one's ability to give and receive love are received. The ability to heal through one's hands is strengthened with this elixir. When this chakra is properly stimulated, one can attain mastery of the immune system and thymus, particularly in the first seven years of life. Associated with this chakra is the color green, with a little yellow.

5th Chakra - Conscious Expression

(Almond, Celandine, Cosmos, Fig, Four Leaf Clover, Aquamarine, Apatite, Blue Sapphire, Blue Quartz, Blue Tourmaline, Botswana Agate, Chrysocolla, Halloysite, Lapis Lazuli)

Issues centered on the upper respiratory system, throat, immune system, and nervous system are treated with this elixir. Problems resulting from the suppression of the self can be relieved by awakening this chakra, and there can be a greater interest in spiritual affairs through its activation. People with a closed 5th

chakra tend to be sullen, introverted, and have an inability to articulate or express themselves emotionally. Various expressive capabilities are stimulated by this essence. After using this combination, individuals will be more able to look at long-standing belief patterns that they have accepted. These beliefs may be those held in consciousness over long periods of time, even multiple lifetimes. The color of deep blue is associated with this chakra.

Sixth Chakra - Psychic Awareness

(German Chamomile, Green Rose, Hops, Nasturtium, Potato, Redwood, Amber, Amethyst, Cat's Eye Tourmaline, Charoite, Eudialyte, Kaemmerite, Light Opal, Moonstone, White Quartz, Krypton)

The 6th chakra stimulates the pituitary gland, immune system, creative visualization, and visions. Greater insight, understanding, inspiration, and intuition develop through the use of this elixir. This chakra is concerned with philosophy, the nature of God, and how God manifests on the physical plane. This combination essence will tend to bring a deeper awareness of various paranormal abilities, with an enhanced ability to integrate them into one's life. The elixir can allow people to release negative thought forms or intrusions. Thus, it acts as a protection against psychic attack or just being around some dense energies. With the use of this preparation, karmic issues will be more discernible, with a greater recall of dreams and the memory of past lifetimes. The color indigo is associated with this chakra.

Seventh Chakra - Higher Consciousness

(Daffodil, French Lavender, Forget Me Not, Harvest Brodiaea, Live Forever, Lotus, Peach, Queen Anne's Lace, Rosemary, Skullcap, Tuberose, Charoite, Opal, Rhodizite, Sugilite, White Diamond, White Quartz, Xenon)

When the 7th chakra is properly stimulated, there is a sense of fulfillment or completion and an alignment with the higher forces. This chakra essence spiritualizes the intellect and is helpful in the breaking apart of belief patterns that hold back one's attunement to higher conscious energies. With its use, most people can gain an understanding of the interconnectivity of all of the world's religions -- their similarities and commonalities. Various capacities to improve meditation and one's feeling sense of connection to God are likely to be improved through use of this essence. The color violet is associated with this chakra.

8th Chakra - Cosmic Perspective

(Bo Tree, Date Palm, Heliconia, Mallow, Mango, Orange, Peach, Papaya, Silversword, Covellite, Iridium, Orthoclase, Platinum, Silver, Hydrogen, Ozone, Xenon)

This combination will tend to stimulate the five chakras above the head. This mixture has much value in allowing individuals to release their hold on various physical-body belief patterns, including pain. With this comes an enhanced capacity to release various aspects, as one understands what is real and what is not real. There is an ability to recognize shifts with reality and with time -- both the speeding up and the slowing down of time -- and the realization of how to work with this time-shift phenomena. This elixir also confers onto an individual an enhanced ability to receive messages and energies from guides, helpers, and teachers -- especially those at the highest vibrational levels. Metallic colors, such as silver, are associated with this 8th chakra.

How do I use these chakra essences?

There are four main ways to utilize these products. For best results, combine all four applications.

- 1) Ingest up to seven drops under the tongue.
- 2) Place up to seven drops of a mixture in a bath. Additionally, colored candles can be used to emphasize the color of the particular chakra one is working with.
- 3) Use the elixirs externally on the approximate physical body parts that each chakra represents. This is wonderful with massage, Reiki, acupuncture, or any form of therapy -- including psychotherapy.
- 4) Place seven drops in the crystal singing bowl that corresponds to that elixir's chakra, and play and tone with it. This will fill the room with a concentration of the chakra energy, with an amplified effect from including the elixir. In this manner, one can tune the rooms of one's home or office to their appropriate function by bringing in these chakra energies. For example, bringing in more heart energy into one's bedroom or dining room might be appropriate; or 1st chakra energy into one's exercise space; or 3rd chakra energy into the office if there are imbalances

in the energy of control. One can share 2nd chakra energy at the beginning of a creative project, or 6th chakra energy when the project can benefit from greater inspiration. The quartz crystal bowls are magnificent in broadcasting or saturating a room or group with focused intent and energy.

For the journey into greater self-awareness, it is advisable to use all eight chakra bottles, starting with the first chakra, and working your way upwards to the eighth chakra. What works best for most, is to take a single elixir for one full lunar cycle. This is always best because the absorbability of water changes throughout the lunar cycle. One can abbreviate this to a fifteen-day cycle -- beginning with the new moon, and ending with the full moon -- and then switching to the next elixir combination. It is best to take one's time with these combinations and then repeat the series. If you are in a rush, you can try an eight-day cycle of taking only one combination per day, beginning on a Monday. At some future point -- after experiencing these elixirs singularly during these cycles -- one can use more than one at a time, especially when one recognizes a blockage in more than one chakra at a time. These are a few suggestions to work with that will bring powerful results.

“Chakras are wheels of energy or fields of consciousness; they are not just the isolated internal organ. Your chakras are but a dialogue from thy soul. They are the dialogue from which the soul expresses itself. They are as inspiration to continue in the words of the Father and the love that He gives to each of thee. The chakras are but a library or scroll that unfolds a specific revelation for each of thee in thy state of growth, but none are greater or lesser than the other.”

*The quotes at the beginning and end of this discourse on the chakras, as well as other information, were taken from the book, *Gem Elixirs and Vibrational Healing -- Volume I*, by Gurudas, with permission from Cassandra Press.

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