

Gem Elixir Descriptions

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

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

Abalone – Diversified Personality

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

Acharandite - Prophecy

The elixir has the capacity to produce the calming effects associated with a drop in temperature. These effects relate to higher subtle energies, particularly those relating to ultraviolet light and the tenth chakra. The ninth and eleventh chakras are also benefited. This elixir also creates significant strengthening of the physical body for people who have difficulty with thyroid or adrenal function. Those with lowered body temperature or a sense of coldness in the extremities can benefit from Acharandite. This elixir can be very helpful for those who are making a transition to a vegetarian diet and would seek to build the heat in the body and to acclimate to cold conditions. The reverse is also true; this elixir will benefit those who are subjecting their bodies to extreme warmth.

Adamite - Hidden Talents

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

Aegerine - Past life Understanding

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

Agate (Blue Lace) - Expression

This stone can bring about a deeper spiritual connection, with modes of expression and quicker decisions enhanced. Thought

addiction is eased. It also can help one with being at one with their audience. Blue lace agate also can assist in the process of breaking down pictures or images of oneself, without judgment. One's true nature is revealed through the use of this elixir. It can be utilized quite well for communication among couples.

Agate (Botswana) - Joy

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

Agate (Carnelian) – Heart Opened

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

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

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

Agate (Fire) - Color Therapy

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

Agate (Moss) – Mental and Emotional Balance

With this elixir individuals can learn to balance and apply emotional priorities and altruism. The emotional and mental body function as a single unit and practical spirituality develop. This is

an excellent elixir to use in agriculture and for people to attune to nature.

Agate (Picture) – Emotional Balance

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

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

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

Albite – Grief Relief

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

Alexandrite - Self-Esteem / Centering

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

Alunite - Athletic Enhancement

This stone can energize movement, particularly upward movement, and vortex action. This can improve athletic abilities especially where movement is through resistive media such as swimming, mountain climbing or skiing. This elixir may strengthen muscles by reducing the widespread effects of aluminum in the body. Alunite can also strengthen clairvoyance.

Amazonite – Life Force

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

Amber - Spiritualizes Intellect

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

Amblygonite - Insight/Understanding

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

Amethyst - Well Being

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

Anapoite - Earth Healing

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

Anatase - Time Conception

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

Anchorite - Playful Communication

Anchorite gives us access to a more childlike state, providing a chance to see life as if through the eyes of a child. It can help us open to a playful loving acceptance, and expand our capacity to receive communication from others. With repeated use, Anchorite seems to enhance telepathic communication at a high vibrational level. When taking this elixir it is advisable to provide some time to play, to joke with each other, to tickle each other, to engage in being children again, in order to fully enjoy the capacity of the heart. Anchorite may also be beneficial to use before tantric or other rituals.

Andradite - Dolphin Energy

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

Anglesite - Loving Will

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

Anhydrite – Sensitivity

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

Annabergite - Service

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

Antlerite - Empathy

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

Apatite – Personal Expression

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

Apophyllite - Joy

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

Aquamarine – Stimulates Healing

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

Aragonite - Restructuring

This stone has an unusual internal structure. For those working with architecture or with structures such as groups or communities, aragonite can clarify how energies can depend on one another and work together. This may also benefit individuals who are studying higher forms of mathematics, especially fractal geometries. Individuals who wish to attune to the artistic forms created through fractals and other new geometries will benefit as well, even though they may not have any mathematical background. Aragonite is helpful for people who are restructuring their lives by doing internal work, but this must always be shared

with others in some way. There is some added flexibility to the spine. The ability to work with yoga is improved. Those who find extreme stresses in the physical body when energetic yogic forms such as Iyengar style yoga are used will benefit from Aragonite. There is enhanced absorption of many trace minerals such as molybdenum, boron, silver, gold, and the more available minerals such as manganese and cobalt.

Arthurite - Earth Attunement

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

Artinite - Light Absorption

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

Asphalt – Alleviates Anger

This elixir is primarily for treating the petrochemical miasm, especially for people living in North or South America. When taken, the heart chakra is aligned, which strengthens the life force of the recipient. People focused on the negative traits of the lower chakras, including anger, violence, or other antisocial behavior, can benefit from asphalt elixir.

Astrophyllite - Psychic Acceleration

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

Atacamite – Stress Relief

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

Augite - Inner Awareness

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

Autunite - Radiation Miasm

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

Aventurine – Relieves Anxiety

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

Azeztulite - Multi-dimensional Travel

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

Azurite - Expansion

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

Azurite-Malachite – Clairvoyance/Compulsive Eating

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

Barite - Emotional Breakthrough

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

Benitoite – Higher Self

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

Berthierite - Circulation

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

from one's circulatory system into the Earth's circulatory system or waterways.

Beryl – Mental Tranquility

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

Beryl (Red) - Creativity/Expansion

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

Beryllonite – Personal Expression

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

Beudantite - Understanding

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

Bloodstone – Vitality/Courage

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

Bog (Peat) – Alleviates Anger

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

Boji Stone – Attunement to Nature

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

Boleite - Left/Right Brain

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

Boracite - Soul Attunement

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

Brass - Releases Negativity

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

Brazilianite - Universal Love

This elixir can awaken the third eye to a deeper soul connection. This will enhance psychic gifts. With this stone comes a greater

understanding of the principle of universal love. Energies connected with the Mayan and Aztec civilizations are more easily absorbed and understood with brazilianite.

Brochantite - Joy of Healing

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

Bronze – Inner Discipline

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

Broshentite - Group Mind

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

Brucite - Divination

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

Cacoxenite – Enhanced Creativity

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

Calamine – Religious Tolerance

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

Calcite – Astral Projection

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

Caledonite - Personal Growth

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

Callaghanite - Expression

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

Carbon Steel – Inner Discipline

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

Carletonite - Deep Relaxation

This stone creates deeper states of relaxation which would be helpful for spiritually-oriented hypnosis. Deeper relaxation could also be helpful for meditation, balancing some of the difficulties

some will note in coming into states of meditation between the anabolic and catabolic processes in the body. Carletonite elixir will assist those who have an excessively anabolic metabolism-high energy and difficulty in concentrating. The deeper relaxation this stone brings will also be helpful for children who have some trouble settling down, perhaps also easing attention deficit disorder. At the higher level one can become aware of a musical tone that gives a sense of a flowing connection to one's guides or to the higher levels of angelic beings. This may come through the person as a steadying, loving vibration. Those involved with Gemini energies who have some difficulty relaxing will be especially suited to utilizing this stone.

Cassiterite - Natural Talents

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

Cavanisite - Releasing Judgment

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

Celestite - Recognizing Potential

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

Cerussite - Understanding Obstacles

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

Chabazite - Transformation

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

Chalcedony – Inspiration

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

Charoite – Spiritual Fear

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

Chenevixite - Intimacy

This elixir can help to create a deeper sense of intimacy when there is some physical contact between people. This elixir can assist people explore and understand their own body's relationship to another person's body. This will cause energies of a loving nature to move upward in the chakra or meridian system. This will not so much as encourage sexual response, as it will convert such energies into a deeper sense of love, compassion or willingness to help someone else.

Childrenite - Dissolving Patterns

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

Chorlesite - Piercing Veils

This elixir helps to guide or lead individuals to a deeper understanding of one's consciousness, especially in the dream

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

Chrysocolla – Emotional Balance

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

Chrysolite – Emotional Blocks

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

Chrysoprase – Sexual Issues/Hidden Talents

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

Cinnabar – Stimulates Longevity

Clay – Etheric Amplification

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

Clinoclase - Lovability

Clinoclase has important properties to help work with one's inability to love and be loved. It brings more understanding as to why someone has struggled with these emotions. This elixir can encourage one to be aware of one's innate lovability. This

usually means confronting one's darker side for understanding, which Clinoclase will assist with a greater ability for forgiveness.

Clinoptilolite - Peace

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

Coal – Self-Esteem

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

Coal, 4th Isotope - Healing

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

Cobaltian Calcite - Emotional Harmony

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

Cobaltian Dolomite - Emotional Harmony

This elixir helps to coordinate the 2nd and 3rd chakras for realizing certain buried emotional states. It will bring people into better harmony with each other. Enables People are better enabled to express joy to others at a physical level. There will

also be an increased ability to understand one's body language. There can be an enhanced ability of the emotional, physical, and etheric bodies to freely intercommunicate.

Cobaltite - Absorbing Prana

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

Colemantite - Soul Understanding

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

Columbite - Higher Communication

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

Conichalcite - Group Vision

There is a strengthening of purpose generally felt with the use of this elixir. This is especially helpful for group interaction where a common vision must be brought into reality, sometimes with a time-frame limitation or stresses of the outside world placed

upon it. This stone can project a shift in energetic perspective for most people that generally draws individuals more towards their heart, towards an energy of loving compassion with intelligence and clarity of focus.

Coral, Black - Blood and Bones

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

Coral(Blue) – Expression

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

Coral (Pink) – Emotional Balance

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

Coral (Purple) - Clarity

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

Coral (Red) – Emotional Balance

Coral is associated with strengthening the heart and circulatory system. These different colors are treated as one gem elixir. Pink

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

Coral (Red/White) – Emotional Calm/Concentration

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

Coral (White) – Emotional Balance

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

Cordierite - Higher Communication

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

Cornetite - Loving Expression

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

Covellite - Alignment/Attunement

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

Crandallite - Etheric Stimulant

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

Cream Of Tartar – Psychic Gifts

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

Creedite – Spiritual Awareness

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

Cristobalite - Focus

Transformation of one's focus is an important benefit of this stone. Ideas or energies from one level are transformed to another and increased focus results. This is of great benefit

when there are too many things going on in one's life. This elixir is of great use for those born under the sign of Capricorn or aspects relating strongly to Capricorn.

Crocoite - Relaxation

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

Cuprite - Masculinity

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

Cuprosklodowskite - Regeneration

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

Cyanotrichite - New Era

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

Danburite - Compassion

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

Datolite - Soul Ascension

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

Descloizite - Growth Patterns

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

Diaboleite - Higher Self Image

This stone can bring innermost desires into consciousness. These desires can often relate to deeper experiences that have not been acknowledged as necessary. These experiences can relate to specific emotional energies, such as a particular aspect of love or caring or sharing that one is seeking. This stone is very helpful for bringing into consciousness the picture one has of oneself. Oftentimes associated with that picture will be images of one's parents or images from past lives that are frightening or

violent. This is related to emotional body cleansing, which this stone is able to accomplish very nicely. By clearing some of the blocks to the emotional body, what begins to emerge is this higher image of an individual's self as it relates to his or her own understanding of purpose in their life.

Diamond - Higher Self Alignment

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

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

Diaspore - Etheric Therapy

This elixir is helpful in bringing energies from one subtle body into another. This may create a "wind-like" experience between

the etheric and physical and also between the etheric and mental bodies. This elixir can also benefit magnetic or inert gas therapy.

Diopside – Self-Esteem

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

Diopside, Chrome – Self-Esteem

A bit more heart centered than diopside

Diopside, Star – Self-Esteem

a somewhat amplified version of diopside

Dioptase - Loving Change

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

Duftite - Shifted Perspective

This stone is useful for shifting patterns of love that people find in their reality day after day. This can be helpful in working with children who have behavior patterns that the adult deems inappropriate. In the work environment, some may unconsciously create patterns that are difficult for others to work with. No judgment here, simply realize there is a difference in vibration, in approach to a given challenge in life. What Duftite can do is bring new ways of seeing the same energies, and thus allow individuals a new way to approach these difficulties. Duftite can be very helpful in healing when speaking to an individual about their difficulties, to bring them a new perspective. By the use of this stone, a loving bridge can be created that can show a new perspective so the individual can create their own sense of higher potential, their own solutions. These are not imposed from outside, and thus are much more easily accepted by the individual.

Dumortierite - Travel Stress

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

available, especially the beneficial uses of electro-magnetic fields.

Durangite – Personal Expression

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

Dussertite - Conscious Responsibility

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

Eilat Stone – Karmic Understanding

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

Electrum – Mental Balance

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

Emerald - Balance

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

Enargite - Inner Conflict

This stone is useful for individuals who are contending with levels of energy that appear to be in opposition. Those who work with the Law of Opposite Expression can powerfully understand these opposites as important reflective qualities in themselves. Issues may be brought more clearly to the surface about one's inner self, the shadow self, childhood grief or the deeper side of one's being.

Endlichite - Fulfillment

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

Enstatite – Self-Esteem

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

Enstatite, Cat's Eye - Self-Esteem

A somewhat amplified version of Enstatite

Eosphorite - Spiritual Awakening

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

Epidote - Future Perspective

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

Epistilbite - Soothing Calm

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

Erythrite – Visions

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

Ettringite - Self-Empowerment

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

Euclase - Perception

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

Eudialyte - Psychic Abilities

This stone can bring entirely new forms of psychic energy into people and a greater flow of energy into the crown chakra. A sense of joy and awakening into spiritual practice and into

understanding of previously unknown psychic abilities will be noticed.

Faustite - New Realities

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

Ferberite - Etheric Resonance

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

Ferro-Axinite - Subtlety and Grace

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

Flint – Spiritual Confidence

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

Fluorite – Life Force

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

Franckeite - Perseverance

This stone appears to be useful in working with the understanding of how work is to be accomplished in the world,

how people are able to be given tasks and work with them over a long period of time. This may be influenced to some extent by the planet Saturn. Those with Saturn forming important astrological aspects, particularly oppositions, squares, or even in some cases conjunctions or trines, would do well with Franckite. It will also be of some benefit to utilize for those who seek to work in a group for a larger task that they know is difficult. There is some tendency here also to release certain components of the heavy metal miasm, particularly where lead is involved; but this is relatively minor unless the individual also shows that tendency towards attraction of rather difficult tasks to their lives. Obvious benefit here is to use in combination with starlight elixir Polaris for this willingness to stay on track and work at these higher levels.

Fuchsite - **Purpose**

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

Galena – **Spiritual Growth**

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

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

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

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

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

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

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

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

A more amplified version of Red Garnet.

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

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

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

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

Garnierite - **Perspective**

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

Gaspeite - **Out Of Body Awareness**

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

Gearsutite - **Teaching/Learning**

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

Gem Silica - **Psychic Comfort**

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

Getchellite - **Earth Connection**

This elixir can generate several useful connections between the Earth’s center, her central sun, and the healing capacities in people; particularly those focalized in the 1st and 2nd chakras. There is also a strengthening of awareness of non-physical beings in a very protective way for most people. Many non-physicals that have the inadvertent or accidental quality of harm to people will naturally be more easily repelled in the presence of this mineral elixir. With Getchellite, there can also be found a

benefit with the energies of the feet and legs, so this elixir may be valuable for those involved in running. A greater aetheric sight is possible to increase especially into the lower dimensions. This elixir may combine nicely with Betelgeuse elixir.

Glass (Fulgurite) - **Focus**

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

Glaucozerinite - **Breakthrough**

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

Goosecreekite - **Group Effectiveness**

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

Gordonite - **Wave Form**

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

Gormanite - **Group Coordination**

This elixir helps in creating mergings and blendings of important energies within the consciousness of people, sometimes these energies relate to the dark or to the light side. It helps to increase an awareness of many of these energies

simultaneously. This can be especially helpful in dealing with the various negative or positive contributions of people within a group. In the presence of someone else with a certain psychic ability, by taking Gormanite, your ability in this particular modality will be enhanced.

Goshenite - God Connection

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

Grandierite - Grounded Spirituality

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

Granite - Regeneration

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

Graphite - Clarity

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

Guilleminite - New Learning

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

Gypsum – Awakens Kundalini

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

Gyrolite - Earth Healing

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

Halite (Salt) – Cleanses Negativity

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

Halloysite - Communication

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

can be achieved. A sense of joy in the ability to speak can be realized from taking this elixir.

Hancockite - Earth Attunement

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

Hematite - Vitality

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

Hemimorphite - Sound Healing

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

Herderite - Calm

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

Herkimer Diamond – Cleanses Aura

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

memory. There is an increased ability to stimulate clairvoyance, healing abilities, and the ability to give.

Heterogenite - Earth Connection

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

Heulandite - Loving Heart

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

Hiddenite – Tissue Regeneration

Huebnerite - Inner Child

Deep-seated fears and abilities are brought to the surface with this elixir. How others perceive someone is made clearer. Thus, individuals see themselves more clearly. Difficulties and struggles may be viewed in an entirely clear light. In a counseling situation, deep emotional feeling, childhood

memories and bodily sensations can be worked with in an enhanced manner. This is especially true during times of Mercury retrograde.

Inderite - Purity of Insight

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

Inesite - Perspective

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

Ivory – Inner Discipline

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

Jade, Black – Altruism

Emphasizes the lower centers.

Jade, Brown – Altruism

This elixir stimulates musical talents, higher love, and a sense of altruism. Articulation, especially within the family, increases. Use for attunement to the Earth. Courage, wisdom, sensitivity, psychic abilities, and past life talents develop with its use.

Jade, Lavender – Altruism

Emphasizes the higher centers.

Jadeite – Plant Growth

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

Jamesonite - Amplification

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

Jarosite - Earth Attunement

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

Jasper (Green) – Healing Abilities

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

Jasper (From Idar-Oberstein) – Increased Sensitivity

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

Jasper (Picture) – Past-Life Recall

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

Jasper (Red) – **Yang Activation**

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

Jasper (Yellow) – **Ethereal Fluidium**

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

Jet – **Emotional Balance**

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

Kaemmererite – **Personal Expression**

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

Kasolite - **Inner Radiance**

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

Kermesite –**Life Force**

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

Kinoite - **Sound Healing**

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

Krupkaite - **Loving Bridge**

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

Kunzite – **Self-Esteem**

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

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

A more energized version of Kunzite.

Kutnahorite - **Life Lessons**

This stone is helpful for several levels of cleansing and strengthening throughout the physical, emotional, aetheric, and mental bodies. It is quite useful in bringing into focus important life lessons that individuals are not consciously aware of or have set aside. These often relate to suppressed areas of personal growth or deeper understanding. Utilization of this stone would be extremely helpful with chronic health conditions where an individual is aware that there is a life lesson that must be worked on. The same energy that could create the growth of a virus or of a tumor in the body can be redirected into energy of growth for one's own personal evolution, awareness, understanding, and

awakening. This stone really shines in its ability to re-route energy. Kutnahorite elixir in combination with Xenon elixir is helpful for bringing new energy into the body where growth is needed, particularly in the skin, the nerves, the hair, and in the bony structures of the body. Kutnahorite combines well with Krypton elixir for deeper understanding of the life lesson behind a difficult disease.

Kyanite - Expression

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

Labradorite – Childhood Issues

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

Labradorite Spectrolite – Earth Attunement

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

Lapis Lazuli – Communication

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

Larimar - Earth Harmony

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

Laumontite - Christ Principle

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

Lava - Enthusiasm

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

Lavendulan - Higher Purpose

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

Lazulite - Courage

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

Lazurite – **Amplifies Thought-forms**

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

Leiteite - **Self-Understanding**

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

Lepidolite – **Mood Enhancer**

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

Lepidocrocite – **Transforms Negative Emotions**

Libethenite - **Releasing Sadness**

This stone is helpful for clearing emotional blocks relating to emotions of sadness and grief, or where there is an anticipation of loss. This can be helpful when contemplating spiritual concepts and seeing how these concepts may cause disruption in one's family, friends, or other relationships. At a higher level, there is an acceptance of energy of beauty, compassion, and caring that emanates from God. This energy has within it some sadness at the great difficulty that human beings have gone through on Earth to get to the point where they are now. This stone is helpful for those who have difficulty being in touch with the energy of sadness. In their own way of expression and awareness of emotions, sadness sometimes moves through the higher extraterrestrial civilizations, including those of Aldebaran, El Nath, Fomalhaut, Antares, Arcturus, and the energies more closely associated with humanity at the current time, including those from Andromeda, Sirius, and the Pleiades. A sense of the human condition and understanding what people are trying to accomplish, may move through them. When contemplating

Earth, individuals from these other worlds are not able to know or express this emotion; but as a group, significant amounts of this energy are sometimes present. Thus Libethenite elixir combines well with many starlight elixirs, particularly where one wishes to grasp the higher energies that these civilizations wish to promote in people.

Limestone – **Self Healing**

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

Linarite - **Sexual Bonding**

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

Liroconite - **Focused Healing**

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

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

This elixir can increase the bio-magnetic forces in the body. It aligns them with the Earth's. It will make the aura become more sensitive, and thus receptive to broadcasting instruments such

as radionics. May pull out of the aura such things as coffee, drugs, and alcohol, which weaken it. Lodestone balances the male and female polarities that helps develop an altruistic nature. It can combine well with the Magnetite elixirs.

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

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

Ludlamite - **Multi-Dimensionality**

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

Magnesite - **Sports Awareness**

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

Magnetite, Negative/ Positive - **Meditation**

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

Magnetite Negative - **Meditation**

Magnetite, Positive - **Meditation**

Malachite – **Opens Heart**

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

Manganocalcite - **Spiritualized Emotions**

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

Marble - **Passivity**

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

Margarite - **Dissolving Preconceptions**

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

Mesolite (Pink) - **Judgmental Stress**

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

Metaschoderite - **Abundance**

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

Meteorite – **Cosmic Awareness**

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

Milarite - **Visualization**

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

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

The asteroid Vesta is able to help individuals with transformation in spiritual consciousness. They become more aware of higher origins, sometimes connected to Christ energy or to the energy of the female aspect of Christ. There can be benefit in utilizing Vesta elixir at the same time as this stone. This meteorite strengthens one's deeper attunement to the energies associated with the ancient civilizations that gave rise to angels and related matters, similar to other meteorites. This meteorite is associated with a large structure that existed on the continent of the planet Jmojer. The structure was largely based upon animal lifeforms that produced coral-like formations. This allowed a deeper connection between such formations and the sea. Any of the corals will have their effects accentuated by this stone. People can use this stone to attune to the watery element. It is a unique stone in this regard: a blending between water and fire, without the usual production under such circumstances of steam. This is because in the time of explosion and breaking apart of the

Jmojer world there was the production of great heat that was instantly able to capture certain characteristics of these people and their world. There is a deeper understanding of the willingness to incarnate, resulting in an easing of certain emotional aspects of coming into form in a physical body. Individuals with chronic illness held in their bodies for most of their lifetimes will benefit by this stone.

Mimetite - **Group Enhancement**

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

Mixite - **Greater Possibilities**

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

Moldavite - **Telepathy/Clairvoyance**

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

Moonstone – Feminine Balance

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

Morganite – Emotional Balance

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

Mother of Pearl (Oyster Shell) – Creativity

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

Muscovite - Cultural Diplomacy

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

Natrolite – Personality Development

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

Nephrite – Personal Expression

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

Neptunite – Kundalini

Neptunite activates the kundalini and stimulates the intuitive faculties.

Northuptite - Memory Suppression

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

Obsidian – Digestive Tension

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

Okenite - Change

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

Onyx – Stress Relief

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

Opal (Blue) - Future Possibilities

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

Opal (Cherry) – Joy and Intuition

With cherry opal, depression, anxiety, and lethargy are eased, while a sense of joy and intuition develop. It can bond the emotional and crown chakras, activating higher inspiration from the level of the hara. Many times it is the emotions that lead people to mystical experiences.

Opal (Dark) – **Higher Expression**

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

Opal (Fire) – **Clairaudience**

Opal (Jelly) – **Stabilizes Mood**

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

Opal(Light) – **Mystical Experiences**

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

Orthoclase - **5th Dimension**

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

Osarizawaite - **Group Interaction**

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

individuals for a day or two. The stone can help individuals attune to the needs of a larger group when they are seeking to fit in or work with that group in a conscious fashion.

Papagoite - **Animal Communion**

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

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

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

Pearl, Black – **Emotional Balance**

Similar to dark pearl.

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

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

Pearl (Light) – **Emotional Balance**

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

Pentlandite - **Astral Booster**

Pentlandite does seem to strengthen the astral body and release false hopes, and allow an individual a better attunement or connection to life. Pentlandite does appear to enhance ones ability to absorb iron and use it properly because it is more naturally occurring in the stone; as opposed to anything artificial or that which has been purified. Pentlandite is able to create in the elixir form a natural ability for people to understand their own energetic processes, better balancing everyday energy, better

able to extend their sense of themselves for sports that involve significant level of endurance, such as marathon running. It also has the capacity to improve the digestive system. Pentlandite does seem to provide for the individual a deeper sense of the physical body and the awareness of how to more appropriately use it.

Percylite - Conception

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

Peridot – Creative Visualization

Peridot aligns the subtle bodies. Information from the higher self is more easily received and all vibrational remedies work more effectively combined with this elixir. Increased clarity, patience, and a positive emotional outlook result from the use of this stone. Use Peridot for healing meditations and creative visualization work.

Petrified Wood – Past life Therapy

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

Phenakite – Group Dynamics

Use this elixir for integration and negotiation in group dynamics.

Philipsburgite - Superconductivity

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

Phosphophyllite - Healing Patterns

It accelerates nearly all modalities of healing by providing some shifts within the consciousness of the individual. The capacity to break down old patterns, to gradually find a pattern that fits

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

Pistacite - Flexible Change

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

Plancheite - Raises Vibration

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

Porphyry - Petrochemical Miasm

Use this elixir to relieve the petrochemical miasm.

Portlandite – **Etheric Body**

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

Pottsite - **Self-Analysis**

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

Powellite - **Problem Solving**

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

Prehenite - **Clarity of Purpose**

With this elixir there is a strengthened ability to perceive things at a distance. This can bring one an ability to see things in a whole different way. Prehenite increases the ability to shift certain

principles of love that move from the personality-centered to more community-oriented or global-centered love. IT will assist in creative visualization. It also can help in the clarity of vision that is helpful in agriculture. This elixir is to be used by the farmer and also sprayed upon the crops.

Purpurite - **Spiritual Power**

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

Pyragyrite - **Bridging Differences**

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

Pyrite – **False Hopes**

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

Pyrolusite - **Kundalini**

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

Pyromorphite - **Anchoring**

This stone can create a deeper kinship with mountains, with the whole business of mining and working with the Earth in a direct fashion. The energy of this elixir beckons as if saying, "Listen to the Earth, feel me, know me." There is an inherent connection to the planet Saturn. These Saturnian influences, those that would say, "You must struggle and work hard in order to achieve," are eased. Pyromorphite was once used in shamanic journeys into animal forms, to assist one in coming back to their physical body.

Pyrophyllite - **Insight and Inspiration**

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

Pyroxmangite - **Emotional Perspective**

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

Quartz, Allophane - **Enhancing Joy**

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

Quartz (Blue) – **Self-Expression**

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

Quartz (Cairgorm) – **Clairvoyance**

This elixir stimulates psychic sight and eradicates base thoughts.

Quartz (Citrine) – **Clear Thinking**

This elixir notably removes toxemia from the body with a stimulating effect on general healing on the physical body. Self-destructive tendencies, particularly of a suicidal nature, are alleviated through its use. There can be a rekindling of inner confidence and a reduction of toxic thought forms after utilizing Citrine Quartz.

Quartz (Dendritic) – **Stimulates Healers**

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

Quartz, Fossilized Fungi - **Earth Connection**

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

Quartz, Green (From Serifas, Greece) - **Transformation**

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

may emerge, and the understanding of various aspects of transformation will be strengthened for most individuals.

Quartz (Lepidocrocite-Goethite) – **Unreasonable Fear**

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

Quartz (Lepidocrocite-Hematite) – **Eases Anxiety**

Taking this helps to alleviate anxiety.

Quartz, Lithium - **Deep Calm**

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

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

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

when the restructuring is based upon new ideas, new ways of seeing as opposed to physical trauma.

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

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

Quartz, Petrified Wood - **Synchronicity**

This blending brings a deeper awareness of the ancient times for many people, awakening an understanding of the evolution of the Earth herself and how this relates to people. Quartz provides a deeper sense of patience, while Petrified Wood expands an awareness of the past lives. Use of this unusual combination of Quartz and Petrified Wood allows and encourages people to open to a deeper perspective, and to therefore act more appropriately to balance energy in a way that is ultimately more beneficial. Capacities that allow much greater patience can be strengthened, bringing a sense of being in the right place at the right time, as well as communion with guides and helpers from the past, including past selves. These energies are generally helpful for people who are seeking to incorporate or integrate various aspects of their own consciousness. In additions, this elixir encourages evolution of the way in which the energy contributions of devas, plants, animals, and other people combine together to bring a more positive helpful energy to planet Earth.

Quartz (Rose) – **Opens Heart**

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

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

A more amplified version of rose Quartz.

Quartz (Rutilated) – **Spiritual Inspiration**

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

Quartz (Smoky) – **Kundalini Energy**

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

Quartz (Solution) - **Flexibility**

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

Quartz, Tourmaline (Quartz with black tourmaline inclusions) - **Spiritual Unfoldment**

See Tourmaline, Quartz.

Quartz, Turquoise - **Deep Understanding**

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

a self-healing attribute activates with greater strength and energy.

Quartz (White-Colorless) – **Emotional Calm**

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

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

A more amplified version of white quartz.

Quartzite – **Higher Ideals**

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

Ramsdellite - **Prophecy**

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

Realgar - **Gender Balance**

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

etc. Most of these, as most people now begin to realize, are simply the facades for an inner energy where there is not an easy blending or loving between the inner opposite genders within people. In Lemuria the stone has been utilized in rituals for a deliberate separation, creating an understanding of the splitting apart process into the genders; and so also then it can be used now in rituals for bringing genders together.

Reticulite(lava, Christmas 1987 eruption on the Big Island, Hawaii) - **Shifting Beliefs**

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

Rhodizite - **Spiritual Insight**

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

Rhodochrosite – **Self-Identity**

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

Rhodonite – **Mantric Practices**

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

Rhyolite (Wonderstone) – **Self Expression**

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

Rosasite - **Conscious Choice**

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

Rubellite – **Will Power**

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

Ruby – **Spiritual Balance**

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

Ruby, Star - **Spiritual Balance**

A more amplified version of ruby.

Rutile – **Childhood Issues**

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

Sand – **Cardiovascular Health**

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

Sandstone - **Flexibility**

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

Sapphire - **Clarity and Inspiration**

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

Sapphire, Blue

Sapphire, Green

Sapphire, Orange

Sapphire, Pink

Sapphire, Purple

Sapphire, Yellow

Sarabauite - **Sexual Healing**

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

Sard - **Courage**

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

Sardonyx – **Alleviates Grief**

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

Scapolite (Purple) - **Enhanced Visions**

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

Scarab - **Regeneration**

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

Scheelite - **Past Life Memory**

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

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

This stone does seem to promote a sense of well-being or deeper calm in many individuals. It does appear to relieve stress, particularly that which is due to a misunderstanding of time: time pressure, opportunity to do a certain amount of work in a certain amount of time, that sort of thing. At the higher level however, as time pressure is relieved, most individuals will recognize alternatives—delegation perhaps, or sharing energies in other ways. Yes, this is a stone that could help you in your own understanding of delegation and need to do this appropriately and lovingly. In addition however Schlossmacherite does appear to help individuals have a sense of peace and calm, even amidst chaos and difficulty, as if to be able to more easily find a relaxed place, even though others around them may be feeling tense. It does this by allowing the individual to establish a deeper contact with Mother Earth, awakening root chakra energy, but at the

same time allowing energy from ones own higher connectivity, sense of soul group, connection to guides and other energies to flow through. As this flow-through takes place, the individual will be shown ways in which those energies are not those about doingness but about beingness. As the elixir is utilized and the individual tunes into this energy, they will see a certain humor in it, a playfulness, an inner love may emerge; these are all positive qualities telling them their heart chakra is opening, because it is an opening to the guides and helpers, the group activity in its larger intent, and other positive energies.

Scholzite - **Peaceful Change**

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

Scolecite - **Sushumna**

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

(tubelike in nature) that connects the astral body to the physical body.

Scorodite - **Enhanced Mental Function**

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

Selenite - **Conscious Dreaming**

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

Sepiolite (Meerschaum) - **Amplifier**

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

Serandite - **Earth Connection**

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

Seraphinite - **Spiritual Communication**

This elixir can bring an increased understanding of oneself, one's internal communication and spiritual nature. An enhanced ability to shift awareness from one's past, present, future and parallel realities is created. A greater awareness of moving beyond any limits of linear space/time perceptions is also one of its attributes.

This creates an awareness of wholeness, of all is possible, of joy. It combines beautifully with Betelgeuse and Bellatrix elixirs.

Serpentine - **Altruism**

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

Shattuckite (Planchete) – **Thought Amplifier**

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

Siderite - **Shadow Self**

This is an important doorway stone to understand humanity—to see the highest potential for humanity, coordinated with an ability to allow love. This sometimes is unable to come forth because the darkness and its higher purpose are simply not understood. Those who will usually be able to resonate with the stone most easily are those who, in their own way, have some acceptance of the dark side of themselves. Most individuals who use Siderite elixir will find over time that their ability to accept and work with the dark side of themselves is significantly benefited. The emotional body is cleansed gradually as a result. The energies are released to the mental body, giving a person greater perspective and understanding. Often a deeper awareness of, and ability to work with, the law of opposite expression is made available for individuals. This naturally leads to deeper understanding of the law of love. It is possible in utilizing the elixir of this stone for individuals to release a number of negative functions within their own bodies. These functions can inhibit proper digestion or inhibit the ability to manifest healing light, or be blocks of any kind at an emotional or even spiritual level. The stone has the ability to help people accept each other, to see the dark side in someone else, and to see that it is but a reflection or a mirror of some aspect of one's own consciousness. In this way one can more easily and lovingly accept another person, seeing that their ability to manifest light is also dependent on the ability to accept their darkness. A deeper conception of oneness emerges at an emotional level, and it is in this way a Buddhist stone.

Smithsonite – **Personal Relations**

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

Soapstone – **Immune Stimulant**

Use soapstone to strengthen the heart and thymus.

Sodalite – **Spiritual Growth**

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

Spangolite - **Vision**

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

Sphalerite - **Sexual Union**

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

Sphene – **Subtle Bodies**

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

Spinel – **Aids Detoxification**

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

Spurrite - **Psychic Fatigue**

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

Star Sapphire – **Balances Chakras**

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

Staurolite – **Earth Attunement**

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

Stellerite - **Stellar Miasm**

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

Stibnite - **Higher Love**

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

Strombolite - **Spiritual Practicality**

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

Strontianite - **Mental Function**

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

Sugilite – **Crown Chakra**

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

Sunstone - **Inner Strength**

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

increase communion and understanding with the energies of the sun.

Szenicsite - **Spiritual Guides**

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

Talc – **Spiritual Practices**

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

Tanzanite, Blue - **Artistic Expression**

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

Tanzanite, Green - **Artistic Expression**

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

Tarnowitzite - **Creativity**

This elixir augments an ability to combine the rays in people. It can help to bring a sense of potential into form. It can be used regularly for the creative process. It may offer entirely new

realms of possibilities into areas that never before seemed available. Improvisational music is significantly enhanced by its use.

Tektite - No info, should be similar to meteorite

Tennantite - **Proper Timing**

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

Tetrahedrite - **Psychic Opening**

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

Thomsonite - **Telepathic Transmission**

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

Thulite - No Info

Tiger's Eye – **Higher Purpose**

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

Topaz, Golden – **Spiritual Rebirth**

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

Topaz, Blue - **Spiritual Rebirth**

Same as above with an emphasis on the throat chakra.

Torbernite - **Joyous Purpose**

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

Tourmaline

All forms of this multi-hued stone stimulate the bio-magnetic, electrical, and crystalline properties in the body. The electrical effect stimulates communication between the subtle bodies. The psycho-spiritual properties are activated when the appropriate tourmaline is used. Each type of tourmaline will strengthen the meridians, nadis, and subtle bodies. When one or more of the tourmalines are taken, they must be used with watermelon tourmaline to enhance their effects.

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

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

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

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

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

This stone can create an inter-penetration and a combining of the heart and throat energies. When energies that are not fully joined then become joined, much more energy can be liberated. The result here is an improvement in the ability to accept one's own psychic abilities, to understand and work with them in a regular and easy fashion, and to share them with other people. Psychic abilities related to healing often must combine both heart and expressive energies to be fully effective. This Blue-Green

Tourmaline can assist in bringing a sense of empathy to the individual. With sympathy they are in direct alignment with the other person's problem, but with empathy they are in alignment with the source level from which the person has allowed an imbalance that then manifests as an actual problem. This stone is used by a number of extraterrestrials for communication, and may be one of the stones utilized as a bridge of communion in the future.

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

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

Tourmaline, Chrome - **Heart Opening**

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

Tourmaline, Green – **Paternal Issues**

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

Tourmaline, Quartz – **Spiritual Unfoldment**

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

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

This remedy can help manifest greater wisdom and creativity. It can activate all of the qualities stored within the 2nd chakra.

There will be greater balance of a too passive or too aggressive nature.

Tourmaline, Watermelon – **Heart Alignment**

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

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

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

Tremolite - **Emotional Awakening**

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

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

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

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

Tuffa - Concentrated Energy

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

Tunnelite - Interconnectivity

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

Turquoise – Master Healer

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

Tyrolite - Heart Shift

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

Ulexite - Chakra Imbalance

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

Ussingite - Soul Connection

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

Vanadinite - Transparent Shield

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

Variscite – Past Life Recall

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

Vauxite - **Etheric Cleansing**

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

Vesuvianite - **Manifestation**

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

Veszelyite - **Growth**

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

Villaumite - **Intuitive Smell**

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

Vivianite - **Collective Attunement**

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

Wavelite - **Counseling**

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

Wiggleite - **Flexibility**

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

Willemite - **Common Bond**

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

Woodwardite - **Enjoyment**

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

Wulfenite - **Emotional Therapy**

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

Wurtzite - **Telepathy**

This elixir has the ability to create links across space relating to Earth's sacred geometries, particularly those across Earth's diameter. It is especially helpful for those engaged in telepathy,

correspondence or attunement to those on the direct opposite part of the planet. It tends to create a radiating energy in people that can broadcast thoughts and improve telepathy when one is the sender.

Xonotlite - Unconditional Love

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

Yttrotungstite - Energetic Storage

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

Zincite - Grounding

There can be a rebalancing of 1st, 2nd and 3rd chakras with this elixir. It can balance those energies between the pineal gland and the thyroid/adrenal complex. It brings a deeper acceptance and love for aspects of humanity's lower chakras. This is relating

to one's sexual nature as well as physical exercise or relating to the Earth. It combines nicely with Neon and Hematite elixirs to shift spaciness and makes it easier to ground oneself.

Zircon (Hyacinth) – Biological Personality

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

Zoisite – Creativity/Sexuality

The sexual chakra is stimulated through the use of this elixir. This can bring increased creativity and the easing of some issues relating to fertility. This is to be used for anyone working on issues concerning creativity or sexuality.

Zunyite - Group Interaction

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

Element Elixirs

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

Antimony – Emotional Shift

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

Argon – Transition

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

Bismuth - Rhythm and Coordination

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

Carbon Dioxide -- Breathing Freely

This substance is a powerful bridge between the human and plant families. Anyone involved in agriculture will do well with this

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

Chromium - Law of Reflection

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

Copper – Self-Confidence

This elixir can help one to develop self-awareness, emotional calm and psycho-spiritual self-confidence. Use it with female concerns and for protection against environmental pollutants.

The subtle bodies and five lower chakras are balanced with Copper while astrological attunement increases.

Gallium – Skeletal Strength

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

Gold – Greater Love/Regeneration

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

Helium – Interconnectivity

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

Hydrogen – Oneness

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

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

Iridium - Consciousness Shift

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

Krypton – Psychic Gifts

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

Lead - Overcoming Obstacles

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

Magnesium – Etheric Body

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

Manganese - Lucidity

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

Mercury Ore - Mental Acuity

This elixir has a higher affinity for quickness of thought, ability to quickly open the heart, and to allow individuals to change their mind. The mercurial temperament can be eased. Those who can therefore open more easily to this can more easily balance their ability to shift point of view too rapidly for others. Thus individuals become at once more dependable and at the same time more able to understand multiple points of view. In addition, the higher uses of this elixir would involve the many methods currently being studied to remove toxic mercury from people's bodies. It can be quite helpful in drawing out what might be seen as the

higher emotional and mental levels of mercury contamination. These are very difficult at times to remove with simple homeopathic methods. The gem elixir at stock bottle potency can be quite helpful in this regard. However there is a higher level to this, and it has to do with the opening to the God Mercury, to the winged being of light and understanding, for those who wish to improve communication, mental function, to achieve much deeper attunement between the higher soul energies of people.

Molybdenum - Flexible Strength

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

Neon – Grounding

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

Nitrogen -- Nature Awareness

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

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

Ozone -- **Greater Love**

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

Oxygen -- **Releasing Duality**

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

Palladium - **Soul Energies**

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

often relate to your soul group (the beings you are united with vibrationally).

Platinum – **Antidepressant**

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

Silver – **Eases Tension/Stress**

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

Sulfur – **Spiritualizes Intellect**

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

Tellurium - **Objectivity**

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

Tin - **Non-Reactivity**

This elixir can create a state of perfect reflectivity and inertness to outside events. One can enter into more non-reactive, compassionate states, and not feel the need to interact in ways that can create harm or struggle. The elixir can help an individual form their words more carefully, by creating a better understanding of their thought patterns and their ability to share their best in the world. The elixir's ability to provide an individual with a greater sense of self and non-reactivity to outside events is the property transferred from the signature of tin. The subtle bodies naturally reflect back harmful energies, so that they are

received back by the person who generated them. Tin elixir can make it easier to do this consciously. When there is more consciousness involved in the process, sometimes you can provide more compassion, love, understanding, and awareness to the person projecting these energies. Certain martial arts skills are clearly based on this ability to reflect such energies, such as aikido and certain ancient forms of chi gung and shaolin. The ability to understand and work with these martial arts in a more conscious fashion will also be promoted by the use of this elixir.

Titanium - Truth and Harmony

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

Xenon – Regeneration

Neutralizes and transforms etheric solar energies that can be hazardous to human life. Can promote life extension. Most important of the inert gases. Stimulates the crown chakra. A deeper connection to one's soul and a higher self connection to many aspects of one's life may be noted. A greater awareness of the collective consciousness at a soul consciousness level. Helps develop a deeper attunement to spiritual principles and modulating and working appropriately with psychic gifts.

Zinc - Vibrational Shift

Zinc elixir has a unique property of allowing better balance between what is taken in and what is released. Zinc supplements can allow this better balance at a physical level. The elixir will work at a psychological level to allow greater awareness of how one chooses to make these balances work. Zinc also assists the teaching and learning process for both the student and the teacher. At a higher spiritual level, Zinc promotes faster internal transformation. The person is able to access higher and higher degrees of spiritual vibration, and in their own way move to those levels and remain there. The ability to shift inter-dimensionally is also affected. This is called de-materialization. The material is still present, it is simply not present in the same form. It is

transformed to this higher vibrational rate, and interacts with the environment, particularly light, in a new way. To some extent, Zinc elixir can promote invisibility in individuals and at the same time balance it. Invisibility is generally not observed on a physical level except in spiritual adepts, but is felt psychologically by many individuals. One would appear to blend into the environment and be unseen by those you wish to communicate with. Or the opposite—one may be too visible, always attracting attention, struggle, and difficulty without even wanting to. Zinc elixir may be able to balance this by enabling a deeper sense of self. Ultimately there is an ability to merge well with their surroundings, interacting in ways in which people are able to recognize individuals for their true strengths.

Fred Rubinfeld, President of Pegasus Products, Inc.
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