

Flower Essence And Gem Stone Report for

Carol Ann LibraMoon

July 9, 1962

6:37:15 PM

Sellersville, PA

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

Sun	17	Can	13	Pluto	8	Vir	10
Moon	16	Lib	45	N. Node	9	Leo	09
Mercury	27	Gem	53	Asc.	20	Sag	55
Venus	26	Leo	33	MC	12	Lib	23
Mars	0	Gem	33	2nd cusp	26	Cap	48
Jupiter	12	Pis	36	3rd cusp	7	Pis	08
Saturn	9	Aqu	37	5th cusp	9	Tau	30
Uranus	28	Leo	14	6th cusp	1	Gem	14
Neptune	10	Sco	46				

Tropical Placidus Daylight Savings Time observed

GMT: 22:37:15 Time Zone: 5 hours West

Lat. and Long. of birth: 40 N 21 14 75 W 18 19

Aspects and orbs:

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

Note: Most trine and sextile aspects are not interpreted because they do not present strong challenges and problems with one's well-being.

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

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

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

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

As you read over your report you may see a number of areas that you would like to work with. There is a lot of information here and the possibilities can be very exciting! However, it is usually best to attend to one issue or cluster of related issues (a theme) at one time. Choose whichever one is most meaningful or troublesome to you at present. Keep in mind that you will NOT manifest all of the potential imbalances mentioned. Some issues may have already been resolved, and some will simply not be relevant. In deciding which issue to focus on, follow your intuition. Remember, too, that gentle, persistent effort is usually necessary in re-patterning and creating any real change. Best Wishes to You!

## **Sun and Ascendant: General Characteristics**

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

### *Sun in Cancer:*

Key issues: Self expression through what is familiar; nurturing soulful connections to others and to the past.

Key qualities: protective, nurturing, sympathetic, emotionally attached, retentive, devoted.

When you are at your best, you radiate sympathetic understanding and mother-like caring and concern. Taking care of others, especially "your own" (family, neighborhood, etc.) is central to your very identity. You are apt to be tenaciously loyal and somewhat irrational in your attachments. That is, it is not easy for you to be detached and objective. Like the adoring mother who can't see or admit her son's delinquent behavior, or the patriot who stoutly defends his country's treachery simply because "it is my country". Emotional affiliation is what matters most to you. You value belonging, family solidarity, home, and continuity with the past. Cherishing what is familiar, it may be very difficult for you to leave home either literally or figuratively. You are also very tied to the women in your life.

You are a feeling, sensitive person, easily hurt. Often you cover your tenderness with a self-protective shell to hide your sensitivity, moodiness, and emotional vulnerability. And you often hold on to feelings, hurt feelings or grudges as well as kindly ones, for a very long time. Learning to flow with your fluctuating emotions is important for you, also.

### Patterns of Imbalance:

For worry, over-concern, and over-involvement in others lives: the flower essences RED CHESTNUT and CHICORY.

For longing for and clinging to the past, inability to live in the present or create a positive future: the flower essence HONEYSUCKLE.

For moodiness, emotional irritability and extremes: the flower essence CHAMOMILE.

For willingness to confront life and its possibilities, and coming out of one's shell: the flower essence MEXICAN SHELL FLOWER.

To balance and express mothering or nurturing qualities in a positive way, and to encourage self-nurturing: the flower essences MARIPOSA LILY, POMEGRANATE, and MILKY NIPPLE CACTUS.

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

MOONSTONES, PEARL, and CLEAR QUARTZ.

### *Sun Square Moon:*

Your conscious intentions and desires are frequently at odds with your subconscious beliefs or inclinations, which can lead to chronic tension. If you try to ignore or override your emotional self (the things you really need and long for), you will repeatedly subconsciously sabotage yourself. You are a complex person! You need to allow yourself to express the contradictory sides of yourself, and not expect consistency of yourself at all times. The flower essences DEER BRUSH and OCOTILLO can help you integrate mixed or conflicting motives. (Read the moon chapter to clarify your inner or subconscious motives.)

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

*Ascendant in Sagittarius:*

You have a "happy" demeanor and appear congenitally and perpetually upbeat and buoyant, with a certain physical frisky exuberance that belies any suffering you may have. Your energy level, though high, is not especially consistent or sustained. It comes in bursts of enthusiasm.

You enjoy sports, games, gambling or taking chances, and fun physical activities like dancing, horse back riding, skiing, or skating, all of which you do with a free-flowing, willowy grace that makes it look effortless. Your secret is that you do it for fun or for joy and do not take it terribly seriously. Nevertheless, you are prone to your share of sports injuries, and indoors you can be downright clumsy. You are prone to be large and/or need quite a lot of physical space around you in order to be comfortable. Small, cozy spaces feel cramped and even life-depleting to you. Your ideal environment is large, spacious, with high ceilings and windows, and a lot of light.

You thrive when you have a distant goal to aspire toward, a cause to serve, something larger than yourself to live for. You may be most prone to physical ailments when your faith in some cherished ideal is shaken or shattered, when you feel trapped in a situation that carries little higher purpose or meaning, or when there is a little inspiration, freedom, or adventure in your life.

Flower and garden essences that can be of benefit to you include: SWEET PEA (for always seeking, wandering, unable to settle or make a commitment), COW PARSNIP (for the grass is greener elsewhere syndrome), and CORN (for a balanced, integrated relationship between heaven and earth, vision and reality).

**Moon and Venus: Emotions and Feelings**

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

*Moon in Libra:*

Key issues: need for partnership, companionship, cooperation, and "togetherness". Need for harmony in surroundings to feel secure within.

Key qualities: fair, agreeable, willing to compromise, tactful, diplomatic, gracious, smooth.

You are predisposed to use persuasion, gentleness, charm, or an indirect approach to get your needs taken care of and you may be taken aback or offended by too much directness, selfishness, blunt "honesty", or forthrightness in others. You are instinctively a peace-maker, a harmonizer, the one who meets the other person

halfway. Because you always see both sides of an issue, and because you subconsciously want everyone to be pleased, you can have real difficulty making definite decisions. You are not a loner; you need people. You work well in partnership or collaboration with others, and may feel lost if you are not part of an "us".

Being socially accepted is deeply important to you; having friends, having the approval of other people, fitting in, belonging.

You need to be in aesthetically pleasing and beautiful surroundings, also. Ugliness, dissonance, or turbulence is something you do your best to avoid. Emotionally and interpersonally, too, you are inclined to try to avoid or downplay the unpleasant, gritty side of life. You are an idealist, and may be more in love with idea of love or friendship, the fine art of relating, rather than with real, human beings, You may even believe yourself incapable of any less than lovely emotional reactions or impulses, anything not NICE.

At your finest, you are truly considerate and thoughtful, hospitable, gracious, with an artistic sensibility. For you, all of life should be art, done beautifully.

Patterns of Imbalances:

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

For being too easily influenced by others, lack of assertiveness and courage to follow one's own path: the flower essences WALNUT, MOUNTAIN PRIDE, and GOLDENROD.

For inability to say "no", over-concerned with pleasing: the flower essences CENTAURY and BRIGHT STAR.

For getting in touch with deeper feelings which may have been pushed down because they were not "NICE": the flower essences BLACK-EYED SUSAN and SCARLET MONKEY FLOWER.

Essentials oils (used as a perfume, in massage oil, or in an aromatherapy mister or diffuser) which may be beneficial for you include: PATCHOULI, ROSE GERANIUM, and MELISSA.

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

WATERMELON TOURMALINE, which balances the inner male-female polarity and helps ease any congestion in the emotions.

ROSE QUARTZ, KUNZITE, RHODOCHROSITE. MORGANITE, or RUBELLITE TOURMALINE, all pink stones which open the heart and ease any upset in the solar plexus chakra.

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

*Venus in Leo:*

Proud, warmhearted, and perhaps somewhat showy or vain, you get pleasure from displaying your affections in grand gestures of generosity or dramatic demonstrations of love. You give and receive graciously and proudly. Your tastes tend to be extravagant. You like things that are dazzling, gorgeous, vibrant, colorful, "the most" (stunning wedding dress, magnificent feast, beautiful Christmas tree), and you love celebrations.

You are also instinctively loyal, and require respect and admiration for love to flourish (i.e.. if you lose respect for someone, your love is diminished tremendously). When expressing the negative side of this pattern, you may dominate loved ones or insist on being the center of their emotional lives, or unwilling to share the glory. You can create harmony within yourself through using your creative talents and love of performing or making beauty.

*Venus Conjunct Uranus:*

You may well harbor a definite ambivalence about intimate attachments, and especially about the dependence that can arise or the limitations on your freedom. This inner tension may manifest as "commitment phobia", or somehow not finding "the right one", or repeatedly choosing cold or unreliable lovers or friends. To navigate successfully these often uncertain waters, you will have to acknowledge and honor both your need for sharing love and for separateness and independence. Otherwise you may hurt your loved ones and damage the trust between you when you abruptly turn cool, cut them off, or leave (emotionally or physically).

If this pattern has prevented you from sustaining long term relationships or from getting as close as you would like, perhaps you would benefit from dialoging with both aspects (the part of you that longs for lasting love, and the part that prefers unattached freedom). Try to see or imagine a life for yourself in which both can be expressed. For instance, being in a committed relationship with a very liberal, open-minded partner who can happily satisfy your need for space and also your craving for "weird" or unconventional loving.

**Mercury: Thinking and Ideas**

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

*Mercury in Gemini:*

Lively, alert, quick-witted, and endlessly curious, your mind is apt to be "on" all of the time. You are fluent and clever with words and with ideas, and are apt to have an excess of nervous energy. Consider taking the flower essence WHITE CHESTNUT to calm the mind and quiet mental chatter.

**Mars: Ambition and Drive**

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

*Mars in Gemini:*

Your physical vitality and drives fluctuate considerably. You tend to work in short bursts of energy and enthusiasm, then slack off, and to run on nervous energy. You are mobile, versatile, spontaneous, capable of responding quickly as needs arise, but may also scatter your forces or dissipate them by talking too much. You are easily diverted, and need to develop continuity and to build stamina. The flower essence INDIAN PINK (which promotes staying centered and focused while under stress, and the ability to coordinate and manage diverse activities) may be quite helpful.

*Mars Square Uranus:*

Impatient, impulsive, original, and irrepressibly independent, you assert yourself in ways that may seem audacious to other people. You have a self-willed, rebellious streak that resists authority, conventions, rules. Somewhat of a daredevil, you have strong need for action, excitement, physical thrills, change, experimentation, stimulation, or high energy situations. If it has not been tried before, you will want to do it (NOW!). You are an innovator. Though essentially strong and energetic, you run the risk of burning out your creative, sexual, or vital energies through extremes, lack of moderation, or misuse.

When out of balance and not constructively oriented, you are prone to accidents caused by recklessness, speed, or taking dangerous risks, unpredictable temper tantrums, or even violent episodes.

In addition to having healthy physical outlets to release your energies from time to time (anything from vigorous dancing to athletics), there are a number of flower essences which can help you: ALOE VERA (for the type of burn out described above), IMPATIENS (for irritation, intolerance, impatience), TIGER LILY (for unbalanced, overly aggressive "yang" energy), SHOOTING STAR (for feeling that you are ahead of your time), WILD OAT (for restless dissatisfaction; trying many activities but chronically restless and unable to commit to any of them), CHERRY PLUM (for feeling out of control and afraid you will do something destructive). MULLEIN (if what you are seeking to do is unconventional and not socially validated) and CLIFF ROSE (for the follow through required to actually manifest your intent.). Also useful for you is DOGWOOD, for more grace, tact, and ease in relating to others.

Gemstones that calm, ground, and harmonize your energies include: BLUE LACE AGATE (which calms impulsiveness, encourages tact and discernment), GREEN or BLUE CALCITE (which relax, calm and soothe the solar plexus and nerves), CHRYSOPRASE (which relieves apprehension as you move into the unknown, and encourages emotional peace and stability), and GALENA (a lead mineral that is very grounding). These can be used when you are out of balance. LARIMAR is a very excellent influence also, helping to build confidence when you are involved in unique or innovative projects.

**Jupiter and Saturn: Opportunities and Challenges**

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

*Jupiter in Pisces:*

You seek to expand your sense of connection to the Universe by your kindness, compassion, and willingness to emotionally enter into another's world. You are essentially a spiritual person whether or not you choose to give yourself that label, or follow any formal religion. Your openness, nonjudgmental attitudes, and generosity of spirit keep you open to the Tao, or flow of life.

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

*Saturn in Aquarius:*

Though you long to feel a part of a larger social matrix, you are apt to struggle with a sense of social isolation and estrangement, or disillusionment with society. You may struggle to conform and fit in, or become a

loner, quite apart from societal life and norms. You tend to be a sharp social critic, seeing mostly the dark side of the world, politics, etc., and you are apt to have a rather ferocious social conscience as well. Guilt over all of the ways you are not doing enough for the world may plague you. You tend to vacillate between being an idealist and a cynic. Healing this pattern could come by committing yourself to building community, becoming responsible to a group of some kind, and being willing to be a part of things despite the inadequacies, imperfections, and limitations of the system.

Flower essences that address some of these issues include: MALLOW (for the tendency to create defensive barriers, social insecurity), and QUAKING GRASS (for increasing positive feelings about the world and your place in it).

#### *Saturn Square Neptune:*

Blending the spiritual and the mundane is your challenge, building a strong spiritual foundation for your life, giving tangible form to your ideals, taking care of your inner life and soul needs as well as your worldly responsibilities.

You may feel a deep split between spirituality and materialism, and are rather susceptible to philosophies that preach renunciation, asceticism, self-sacrifice, being in the world but not of it. Until this split is healed, you may hold your self back from complete participation in life, or carry nebulous fears, depression, insecurities, and subconscious guilt, which can hinder you considerably. Beliefs that the flesh or incarnated life somehow degrades or is in opposition to the spirit can contribute to poor physical vitality. You may have a weak or poorly functioning root chakra, manifesting as a weak will to live in physical reality, and low energy.

On the other hand, you may avoid anything to do with the supernatural or other worldly, fearing perhaps that you would be completely overwhelmed. If so, you are apt to be plagued by unfulfilled longings, "cosmic homesickness" for you know not what.

Most important is for you to develop a life-affirming spiritual optimism. Working with affirmations to replace engrained negative beliefs would also be helpful. To support this process, you might wish to try the following flower essences: LADY'S SLIPPER (to integrate a sense of spiritual purpose in your daily work; bringing spiritual power into the root chakra). MUGWORT (to harmonize psychic forces and bring them into balance with daily life). NASTURTIUM (to energize the root chakra, increasing earthiness and vitality). SCOTCH BROOM (to increase positive and optimistic feelings about the world and your place in it). FAWN LILY (for a tendency to withdraw, isolate, and protect oneself from the world).

#### *Saturn Quincunx Pluto:*

Periods of profound loneliness and isolation, complete renunciation of all outer dependencies or support, and entering into the darkest places in your soul, all are a necessary part of your life path. You may be forced by some devastating loss, a death, or severe hardship to develop your core strength, and yet you may carry the effects of those experiences as unhealed wounds.

Some of these deep psychic wounds may be of ancestral origin, related to confrontations with power and authority, abuse, oppression, cruelty, perhaps even torture. (Consciously, you may be fascinated by such historical events as the Inquisition, witch burnings, the Nazi holocaust, the massacre of native American people and culture at the hands of Europeans, etc.) A great deal of your psychic energy may well be bound up in your (mostly unconscious) negative feelings and impulses related to these abuses, deep fears, bitter resentment, a desire to retaliate, or other destructive urges.

If you are able to heal these patterns within yourself you can develop extraordinary power to heal or to



create.

Energy work on the root and solar plexus chakras can be very helpful, as are the following essences: STAR OF BETHLEHEM, COMFREY, SELF-HEAL, WHITE FIREWEED, FRINGED VIOLET, and WINTERGREEN. All of these help heal past trauma and soul damage. Also useful would be HOLLY (for hate, self-hate, spite, and other toxic emotions) and WILLOW (for bitterness and resentment). Wearing or taking an elixir of BLACK TOURMALINE also helps surface and cleanse residual dark energy.

The following books also have such of value related to the "dark side" of the soul and power: "A Little Book on the Human Shadow" by Robert Bly, "Truth or Dare" by Starhawk, and "Fear No Evil: The Pathwork Method of Transforming the Lower Self" by Eva Pierrakos and Donovan Thesenga.

## **APPENDIX I**

### **FLOWER ESSENCES, COLOR THERAPY, AND AROMATHERAPY**

#### **FLOWER ESSENCES:**

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

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

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

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

To further activate the remedy's effect, you may wish to use a simple affirmation that corresponds with your intent and the nature of the remedy. For instance, if you are taking a remedy to increase your receptivity to love, you can say "I now let love and appreciation into my life", each time you take the remedy. Keep the words simple, positive, and framed in the present tense. Or, you may wish to put a self-adhesive label on your bottle, with a list of the essences it contains and a short phrase such as "receptivity to love" or "opening the heart" which

you will see each time you take the remedy.

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

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

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

## **COLOR THERAPY:**

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

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

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

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

If you cannot "see" the color with your mind's eye, just imagine that it is there. An inability to visualize a

certain color often indicates a particular need for that very color.

To derive healing benefits from visualization and color breathing, it is not necessary to spend a great deal of time. Five to ten minutes once or twice a day is quite adequate. And, once again you decide when you have "had enough" of a given color or exercise. A change in your feelings about a given color (less attraction to or "craving" for it, or less repulsion toward it, for instance) can be a clue.

**AROMATHERAPY:**

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

**APPENDIX II**  
**HOW TO ORDER FLOWER ESSENCES AND GEM ELIXIRS**

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

Flower Essence Services P.O. Box 1769 Nevada City, CA 95959	Desert Alchemy Box 44189 Tucson, AZ 85733
Alaskan Flower Essence Project P.O. Box 1369 Homer, AK 99603	Pegasus Products Box 228 Boulder, CO 80306
Master's Flower Essences 14618 Tyler Foote Road Nevada City, CA 95959	Perelandra P.O. Box 3603 Warrenton, VA 22186
Australian Bush Flower Essences Box 531 Spit Junction, NSW AUSTRALIA 2088	Ellon USA 644 Merrick Road Lynbrook, NY 11563

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

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

- Aloe Vera: Flower Essence Serv, Desert Alchemy, Pegasus Prod
- Black Eyed Susan: Flower Essence Serv, Pegasus Prod
- Bright Star: Desert Alchemy
- Centaury: Flower Essence Serv, Pegasus Prod, Ellon USA
- Chamomile: Flower Essence Serv, Pegasus Prod

Cherry Plum: Flower Essence Serv, Pegasus Prod, Ellon USA  
Chicory: Flower Essence Serv, Pegasus Prod, Ellon USA  
Cliff Rose: Desert Alchemy  
Comfrey: Flower Essence Serv, Pegasus Products, Perelandra  
Corn: Flower Ess Ser, Pegasus Pr, Master's Flow Ess, Perelandra  
Cow Parsnip: Alaskan Flower Essence Project  
Deer Brush: Flower Essence Service, Desert Alchemy  
Dogwood: Flower Essence Service, Desert Alchemy, Pegasus Prod  
Fawn Lily: Flower Essence Services  
Fringed Violet: Australian Bush Flower Essences  
Garlic: Flower Essences Services  
Goldenrod: Flower Essence Services, Pegasus Products  
Holly: Flower Essence Service, Pegasus Products, Ellon USA  
Honeysuckle: Flower Essence Service, Pegasus Prod, Ellon USA  
Impatiens: Flower Essence Service, Pegasus Prod, Ellon USA  
Indian Pink: Flower Essence Service, Pegasus Products  
Lady's Slipper: Alaskan Flower Essence Project  
Mallow: Flower Essence Services, Pegasus Products  
Mariposa Lilly: Flower Essence Services, Desert Alchemy  
Mexican Shell Flower: Desert Alchemy  
Milky Nipple Cactus: Desert Alchemy  
Mountain Pride: Flower Essence Service, Pegasus Products  
Mugwort: Flower Essence Service, Pegasus Products  
Mullein: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Nasturtium: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Ocotillo: Desert Alchemy  
Pomegranate: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Quaking Grass: Flower Essence Service, Pegasus Products  
Red Chestnut: Flower Essence Service, Pegasus Prod, Ellon USA  
Scarlet Monkey flower: Flower Essence Service  
Scotch Broom: Flower Essence Service, Pegasus Products  
Self-Heal: Flower Essence Service, Pegasus Products  
Shooting Star: Flower Ess Serv, Alaskan Flow Ess Pr, Pegasus Pr  
Star of Bethlehem: Flow Ess Ser, Desert Al., Pegasus, Ellon USA  
Sweet Pea: Flower Essence Service  
Tiger Lily: Flower Essence Service, Pegasus Products  
Walnut: Flower Essence Service, Pegasus Products, Ellon USA  
White Chestnut: Flower Essence Serv, Pegasus Prod, Ellon USA  
White Fireweed: Flower Essence Service  
Wild Oat: Flower Essence Service, Desert Alchemy, Ellon USA  
Willow: Flower Essence Service, Pegasus Products, Ellon USA  
Wintergreen: Pegasus Products