

Flower Essence And Gem Stone Report for

Oprah Winfrey

29 January 1954

4:30

Kosciusko, Mississippi

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	9 Aqu 00	Pluto	24 Leo 09
Moon	4 Sag 32	N. Node	23 Cap 56
Mercury	19 Aqu 09	Asc.	29 Sag 41
Venus	8 Aqu 51	MC	17 Lib 25
Mars	23 Sco 35	2nd cusp	5 Aqu 04
Jupiter	16 Gem 39	3rd cusp	13 Pis 19
Saturn	9 Sco 03	5th cusp	14 Tau 52
Uranus	20 Can 19	6th cusp	7 Gem 52
Neptune	26 Lib 04		

Tropical Placidus Standard time observed
GMT: 10:30:00 Time Zone: 6 hours West
Lat. and Long. of birth: 33 N 03 27 89 W 35 15

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.

Zavod Pot do zdravja
www.astro-reports.com
info@potdozdravja.si

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 Aquarius:

Key issues: Community, humanitarian concerns and social welfare, fulfilling your role in the larger scheme of things, change and breaking precedents.

Key qualities: airy, impersonal idealism; innovative or eccentric; electric; urge to experiment.

You have an innate understanding of interdependence, of how each part effects and contributes to the whole system, and at your finest you are interested in the good of all, not only your own personal progress or well being. You cannot feel fulfilled as an individual if you are not meaningfully contributing to some group (or cause), something larger than yourself. You find yourself replenished and energized by working with others for some common purpose. However you are often more devoted to an abstract concept or ideal than to individuals, and you use your intellect to guide your actions. You may ignore or be aloof from your heart, human feelings, emotional needs and attachments, and other people's as well. You may thus be more suited to brotherhood, sisterhood, comradeship, or friendship than to intimate love.

In some significant way, you break from tradition or conventional norms. You can feel like an outsider, the black sheep, the oddball, or way ahead of your time. Part of your purpose has to do with introducing or supporting innovative change in the world. There is also a touch of the extremist in you, at least a stubborn adherence to doing things in your own peculiar or idiosyncratic way.

Patterns of Imbalance:

For feeling different and socially alienated because of it, rather than cherishing your uniqueness: the flower essences COLUMBINE, MULLEIN, and SHOOTING STAR.

For feeling pressured or overly influenced by peers or social expectations, uncertainty of who you are outside of the group: the flower essence GOLDENROD.

For conflict with figures of authority, and feeling a sense of separation; alienation from the past, ancient spiritual traditions, or elders: the flower essence SAGUARO.

For feeling ungrounded, cut off from the instinctive self or body: the flower essences MANZANITA and CORN.

For more warmth, heart, empathy, and feeling, the flower essences: ALPINE AZALEA, PEONY, MALLOW, and YELLOW STAR TULIP.

For being overly opinionated, willful, intolerant, fanatic, and judgmental: the flower essences VERVAIN and BEECH.

Gemstones which may benefit you to wear, carry, or take as an elixir are:

CLEAR QUARTZ and RUTILATED QUARTZ CRYSTALS, which amplifies your positive intentions and aligns you with higher sources of inspiration.

LARIMAR, for freeing yourself to pursue new, innovative, or unconventional ways of thinking and doing things, especially as these may be related to service or your contribution to life.

BLUE TOPAZ and YELLOW TOPAZ, both of which harmonize and strengthen your creative mental abilities and expansive, clear thought.

Sun Conunct Venus:

There is a graciousness, sweetness, or charm about the way you do things and express yourself that is quite winning. You are generally well-liked and, if not classically beautiful, quite attractive nevertheless. However, unless other factors in your birth chart indicate personal drive and initiative, you may rely too much on your good looks or personal appeal to get through life, and/or you may be too willing to please for the sake of harmony, even when that is not truly in your best interests. Also, superficial beauty and physical appearances may matter excessively to you. Flower essences that may be beneficial in balancing these tendencies include PRETTY FACE (for vanity or over-identification with your physical appearance), and GOLDENROD (for being true to yourself despite social pressures).

Sun Square Saturn:

You are like the diamond, whose strength and brilliance are the result of being formed under intense pressure: difficulties, deprivation, or a lack of external support compel you to develop your strengths and discover your true nature. You may well have developed self-reliance and the capacity to be responsible for yourself early on, perhaps due to separation or estrangement from your father. Life may thus seem like serious business to you, always an issue of practical survival, with no room for frivolity or joy. Or, your core self (the person you know yourself to be at heart), may have been ignored, rejected, criticized, disparaged, disapproved of. Who you were was not right, or was not good enough. Blockages and wounds to the solar plexus and/or heart centers may have resulted. Symptoms of energy blockages in the solar plexus include low self-esteem, fear of expressing oneself or doubting the value of what you have to offer. The flower essences which work to heal this include: BUTTERCUP (for valuing yourself, appreciating your worth), SELF-HEAL (for restoring confidence and self-healing powers), SUNFLOWER (for low self esteem and conflicts related to how you were fathered) and SAGUARO (for trusting your inner wisdom and authority).

The color bright GOLDEN YELLOW is healing for the solar plexus, as is the elixir of GOLD. Energy work on the solar plexus and heart (such as polarity, Reiki, therapeutic touch, or related therapies) can be very helpful, used alone in conjunction with flower or gem essences.

Suppressed energy around the heart center inhibits one's ability to open to love or to feel loved. Flower remedies intended to heal and expand the heart include ALPINE AZALEA (for opening to the spirit of love and loving oneself), PEONY (for dissolving creative blocks and opening the heart), and ZINNIA (for opening to fun, laughter, joy, child-like playfulness and lightness of heart). One habit that may prevent you from loving and accepting yourself is comparing yourself to a rigid, unattainable, standard of perfectionism. The flower essence PINE is very helpful in softening that attitude. Other flower remedies that may be appropriate for you include: OAK (for feeling that life is a constant struggle) and ORANGE BLOSSOM (to increase hope, joy, and enthusiasm).

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 Sagittarius:

Key issues: the need to grow and expand; wanderlust, searching for a "home for the soul".

Key qualities: ever-seeking, restless, adventuresome, emotionally independent, broad sympathies.

Emotionally, you thrive on inspiration, enthusiasm, open-ended adventure and happily dedicating yourself to the pursuit of high ideals or, at least, the good life. You cherish your personal freedom and are loathe to surrender it. You may avoid fully committing yourself to an intimate relationship for fear it will become too limiting, predictable, and uninspiring. Also, due to your idealism, mere mortals may not satisfy you! You do not like to close off any options, any of life's possibilities. You also have a longing for faraway places and a taste for exotic flavors, culture, and customs; you may dream of making your home in a distant land, or of being a gypsy, free to pick up and move when the spirit calls. Even if you settle down in one place, it must be spacious, open to air and light, and give one the impression of grandeur. You enjoy magnificent vistas (even if it's just a travel poster on the wall.)

Your emotional predisposition is generally cheerful, buoyant, and happily expectant, unless you are feeling caged in some way. You may be rather insensitive or unable to empathize with others when their moods are somber, or if they are hurting over something that you believe they should be above. This tendency to try to rise above one's emotions, to elevate the feelings, has benefits but you are also prone to pollyannaism, and your high-mindedness regarding how one "should" feel can make you preachy when you need to be compassionate and deeply understanding. At your best, though, you do lift people up with your warmth, spontaneity, and light touch.

Patterns of Imbalances:

When you are out of balance, you become lazy, disinclined to serious effort or follow through. Or, you become overextended, spread too thin, unable to meet your commitments because you have promised too much. Though overoptimism is not considered much of a fault, you can lack realism. The following flower essences and gemstones can be beneficial:

For seeking outside oneself for a "high", and for escapist tendencies: the flower essence CALIFORNIA POPPY.

To stay centered and focused even amidst external activity and stress: the flower essences INDIAN PINK and BUFFALO GOURD.

For not feeling at home on earth, or spirituality that lacks humanity, warmth, and earthiness: the flower essence SHOOTING STAR.

For the "grass is greener elsewhere" syndrome, dreaminess, inability to put down roots: the flower essences SWEET PEA and CLEMATIS.

For inability to translate visions and hopes into concrete action: the flower essence BLACKBERRY. With this you might want to add the flower essence MADIA, to develop concentration, discipline, and focus. WILD OAT can help you decide about life directions.

Gemstones compatible with you include most purple, lavender, or violet colored stones:

SUGILITE, for experiencing beneficent spiritual forces in your life, is a good one.

FIRE OPALS, and FIRE AGATES will increase your inspirational and intuitive gifts.

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 Aquarius:

You have progressive or unconventional ideas about relationship, and may experiment with unusual arrangements with an aim to satisfying emotional needs that perhaps can not be met in more traditional forms of relating. Ideals of true friendship, community, equality, and respect for each individual's freedom color your approach to love, and in truth friendship may well be more instinctive and natural to you than passionate attachment to one other person. In fact you can be peculiarly detached at times. You do not like to admit to any sort of possessiveness or jealousy, and do not like to be possessed.

Your tastes are unusual, with an appreciation for asymmetry, novelty, and deviations from classical forms. You can promote harmony within yourself by cultivating a loving community of friends.

Venus Square Saturn:

In many ways, love, intimacy, and relationship are not easy for you, and you may struggle with loneliness, shyness, social isolation, feeling unlovable, unattractive, or unwanted. Or you may have suffered such losses or pain in love that you fear trusting and opening your heart. If so, your coolness and apparent indifference may well reinforce your aloneness. Insecurities about your ability to keep the affection and loyalty of a lover may compel you to put excessive value on commitment and guarantees in the relationship, perhaps maintaining an essentially joyless or even abusive situation for the sake of "security". However, periods of solitude, and even of deprivation and loneliness, may serve to teach you about your own heart, your deepest values, and how to love and care for yourself, which can lay the foundation for honest, deep, and nourishing relations with others. Thus your mature years are apt to be more gratifying than your youth.

Flower essences that can support the opening and healing of your heart, or resolving thorny issues in relationship, include: CROWN OF THORNS (to help let you go of the belief that love and suffering must go together), BLEEDING HEART (for releasing past heartache), HOLLY (a "master essence" for healing the distortions caused by a lack of love: envy, jealousy, hatred or self-hatred), STICKY MONKEY FLOWER and POISON OAK (for fear of intimacy, unwillingness to be vulnerable), MALLOW (to relax barriers to closeness and trust), PEONY and ALPINE AZALEA (for opening the heart and the spirit of love), COLUMBINE (for self-appreciation and self-love, healing feelings of being alienated and unwanted.).

The gemstones which can be worn or taken as an elixir (combined with any of the above flower essences, or taken alone) include: ROSE QUARTZ, PINK TOURMALINE, and RHODOCHROSITE.

Energy work on the heart and sacral centers can be very helpful, also.

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 Aquarius:

Intellectually you are idealistic, progressive, and innovative. You are interested in technological advances and in new ideas or inventions in any field that contribute to the betterment of the world. You may hold what some would see as far-fetched or extreme view points too. You tend to think if it is new, it must be better.

Mercury Quincunx Uranus:

Your mind and nervous system is extremely alert, sensitive, responsive, and quick. You have an independent mind, question the status quo or conventional methods, need to discover and invent different ways of doing things, are curious and experimental, readily grasp new concepts, and are often inspired with unusual ideas. In communicating with others, you may arouse controversy, not only because of your

offbeat or extremist view points, but also because you tend to interrupt, contradict, or speak abruptly. You get impatient and bored with slower minds.

When out of balance you become "wired", nervous, jittery, restless, unable to complete ideas or projects, get distracted and go off on tangents, find it difficult to relax or sleep, have headaches that come on suddenly and generally feel erratic, or insecure and scattered. At such times, grounding yourself is essential: decrease exposure or input from all electrical sources (computer, television, radio, etc.), develop a regular routine, do some steady earth-bound hobby like baking or working with clay, garden, work in the yard, spend time in nature. Take time to prepare regular, wholesome meals that include whole grains, and avoid caffeine or other stimulants. Warm baths with essential oils of LAVENDER, CHAMOMILE, or ROSEMARY are excellent.

Flower essences that can be helpful: JOJOBA and CORN (for grounding and alignment with the earth), and FAIRY DUSTER (for nervous excitability and over-reactivity to stimuli).

Gemstones which balance and/or bring out the best of your creative, inspirational, or inventive capabilities include: CITRINE, AMBER, and RUTILATED QUARTZ.

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 Scorpio:

You have a powerful and indomitable will, and when you desire something you are capable of extraordinary dedication, concentration, and self-control in its pursuit. You possess great reserves of physical strength and sexual energy, and generally have excellent recuperative abilities.

You can also be compulsive, driven, unable to relax, and a truly ferocious enemy (vindictive, vengeful). Though slow to anger, you are also slow to let go of it; stewing in resentment or withheld hostility can erode your strength and health. The flower essence HOLLY is helpful for working with such issues.

You are also sexually passionate and intense, and require a vigorous and fulfilling sexual life in order to enjoy a high level of well-being.

Mars Square Pluto:

You are capable of extraordinary, almost super human, effort and when you want something you will not be denied. Your will-force is very powerful and when out of balance, extreme or obsessive. Excess ambition, (perhaps using force or coercion to achieve your aims) may drive you to do things which will create powerful enemies in your life and ultimately bring you down. You need to work hard and play hard, harder than most people, but learn to do so without being willfully destructive to others or to yourself.

Blockages or damage in the root, sacral, and solar plexus chakras (due to painful early experiences in which you were harshly dominated or abused by a more powerful individual) may need to be healed. Symptoms of that include feeling extreme anger or rage for slight provocation, an inability to openly

express anger until it reaches volcanic levels, fear of others' anger, fear or hatred of people in authority, an uncontrollable need to control others, and/or sadistic tendencies. Deep wells of (mostly unconscious) resentment towards the opposite sex may also complicate your sexual relationships until these patterns have been cleared. You may channel all of this energy into doing, achieving, or getting ahead, until a breakdown occurs, physically or in your personal life.

In addition to body-centered psychotherapies, deep tissue massage or rolfing, and energy work to clear the effects of trauma from your energy bodies, these flower and gem essences can accelerate and support your healing process: FUCHSIA and SCARLET MONKEY FLOWER (which surface and help release suppressed anger), HOLLY (for releasing toxic emotions such as spite, envy, the desire for revenge, jealous suspicions), FIREWEED (for releasing and healing old angers), TIGER LILY (balances overly aggressive, competitive, excessively "yang" energy).

TIGER'S EYE, either worn or taken in elixir form, helps align your personal will and emotions a higher purpose, and facilitates proper use of power.

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 Gemini:

You grow and expand your understanding of life through constant self-education, exposure to a wide range of people. Helping others by networking or becoming a source for the information you have gathered gives satisfaction. You have a well developed capacity for sharing knowledge and communicating.

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 Scorpio:

Trying to control your instincts, passions, and/or the flow of deep emotions is a thorny issue for you. Particularly in the realm of sexual relationship, mistrust and fear of exposing yourself or letting go can inhibit real intimacy and joy. You may develop blockages or congestion in the sacral center (sexual area) which could lead to both emotional and physical problems. Withholding "negative" emotions such as resentment, envy, jealousy, the desire to retaliate, etc. can harden these feelings and make them into something of a monster for you. Flower essences that can help if you are working with any of these issues include: MONKSHOOD (for difficulties in opening to others; reaching into the depths of oneself), BLACK-EYED SUSAN (for deep acceptance of all aspects of the self, including the painful parts), SCARLET MONKEY FLOWER (for emotional honesty, acceptance of deep feelings, integration of emotional "shadow"), HIBISCUS (for repression of female sexuality), and POISON OAK (for fear of intimate contact, or of hostility from others).

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	Desert Alchemy
P.O. Box 1769	Box 44189
Nevada City, CA 95959	Tucson, AZ 85733

Alaskan Flower Essence Project	Pegasus Products
P.O. Box 1369	Box 228
Homer, AK 99603	Boulder, CO 80306

Master's Flower Essences	Perelandra
14618 Tyler Foote Road	P.O. Box 3603
Nevada City, CA 95959	Warrenton, VA 22186

Australian Bush Flower Essences	Ellon USA
Box 531	644 Merrick Road
Spit Junction, NSW	Lynbrook, NY 11563
AUSTRALIA 2088	

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.

Alpine Azalea: Alaskan Flower Essence Project
Beech: Flower Essence Serv, Pegasus Prod, Ellon USA
Blackberry: Flower Ess Serv, Pegasus Prod, Master's Flower Ess
Black Eyed Susan: Flower Essence Serv, Pegasus Prod
Bleeding Heart: Flower Essence Serv, Pegasus Prod
Buffalo Gourd: Desert Alchemy
Buttercup: Flower Essence Serv, Pegasus Prod
California Poppy: Flower Essence Serv, Pegasus Prod
Chamomile: Flower Essence Serv, Pegasus Prod
Clematis: Flower Ess Serv, Desert Alchemy, Pegasus Pr, Ellon USA
Columbine: Flower Ess Serv, Alaskan Flow Ess Proj, Pegasus Pr

Corn: Flower Ess Ser, Pegasus Pr, Master's Flow Ess, Perelandra
Cow Parsnip: Alaskan Flower Essence Project
Crown of Thorns: Desert Alchemy, Pegasus Pr
Fairy Duster: Desert Alchemy
Fireweed: Alaskan Flower Essence Project, Pegasus Products
Fuchsia: Flower Essence Services, Pegasus Products
Garlic: Flower Essences Services
Goldenrod: Flower Essence Services, Pegasus Products
Hibiscus: Flower Essence Service, Pegasus Products
Holly: Flower Essence Service, Pegasus Products, Ellon USA
Indian Pink: Flower Essence Service, Pegasus Products
Jojoba: Desert Alchemy, Pegasus Products
Larch: Flower Essence Service, Pegasus Products, Ellon USA
Lavender: Flower Essence Service, Pegasus Products
Madia: Flower Essence Service, Pegasus Products
Mallow: Flower Essence Services, Pegasus Products
Manzanita: Flower Essence Services
Monkshood: Alaskan Flower Essence Project
Mullein: Flower Essence Serv, Desert Alchemy, Pegasus Prod
Oak: Flower Essence Service, Pegasus Prod, Ellon USA
Orange Blossom: Master's Flower Essences
Peony: Flower Essence Service, Pegasus Products
Pine: Flower Essence Service, Pegasus Products, Ellon USA
Poison Oak: Flower Essence Service
Pretty Face: Flower Essence Services
Rosemary: Flower Essence Service
Saguaro: Flower Essence Serv, Desert Alchemy, Pegasus Prod
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
Sticky Monkey flower: Flower Essence Service
Sunflower: Flower Ess Serv, Alaskan Flower Ess Pr, Pegasus Prod
Sweet Pea: Flower Essence Service
Tiger Lily: Flower Essence Service, Pegasus Products
Vervain: Flower Essence Service, Pegasus Products, Ellon USA
Wild Oat: Flower Essence Service, Desert Alchemy, Ellon USA
Yellow Star Tulip: Flower Essence Services
Zinnia: Flower Essence Service, Pegasus Products, Perelandra