



Flower Essence And Gem Stone Report for

**Michael Jackson**

29 August 1958

19:33

Gary, Indiana

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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	6 Vir 09	Pluto	2 Vir 10
Moon	14 Pis 54	N. Node	23 Lib 05
Mercury	25 Leo 25	Asc.	10 Pis 07
Venus	17 Leo 04	MC	19 Sag 32
Mars	22 Tau 02	2nd cusp	26 Ari 44
Jupiter	28 Lib 32	3rd cusp	27 Tau 00
Saturn	19 Sag 07	5th cusp	10 Can 18
Uranus	13 Leo 30	6th cusp	4 Leo 17
Neptune	2 Sco 35		

Tropical Placidus Daylight Savings Time observed  
GMT: 00:33:00 Time Zone: 6 hours West  
Lat. and Long. of birth: 41 N 35 36 87 W 20 47

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 Virgo:*

Key issues: refining, improving, making whole and perfect; humble service.

Key qualities: precise, meticulous, exacting, analytical, efficient.

For you life is made up of the small things, well done. And with your finely-honed sensitivity and exquisite awareness of detail, you can be a superb craftsman, blending the gifts of the technical expert with the artisan's eye. You find fulfillment in the healing or helping professions, the arts, or in giving humble service in whatever place you find yourself in. You are apt to downplay your own importance or significance, to be modest to the extreme, more concerned with doing the job than getting the credit. You enjoy nurturing others by serving them something nutritious or doing a helpful service for them.

When out of balance you may suffer from the princess-and-the-pea syndrome i.e. you perceive (and are annoyed by) things in your environment that others either don't see or consider very minor. And you cannot rest until the "wrong" is made right! Perfectionism and an overbearing inner critic can make your life, and those around you, miserable.

When ill, you respond very well to natural, herbal, and dietary therapies. In fact, because of your sensitivity, all of the remedies and subtle techniques mentioned herein are particularly effective for you. However, you do have an analytical and often skeptical mind; you do not believe without proof. You also need to be consistent and persistent with any therapy or remedy you decide upon, as you are apt to waiver and become discouraged rather easily. "Temporarily suspending disbelief" and staying with it are crucial to success.

Even when you are not ill, you may require a specialized diet. Respect your body's sensitivities.

Patterns of Imbalance:

For critical and judgmental attitudes, intolerance, and firm, narrowly defined principles: the flower essences BEECH and MILKMAIDS.

For intense perfectionism manifesting as feelings of impurity, self-disgust, over-concern about cleanliness: the flower essence CRABAPPLE.

For Lack of self-confidence, automatically feeling inferior, false or excessive modesty: the flower essences LARCH, MIMULUS, BUTTERCUP.

For extreme perfectionism that lead to guilt, self-reproach, and self-blame: the flower essence PINE.

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

NEPHRITE OR JADEITE JADE, these work on the solar plexus and heart chakras, bringing in a sense of peace, balance, and simplicity.

GREEN JASPER, for connecting to the earthy, feminine nature, including earthly sensuality and healthy sexuality.

#### *Sun Conjunct Pluto:*

The correct use of personal will, charisma, and power is a major life lesson for you: you must learn to be a positive force. As you learn to claim your power, you may encounter powerful authority figures who abuse power, undermine your confidence, bully or tyrannize you, and it is up to you to choose how to respond: to be a victim, to become an oppressor yourself, or to use your own power to do yourself and others good. Quite possibly, it was your relationship with your father (or other significant males in your early life) which was undermining or toxic. Problems with men or authority in general, and a destructive, subversive desire to undermine those in power could result. An obsessive desire to be somebody, to be recognized, or to exert influence may drive you sometimes to do things that compromise your integrity or values.

The following essences would be helpful to you in this regard: SUNFLOWER (balances the ego and conflicts related to the father), and SAGUARO (for letting go of false self-identifications and illusory aspects of the self). For the excessive, egoistic ambition the flower essence TRILLIUM can be helpful and for leadership distorted by self-aggrandizement, LARKSPUR.

Spiritual wounds and blockages in the solar plexus due to subtle or overt abuse at the hands of a powerful person or persons in your life may need be cleared out. Books related to this, which may be appropriate for you, include *Healing The Shame That Binds You* and others by John Bradshaw, *Legacy of The Heart* by Wayne Muller, and *Guilt is The Teacher, Love is The Lesson* by Joon Borysenko. The color bright GOLDEN YELLOW and the gem elixir GOLD strengthens the solar plexus. Energy work (such as Reiki, polarity, etc.) on the solar plexus can also be very healing. Flower essences that specifically clear out withheld pain and toxic emotions or situations include: HOLLY, MOUNTAIN WORMWOOD and WILLOW (for releasing resentment, grudges, hate for others or for oneself). FIREWEED, BISBEE BEEHIVE CACTUS, and STAR OF BETHLEHEM clear out old traumas held energetically in the physical and subtle bodies.

Gemstones that would also be appropriate to wear or take as an elixir include: BLACK TOURMALINE and MALACHITE.

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 Pisces:*

Physically, you are nonaggressive, gentle, perhaps somewhat passive. Unless other factors in your chart indicate otherwise, you may lack drive, vigor, or stamina, and you need to build up your body and physical vitality. Too much sedentary or vicarious living, lack of discrimination or discipline regarding health habits and what you take in, or simply indifference to the physical side of things are tendencies to beware of. Bioenergetic exercises

would be good for you.

You have rather loose, porous energetic boundaries and merge easily into communion with your environment, absorbing everything that goes on around you. You are empathetic, open, impressionable, physically and emotionally sensitive, perhaps hypersensitive. Choosing or creating a positive, harmonious, and supportive atmosphere goes a long way in creating health for yourself. When out of balance you take on the negativity of those around you, become overly passive or dependant, or feel like a victim. Flower and garden essences that can help you with some of these imbalances: YARROW (to strengthen the aura and energetic boundaries; psychic protection, depletion due to absorbing negative energy from surroundings). MOUNTAIN PENNYROYAL (also for clearing psychic contamination), SELF-HEAL (to increase motivation for well-being; easing over-dependence on outside help) INDIAN PAINTBRUSH (to increase physical vitality and creative forces). CLEMATIS (for dreaminess, being "spacey", ineffectual on a material level), and CENTAURY (being too easily influenced, neglecting your own needs).

You are rejuvenated, physically and spiritually, by water. Bath therapies, rituals that involve cleansing by water, and visiting or living near the ocean.

*Asc. Opposition Sun:*

You feel that your body, your appearances, or the way you come across actually masks your true self. You may also have an inaccurate sense of your own importance, either over or underestimating your worth. Consider taking the flower essences SUNFLOWER or BUTTERCUP.

### **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 Pisces:*

Key issues: Needs a feeling of unity with others and the world. Emotionally experiencing the spiritual or transpersonal realms.

Key qualities: gentle, imaginative, compassionate; easily moved, swayed, or influenced by others' need.

You are highly empathetic and sensitive to the atmosphere around you. You merge with others' psychic and emotional energies quite easily and are able to sense and feel their inner state, regardless of what they show or try to present. This may cause you some confusion until you learn to trust your instincts and sensitivities, to discern what is coming from you and what, indeed, is being generated by someone else. You also need to beware of taking on other people's troubles. For instance, if you are with a friend who has a headache, often you will find you get one too. Also, because you feel others' pain you want to remedy it, and you may

try to do for them what only they can do for themselves. Rescuing (or wanting to be rescued) is part of your emotional make up and you need to discover when that is wise and when it is not.

You are extremely suggestible and malleable. More forceful individuals or energies can overwhelm you, and you may have learned to cope with this by spending a lot of time alone, away from external input. Dreamy and imaginative, you need periodic escapes, time for reverie, music, listening to your inner voice.

You are predisposed to being passive and receptive, to go with the flow, to avoid direct confrontation and conflict, to let life take its course rather than energetically taking life by the horns or forcing things.

Patterns of Imbalance:

Flower essences that may be helpful to you include:

For clear psychic boundaries and psychic protection; extreme vulnerability to others and the environment: the flower essences YARROW and MOUNTAIN PENNYROYAL. The gem essences of HEMATITE and COVELLITE help to give strength, clarity and definition to the aura and build stronger, clearer energetic boundaries, also.

For an overly active or overly expanded psychic state, leading to hyper emotionality, or a sense of psychic vulnerability: the flower essences MUGWORT and SAINT JOHN'S WORT.

For shyness related to over-sensitivity: the flower essences VIOLET and MIMULUS.

For unbalanced sympathy, a tendency to get emotionally and physically enmeshed, inappropriate merging with others: the flower essences PINK YARROW and BLEEDING HEART.

For avoidance of present life and practical concerns, being too much in another world: the flower essence CLEMATIS.

For a tendency to evade responsibility, indulge in self-pity, or feel like a helpless "victim" the flower essences: DESERT MARIGOLD, FAIRY LANTERN, and SELF-HEAL.

Your responsiveness to external stimuli can be used to your benefit when you are feeling out of balance. Music has a profound influence on you, and generally you do know what effects particular pieces have on you. Some compositions that may increase your sense of well being include those of the sounds an unborn child hears in the mother's womb, ocean sounds, or the sounds of birds in the wild.

Aromatherapy oils which can be used as perfume, in bathes, or in a diffuser or mister include: For upliftment, increased energy and enthusiasm: PATCHOULI, JASMINE, ROSEMARY, JUNIPER. For hypersensitivity: CHAMOMILE, JASMINE, and MELISSA.

*Moon Quincunx Venus:*

You are temperamentally predisposed to want a soft life, one that is filled with love and affection, beauty, pleasure, and comfort. You hunger for domestic and familial sweetness,



happiness, and closeness. You may, in fact, be addicted to "sweets" from desserts to amours. Wanting to be pampered and babied, wanting one-sided support, or for the good things to be provided for you with no serious, sustained effort on your part may be your weakness. On the other hand, you may indulge others, be too lax and forgiving, adapt yourself too readily to others' wants and needs, be an overprotective parent to those you care for, be more concerned with others' happiness than your own, or sacrifice important personal values to avoid creating discomfort for others particularly family members. Flower essences that can ease some of these patterns include POMEGRANATE and MARIPOSA LILY (for the capacity to give and receive nurturing in a balanced way), and MILKY NIPPLE CACTUS and MILKWEED (for transforming dependencies into self nurturing autonomy).

#### *Moon Quincunx Uranus:*

Your urge for liberation from all past influences, conditioning, and emotional encumbrances is pronounced. This may compel you to periodically make radical breaks from anything that ties you to the past and the person you "used to be", such as changing your name, having very little or sporadic contact with your family, or embracing highly unconventional and "far out" customs or lifestyles. You may feel constantly in flux, constantly in transition, ready to give birth to something new. To feel most content (not a word one could readily ascribe to you!), you need to be able to respond to your spontaneous inner impulses and inspiration. You need a lot of stimulation and novelty. However, you also need to incorporate some steady rhythms and structure in your inner life, emotional life, and domestic affairs. Constant changes and emotional extremes can overstrain your nervous system, leading to states of anxiety and fear. Simple routines that include some earth-bound, mundane activities which bring you into the present moment are helpful, as are regular meals, sleep schedule, etc.

When you are walking or you are going about your daily tasks, pay attention to your feet and your connection to the earth. Walk bare foot when you can. For grounding yourself, you may wish to try this visualization: Sit with your spine erect and your feet flat on the floor. Close your eyes. Take three slow, deep breaths, exhaling through your mouth. Then, imagine roots growing out of the soles of your feet. Imagine them reaching deep, down into the center of the earth. Imagine then that you are drawing a golden energy up through your roots and filling your entire body. Feel the earth's healing, strengthening, nourishing energies for as long as you would like. Do this until you feel complete.

Some flower essences that may be appropriate for you from time to time include:

SHOOTING STAR, for not feeling at home on earth, nor a part of the human family.

COW PARSNIP, for contentment with present circumstances, "blooming where you are planted", and peace of mind during change or transitions.

CORN, for grounded peacefulness, and ALMOND, for calmness of mind and nerves.

You may also need to resolve some tension between closeness, attachment, and intimacy versus emotional yearnings for freedom, excitement, and openness to change. To facilitate resolving those issues, these essences can help: STICKY MONKEY FLOWER (for fear of intimacy and pain over early separations) and BASIL (for integrating spirituality with sexuality).



You respond well to "vibrational" therapies such as those recommended here, but you are often not consistent, persistent, and patient enough to allow them to work as effectively as they could if you stayed on a program. Try to stay with an approach long enough to see if it is useful to you.

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 Leo:*

Your mind makes intuitive leaps rather than logical associations. You love to tell

colorful stories, and to relay information in an enthusiastic, entertaining, or creative way. You may also slant facts to suit yourself. Consider taking the flower essence HEATHER if you wish to curb the tendency to talk too much about yourself.

#### *Mercury Square Mars:*

Intellectually and verbally, you are clear, incisive, and forceful. Quick at repartee and inclined to be the devil's advocate in a debate, you may have a reputation for running over people, not listening, verbally bashing your perceived adversaries. You can be dangerous behind the wheel of a car, too! While useful in some arenas, your hot headedness can create unnecessary havoc in your relations with others, on a personal level.

You are inclined to impatience, rash decisions, irritated nerves, and headaches due to stress or pushing yourself.

Flowers essences that can help bring you into balance include: IMPATIENCE (for nervous frustration, impatience, "short fuse") and CALENDULA (for argumentativeness, sharp tongue, lack of receptivity in communicating with others).

Wearing, carrying, or taken as an elixir, these gemstones are soothing and harmonizing influences: ROSE QUARTZ (bringing you more into your heart, calming the solar plexus), JADE (for peace and balance, a cooling influence), and BLUE or PURPLE FLUORITE (for mental calmness, enabling you to see from a high perspective).

Scents which calm nerves include: LAVENDER, NARCISSUS, and PATCHOULI.

### **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 Taurus:*

Your physical drives and energy level are steady, constant, and fairly strong. You are capable of great endurance, of sustaining your efforts. What you may lack in speed or agility you make up for in persistence and staying power. You have to push through your considerable bodily inertia or laziness to get going, but once you do you are a substantial force. No one can move you if you do not want to go. You have an obstinate will. When out of balance, you are prone to conditions of physical rigidity, heaviness, lethargy and congestion. The flower essences of CAYENNE can help alleviate a tendency toward stagnation or an inability to move forward toward change. Stimulating spices in your diet (such as cayenne, ginger, cinnamon, and so on) would also be helpful.

#### *Mars Quincunx Saturn:*

Whether due to your own inhibitions or to difficult circumstances and lack of external support, you may often feel that your will force is being obstructed, your personal desires and ambitions thwarted, or that you cannot act decisively on your own behalf. You may constantly

feel that you are being checked or meeting resistance, which can generate quite a bit of tension and suppressed anger or resentment. Habits such as grinding your teeth, clenching your jaws, or headaches may well be related to a repression of anger and forthright action. You may have been severely punished for expressing your will as a child, and thus believe it unsafe to risk doing so. If you suppress your life force and desires (unconsciously fearing reprisal), chronic low vitality and fatigue may result. Body centered psychotherapies or martial arts can be very beneficial. If suppression or difficulty with anger is an issue with you, the flower essences SCARLET MONKEY FLOWER and SNAPDRAGON are indicated, to enable you to accept and work with it rather than hold it in.

At your finest, you are able to endure tremendous frustration and, through patience and discipline, produce rock-solid accomplishments. Whatever you do achieve must be done one small step at a time, with painstaking and persistent effort, and you must rely primarily on yourself. These flower essences can help alleviate self-doubts and discouragement: BORAGE (to increase cheerful confidence and courage), LARCH (for expectation of failure, self-censorship, lack of self-confidence), TANSY (for decisiveness, to overcome despair or resignation), OAK (to alleviate the sense of unending struggle), and WILD ROSE or CALIFORNIA WILD ROSE (for apathy, resignation, inability to take personal initiative due to negative expectations). DANDELION (for tension held deeply within the musculature of the body) is also useful remedy for you. PENSTEMON can help overcome the feeling that life is unfair.

Difficulty with the men in your life, with your own "masculine", assertive energies, and/or with sexual expression is also possible. It is essential that you learn to direct your will-force and aggressive potential in healthy ways, in order to have better relationships with men and/or in the sexual arena.

Energy work on the sacral, solar plexus, and throat chakras can help heal these patterns. Body work such as rolling or deep tissue massage is also effective.

### **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 Libra:*

You seek to grow and expand your understanding of life through relationships to other people. You have well developed gifts of diplomacy, discretion, a sense of fairness and balance. Through cooperative efforts with other people, you feel connected to the larger order 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 Sagittarius:*

You struggle with philosophical questions, religious or spiritual beliefs, and the search for an overarching view of what life is all about. Superficial or simplistic answers may seem naive to you, and you also tend to distrust any approach to spirituality that is too "easy". You could become overly serious, heavy, ponderous, or rigid and dogmatic about your convictions. However you also run the risk of becoming cynical. Unable to see or sense any larger pattern, you may believe in nothing, and be plagued by a sense of meaninglessness or spiritual pessimism. Congestion or blockages in the brow and crown chakras are indicated. Energy work on these centers to open and clear them, and flower essences such as GENTIAN (to ease skepticism, doubt, lack of faith and discouragement) or STAR TULIP (for feeling spiritually cut-off) can be very helpful. Consciously cultivating a spirituality optimistic attitude would be beneficial also. To begin with, you may need "proof" of the reality of the inner spiritual realms. Books such as Dr. Larry Dossey's "Recovering The Soul: A scientific and Spiritual Search" and "Healing Words" might be useful.

## **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
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14618 Tyler Foote Road  
Nevada City, CA 95959

P.O. Box 3603  
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.

Almond Blossom: Master's Flower Essences  
Basil: Flower Essence Serv, Pegasus Prod  
Beech: Flower Essence Serv, Pegasus Prod, Ellon USA  
Bisbee Beehive Cactus: Desert Alchemy  
Bleeding Heart: Flower Essence Serv, Pegasus Prod  
Borage: Flower Essence Serv, Pegasus Prod  
Buttercup: Flower Essence Serv, Pegasus Prod  
Calendula: Flower Essence Serv, Pegasus Prod  
Cayenne: Flower Essence Serv, Pegasus Prod  
Centauray: Flower Essence Serv, Pegasus Prod, Ellon USA  
Chamomile: Flower Essence Serv, Pegasus Prod  
Clematis: Flower Ess Serv, Desert Alchemy, Pegasus Pr, Ellon USA  
Corn: Flower Ess Ser, Pegasus Pr, Master's Flow Ess, Perelandra  
Cow Parsnip: Alaskan Flower Essence Project  
Crabapple: Flower Ess Ser, Pegasus Pr, Ellon USA  
Dandelion: Flower Ess S, Alaskan Flow Ess, Desert Alchemy, Pegasus  
Desert Marigold: Desert Alchemy  
Fairy Lantern: Flower Essence Service  
Fireweed: Alaskan Flower Essence Project, Pegasus Products  
Garlic: Flower Essences Services  
Gentian: Flower Essence Service, Pegasus Products, Ellon USA  
Heather: Flower Essence Service, Pegasus Products, Ellon USA  
Holly: Flower Essence Service, Pegasus Products, Ellon USA  
Impatiens: Flower Essence Service, Pegasus Prod, Ellon USA  
Indian Paintbrush: Flower Ess Serv, Desert Alchemy, Pegasus Prod  
Larch: Flower Essence Service, Pegasus Products, Ellon USA  
Larkspur: Flower Essence Service, Pegasus Products  
Lavender: Flower Essence Service, Pegasus Products  
Mariposa Lilly: Flower Essence Services, Desert Alchemy  
Milky Nipple Cactus: Desert Alchemy  
Milk maids: Pegasus Products  
Milk Weed: Flower Essence Service  
Mimulus: Flower Essence Service, Pegasus Products, Ellon USA  
Mountain Pennyroyal: Flower Essence Service  
Mountain Wormwood: Alaskan Flower Essence Project



Mugwort: Flower Essence Service, Pegasus Products  
Oak: Flower Essence Service, Pegasus Prod, Ellon USA  
Penstemon: Flower Essence Service, Pegasus Products  
Pine: Flower Essence Service, Pegasus Products, Ellon USA  
Pink Yarrow: Flower Essence Service  
Poison Oak: Flower Essence Service  
Pomegranate: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Rosemary: Flower Essence Service  
Saguaro: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Saint John's Wort: Flower Ess Ser, Desert Alchemy, Pegasus Prod  
Scarlet Monkey flower: Flower Essence Service  
Scleranthus: Flower Essence Service, Ellon USA  
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  
Snapdragon: Flower Essence Service  
Star of Bethlehem: Flow Ess Ser, Desert Al., Pegasus, Ellon USA  
Star Tulip: Flower Essence Service  
Sticky Monkey flower: Flower Essence Service  
Sunflower: Flower Ess Serv, Alaskan Flower Ess Pr, Pegasus Prod  
Tansy: Flower Essence Service, Pegasus Products  
Trillium: Flower Essence Service, Desert Alchemy  
Violet: Flower Essence Service  
White Fireweed: Flower Essence Service  
Wild Rose: Flower Essence Service, Pegasus Products, Ellon USA  
Willow: Flower Essence Service, Pegasus Products, Ellon USA  
Yarrow: Flower Ess Ser, Alaskan Flow Ess Pr, Desert Al., Pegasus