

## Flower Essence And Gem Stone Report

for

**Hannah Dakota Fanning**

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10:00 AM

Conyers, Georgia



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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	4 Pis 46	Pluto	28 Sco 04
Moon	2 Leo 25	N. Node	27 Sco 53
Mercury	27 Aqu 51	Asc.	5 Tau 42
Venus	13 Pis 49	MC	22 Cap 27
Mars	20 Aqu 42	2nd cusp	6 Gem 11
Jupiter	14 Sco 37	3rd cusp	29 Gem 52
Saturn	3 Pis 05	5th cusp	18 Leo 18
Uranus	24 Cap 36	6th cusp	22 Vir 15
	Neptune 22 Cap 23		

#### **Tropical Placidus Standard time observed**

GMT: 15:00:00 Time Zone: 5 hours West

Lat. and Long. of birth: 33 N 40 03 84 W 01 04

#### **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.*



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 Pisces:*



Key issues: Creatively expressing feeling, empathy, and imagination; experiencing oneness and interconnectedness without losing personal identity.

Key qualities: fluid, malleable, receptive, all-inclusive sympathy.

Your nonjudgmental, all-inclusive, sympathetic understanding of others is one of your primary gifts to the world. Your ability to listen and to uncritically accept draws others to you. You are attracted to or identified with the underdogs, the rejects or broken ones, those who are in need. Easily moved by emotion and pity, you have few rigid rules, boundaries, or absolutes. At times, and especially while young, you may have a weak or confused sense of self, as you absorb others' energies quite easily. You shift chameleon-like, according to your company and surroundings, and a place to withdraw to protect yourself from being overwhelmed by more dominating energies is necessary for you from time to time. Because of your fluid sense of self, you may enjoy trying on or shifting your persona, playing out different parts at different parts times, and not fully identifying yourself with any of them. You naturally possess a certain detachment from the small, narrow ego-self and much of the competitiveness and pettiness in the world which is based on it.

It is not so much that you lack will or ability to assert yourself as that at some level, it just is not important to you.

At core, you are a very sensitive person, and the world can seem rather abrasive to you. Escapism or addictions which enable you to avoid some of this harshness could be your weakness. But your compassionate and imaginative sensitivities are actually your true strengths.

### Patterns of Imbalance:

For passivity, inability to say no, good nature easily exploited, and a tendency to martyr oneself: the flower essences BRIGHT STAR and CENTAURY.

For over-involvement in others lives and problems, "loving too much", self-sacrificing because

of weak boundaries between self and others: the flower essences RED CHESTNUT, BLEEDING HEART, WILD GRAPE, RHUBARB, and PINK YARROW.

For extreme vulnerability to others and the environment resulting in psychic toxicity; a need for psychic protection and to repel others' negativity: the flower essences YARROW, MOUNTAIN PENNYROYAL, and WHITE VIOLET.

For addiction to or dependency upon people, substances, or activities in order to escape personal responsibility: the flower essences MILKWEED, SELF-HEAL, and CALIFORNIA POPPY.

For escaping into fantasy and inability to live fully and effectively in the present: the flower essences CLEMATIS and MANZANITA.

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

COVELLITE, which brings strength, clarity, and definition to the auric field, and HEMATITE which strengthens energetic boundaries in the emotional body, promoting emotional independence and compassionate detachment.

SUGALITE and LAVENDER-PINK KUNZITE stimulates your intuitive and inspirational energies.

CLEAR QUARTZ CRYSTAL, which is cleansing and purifying. Using clear quartz when doing any visualization or positive affirmation helps to magnify it, also.

### ***Sun Quincunx 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.)

### ***Sun Conjunct 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 Taurus:*

You have a solid physical presence and a substantial, sturdy physique. Though strong, there is a softness and roundness about you, with a tendency toward heaviness when you indulge your prodigious appetite. You are a sensualist and enjoy creature comforts, sensual pleasures, and aesthetically pleasing environment. Because you want to enjoy everything you do, you resist being rushed or pushed. You may have to overcome a great deal of inertia and resistance to really get going and once a habit has been established it is difficult for you to uproot it. Once moving in a direction, though, you have great tenacity, stamina, and staying power. You respond more to "carrots" than to "sticks".

Your overall well-being depends to a large degree on how secure you feel your world is. Tangible security in the form of reliable surroundings and a solid material base is important. You are most vulnerable to imbalances or illness when you are in a period of change which has been forced upon you (rather than self-chosen), and reestablishing some routine helps you most at such times. Learning to live with a little uncertainty is also important, however.

When out of balance, you are prone to feel heavy, congested, lazy, dull, or want to sleep a lot. Regular aerobic exercise to invigorate your body and clear your head, and using mildly stimulating spices (such as ginger, turmeric, cinnamon, curries) can offset this.

Flower essences that can also be helpful to you include: MORNING GLORY and

**PEPPERMINT.**

Nature is perhaps your greatest ally and healer, spend time with plants, trees, or flowers, grow a garden, get your toes in the mud.

***Asc. Sextile Sun:***

You like being seen, being out in front, making an impact: you could be a leader. Physically, vitality and creative forces are enhanced. Wear the metal GOLD.

***Asc. Square Moon:***

Your body is very sensitive to everything in your environment, and this affects your emotions as well. You may experience changes in mood, emotional stress, or even digestive problems based on seasonal changes or shifts in your social environment. To ease moodiness, consider taking the flower essences QUEEN OF THE NIGHT, or POMEGRANATE.

## 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 Leo:*



Key issues: Needs to feel important, to be seen as individual, to shine and express oneself creatively.

Key qualities: enthusiastic, warm, love of games, drama, and heroics.

You prefer and instinctively seek out a warm, sunny, light atmosphere. Golden yellows, saffron, and other bright, warm shades are nurturing, healing colors for you to wear or surround yourself with. Emotionally, too, you are warm and generous, and often just being in your presence has an encouraging, cheering effect that feels very supportive to other people. Unless other aspects of your birth chart strongly indicate otherwise, you are not especially introspective or interested in delving into anything that is not particularly happy. You probably get along well with children because emotionally you are a big kid yourself, both in your childlike simplicity and enjoyment of a good time, and in your need for a lot of praise, recognition, and "strokes".

You have a deeply-rooted subconscious need to feel proud of yourself which may be expressed in many ways: feeling slighted or hurt when you are not appreciated for your personal contributions, striving always to be the best and to stand out from the crowd in some manner, and/or an unwillingness to express or even acknowledge that you have any petty, less-than-magnanimous impulses or emotions.

You also have a flair for dramatics (especially playing up your feelings), and for doing things in a big way.

Patterns of Imbalance:

Often your imbalances are due to excesses on your part: overdoing, overspending, overeating, working too much, playing too much, not accepting your limitations. This may be more of a problem for those closest to you who care about you; you have a streak of stubborn pride which resists being influenced. Unless you want to change, you will not.

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

For emotional honesty, willingness to acknowledge and feel pain or other difficult feelings and emotions, not putting on a false mask of cheeriness; for denial and avoidance of the dark side of life and of oneself: the flower essences AGRIMONY and BLACK-EYED SUSAN.

For being subtly domineering or seeking attention in negative ways: the flower essence SUNFLOWER.

Gems and minerals that may be beneficial to wear, carry, or take as an elixir include:

GOLD, which strengthens self-confidence and loyalty to one's finer self.

SUNSTONE, which supports and enhances your innate sunny vitality and positivity.

RUBY, which builds confidence, courage, and opens the heart center.

MEXICAN FIRE OPAL, which stimulates the solar plexus chakra and enhances creativity and self expression.

When you are feeling mildly out of sorts, brief sunbathes or exposure to bright full spectrum light can help you, also.

### ***Moon Quincunx Saturn:***

Issues of nurturing, emotional security and belonging, roots, caring and being cared for, and the ability to spontaneously express emotion and feelings are significant for you. You are hypersensitive to rejection, neglect, or being left out, and may carry feelings of loneliness and isolation which need to be healed. On a physical level, your digestion may be inhibited. Indifference to food or an inability to absorb and assimilate nutrients, with resultant underweight, may occur. On the other hand, overeating to feed an emotional hunger or inner emptiness is also possible. Discovering what you need to feel truly nourished and giving or providing these things for yourself is very important. Establishing a home that is truly a source of comfort and support may be chief among these. On an emotional or psychological level, a predisposition to be overly serious, conscientious, responsible, or guilty, to withhold yourself from others, and/or to simply shut down emotionally, is evident. You tend to be easily discouraged.

There are a number of essences that can help repeaters these emotional habits, including: ORANGE BLOSSOM ( to increase hope, overcome melancholia), CHERRY (for cheerfulness, verve), BORAGE (to increase optimism and courage), MIMULUS (for being overly cautious, timid, or fearful), PINE (for over-conscientiousness, perfectionism, guilt), ZINNIA (for playfulness and joy).

If you tend to put up barriers between yourself and others, these essences support you opening up: MALLOW, VIOLET, WATER VIOLET, ALPINE AZALEA. To allow feelings to flow more freely: PINK MONKEY FLOWER, FUCHSIA, and GOLDEN EARDROPS.

Your relationship to your mother or woman in general may need to be healed if you received inadequate or inappropriate nurturing as a child. MARIPOSA LILY, EVENING PRIMROSE, and POMEGRANATE can be very useful there.

Aromatherapy scents which can be very useful include: GERANIUM (for discouragement or depression), ORANGE (helps alleviate fears and doubts), WINTERGREEN (helps create a positive attitude in overcoming health or other problems). These can be used in massage, as a perfume or in an aromatherapy diffuser or mister.

Energy work, (such as Reiki, polarity, or similar techniques) on the base chakra to alleviate insecurities and fears about survival, and on the sacral and solar plexus chakras to help clear congested emotional energies may prove beneficial, too.

Above all, you need to learn to care for yourself in healthy, fulfilling ways. Along these lines the following books or tapes may be useful to you: "Healing Your Aloneness" by E. Chopich and M. Paul, "Inner Bonding" by M. Paul, "The Recovery of Your Inner Child" by Lucia Capacchione, and "Warming The Stone Child" by Clarissa Pinkola Estes.

The use of PINK, PEACH, and CORAL in decorating, clothing, etc. is helpful.

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 Pisces:*



You have a great deal of mercy, kindness, and sensitivity to others, and are easily moved by pity or compassion. Drawn to those that are needy or vulnerable, you may give of yourself very generously and unconditionally, and/or indiscriminately, with little sense of boundaries or your own limits. It is hard for you to turn your back on someone in need of charity.

You seek a sort of mystical harmony through love and have quite a romantic imagination, which you may satisfy through music, involvement with the arts, or spirituality. Flower essences that may be helpful to you include: PINK YARROW (for unbalanced sympathy, an overly absorbent auric field, inappropriate merging on an emotional level) and BLEEDING HEART (for loving and relating without forming emotional co-dependencies).

## 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 Square Pluto:*

Your mind is keen and penetrating, and you are capable of considerable intellectual passion. Unsatisfied with superficial analysis or pat answers, you probe into the very core of an issue or subject. You perceive the deeper, unspoken motive, what is hidden, obscure, buried, or taboo. Often you voice what others are trying to skirt, and you are a convincing, persuasive, even charismatic speaker. Your words can be potent and healing, going directly to the heart, transforming other's entire understanding. When not positively directed, however, you may use your mental powers to overwhelm or coerce others into accepting your viewpoint, become intellectually or philosophically extreme, paranoid, intolerant and fanatical, use deadly sarcasm, connive, or secretly obsess over some convoluted scheme or negative intent.

You may have blockages in either the throat or brow chakras due to early experiences in which you were told NOT to see what you did indeed see (brow), or not to speak about your perceptions (throat). You may have decided to close down your intuitive perceptiveness, or not to trust others enough to speak openly and truthfully about your experiences and what you know. To clear and open these centers healing energy work (such as Reiki or other laying on of hands techniques) can be very useful.

If you feel creatively stifled, have difficulty speaking, or feel you must tightly control every word that escapes your lips for fear of revealing too much about yourself, and/or if you have physical problems and/or constrictions in the throat area, the following practices may be useful: 1) Do color breathing (as described in Appendix I) with the color SKY BLUE. Wear a necklace of some blue stone; LAPIS LAZULI is particularly recommended. 2) Use your voice. Create a simple affirmation and speak it aloud several times a day (for example: I use my words to praise, empower, and heal myself and others.).

Take a singing or toning class. Let yourself make any sounds you wish. Strange, wild, or

unexpected sounds may come through you as you open and release the blocks in this center. The sound "HREEM", repeated during meditation or quiet time, tones and expands the throat chakra.

If your brow chakra is damaged or blocked, you may have some difficulty visualizing. Use the color indigo or violet blue. Gemstones that can be worn to clear or open this center include: DIAMOND, AZURITE, and SAPPHIRE, as do the flower essences EYEBRIGHT and QUEEN ANNE'S LACE.

Other flower essences that may be appropriate and helpful: OREGON GRAPE (for inability to trust, paranoid thoughts or expectation of ill-will from others), CALENDULA (for more gentleness and receptivity in communicating with others), and VERVAIN (for extremist views and forcing convictions upon others.).

## 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 Aquarius:*



You are prone to fitful or erratic rhythms in the level of your physical energy, potency, and sexual drive.

Sudden influxes of energy and enthusiasm alternate with periods of much lessened desire or energy: you run hot and cold.

You can be unpredictable, and suddenly change course.

Your will is directed into teamwork, networks, coalitions, progressive cooperative endeavors, social activism, or reform.

The flower essences **QUAKING GRASS** (for finding the right balance between your needs and the needs of the group, to increase harmony and flexibility in group work) and **QUINOA** (which aids individual and group interaction, and helps to ground and stabilize one's energies) may be beneficial.

## 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 Scorpio:*



By living life intensely, courageously, and passionately, you come to feel connected to the wellsprings of life itself.

You have an innate understanding of the cycles of life, death, and rebirth which give you faith when things are dark.

You may well have healing gifts also.

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 Pisces:*



Your fears tend to be vague, elusive, and amorphous which can prevent you from confronting them directly or working them through in any systematic way.

You may avoid anything esoteric, psychic, or otherworldly for fear of being overwhelmed or lost in these dimensions, but you may equally fear everyday life if your inner world is not secure.

You have a deep need to develop a sense of connection to and nourishment from spirit, a spiritual foundation for your life, avoiding any approach that is heavy with concepts of suffering, guilt, self-sacrifice, or penance. Escapism through alcohol or fantasy is also a potential vice.

Flower essences that can be helpful when you are out of balance with this pattern include: ANGELICA (to increase a sense of spiritual protection and guidance), SAINT JOHN'S WORT (for psychic vulnerability, deep fears, disturbed dreams), ASPEN (for fears of unknown origin). JOJOBA (for over-sensitivity that makes mundane life difficult).

## 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.

Agrimony: Flower Essence Serv, Pegasus Prod, Ellon USA  
Alpine Azalea: Alaskan Flower Essence Project  
Angelica: Flower Essence Services  
Aspen: Flower Essence Serv, Desert Alchemy, Ellon USA  
Black Eyed Susan: Flower Essence Serv, Pegasus Prod  
Bleeding Heart: Flower Essence Serv, Pegasus Prod  
Borage: Flower Essence Serv, Pegasus Prod  
Bright Star: Desert Alchemy  
Buttercup: Flower Essence Serv, Pegasus Prod  
Calendula: Flower Essence Serv, Pegasus Prod  
California Poppy: Flower Essence Serv, Pegasus Prod  
Centaury: Flower Essence Serv, Pegasus Prod, Ellon USA  
Cherry Blossom: Master's Flower Essences  
Clematis: Flower Ess Serv, Desert Alchemy, Pegasus Pr, Ellon USA  
Deer Brush: Flower Essence Service, Desert Alchemy  
Evening Primrose: Flower Essence Service

Fuchsia: Flower Essence Services, Pegasus Products  
Garlic: Flower Essences Services  
Golden Eardrops: Flower Essence Services  
Jojoba: Desert Alchemy, Pegasus Products  
Mallow: Flower Essence Services, Pegasus Products  
Manzanita: Flower Essence Services  
Mariposa Lilly: Flower Essence Services, Desert Alchemy  
Mexican Shell Flower: Desert Alchemy  
Milk Weed: Flower Essence Service  
Mimulus: Flower Essence Service, Pegasus Products, Ellon USA  
Morning Glory: Flower Essence Services  
Mountain Pennyroyal: Flower Essence Service  
Oak: Flower Essence Service, Pegasus Prod, Ellon USA  
Ocotillo: Desert Alchemy  
Orange Blossom: Master's Flower Essences  
Oregon Grape: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Peony: Flower Essence Service, Pegasus Products  
Peppermint: Flower Essence Service  
Pine: Flower Essence Service, Pegasus Products, Ellon USA  
Pink monkey flower: Flower Essence Service  
Pink Yarrow: Flower Essence Service  
Pomegranate: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Prickly Pear Cactus: Desert Alchemy  
Quaking Grass: Flower Essence Service, Pegasus Products  
Queen Anne's Lace: Flower Essence Services  
Queen of the Night: Flower Essence Services  
Quinoa: Pegasus Products  
Red Chestnut: Flower Essence Service, Pegasus Prod, Ellon USA  
Rhubarb: Flower Ess Serv, Alaskan Flower Ess Proj, Pegasus Prod  
Saguaro: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Scotch Broom: Flower Essence Service, Pegasus Products  
Self-Heal: Flower Essence Service, Pegasus Products  
Sunflower: Flower Ess Serv, Alaskan Flower Ess Pr, Pegasus Prod  
Vervain: Flower Essence Service, Pegasus Products, Ellon USA  
Violet: Flower Essence Service  
White Violet: Alaskan Flower Essence Project  
Wild Grape: Desert Alchemy  
Yarrow: Flower Ess Ser, Alaskan Flow Ess Pr, Desert Al., Pegasus  
Zinnia: Flower Essence Service, Pegasus Products, Perelandra