

FLOWER ESSENCE AND GEM STONE REPORT

for

LINDSAY LOHAN

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4:40 AM

New York, New York



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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	10 Can 11	Pluto	4 Sco 35
Moon	17 Tau 16	N. Node	27 Ari 19
Mercury	4 Leo 17	Asc.	28 Gem 09
Venus	19 Leo 19	MC	4 Pis 12
Mars	19 Cap 52	2nd cusp	18 Can 16
Jupiter	22 Pis 41	3rd cusp	9 Leo 04
Saturn	4 Sag 03	5th cusp	7 Lib 34
Uranus	19 Sag 33	6th cusp	19 Sco 02
	Neptune	4 Cap 16	

Tropical Placidus Daylight Savings Time observed

GMT: 08:40:00 Time Zone: 5 hours West
 Lat. and Long. of birth: 40 N 42 51 74 W 00 23

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 Cancer:

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

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

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

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

Patterns of Imbalance:

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

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

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

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

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

CACTUS.

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

MOONSTONES, PEARL, and CLEAR QUARTZ.

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 Gemini:

Physically, you are agile, and wiry or slight rather than heavy or substantial. You have a sensitive physique in that you are extremely responsive to everything in your immediate environment, and your body immediately reflects the quality and nature of your thoughts.

Overstimulation, worrying about yourself incessantly, or simply thinking too much, wears you down. On the other hand your physical state can change very quickly for the better when you are in a soothing environment and are thinking positively. What you think and say about yourself is important. When out of balance you tend to be scattered, nervous, restless, jumpy, overly talkative, and insecure. Creating some stability and regularity in your daily habits (including low-key, rhythmic types or exercise such as walking or swimming laps) can contribute immensely to your overall sense of well-being. If you are ill or if you are trying to improve your health it is most important, once you decide upon a program or therapy, to stay with it, be consistent, and commit yourself to following through with your intentions over a period of time. Enlist help to remind you if need to be. Generally, you look more youthful than your years. When put of balance, you are overly concerned with maintaining youthfulness.

One of your saving graces which can positively influence your health is your sense of humor and ability to appreciate the paradoxical and absurd: laugh therapy!

Flower essences that can help bring you into balance: ALMOND (for calmness of mind and nerves) and CHRYSANTHEMUM (for fears of aging and mortality).

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 Taurus:

Key issues: establishing emotional security and rootedness; Maintaining and preserving; Attachment to what is familiar and in the natural order.

Key qualities: steady, peaceable, slow to respond or react, fertile, abundant.

Emotionally you are rather sturdy, and able to maintain your poise and centeredness in the face of considerable outside pressure. You are slow to react and resistant to change, preferring contentment, peace, and the security of your familiar world to exciting novelty or "progress". You lean more to conservative or traditional ways, values, and wisdom, and find comfort in these things. You are also very instinctive and in touch with your senses and sensuality, the earth and the natural world. You love food, home comfort, simple pleasures. Because your emotional needs and tendencies are toward what is simple, wholesome, and natural, you may not be aware of, understand, or wish to investigate others' emotional complexities or depths. Thus, your solutions to emotional issues or problems between people are often sensible but simplistic, leaving out subtleties and the mysterious, unexplainable elements. Your down-to-earth, dollars-and-cents, meat-and-potatoes, if-it-ain't-broke-do-not-fix-it approach does not always work when feelings, passions, or emotional yearnings are involved.

At your finest, you express the energies of The Good Mother / Earth Mother / Goddess: abundant hospitality, patient nurturing and caring, generous warmth and kindness.

Patterns of Imbalance:

When out of balance you are prone to lethargy and inertia, feeling heavy, sluggish, or stuck. Regular, rhythmic aerobic exercise in the outdoors, such as bicycling, swimming, or aerobic walking (not strolling!) would be excellent for this.

Frequently including spices which have warming, energizing properties, (such as ginger, black pepper, cinnamon, coriander, cayenne) would also help alleviate this. Although you have a natural affinity for the color green, you could use MAGENTA to stimulate and quicken your energies. Wearing this color will help you feel less inert. (In appendix I are more detailed instructions for how to directly incorporate color into your energy system.)

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

For being possessive, emotionally greedy, clinging: the flower essence CHICORY.

For fear of lack, inability to give or share freely, or to trust in a higher providence; insecurity based on feeling you do not have "enough" materially: the flower essence STAR THISTLE.

For feeling dull, sluggish, or that you are stagnating, unable to move forward toward change: the essences PEPPERMINT and CAYENNE.

Gemstones which can be worn, held, or taken as an elixir to attune you to the earth-goddess-nurturing aspects of yourself include: EMERALD, CHRYSOCOLLA, CHRYSOPRASE, and GREEN JASPER.

Moon Square 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 on 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 Quincunx Mars:

Actively creating beauty and love in your life and surroundings is essential for your well-being.

Your creative and/or procreative impulses are very strong and were probably evident from an early age (i.e. a precocious interest in romance and the opposite sex, and/or a definite leaning toward the arts or entertainment). You are happiest when you are doing something which combines style and grace with passion, loveliness of form with vibrant, energetic movement... making love or making art. If you feel you have creative impulses which are not being expressed, the flower essences of IRIS (or WILD IRIS) and INDIAN PAINTBRUSH can help evoke your creativity. The gemstones RUBY, and the PINK, GREEN, or WATERMELON TOURMALINES are very compatible with you. (Even more so if you have them set in copper or "pink gold"). Watermelon tourmaline is especially helpful as it balances the yin/yang or sexual polarity within, a process that is most important for you. Congestion or confusion regarding sexual expression can be eased.

When out of balance, your intimate relationships may be conflicted, often angry and tempestuous. You may aggravate your partner or pick a fight in an attempt to connect or be close. While vibrational remedies are no substitute for couples counseling when that is necessary, several flower essences can facilitate changing the patterns within you which contribute to the disharmony.

For emotional and sexual conflicts: BASIL, STICKY MONKEY FLOWER, and BALSAM POPLAR. MALA MUJER (Spanish for "bad woman") is for those who express the bitchy, shrewish, nasty side of their feminine nature. Combining one or more of these essences with an elixir of ROSE QUARTZ would be especially effective.

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 Quincunx Neptune:

Imaginative and poetic, your mind is attuned to universal themes. You are likely to study art, religious philosophy, mysticism, or the metaphysical. You tend to be farsighted (both figuratively and actually), and dreamy. Sometimes its hard for you to see what is right under your nose! You could become so otherworldly or immersed in fantasy that your logical thinking becomes disordered and you cannot handle practicalities very effectively. To counterbalance this, you may have to become super organized and careful about mundane affairs and details. If you do not strive for clarity and honesty in all of your communications and dealings with others, you could easily be bamboozled, or develop a reputation for deceptiveness yourself. Intoxicants of any kind profoundly influence you and cloud your judgment, and should probably be restricted or avoided entirely.

Essences and vibrational remedies work very well for you, due to your sensitive nervous system, especially if you are very consistent with them. The following flower essences may be useful: CLEMATIS (for absent-mindedness, poor attention to the immediate surroundings, withdrawing into imagination excessively), COSMOS (for unfocused thoughts, unorganized or "spacey" thinking), VIOLET (for over-sensitivity and shyness in social situation). If you feel you are too open, and too easily absorb others' energies or thoughts, the flower essences PENNYROYAL and YARROW, and the gem essence HEMATITE can be helpful. MADIA is a flower essence that promotes precise, focused thinking and concentration.

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 Capricorn:

Your physical and sexual energy, while not superabundant, tends to be strong and constant. Ambitious, capable, and determined, you instinctively conserve your energies for the long haul. You have the capacity to "plan your work, and work, your plan", which you do with considerable patience and discipline. However you may consistently hold yourself back, perhaps by being overly conscientious, responsible, or serious about yourself and your endeavors. To incorporate the very necessary quality of joy into your efforts, consider taking the flower essences of ZINNIA or ORANGE BLOSSOM. Also recommended: FIG BLOSSOM, to increase flexibility of will and gentleness toward the self, and DANDELION, when over-striving or driving yourself too hard, and to help release tension held in the musculature of the body.

Jupiter and Saturn Opportunities and Challenges

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

Jupiter in Pisces:

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

Jupiter Square Uranus:

You have an innate sense of the interconnectedness of life and of universal principles, but very little interest in formal religion or dogma. In fact you may often find yourself at odds with religious authority and conventions, perhaps needing to break away from the beliefs you were raised with in order to find your own way. Inspired and motivated by humanitarian ideals, you are essentially utopian and liberal in your beliefs. You view change, even revolution, as a positive thing and are quick to enthusiastically embrace the new, at least philosophically. You have a great need for freedom in order to pursue your inspiration, intuitive impulses, and opportunities which are presented to you suddenly. You will experience unexpected twists of fate and rapid gains or losses through speculative ventures. Because you are apt to take chances and go out on a limb (that is where the fruit is, right?), you will have periods of uncertainty in your life, during which the following flower and gem essences can be helpful: BIG ROOT JATROPHA (encourages a feeling

of security during phases of expansion and change), COW PARSNIP (for inner peace during time of transition, as well as contentment with the present), AVENTURINE (supportive during transitional periods when you need to take a leap of faith), and PERIDOT (which stabilizes one during times of new beginnings).

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
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
- Centauray: 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