



Impatiens

Flower Essence And Gem Stone Report for Susan Boyle

1 April 1961
9:50 AM
Blackburn, Scotland

● * * * * *

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	11 Ari 24	Pluto	6 Vir 02
Moon	12 Lib 53	N. Node	5 Vir 54
Mercury	16 Pis 17	Asc.	1 Can 46
Venus	26 Ari 23	MC	17 Aqu 14
Mars	13 Can 35	2nd cusp	15 Can 10
Jupiter	2 Aqu 49	3rd cusp	29 Can 13
Saturn	28 Cap 41	5th cusp	15 Vir 34
Uranus	22 Leo 00	6th cusp	7 Sco 02
Neptune	10 Sco 42		

Tropical Placidus Daylight Savings Time observed
GMT: 08:50:00 Time Zone: 0 hours West
Lat. and Long. of birth: 57 N 12 2 W 18

Aspects and orbs:

Conjunction	: 8 Deg 00 Min	Trine	: 4 Deg 00 Min
Opposition	: 8 Deg 00 Min	Sextile	: 3 Deg 00 Min
Square	: 6 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.

Healing Stars
Flat 1, 56 Rutland Gardens
Hove, East Sussex
BN3 5PB
Tel 01273 380 019
www.healingstars.com

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 Aries:

Key issues: Authenticity, courage, self-reliance.

Key qualities: decisiveness, assertiveness, a "warrior" spirit, energetic action, fire.

You are intended to be a pioneer, a creative force, and a leader rather than a follower. You need to break new ground, to do things which are unprecedented and original. Thus you do not have the support of tradition or the security of being in the majority, and in order to fulfill your purpose you must generate the courage to risk being a fool or a failure. You need to be both self-motivating and self-sustaining. If you do not take on this inner challenge (if, for instance, you wait for someone outside yourself to direct you or sponsor you or discover your brilliance), you will end up feeling inadequate and cynical. Ideally, you would work for yourself or at least have a great deal of freedom and creative license in your work.

Patterns of Imbalance:

For impatience and inability to tolerate the slower pace of other people: the flower essence IMPATIENS.

For misuse of aggressive and competitive energies hostile attitudes, and an inability to cooperate: the flower essence TIGER LILY.

For those with strong leadership qualities who tend to dominate: the flower essence VINE.

The minerals and gemstones which can benefit you by wearing or carrying them, or in the form of an elixir, are:

DIAMOND, which activates personal will in its highest form and strengthens your ability to act in alignment with your true purpose.

PYRITE, for being true to oneself, especially in regard to social or peer pressure.

Sun Opposition 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 Square Mars:

Vital and hot-blooded, you have a lot of drive and energy to do things. You are prone, indeed, to overdo in a muscular heroic, hard-driving sort of way. You are also prone to become hotly impatient or to misuse your power and will-force, should something or someone get in your way. Your desire to prove yourself or assert yourself, if not tempered,

can create problems. Interpersonally, there can be frequent power struggles or violent fights as a result of this attitude.

Physically: headaches, inflammations, injuries due to reckless haste, and cardiac troubles. Depletion and burnout.

Metaphysically, being in a state of irritation and vexation can prevent you from accessing your inner healing states and inner wisdom or guidance. When you are feeling aggravated and you wish to relax and come into balance, wearing or surrounding yourself with BLUE or GREEN is advised. Several times during the day, take a few slow, deep breaths, imagining that you are breathing into yourself a soft, glowing shade of blue light. With each breath, see or imagine the blue light filling your body and creating an egg-shaped bubble of light around your body. After doing this color-breathing for 2-3 minutes, softly intone an "AHH" sound, which gently opens the heart center.

Flower essences that would be helpful include: TIGER LILY (for overly aggressive yang energy) and ALOE VERA (for misuse or overuse of fiery, creative forces.) Cool water in and of itself can be soothing when you are in an irritated state; putting the essences in a glass of water to sip periodically throughout the day is very effective. Remind yourself frequently that, though there are times when force and aggressiveness is appropriate, you can probably achieve your aims more effectively (and with less strain on yourself) by using SOFT POWER.

Sun Quincunx Neptune:

Physically, emotionally, and energetically, you are extremely open and sensitive, and easily impinged upon. You may see, hear, feel, sense, or know things that those around you do not, and it would be relatively easy for you to develop your psychic senses and higher perceptive abilities (intuition, clairvoyance, clairaudience, and so on.) However it is important for you to also be stable, well-grounded, and have a clear, strong sense of yourself as a distinct entity. Because you so readily blend and merge with others, it may be hard for you to differentiate yourself from your surroundings and other people's influences. You are impressionable and can get confused if the psychic atmosphere around you is not clear.

Flower essences that may be helpful to you in this regard include: YARROW (to help you maintain strong psychic boundaries and shield you from unwanted outside influences), DILL (for hypersensitivity to your environment and being overwhelmed or overstimulated by it) and PENNYROYAL (for increased resistance to others' negativity).

You are naturally inclined toward the mystical and magical, and need to integrate these into your life in a positive, balanced way.

The flower essence LOTUS can help with this. Also useful would be the flower essences CALIFORNIA POPPY (which offsets a tendency to seek outside of yourself for a "high" experience; escapist or addictive tendencies) and MUGWORT (to harmonize psychic forces, and integrate psychic or dream life into daily living). The essence CLEMATIS is useful if you tend to be an impractical visionary or live too much in your fantasy world, and SHOOTING STAR can help you feel more at home in the world.

If you feel your sense of yourself is fuzzy, weak, vague, and unformed SUNFLOWER, WILD OAT, MULLIEN, and SELF-HEAL are strengthening.

You also have tremendous creative potential and imagination. To foster these, INDIAN PAINTBRUSH and WILD IRIS are very good.

When out of balance, music is very helpful to you, especially soft, meditative, or inspirational pieces. Recordings you may wish to try: INNER HARMONY by Marcy Hamm,

MUSIC TO DISAPPEAR IN by Raphael, ROSA MYSTICA by Therese Schroeder-Sheker. All of these can enable one to attune to one's higher self. For wearing, carrying, or taking as an elixir: CLEAR QUARTZ and HERKIMER DIAMOND is recommended.

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 Cancer:

Your body tends toward softness and gentleness, rather than being rugged or tough, and physically you appear rather mild. You have a sensitive physique in that your moods and the state of your intimate, emotional relationships have a direct and immediate impact on your health. When you are feeling emotionally secure, supported, and safe, when there is enough closeness, warm attachment, and affection in your life, your health is greatly enhanced. If you feel emotionally deprived or unsettled in your relationships, physical ailments may arise. You are also quite impressionable and easily influenced by the emotional nuances and tones of your environment. You need a personal touch, people caring about people, a sense of belonging and familiarity. All of these give you strength. At your best, you are sympathetic, kind, nurturing. When out of balance, you can be hypersensitive to hurts or slights, overly dependent, full of self-pity, unwilling to let go of the pain of the past, and easily knocked off center by others' emotional dramas or problems. You absorb and take in other people's "stuff".

When ill or undergoing a healing crisis, to get better you must gain some detachment from your moods or emotional addictions, and discipline yourself to do what is necessary to get well, whether you "feel like it" or not. You respond very well to subtle energy work and vibrational therapies such as homeopathy, flower essences, etc. Hydrotherapy (therapeutic bathing) can be very effective for you, also.

Flower essences that can be very beneficial to you include: CUCUMBER (which helps offset moodiness or depression) and SELF-HEAL (for accessing healing forces from within; offsets over-dependence on external help).

Asc. Quincunx Jupiter:

You have an expansive outlook that inspires confidence, faith, and hope in the people you come into contact with. Others are drawn to you because you appear wise and you give them positive encouragement. You believe in possibilities, miracles, and grace, and thereby invite them into your life. This attitude certainly contributes to your health, which overall should be quite good. Unless other factors in your chart indicate humility and a realistic sense of limits, however, you are apt to be rather grandiose, self-righteous and preachy at times.

Moon and Venus: Emotions and Feelings

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

Moon in Libra:

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

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

You are predisposed to use persuasion, gentleness, charm, or an indirect approach to get your needs taken care of and you may be taken aback or offended by too much directness, selfishness, blunt "honesty", or forthrightness in others. You are instinctively a peace-maker, a harmonizer, the one who meets the other person halfway. Because you always see both sides of an issue, and because you subconsciously want everyone to be pleased, you can have real difficulty making definite decisions. You are not a loner; you need people. You work well in partnership or collaboration with others, and may feel lost if you are not part of an "us".

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

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

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

Patterns of Imbalances:

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

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

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

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

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

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

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

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

Moon Square Mars:

Emotionally you tend to be hot: quick-tempered, contentious; competitive, easily incensed by injustices or perceived threats to your security, easily frustrated, impatient. An instinctive fighter, you will vigorously defend yourself when necessary which can be a boon to

your immune system. It is essential that you acknowledge your aggressive impulses and anger which, if suppressed, will turn into resentment that poisons your entire system. When out of balance, you are also prone to fevers, rashes, inflammatory conditions, ulcers, irritations, accidents, or burns. Though predisposed to action and aggressive approaches to a problem, you also need to accept help and support, and allow for rest and inactivity, which you tend to associate with weakness. An over reliance on will or personal effort can be counterproductive at times.

In addition to bringing your feelings to a conscious level and constructively expressing them, developing emotional habits of harmony and cultivating an atmosphere that is inspiring and harmonious can be very beneficial. Soft, cool shades of green, blue, pale pink in clothing, decorating, or by other means (see Appendix I on use of color), is recommended.

Gemstones that have a soothing influence include BLUE or GREEN CALCITE, CHRYSOPRASE, and pale LAVENDER JADE. You may wish to place these stones on your abdomen during rest periods for 10-20 minutes, as well as wearing or carrying them.

Scents which are calming and/or balance the sacral and solar plexus chakras include LAVENDER, PATCHOULI, and VIOLET.

Flower essences that may be helpful to you include:

BLUE ELF VIOLA, which helps dissipate the protective energy built up around one's anger or frustration, and enables one to understand the root of these emotional habits.

DANDELION, which releases emotional tensions held in the body, especially the musculature, and is useful for over-striving and driving yourself too hard.

TIGER LILY, for overly aggressive, hostile attitudes, excessive "yang" forces.

ALOE VERA, for feeling burned out; a soothing, calming, restorative essence.

IMPATIENS, for impatience.

Music that includes bells or chimes would be excellent.

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 Aries:

Enthusiastic and ardent in your affections, you find pleasure in forceful releases of energy: fireworks, passionate music, powerfully expressive dance, volatile exchanges between yourself and your lover. You enjoy a lot of action and adventure in love. You also value independence, and your love of freedom (or your strong demands) may interfere with establishing intimacy and closeness. Intentionally or not, you may run over others. Ruby and garnets are compatible with you (not necessarily to be worn when you are out of balance but to promote a sense of being at harmony with yourself).

Venus Square Saturn:

In many ways, love, intimacy, and relationship are not easy for you, and you may struggle with loneliness, shyness, social isolation, feeling unlovable, unattractive, or unwanted. Or you may have suffered such losses or pain in love that you fear trusting and opening your heart. If so, your coolness and apparent indifference may well reinforce your aloneness. Insecurities about your ability to keep the affection and loyalty of a lover may

compel you to put excessive value on commitment and guarantees in the relationship, perhaps maintaining an essentially joyless or even abusive situation for the sake of "security". However, periods of solitude, and even of deprivation and loneliness, may serve to teach you about your own heart, your deepest values, and how to love and care for yourself, which can lay the foundation for honest, deep, and nourishing relations with others. Thus your mature years are apt to be more gratifying than your youth.

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

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

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

Mercury: Thinking and Ideas

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

Mercury in Pisces:

Your thinking process is a blend of images, feelings, subtle perceptions, and ideas, and sometimes it is hard for you to verbalize your thoughts and perceptions clearly and concisely. Your mind is lyrical rather than prosaic. Consider taking the flower essences COSMOS (to increase your ability to communicate coherently), and CLEMATIS (for mental "spaciness" or living too much in your imagination).

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 Cancer:

You have strong instincts for self preservation and though seemingly rather soft or mild, you can be surprisingly territorial and fierce in defending what is yours. You are not generally very physically aggressive or assertive, unless you feel threatened, but your loyalties (to country, team, family, etc.) are very strong and you will fight for them.

Your energy level, sexual drives, and overall physical vitality depends a great deal on your emotional state, and how secure and supported you feel. Your moods have a pronounced effect on your health, in a very direct way. The flower essence MOUNTAIN PRIDE (to strengthen positive masculine energy, ability to assert oneself, etc.) could be helpful to you.

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 Aquarius:

You seek to grow and expand your understanding of life by experimenting with that which is new, innovative, and progressive. You also have strong altruistic impulses and humanitarian ideals, which give you a sense of being connected to something larger and more encompassing than yourself. You have a well developed appreciation for scientific and technical advances that benefit humanity as a whole.

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 Capricorn:

A deep vein of conservatism, caution, shrewdness, and earthy pragmatism runs through you, no matter how intellectually curious or spiritually open you are. As a child you were serious and "mature" for your years, due either to a rather stern, authoritarian, rule-dominated upbringing, experiences of real deprivation, or simply close observation of "the ways of the world". Materialism, pessimism, or cynicism, as well as inordinate need to control your environment (so that it cannot control you) may have sprung from this. You are apt to have limiting beliefs that you must suppress or sacrifice some essential part of yourself to get anywhere in life, and this can lead to joylessness and chronic melancholia. Also, premature rigidity and sclerotic conditions may arise.

Flower essences that address imbalances you are prone to include: ZINNIA (for over-seriousness; a repressed inner "child"), HOUND'S TONGUE (for tendency to see the world in materialistic terms only), ORANGE BLOSSOM (for melancholia, thoughts of failure), and the gem essence FLUORITE (to help break up blockages and a tendency toward stiffness and rigidity on subtle as well as physical levels). Hatha yoga or stretching exercises done on a regular basis would also be beneficial.

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 colour therapy products is: Aura-Soma, Little London, Tetford, Lincs., ENGLAND LN9 6QL. Aura-Soma products are for sale at www.dolphins-angels.com. Pam is an Aura-Soma Practitioner so please ask about a personal consultation.

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. Crystal Herbs Essences are available to buy online at www.crystalherbs.com. Pam recommends Nikki Wyatt if you want a personal attunement. See www.spiritoftransformation.com and please let her know that Healing Stars recommended you.

Aloe Vera: Flower Essence Serv, Desert Alchemy, Pegasus Prod
 Alpine Azalea: Alaskan Flower Essence Project
 Black Eyed Susan: Flower Essence Serv, Pegasus Prod
 Bleeding Heart: Flower Essence Serv, Pegasus Prod
 Blue Elf Viola: Alaskan Flower Essence Project
 Bright Star: Desert Alchemy
 California Poppy: Flower Essence Serv, Pegasus Prod
 Centaury: Flower Essence Serv, Pegasus Prod, Ellon USA
 Clematis: Flower Ess Serv, Desert Alchemy, Pegasus Pr, Ellon USA
 Columbine: Flower Ess Serv, Alaskan Flow Ess Proj, Pegasus Pr
 Cosmos: Flower Essence Services
 Crown of Thorns: Desert Alchemy, Pegasus Pr
 Cucumber: Perelandra
 Dandelion: Flower Ess S, Alaskan Flow Ess, Desert Alchemy, Pegasus
 Deer Brush: Flower Essence Service, Desert Alchemy
 Garlic: Flower Essences Services
 Goldenrod: Flower Essence Services, Pegasus Products
 Holly: Flower Essence Service, Pegasus Products, Ellon USA
 Hound's Tongue: Flower Essence Service
 Impatiens: Flower Essence Service, Pegasus Prod, Ellon USA
 Indian Paintbrush: Flower Ess Serv, Desert Alchemy, Pegasus Prod
 Lavender: Flower Essence Service, Pegasus Products
 Lotus: Flower Essence Service, Pegasus Products
 Mallow: Flower Essence Services, Pegasus Products
 Mountain Pride: Flower Essence Service, Pegasus Products
 Mugwort: Flower Essence Service, Pegasus Products

Ocotillo: Desert Alchemy
Orange Blossom: Master's Flower Essences
Peony: Flower Essence Service, Pegasus Products
Poison Oak: Flower Essence Service
Scarlet Monkey flower: Flower Essence Service
Scotch Broom: Flower Essence Service, Pegasus Products
Self-Heal: Flower Essence Service, Pegasus Products
Shooting Star: Flower Ess Serv, Alaskan Flow Ess Pr, Pegasus Pr
Sticky Monkey flower: Flower Essence Service
Sunflower: Flower Ess Serv, Alaskan Flower Ess Pr, Pegasus Prod
Tiger Lily: Flower Essence Service, Pegasus Products
Vine: Flower Essence Service, Pegasus Products, Ellon USA
Violet: Flower Essence Service
Walnut: Flower Essence Service, Pegasus Products, Ellon USA
Wild Iris: Flower Essence Services
Wild Oat: Flower Essence Service, Desert Alchemy, Ellon USA
Yarrow: Flower Ess Ser, Alaskan Flow Ess Pr, Desert Al., Pegasus
Zinnia: Flower Essence Service, Pegasus Products, Perelandra