

Flower Essence And Gem Stone Report for

**Michael J. Fox**

June 9, 1961

12:15 AM

Edmonton, Canada

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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	18	Gem	12	Pluto	5	Vir	40
Moon	1	Tau	27	N. Node	0	Vir	54
Mercury	9	Can	21	Asc.	18	Aqu	37
Venus	2	Tau	58	MC	14	Sag	03
Mars	18	Leo	37	2nd cusp	22	Ari	21
Jupiter	6	Aqu	49	3rd cusp	24	Tau	15
Saturn	29	Cap	07	5th cusp	0	Can	40
Uranus	22	Leo	23	6th cusp	18	Can	54
Neptune	8	Scor	58				

Tropical Placidus Standard time observed  
GMT: 07:15:00 Time Zone: 7 hours West  
Lat. and Long. of birth: 53 N 33 113 W 28

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, aroma therapy, 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 Gemini:*

Key issues: The need to communicate, ask questions, make bridges or connections between people and ideas.

Key qualities: light, quick, versatile, changeable, curious, airy.

You are, in a fundamental way, an intellectual creature. Lively and inquisitive, you thrive on ideas, conversation, books, cultural and social life, learning and experiencing new things. You tend to live in your head and may be flighty, ungrounded, and poorly connected to your body. Restlessness and any number of interesting diversions and distractions can prevent you from focusing on and achieving or even defining your goals. You may be a dabbler, trying one thing after another, or simply interested in and involved in many things. Though easily bored and somewhat adverse to routine, you actually need to establish some order and regular

rhythms in your life to feel and be your best.

Your gifts include your wit, intelligence, humor, appreciation of paradox and absurdity, ability to use language, and openness to newness and change. Because you tend to be polarized in your mind, you may also need to develop depth, heart, feeling, and empathy.

Patterns of Imbalance:

For increasing focus and concentration: the flower essences MADIA and PENCIL CHOLLA CACTUS. For fear of aging and mortality, the wish to be young forever, "peter pan" syndrome: the flower essence CHRYSANTHEMUM. For nervousness and living too much in the head: the flower essence FAIRY DUSTER.

For being more grounded and embodied: the flower essence JOJOBA.

The gemstones and minerals to wear, carry or take as an elixir:

AQUAMARINE, which brings calm and clarity to an overactive mind.

CITRINE, which amplifies mental concentration and harmony.

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 Aquarius:*

An idealistic and progressive thinker, you are apt to have strong opinions which amount to dogmas, some of which may well pertain to health and diet. Beware of overriding your body's instinctive tastes and true needs on the basis of some ideal, philosophy, or fad. Especially, try to avoid going to extremes where diet is concerned. (for instance, removing all fat from your meals instead of consuming smaller amounts, or eating only raw foods, etc. etc.). You actually do best on rather substantial fare, and regular meal times. You may be somewhat awkward in your body and because you are primarily mental or spiritual, treat it inconsiderately or almost as an after thought, or as something you put up with. You may have this persistent feeling that "you" (your inner self, or spirit) do not fit your body, Or, you may simply feel a little clumsy and physically inept. Exercises to increase the mind-body connection such as the yoga, would be very beneficial. Any kind of dancing would be beneficial also, even though you might be disinclined initially.

You are unorthodox, a nonconformist (some say contrary or just plain ornery), and very socially-minded. You often unsettle the more conservative people in your environment, perhaps deliberately so. Your eccentricities, "differentness" or rebelliousness are right there on the surface. You have a wacky sense of humor.

To feel your best, you really need friends, a community, people like yourself or at least a very tolerant, open-minded environment. Participating in community, in social justice or other movements aimed at making the world better, is an important part of

you life purpose.

Flower and garden essences that would be of benefit to you include: SHOOTING STAR (for increased feelings of being at home on earth, part of the human family), QUAKING GRASS (for balancing your needs as an individual with those of the group), and CORN (for a stronger mind-body connection, and alignment with your physical body).

*Asc. Trine 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. Opposition Mars:*

You are bold, forceful, and like being where the action is. You have a strong physical drive, and thrive in high-powered situations where you can release a lot of energy. Noisy, aggressive environments do not bother you. If not balanced by other factors in your chart which indicate gentleness or refinement, you can be crude, belligerent, and arrogant. The essences VINE and TIGER LILY can help soften and bring you into balance.

*Asc. Opposition Uranus:*

Your approach to life is improvisational, extemporaneous, impulsive, unorthodox. You have sensitive "psychic antenna" attuned to meaningful coincidences and the wave of the future. You can be a positive agent of change and renewal, or a negative, disruptive rebel.

Physically you may have unstable or fluctuating energy levels, arrhythmias, or an overly sensitive nervous system, and would benefit by developing some stable patterns and regular habits. Flower and garden essences that can help: FAIRY DUSTER (for nervous excitability, over-reactivity to stimuli, and the tendency to swing between high and low energy states), and CORN (helps ground and align one with earth; stabilizing).

### **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-aint-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 Conjunct 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 Square 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, FUSCHIA, 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.

Aromatherpy 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 Taurus:*

You are pleasure-loving and an extremely sensual creature, and respond deeply to physical appearances as well as to textures, flavors, aromas, all earthy delights. You enjoy making others comfortable and attending to the physical needs of the ones you love. Food is very important to you.

In establishing harmony within yourself, contact with nature (especially lush, luxuriant green growth rather than a more austere or dry environment) is important.

In love, you seek security, constancy, and stability. Having or providing material well-being is part of this.

Emeralds, chrysoprase, and green or watermelon tourmalines 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 Jupiter:*

You have a great capacity for pleasure and enjoyment, so much that it can be something of a problem. On the light side, you are very generous, openly sharing and giving, and liberal with your affection as well as your money. You love to go out and celebrate, play, have a good time, and do it up right. You appreciate quality, the best of everything. However, self-indulgence, bordering on laziness, is apt to be your downfall. Over eating, drinking excessively, gambling, going on shopping sprees which you cannot afford, falling for get-rich-quick schemes which promise tremendous reward for little work or investment, choosing an easy, well-cushioned life over one that requires more effort and integrity on your part. Any or all of these could be vices or even addictions of yours.

Trusting in divine providence or your own luck, you may be imprudent and fail to conserve your resources or plan for rainy days. In addition, you may hide your troubles behind a mask of cheerfulness. To help promote emotional honesty and

healing of whatever addictive behaviors you may use to avoid your pain or unhappiness, the flowers essence AGRIMONY is recommended.

Also useful if you are working to overcome self-indulgent habits are the essences SELF-HEAL and TOMATO BLOSSOM.

*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 Cancer:*

You are very subjective, and your personal associations, past experiences, emotional prejudices, loyalties, etc. influence your thinking and your judgment a great deal. It is hard for you to separate thinking and feeling. You do have a good memory, and retain what you learn. Consider taking the flower essence HONEYSUCKLE if you are

dwelling incessantly on the past.

*Mercury Quincunx Jupiter:*

Your thinking is philosophical, broad, expansive, wide-ranging, and exploratory. Your brow chakra is active and open, with the resulting capacity to envision the future, to sense future trends and developments, and to see, intuit, and understand the universal patterns or laws that operate in life. You have a great capacity for creative visualization, clearly picturing something you wish to create, energizing and affirming it until it is brought into form. You also have the gift of teaching, oration, and communicating broad principles and wisdom to large groups of people. (Gemstones which foster this teaching capacity include high quality SODALITE, TANZANITE, LAPIS LAZULI, and SAPPHIRE.)

On the other side, however, you can be mentally restless or sloppy, disinclined to handle details, exaggerate or talk too much, prematurely disclose or brag about your plans, and are prone to the grass-is-greener-elsewhere syndrome.

Flower essences that can help alleviate some of these imbalances: COSMOS (for inattentiveness to details, lack of mental focus or organization, being overwhelmed by too many ideas), CORN (when you are doing a lot of long-range planning, and need grounding), and COW PARSNIP (for contentment with the present and one's immediate circumstances.).

### **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 Leo:*

You have a robust, hearty constitution, high vitality, and strong creative forces. With your combination of firm will, positive enthusiasm, and holding steady, you are capable of achieving anything you desire. You are able to withstand a quite a bit of external pressure. You also have the urge to lead or direct things, and may flare up when things do not go your way. You tend to bowl over other people. Consider taking the flower essence TRILLIUM, to offset excessive selfish ambition, or LARKSPUR for charismatic leadership combined with joyful service (rather than for self-aggrandizement).

*Mars Conjunct Uranus:*

Impatient, impulsive, original, and irrepressibly independent, you assert yourself in ways that may seem audacious to other people. You have a self-willed, rebellious streak that resists authority, conventions, rules. Somewhat of a daredevil, you have strong need for action, excitement, physical thrills, change, experimentation, stimulation, or high energy situations. If it has not been tried before, you will want to do it (NOW!). You are an innovator. Though essentially strong and energetic, you run

the risk of burning out your creative, sexual, or vital energies through extremes, lack of moderation, or misuse.

When out of balance and not constructively oriented, you are prone to accidents caused by recklessness, speed, or taking dangerous risks, unpredictable temper tantrums, or even violent episodes.

In addition to having healthy physical outlets to release your energies from time to time (anything from vigorous dancing to athletics), there are a number of flower essences which can help you: ALOE VERA (for the type of burn out described above), IMPATIENS (for irritation, intolerance, impatience), TIGER LILY (for unbalanced, overly aggressive "yang" energy), SHOOTING STAR (for feeling that you are ahead of your time), WILD OAT (for restless dissatisfaction; trying many activities but chronically restless and unable to commit to any of them), CHERRY PLUM (for feeling out of control and afraid you will do something destructive). MULLEIN (if what you are seeking to do is unconventional and not socially validated) and CLIFF ROSE (for the follow through required to actually manifest your intent.). Also useful for you is DOGWOOD, for more grace, tact, and ease in relating to others.

Gemstones that calm, ground, and harmonize your energies include: BLUE LACE AGATE (which calms impulsiveness, encourages tact and discernment), GREEN or BLUE CALCITE (which relax, calm and soothe the solar plexus and nerves), CHRYSOPRASE (which relieves apprehension as you move into the unknown, and encourages emotional peace and stability), and GALENA (a lead mineral that is very grounding). These can be used when you are out of balance. LARIMAR is a very excellent influence also, helping to build confidence when you are involved in unique or innovative projects.

### **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.

#### *Jupiter Square Neptune:*

Positively you have great concern and hope for the world, an expansive faith in possibilities, and the ability to inspire other people to a larger, more encompassing vision. However it may be difficult for you to tolerate any sort of restrictions or to set limits in your life. When out of balance, you can be wastefully self-indulgent or easily

seduced by visions of the good life gained without effort, grandiose dreams and schemes, or escapist fantasies. Disappointments may come through foolish overoptimism, naiveté, over generosity, or relying on grace or luck alone. Unless other factors in your birth chart indicate practicality, it may be very challenging for you to try to actualize or concretize your dreams. An ungrounded or disembodied spirituality, or too much focus on a better future, can prevent you from living fully in the present. The flower essences which can help bring you into balance include: CALIFORNIA POPPY (for escapist or addictive tendencies, always seeking a better "high"), BLACKBERRY (for bringing ideals and goals into concrete manifestation), CLEMATIS (for day dreaming, poor concentration on the immediate; impracticality), SAINT JOHN'S WORT (for an overly expanded state leading to psychic vulnerability), and WILD OAT (for chronic dissatisfaction and restlessness, inability to make commitments). For learning how to set boundaries and appropriate limits, RHUBARB.

#### *Jupiter Quincunx Pluto:*

Your aspirations and ambitions, whether material or purely intellectual or spiritual, are great, and you can be quite zealous in pursuing them. On a psychological or spiritual level, you are drawn to pursuits or methods which focuses on purification and/or tapping the deepest resources of the psyche, hypnotherapy, shamanism, magic, rebirthing, or other transformative techniques which involve a journey into the depths.

The colors PURPLE, VIOLET, or MAGENTA and the gemstones AMETHYST, SUGALITE, and AZURITE support and/or emphasize this aspect of your life.

On a more worldly level, you are interested in social regeneration and you have the capacity to lead, organize, or manage massive enterprises. However you could threaten, undermine, or refuse to bow to the reigning powers-that-be.

If you are working through resentment toward "the system" or those in authority, the flower essences SAGUARO is useful. TRILLIUM can help ease excessive ambition or misdirected ambition.

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 towards 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

Perelandra  
P.O. Box 3603

Nevada City, CA 95959

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  
Aloe Vera: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Alpine Azalea: Alaskan Flower Essence Project  
Blackberry: Flower Ess Serv, Pegasus Prod, Master's Flower Ess  
Bleeding Heart: Flower Essence Serv, Pegasus Prod  
Borage: Flower Essence Serv, Pegasus Prod  
California Poppy: Flower Essence Serv, Pegasus Prod  
Cayenne: Flower Essence Serv, Pegasus Prod

Cherry Blossom: Master's Flower Essences  
Cherry Plum: Flower Essence Serv, Pegasus Prod, Ellon USA  
Chicory: Flower Essence Serv, Pegasus Prod, Ellon USA  
Chrysanthemum: Flower Essence Services  
Clematis: Flower Ess Serv, Desert Alch, Pegasus Pr, Ellon USA  
Cliff Rose: Desert Alchemy  
Columbine: Flower Ess Serv, Alaskan Flow Ess Proj, Pegasus Pr  
Corn: Flower Ess Ser, Pegasus Pr, Master's Flow Ess, Perelandra  
Cosmos: Flower Essence Services  
Cow Parsnip: Alaskan Flower Essence Project  
Crown of Thorns: Desert Alchemy, Pegasus Pr  
Dogwood: Flower Essence Service, Desert Alchemy, Pegasus Prod  
Evening Primrose: Flower Essence Service  
Fairy Duster: Desert Alchemy  
Fuschia: Flower Essence Services, Pegasus Products  
Garlic: Flower Essences Services  
Golden Eardrops: Flower Essence Services  
Holly: Flower Essence Service, Pegasus Products, Ellon USA  
Hound's Tongue: Flower Essence Service  
Impatiens: Flower Essence Service, Pegasus Prod, Ellon USA  
Jobba: Desert Alchemy, Pegasus Products  
Larkspur: Flower Essence Service, Pegasus Products  
Madia: Flower Essence Service, Pegasus Products  
Mallow: Flower Essence Services, Pegasus Products  
Mariposa Lilly: Flower Essence Services, Desert Alchemy  
Milky Nipple Cactus: Desert Alchemy  
Milk Weed: Flower Essence Service  
Mimulus: Flower Essence Service, Pegasus Products, Ellon USA

Mullein: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Orange Blossom: Master's Flower Essences  
Pencil Cholla Cactus: Desert Alchemy  
Peony: Flower Essence Service, Pegasus Products  
Peppermint: Flower Essence Service  
Pine: Flower Essence Service, Pegasus Products, Ellon USA  
Pink monkeyflower: Flower Essence Service  
Poison Oak: Flower Essence Service  
Pomegranate: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Quaking Grass: Flower Essence Service, Pegasus Products  
Rhubarb: Flower Ess Serv, Alaskan Flower Ess Proj, Pegasus Prod  
Saguaro: Flower Essence Serv, Desert Alchemy, Pegasus Prod  
Saint John's Wort: Flower Ess Ser, Desert Alchemy, Pegasus Prod  
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  
Star Thistle: Flower Essence Serv, Alaskan Flow Essence Project  
Sticky Monkeyflower: Flower Essence Service  
Tiger Lily: Flower Essence Service, Pegasus Products  
Tomato Blossom: Master's Flower Essences  
Trillium: Flower Essence Service, Desert Alchemy  
Vine: Flower Essence Service, Pegasus Products, Ellon USA  
Violet: Flower Essence Service  
Wild Oat: Flower Essence Service, Desert Alchemy, Ellon USA  
Zinnia: Flower Essence Service, Pegasus Products, Perelandra