

New Starlight Elixirs

Center of Galaxy - **Angelic Assistance**

This energy helps people understand why they are here. This can be why in terms of existence, in terms of Earthly life, but most importantly in terms of their ability to interact with each other, to learn from each other, to manifest relationships, to understand the internal sacred marriage, to be able to create their most powerful helpful energies with each other, and at the same time appreciate their most evolved capacities. Angelic beings associated with the center of the galaxy have the capacity to energize various evolutionary and sometimes difficult energies in people, energies that they would resist. There may be benefit combining center of galaxy with other remedies or particularly starlight elixirs for good effect, to encourage people to receive the highest angelic assistance, the highest vibrational encouragement, the highest energy of evolutionary inspiration for their own awakening, and their own understanding, so that they may be able to receive this vibrationally in coordination with other aspects that they are interested in. This makes it similar in some ways to using Lotus flower essence as an energizer for other essences, but at a higher vibrational level than would be present in flower essences.

Delta Serpens (Two Stars) - **Spiritual Development**

Energies from this place can inspire various questions for people. How can you work with your guides and helpers more effectively? What are the right questions that you could be asking? How can the energies of those who are more evolved than you be accepted by you without an ego block? How can you understand and work with these energies in such a fashion that they will ultimately be of benefit and help to all? As individuals may wish to attune to all kinds of higher dimensional beings, more developed than yourself, not just the guides and helpers that you are assigned, but the beings that work on many levels, Delta Serpens elixir can be very helpful for bringing this energy into more a conscious form. In addition, the mental causes of illness can be discovered and more easily understood: the various powerful spiritual issues or areas of denial or resistance may be better uncovered. It will of course require the individual to have some degree of self-responsibility in working through the issues involved and confronting any associated blockages, but the encouragement of guides and helpers here can, of course, go a long way towards assisting individuals penetrate more deeply into issues that have been plaguing them, perhaps for lifetimes.

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Eskimo Nebula (NGC 2392, in Gemini) - **New Understanding**

Using this elixir helps one to attune to ones own evolution, and to how best to grow more rapidly towards a place of deeper enlightenment, understanding, and higher consciousness as it relates to others. This will help one to receive new ideas, ideas that would seem at first completely out of the context of one's reality, but later begin to filter through and be understood. This generally offers a new way of seeing,

thinking, and feeling, which can take a little time to integrate. Use the Eskimo Nebula when you wish to open to different consciousnesses or new energies, or for looking at your own life in retrospect and coming to understand things about yourself. □

Helix Nebula (NGC 7293, in Aquarius) - **New Ideas**

This elixir can help capture some part of your highest self, your causal body, your God body, and this to be made physical, made into something that can be more healthful, healing, and something you can understand and work with. This can make this energy something that you can feel, that you can sense in the physical body or sense in your emotions. This feeling sense and the ability to see of its relationship to the highest component of your existence is transferred with this elixir. This energy can bring forth an understanding of some attribute of freedom, a sense of allowing things their own way. This can allow people to feel much more comfortable when new ideas or new potentials come their way. There will naturally be some greater awareness of how to link more consciously with extraterrestrials, with various beings that will inevitably come to interact with people in humanity's future

Iota Centauri - **Spiritual Awakening**

This star is currently projecting a beam of energy to Earth to give people hope, a sense of possibility for the future, but most importantly to give them a sense of community, of ability to come together and share important ideas. Use this elixir to help in looking again, with new insight and understanding, at the issues about God, awareness about who you are, your reality, your needs, and what is important in the world.

M4 (Large Globular cluster in Scorpius) - **Enhances Intuition**

This elixir has an ability to bring ideas that are widely separated together, and allow them their own way; it is as if birthing a sense of freedom. M4 is able to bring energies that you would never have associated with each other into a place of alignment and mutual love and support. It can be like a cosmic matchmaker. There can also be an awakening of various intuitive abilities. This elixir tends to bring in more energy and information from helpers and guides. There is also an encouragement for people to use their talents and capabilities in areas that will be truly beneficial. □

M9 (Globular cluster in Ophiuchus) - **Higher Self**

The principal aspect of this energy has to do with one's development of a deeper awareness of the higher self. This will allow a greater ease for most in working with and listening to that place within. Sometimes this energy may lead to a challenging place of seeing things in a whole new light, or in ways that you have never imagined before. M9 helps people to work with this higher-self energy in a nurturing and fulfilling manner. As one contemplates the tasks one has set before oneself, M9 will give greater ease, forgiveness, and patience for such tasks, while at the same time boosting the energy associated with such tasks. □

M16 (Nebulous cluster in Serpens) - **Higher Communication**

What may be transferred in this elixir is a sense of excitement and enthusiasm with regard to new projects, at working with self-change, with birth, and with transformation. This may positively impact conception when one is wishing to be in greater contact with extraterrestrial guides and helpers during the process of pregnancy and birth. This elixir combines well with and enhances the effects of Aldebaran elixir. Increased healing may be possible due to the enhanced communication levels within one-self. □

M17 (Horseshoe Nebula, in Sagittarius) - **Inner Development**

Take this elixir in order to increase the natural inspiration to look more deeply at everything in life to gain the whole aspect of understanding. It can enhance one's ability for inner work, meditation, quietness, and being in the now. What may come through is a deeper understanding of the question and answer process. □

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M19 (Globular Cluster, in Ophiuchi) - **Overcoming Obstacles**

Energy from this cluster provides an ability to learn from the negativity, from the struggle, from the issues, from what is difficult. A good thing to consider while utilizing M19 essence is the question: "What is right about it?" This can help bring forth the sense of the perfection, the potential benefit in any aspect of negativity or struggle. This ability to draw forth from it its positive qualities is enhanced when utilizing M19 elixir with a meditation. M19 however also allows individuals a brief period of inner training, perhaps lasting for a half hour or 45 minutes at most. After taking the essence, one might focus for a time on a specific attunement to feel grounded or connected to Mother Earth, or connected to ones family or to ones soul. This can be of value when you are preparing for a potentially difficult or stressful situation. Thus as you imagine the situation, you maintain contact or attunement to a vibrational energy that you know as positive, uplifting, or in some way strengthening.

M21 (Star Cluster in Sagittarius) - **Living in Harmony**

This elixir can assist beings in the contemplation of increased global population and the inherent difficulties. It can help many to accept each other to live in peace, but also to find the positive side to this, the opportunity for far greater understanding, deeper appreciation, and deeper joy in the diversities and in the higher population levels. This is the ability to see each other incarnated at the same time and to welcome this, to see of the ways in which people can live together even under what would be seen as crowded conditions, in a place where they can accept and learn to share with each other appropriately. □ This ability to accept each other in close environments, to reduce stress in areas of overcrowding, to welcome the larger number of souls to come into existence more consciously, are important attributes that M21 confers. Of course the future selves, those beings far in humanity's future who are at such a place where all 50 billion are in incarnation together, project a positive helpful energy to people now, an energy of deeper appreciation for each other, love, peace, and encouragement to share the resources of the planet most

appropriately, and M21 enhances the ability to receive this positive helpful energy from your future self.

M29 (Star Cluster in Cygnus Milky Way) - Encouragement

This elixir can engender a deep sense of appreciation for life. In some ways it can lead to gratefulness, but in other ways it leads to a sense within oneself, as if a deep appreciation of the cells of the body, or of a sense of one's own inner personality and how it can be best placed in the world. Although this can lead to a sense of patience for some people, most generally it will be excitement, as if suddenly there is a wonderful new way of seeing things that had previously been ignored, even though it is of course simply an energy that they had already known. Working with this over and over, one can have a repeated sense of awe or wonder, or a way of seeing oneself beautifully and lovingly. This broadcasting of encouragement for deeper connectivity is also an important attribute that Earth people can receive from working with M29. It may be especially helpful for those who feel discouraged, not able so easily to connect with other people, feeling as if they are somehow separated; to understand that there is an underlying encouragement and a sense of this deeper appreciation, can be helpful for such individuals.

M32 (Small elliptical galaxy, companion to Andromeda Galaxy) - Personal Wisdom

By connecting with the energy of this place one senses ways to interact in order to produce a sense of balance and perfection. This is a way to understand and see things as if they are of a maximum benefit for all beings involved. This is quite different from the usual human path of suffering and struggle through resistance in order to produce knowledge, clarification, and wisdom. In this manner we can find our own personal wisdom and perfection with what we already have. There can be a great understanding of one's shadow self or questionable past choices that now appear to be in resonance with what one is trying to accomplish on a soul level. □

M38 (Star Cluster in Auriga) - Religious Discernment

M38 has uplifting qualities, primarily from transformed dogmatic religions still associated with some of the planets. Most of the beings have gone on way beyond this to a deep understanding of God. They have also recognized that former levels of ignorance and struggle with various limited religious forms provided at once positive and helpful loving energies, compassionate energies, assisting energies, but at the same time many limiting energies, ways in which people were not so easily able to understand the larger intent of their religion, their beliefs, and of course their fears. Once this is better understood, it is hoped that a deeper forgiveness and awareness of the underlying energies will be made available for many people, the result being a rebalancing of what has gone wrong in the past. At the deeper level, M38 of course assists all beings in understanding their desire for faith, for understanding energies that are beyond that of the consciousness of the world, and as a result can also help people understand unifying principles across all religions, and from this a deeper appreciation of each other, a deeper sense of love.

M39 (Star cluster in Cygnus) - Accepting Love

This cluster will assist with human's evolution with regards to love: how it can be helpful to all of humanity, how it can be understood and studied, and how the differences of characteristics of love can be realized. Take this elixir to accelerate one's appreciation and utilization of love in one's life. M39 can be helpful in relieving shame as one bursts through that in order to understand and work with love in a more conscious fashion. □

M50 (Star cluster in Monoceros) - Inspiration and Awe

This is an area of spiritual inspiration for many, provoking a sense of connectivity to higher mental realms and higher angelic energies, with a conscious ability to receive messages from both. This elixir can offer healing that comes in a sudden manner. It comes at first as inspiration with the sense of letting go, of allowing God to touch you, of having a sense of higher connection or higher purpose, then feeling the energies begin to build. This will greatly stimulate the individual to drop old belief patterns, to find ways of creating deeper love, of accepting God's deep sense of unconditional love in every way in which one can. □

M53 (Globular Cluster in Coma Berenices) - Spiritual Evolution

Within this system are powerful energies of consciousness, levels of forgiveness or understanding, or a sense of the universal: a place of great peace, a place beyond time, and energies that would be very difficult to describe in human terms. In addition to these energies of M53 is the radiating energy of the core asking in every way possible for people to recognize what is evolution, what is the highest way of their own spiritual development? Answering that question can be very difficult because many times the answer is one that tells you that many of the things that you have been involved in must be stopped, that only the higher more evolved aspects of your consciousness are those which contribute to your own soul's evolution, and that many things that are pleasurable or fun in the world, though they may indeed be somewhat beneficial in allowing you to be happy, are not those contributing very much to your evolution. M53 will help people understand and accept in themselves the presence of an inner light, an inner guru, a being willing at times to ask the deeper questions, and help people resolve those answers.

M54 (Small globular cluster in Sagittarius) - Making Peace

This elixir will be of value to people who are contemplating the release of grief, the understanding of planetary grief, and the willingness to forgive in yourself those capacities, big and small, that would lead you to wish harm or destruction on your brothers and sisters. There comes an attunement to the idea of making peace with ones neighbors as well as making peace within oneself. This can be useful for mediation, diplomacy, or reaching across racial, cultural, and national boundaries. □

M59 (Elliptical Galaxy in Virgo) - Extraterrestrial Acceptance

M59 elixir tends to bring people to a place of deeper peace and acceptance about all of their extraterrestrial neighbors, which will to some extent translate to any guides or helpers you may have that are associated with any extraterrestrial beings. At the same time, it may tend to reduce various aspects of fear that may be associated with abduction phenomena or other phenomena relating to aspects that you have previously held as scary or difficult with regards to extraterrestrials. The point of this is that as the fear is reduced, so also is the hold that a being that wishes to, in some way, encroach on your space might have; and so this is of some help in a reduction of abduction formula. However the higher vibrational reality associated with M59 is for people to increase their non-technologically based capacity for learning about related civilizations. Thus capacity to project your consciousness to other systems, to learn of the beings living associated with Pleiadian or Alcyone system, or Sirius, or various beings that we have spoken of in the past that many people may feel an affinity or kinship for. The ability to project to these places is improved simply because one has less fear, more curiosity, and a deeper sense of love or connectedness to such beings.

M60 (Elliptical galaxy in Virgo) - Interconnectivity

Tuning into M60 can be very helpful for people who seek a whole alternative way of seeing their society, their relationships, and their understanding of various things. It can be especially helpful for individuals who are seeking to reach out to other kingdoms, to beings very different from themselves. There comes a general enhancement in their ability to use their own body's electricity, which can be very strengthening. Increasing one's sense of being electrically connected to many other beings of the universe and to the very nature of life itself is generated through this elixir. To further enhance this sense of deeper love and interconnectivity of all life, helium elixir will compliment M60 nicely. There can be some stimulation of the 12th chakra, moving people towards a greater spiritual level.

M62 (Globular Cluster in Scorpius) - Superconductivity

This is an area that is utilized by a number of higher helpful beings for the creation of waves of energy to proceed all throughout the galaxy for the specific purpose of allowing a harmonization between the stars, for the stars to better understand themselves and each other. People of course would benefit from this in the better understanding of their connection to Earth, to each other, to the Sun, and to all of the planets in the solar system. Individuals beginning to understand astronomy, astrology, the use of starlight elixirs, vibrational remedies at any level that relate to aspects that are beyond their normal consciousness, all would benefit by M62. These beings have studied healing modalities for the purpose of better understanding all healing mechanisms in all beings, understanding where points of resistance have been encountered and why individuals would seek those points of resistance, and how they may be shifted or changed; thus M62 can give insight into the entire healing process.

M66 (Spiral galaxy in Leo)- Lessens Mistakes

With this elixir comes an ability to study and understand history and work with it appropriately. This will give people more choice about their own evolution, allowing them to open to more of what they can know, what they can remember, but at the same time, consciously shift those capacities that might be too distracting or difficult for them to work with. This elixir, with sufficient focus and attention on it, can give people the capacity to remember more of their own history, going way back into Lemurian times, understanding the stellar influences, working with the history of the universe, bringing all of this into a place of clarity and consciousness. A great sense of forgiveness may appear for all of the apparent missteps that one has taken, with a greater facility to not repeat the same "mistakes". □

M68 (Globular cluster in Hydra) - Emotional Cleansing

This elixir presents a positive uplifting influence to individuals in allowing them to better tune in to relaxing emotionally and making peace. This can shorten the path to understanding the feelings that are involved with something more directly, thus enabling you to get to the belief patterns behind an emotion so as to realize its deeper message. This elixir creates a wonderful way to work with emotions in a more direct way. What can transpire is the creation of far deeper levels of satisfaction, a sense of deeper connection and understanding, a deeper awareness one person to another, than perhaps had previously been seen or understood. M68 can help people release the shared beliefs that hold humanity back from making the next steps forward, particularly at an emotional level. □

M69 (Globular Cluster in Sagittarius) - New Abilities

This elixir can enhance one's ability to more rapidly communicate on many levels within one's own consciousness, and more easily receive the lessons of the soul. One can more easily work with the energies that are transmitted by various means that are usually associated with time delay—those are released, one need not be so easily bogged down by the issues of time, and one can be much more receptive and able to easily receive many messages from many sources. Channeling would naturally be enhanced, but especially energies that were previously unreachable because the energy sources were of such exceptionally high vibration. In addition, as communication and superconductivity can be enhanced within an individual, all kinds of powerful processes can be shifted. Because of this shift, individuals may find healing abilities suddenly enhanced, or thoughts previously suppressed suddenly coming again into consciousness, or areas they had not previously considered where they have talents and capabilities again coming to the surface. As various subtle energy structures become more aligned, some new energies may be available to people that they had not previously ever considered possible for themselves.

M71 (Star cluster in Sagitta) - Inspiration

M71 is currently being utilized to develop inspiring ideas for humanity. A greater awareness of higher creative functions occurs, allowing individuals to sense their part in this process. This elixir is to be used to help people attune to, work with, and

understand new ideas. There can be a greater facility to contribute to the development of a key idea or a new concept with the use of this elixir. □

M75 (Small globular cluster in Sagittarius) - Closer Connection

This energy helps to increase the willingness for beings to come together, work together, knit together and become one. Use of the elixir will help some to set aside prejudice, coming to a place of deeper love and appreciation of each other. This shift can lead to a setting aside of sexual prejudice, fear of being close to another being, aspects that reduce trust amongst people, and thus allow a deeper sense of interconnectivity. Addictive relationships are healed with a releasing of jealousy as one increases spiritual evolution. □ With all of this comes a sense of freedom, and a deep appreciation of closeness.

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M76 (Little Dumbbell Nebula, or Barbell Nebula, in Perseus) - Future Self

This elixir can help people to understand the larger point of view with regards to working with energies of separation. A greater ability to integrate the time paradox in order to understand and receive messages from your future self occurs. The ability of your past self to also receive these messages is naturally enhanced. M76 enhances your capacity to be present, while at the same time accept loving energy, messages and ideas from your future self. □ This cluster enhances a natural tendency for greater openness and acceptance, fostering an ability to see the inherent paradoxes in your self, in your personality, or in your friendships, and be at peace with these. □ M76 can also help people accept conflicting aspects in others. □

M78 (Reflection Nebula in Orion) - New Ideas

This elixir can help bring ideas from the higher vibrational levels into form at a physical level. This can be of much inspiration for individuals that are struggling against old ideas, trying to bring new things into form. This synthesis of the old and the new is where M78 can greatly assist. □

M79 (Globular Cluster in Lepus) - New Solutions

M79 is well recognized throughout the universe, and especially this section of the universe, as providing many helpful strengthening energies for individuals who wish to contemplate entirely new forms of society to bring together new areas to be discovered and worked with. Anyone who tunes into M79 will be shown how to do things in a new way, how to see things in a way they had not previously considered, and how to share energies in ways that can ultimately be very helpful. To tune into it in any way when you are seeking solutions can bring you new insight or understanding, things you had not previously considered, particularly difficulties relating to social issues, interrelationships, families, politics, global crises, all the way down to personal crises where other people are affected.

M80 (Dense Globular Cluster in Scorpius) - Higher Soul Healing

On occasion M80 will be made available to others, particularly Earth beings, for finding deeper sources of spiritual inspiration, a sense of belonging to a larger group, or connectedness to a much larger plan than simply that of a few thousand years. Use

this elixir to encourage seeing things in the larger perspective and seeing how one fits into this. This cluster has also been utilized for various means of computation of a highly energetic nature applying directly to healing. Many forms of chronic disease will have their roots in repeated patterns of habitual denial or difficulty that people have struggled with, usually for multiple lifetimes. The understanding of this can be shifted at times through karma, through various forms of love, through different methods of healing. But what will usually be most difficult for the individual to understand, or to be revealed to them, is the energy of the source of this attraction to this imbalance or difficulty. This elixir can be utilized to help people understand that the source energy of a chronic health problem is a poorly formed belief, some aspect in contradiction to universal law. This aspect can be simple or complex, but M80 can be helpful for individuals to break it apart, to help them understand it in a new way, to shine a new light on that idea.

M82 (Interacting Galaxy with M81, in Ursa Major) - Potential

M82 elixir can help individuals understand the true nature of unborn potential, the aspect by which tremendous energy can seem to be available in nothingness. Though there are paradoxes rife throughout this understanding, it is a Zen-like appreciation that often results from repeated use of M82. It can be used well with the elixir M81 to create a deeper connecting energy relating to one specific being, an extraterrestrial guide or helper, a being that is from one of these places. As these galaxies have been interacting for a very long time, their combined energies are full of potential, and bring all kinds of new possibilities for people. This can provide a new way to see each other, to love each other, a way to transform one's marriage or one's interaction with other people, with pets, or with the Earth, or perhaps even a capacity to approach life from a whole new direction. This ability to shift context is only a tiny component of this energy, but is clearly helpful to humanity at the current time. With continued use of these elixirs, there can be a powerful blending of higher chakra forces, with the eleventh and twelfth chakras particularly swirled, blended, and worked with for most people

M84 (Galaxy in Virgo) - Forgiveness

This energy can be especially effective when confronting a problem and seeing it in a new light and deciding what to do about it. What can be most useful is finding out what is right about it, thus seeing a problem in a more positive and helpful manner, and shifting one's consciousness away from the purely negative. What is achieved is a greater sense of peace, an awareness of other possibilities, and an enhanced ability to see things in a more loving light. This elixir helps one to see the positive in any situation, no matter how grave or how difficult. A great sense of forgiveness is generated from this place, bringing the energies of the heart, the third eye, and the second chakra all together. □

M87 (Giant Elliptical Galaxy in Virgo) - Releasing Fear and Ego

In attuning to M87, many may find greater understanding of the deeper issues around competition and around struggles for existence. They would know in a more conscious manner that it is by cooperation or through a caring sense of love or

compassion for each other that survival will be assured, not through competition. The competitive frame of mind can be shifted, so that the energy can be one of mutual achievement amongst many beings, a cooperative way of achieving powerful and important ends and goals without hurting anyone. It is suggested that an individual take M87, tune into the positive peaceful helpful energy associated with it, and think of someone in the world, someone that could use some shift or energy of this nature, who could become more peaceful, who could release some connection in their identity to that aspect of war or hatred or fear or struggle. Then take the next step, turn the energy around and ask in yourself: in what way in your life are you like that person? In what way do you have some issue that is similar, some aspect of your own identity in which you hold some aspect of fear or ego? What can you do to change it? How can you shift it? Under M87's influence you may find answers in areas you had not seen possible before, and in this way make this energy more personal; and then turn it around again, taking what you have learned and sending it out into the world as if to touch anyone in the world that might need to work on such a similar issue.

M96 (Spiral galaxy in Leo) - New Relationships

With this elixir comes an energy to help people understand their own cycles and to move through them more consciously. New relationships to plants, animals, other people, to yourself, to your future self, and to your past self, all will be benefited from this energy. There is some assistance in helping some move ahead in finding more of their own life tasks. The throat chakra is stimulated with an added impetus to express oneself more easily. By tuning into M96, previous mistakes by others may be avoided, especially in areas of politics, administration, and other leadership situations.

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M100 (Large Spiral Galaxy in Coma Berenices) - Being-ness

M100 is as if a tribute to existence, a place to allow some sense of being-ness. Those who are involved in letting go of thought, coming to a place of emptiness and awakening, more of the sense of inner being-ness, will do well to use M100; but they will understand through this that they are connected to all beings, to many aspects of existence. All forms of creativity would be enhanced because the underlying energy is an energy as if of God to know itself, as if of existence to understand why it exists. This is of course a paradox and difficult to understand when spoken in such way, but the very nature of M100 helps one resolve this because there is the feeling inside that existence is good, that there is something about it that is inherently that which provides a deeper understanding, evolution, and awareness; and this understanding can also be useful to others.

M103 (Star cluster in Cassiopeia) - Clarification

This can be helpful in improving a person's ability to receive messages from the stars, and to perceive wisdom in the energies of other beings. It can allow an individual the capacity to communicate with others of a non-physical nature. Thus it can help you to be clearer and more defined in what you wish to share with your guides, helpers, and extraterrestrials. This elixir will help to inspire community and the ability to work with others. □

M105 (Elliptical galaxy in Leo) - **Higher Goals**

This place can help to bring more consciousness, more awareness to people to see what they are doing to their planet, to understand what must be changed in their civilization, to recognize some higher goal. This can be energy to inspire people who wish to understand themselves better in relation to their government. Individuals then find ways to govern themselves in which higher spiritual aims are shared. There can also be a sense of greater inspiration towards the manifestation of their purpose. This elixir also encourages an understanding of plants and animals at a very deep essence level. □

M110 (NGC 205) (Small elliptical galaxy, largest companion of Andromeda Galaxy) - **Relationship**

Energies from this place enhance the understanding of relationships on all levels. These could be relationships between people or between different types of beings, or between animate and inanimate objects, or between various aspects of space or time. The elixir brings a greater understanding about group relationship, helping people examine how they can better understand each other even when they are from divergent groups with various prejudices against one another. Much of this new awareness is reached by working with the universal law of reflection. This system offers a greater ease in applying the lessons learned and recognizing how one's inner self manifests what is around them. This elixir can help people to slow down, get the larger view, look more carefully, pick up the details, and see the subtler energies associated with inter-relating with each other. □

Mercury Retrograde - **Clarity of Thought**

If your astrological chart has Mercury direct at the time of your first breath, when using the retrograde elixir, you will usually experience intensification of understanding of inner issues. There will be a greater possibility to work out various aspects that you may have previously denied. If Mercury is retrograde in your natal chart, using this elixir will bring greater clarity of thought particularly in ways in which you can understand more buried or difficult ideas; these may be ethical ideas or even mathematical ideas. This elixir is also helpful during group interaction where various ideas that are otherwise difficult or buried can come forth easily. This elixir when taken during the Mercury direct period will tend to prevent accidents, help people understand how energies are moving, acting as a waker-upper, to bring a little more consciousness and awareness to many situations. By using this elixir to prevent various difficulties that occur when guides and helpers wish for you to learn something and they need your undivided attention, you already get the lesson and no longer need the drama. This can be especially helpful during those times of day that you are most susceptible to difficulties. Although one would usually use Mercury Direct elixir during the Mercury Retrograde period, one should use Mercury Retrograde at least once for the inner-directed lessons of this time. □

Mira (Omicron Ceti) - **Patience**

Taking this elixir can bring a deeper awareness of patience. This can be an enhanced ability to observe long cycles, to see them come to fruition, and be patient about them. The ability to assist with the preparation for solar return and understanding of this from an astrological sense will be assisted and intensified. The ability of the person to bring patience into the sharing of their emotions with others will also be strengthened. There can also be for some individuals with this patience a deep sense of calm, a way in which they are able to easily project this calm to other people. With children there can be benefit with utilizing this essence, particularly where greater patience is wished to be encouraged.

Mu Cephei (Garnet Star) - **Manifestation**

This star can bring the capacity to encourage a transformative energy that is quite helpful to the principle of manifestation, bringing things into existence, for working with many energies to create them in the first place. Flowing from this star is a general energy encouraging the bringing of new things into form for the specific purpose of raising consciousness and bringing an evolutionary nature to those who work with this energy. This energy was utilized during the rebuilding phases of Atlantis and Lemuria, encouraging those there to manifest things in a more conscious fashion after the destruction of their societies. This may also prove to be a useful elixir to utilize for chiropractic and other modalities that help to unblock stuck energies along the spine. Mu Cephei also may assist in the guidance of some in their quest to clarify what it is they wish to do in the world. □

Mu Herculis - **New Relationship**

These three stars can provide a sense of upliftment. This elixir will enable people to attune better to powerful energies of light and strength within themselves, and improve their capacity for communication with other people. This can improve telepathy and emotional closeness among people in a very beautiful way. Mu Hercules elixir has an important quality for individuals who are developing their relationships: the ability to understand them more consciously and see how their relationships affect other relationships. These can extend to business relationships, family relationships, and other components. But the interactivity between relationships, particularly of dyads or couple relationships, is of maximum importance. □

NGC 185 (Small Elliptical galaxy in Cassiopeia, companion of Andromeda Galaxy) - **Greater Peace**

With this energy one can be assisted to examine motives carefully, looking at individual fears, finding ways to channel energies of war towards more positive uses. As individuals work with 185, most will gradually come to a much deeper appreciation of self-responsibility, how their own energies cause others to be in a place of stress or struggle. This concept of total self-responsibility comes with a great deal of patience, understanding and a great deal of love. With this elixir comes assistance to release any inner warring component and discovering more about them, helping people to find greater peace and understanding about each other. □

NGC 188 (Ancient star cluster in Cepheus) - **Wisdom And Joy**

From this place emanates the sense of joy that comes from an awareness of what is possible for all beings. This joy can be deep and profound, and will dislodge all aspects that block it such as sadness or struggle. The wisdom that this joy creates is one of connectedness to your helpers and to your guides. Creative endeavors will tend to be enhanced as if non-physical inspiration, communication from these higher levels will naturally be strengthened. This elixir is a natural enhancer to other stars that work more with developing wisdom in people, El Nath being a prime example of this. It is as if the joy mingling with a new accumulation of knowledge brings forth some aspect of deeper wisdom that can be truly helpful. □

NGC 752 (Star cluster in Andromeda) - **Soul Connection**

This energy can be of much inspiration to individuals that wish to coordinate groups themselves, to pull energies from different people, different places, and in different ways, and to form conscious communities. This elixir brings an awareness to help people understand their innate benefit to each other. Gradually this will press on every difficulty, every barrier, or every block that any group has, to help find levels of deeper truth, and awakening higher levels of honesty one person to another. This assists in the release of preconceived ideas between people, helping them to find the deeper love or connection soul to soul. □

NGC 2419 (Distant Globular cluster in Lyra) - **Past Life Integration**

This elixir can serve as a key to unlock the door to greater understanding about the integration of your past lives, about where you are going into the next life, and into the next intermissive period, and about how these energies might best be served right now in your relationships, in your health, and in various practical matters that you might wish to discover and work with. Use NGC 2419 to understand your greater karmic purpose, and to bring awareness of what's next, of the fulfillment of a larger series of missions and understanding than that which simply is personal. This elixir will also benefit individuals who are working with any form of channeling of extraterrestrials or working with the understanding of a positive nature of such beings, to comprehend where this relates more specifically to their life.

NGC 5897 (Globular Cluster in Libra) - **Welcoming Diversity**

This elixir has the capacity to assist in welcoming diversity, welcoming new ways of seeing each other, and most importantly, welcoming energies that would seem to you to be alien or difficult to accommodate. These are way beyond any of the prejudices, assumptions, or delineations relating to, for instance, class, skin color, or religion, the issues that people on Earth contend with. This can be particularly helpful now with the shift across the generations where the children do things differently from the parents, and how the parents can come to better accept this, work with it, understand it, and ultimately actually enjoy it; not in a way in which as if to please the child, but in a way that allows the parents something of a genuine awareness and recognition of positive helpful energy. Use of 5897 elixir can be helpful at engaging individuals to appreciate not only the diversity in others but in themselves, because in many of your past lives you have lived in other cultures or worked in other ways, and

so part of appreciating and working with others is working with these hidden aspects in yourself. Gradually though, 5897's influence will be felt more and more as people attune to it and welcome it when they are seeking to balance energies in teamwork where diversity is of great importance, to see whole different solutions to problems, to understand ways of working together not previously interacted upon or worked with, and especially to allow an energy that can give rise to things never before contemplated.

NGC 6229 (Distant globular cluster in Hercules) - **Historical Perspective**

Tuning into 6229 regularly will bring two levels of awareness for most people. The first level is humorous: much of the larger perspective, the awareness of past civilizations was to be brought as jokes, as play, as fun, as something interesting, silly perhaps, some aspect within consciousness to have a greater perspective, to see things in a higher light--it is sort of a comical summary of the actions of many past civilizations. At deeper levels is a sense of the larger history of humanity itself: where humanity is headed, how this may be appropriately utilized, and how the developments in technology might be balanced better and used by all people. What gradually emerges is a blending of humor and the archives of history, the ability of people to laugh at themselves and their foolishness in the way in which they saw things as so important. □

NGC 6726 and 6727 (Star-forming Nebulae in Corona Australis) - **Creative Spark**

These areas can provide powerful creative flux: helping people to see differences, release prejudices, and discover their own inner creativity. It is helpful not just for musicians, artists or anyone involved in creativity directly, but for individuals in the sciences, in accounting, in areas that people generally find creativity hard to come by. This elixir can be for people who are working with their own creative blocks, particularly when they come through habit. Use this elixir when you are beginning a class where any degree of creativity would be helpful. This energy can stimulate ones deeper connective energies with God, as if the creative force flowing through God, flows through you and then into something physical. This elixir can also be used for people who are contemplating bringing a child into the world. It will assist them in gathering information, making the right choices, and in doing things that will benefit the child to be. □

NGC 7006 (Distant globular cluster in Delphinus) - **Perspective**

Utilizing this elixir can help to soothe consciousness and to help the individual find a better blend with ones own shadow self, which can be very helpful when one encounters very unusual aliens or instances of negative energy. Gradually, one receives a larger perspective on many things in life. Additional life force energy or improvement in health will naturally be received as ones awareness increases. This can be used for people who are contemplating big changes in their lives and wish to get an additional impetus. By receiving a different point of view about change, one can recognize and accept the sweeping new change in a way that might be more easily assimilated into their being. □

NGC 7789 (Ancient star cluster in Cassiopeia) - **DNA Shift**

With this elixir comes a better understanding about working with DNA, the spiritual side to it, the sense of awakening to a higher vibration associated with your own inherent patterning. This will help those involved with any type of DNA re-attunement or adjustment to take more conscious control over these processes. Use this to understand and receive the higher consciousness of your own DNA, its own inherent vibration. Anyone working with DNA shifting with a primary emphasis on spiritual change will be assisted greatly by working with this elixir.

Nihal (Beta Leporus) - **Releasing Prejudice**

Nihal can help people relax certain standards of racial prejudice, thus making it easier to absorb and work with information available from other cultures. This elixir will attune people to a deeper insight and awareness into their own processes of accepting all of the various faces of humanity. □

Phact (Alpha Columbae) - **Transition**

A number of beings associated with the Egyptian path have drawn great energy from this star. Its healing capacities have been used to revive individuals who have passed too soon from the Earth plane, and to speed the shift in vibration between the Earth plane and higher planes. Those experiencing near death phenomena, various forms of altered awareness, particularly when death has been very close, will do well in utilizing this star in a process of integrating and working with that information. Healers can find this star strengthening. People that wish to improve recollection of astral travel experiences or working with the astral body in the sleep state, will also find this enhanced by the use of the star.

Phi Cassiopeia and NGC 457 - **Psychic Enhancement**

This elixir can help you understand more of your true potential, that which you are here for, that which is your solitary work, that which can help others to the greatest degree. Many psychic gifts are naturally assisted here because the energization of the higher subtle bodies takes place upon using any of the energy associated with this area of stars. The result of this can be a far greater attunement to the emotional, mental, Atmic, and Buddhic bodies, and the energies associated with them. This is a great energy to attune to with astral projection. This elixir offers a great deal of wisdom and assistance for many. □

Pi Puppis - **Hidden Talents**

This star allows hidden talents to come to the surface. Oftentimes these will be talents that an individual has worked with in past lives, yet has elected in this life to ignore or perhaps to only use small amounts of these talents. An individual attuning to these hidden talents may also find that there are other avenues that are worth exploring in life, as if having a different point of view or seeing people in a different light. People who are involved in art and various activities with their hands, will typically benefit from Pi Puppis, because this energy can be particularly helpful with regards to pastlife skills in manipulating the physical world as a gardener, as a

sculptor, working with pottery or clay, perhaps working with ancient writing techniques, or various aspects of musical or artistic expression. This can be particularly helpful for teachers and counselors who wish to utilize similar qualities from their clients in themselves, and in this way make a closer, more compatible connection.

Sigma Orionis - Creative Flow

These stars can offer energy for sustained creative effort and a sustained creative burst of energy. This can be beneficial for someone whose creative energies begin to run down or someone who is not able to complete some creative project or feel complete about one's effort. This elixir can offer energy of encouragement to continue these creative endeavors, to find a new sustenance, a new strength inside and a new awakening. It is best to use this elixir towards the end of a project when there may be a slowing down, and a burst of creative energy may be very welcome.□

Subra (Omicron Leonis) - Enhanced Learning

Orbiting this star is a place in which there has been a great deal of work to develop systems of study to learn how to learn. With this elixir one learns how to engage the process of inquiry, looking at issues objectively, consciously, and lovingly. This can be beneficial for teachers especially those teachers dealing with the children of the indigo ray that have arrived over the last decade and a half. This elixir works by enabling one to see the emotional blockage that hinders learning, and then dissolve it.□

Tau Ceti - Spiritual Transcendence

The energy from this place can bring a sense of a transcendence of the material form, as if the ability to leap from what could be termed spiritual materialism to a true sense of spirituality is made more present for many people. This can be especially important in times in which the confusion in values around materialism and spirituality takes place easily for people, a time like now. The elixir may bring a sense of peace, of rest, a time in which individuals may release stress. Some people who have difficulty with abductions or difficult dreams about alien beings will benefit from taking Tau Ceti. The majority of people will experience a sense of release from de-evolutionary qualities. Individuals may benefit in many different ways by taking the star essence; but not the least of this is an attunement to an evolutionary quality, a willingness to co-create; and this would be not just from the star, but from the whole shared energy associated with this star system. The unusual signature of this star indicates a way of transcendence out of paths of materialism utilized for spiritual functioning, thus into higher evolutionary paths, deeper awareness of relationship with many other beings, and ultimately, a co-creativity with all of the higher forces of your galaxy for the development of new forms of physical existence in the galaxy.

Thuban (Alpha Draconis) - Earth Survival

Most of the energies radiating from Alpha Draconis are those that are associated with the energies of change that have allowed people at times a sweeping away of old ideas to find a new source. There is some awakening of the eleventh and twelfth

chakras in utilization of this star, because one can see of the ways in which such energies can be better used. Indeed, anyone with a concern with the potential destruction of Earth due to human misuse should certainly utilize Thuban elixir, and then use the energy wisely; such an individual may find themselves in a position of leadership or help to others at making critical and useful choices as humanity moves towards places of greater love and less fear. This was the pole star in Ancient Egypt and the elixir may be of benefit to those with a deep affiliation for ancient Egyptian sites, or for life-streams in distant times not on Earth.□

Triangulum (Combination of Alpha, Beta, and Gamma Trianguli) - **Balance**

This elixir brings an additional ability to empathize, by balancing and blending mental, emotional, and spiritual capacities. Alpha Trianguli brings an energy of balance between the emotional and the physical realms. Gamma has more of an influence on the mental side of existence, offering a quickening and integration of thought patterns. Thus visualization is improved as well as the ability to work with healing by influencing the aetheric body. Beta Trianguli brings the additional ability to empathize by combining of mental, spiritual and emotional capacities. This combination enhances our ability to attune to various aspects of our own existence from a spiritual perspective. This can be useful when one wishes to combine earthly energy with higher cosmic energies. It is helpful for releasing judgments, as it enhances the willingness to accept how others see things. It's a wonderful aid in the transfer from three dimensional to fourth dimensional reality as symbolized by the tetrahedron.□

Upsilon Sagittarii - **Understanding Oneness**

This elixir provides an energy that can assist many to understand about the deeper truth of the essential qualities of male and female separation. It makes available the essential qualities of duality, or even deeper truths with regards to a greater understanding of an internal manifestation of a polarity. There are those who could use this energy simply to enhance their capacity in an intimate love relationship, or a relationship in which the dyad plays an important role. The elixir can be generally helpful to people as they wish to appreciate the manifestation of the inner male and female, such as the important qualities of the male and female aspects of truth. But eventually what this gives rise to is an encouragement towards birth: the manifestation of a new project, a new energy, a focused energy that could be helpful at providing some sense of enlightenment or change or something of true beneficial nature for humanity as a whole.□

Venus/Jupiter Conjunction - **Expansive Relationships**

In using this elixir, a typical response is greater expansiveness, forgiveness, and understanding in relationships. There can be a whole new way of relating to the male/female issues with regards to making money in the world and finding ways in which this is more easily balanced. There can be a greater ability to say the right thing in the right place in a way that makes the most sense and helps the most. The inner female energies are particularly emphasized in a way that is quite different from what society expects in business and other realms that are so male dominated. This greater acceptance of the internal divine feminine though fairly easy for most women

may feel a little jolting for men, but it is an essential positive energy for men as they interrelate with women that are awakening to their own gifts and power. For women this elixir will bring even greater inner strength and self-awareness.▣

Venus/Saturn Conjunction - Karmic Awareness

Taking this elixir brings new insight and understanding about karmic obligations in relationships. It can be particularly helpful for couples that have been together more than seven years, for finding important facets and sharing with each other, and for regenerating, rejuvenating and re-strengthening their relationship. Conjunctions tend to catalyze, allowing new shifts, and energies previously stuck to be released.

Xi-2 Sagittarius - Psychic Attunement

This elixir is helpful for defining, strengthening, and clarifying a number of psychic abilities. These can include telepathy, clairvoyance, clairsentience, and especially psychometry. Individuals are able to recognize in their own lives the great benefit of new psychic abilities coming into form quickly, being used appropriately, and then being allowed to shift into areas that were not previously expected.

Y Canus Venaticorum (A Carbon Star) - Plant Awareness

The star can influence agriculture in a positive and beneficial fashion. Individuals who are working with hybridization of plants, strengthening of plants in creation of new strains for greater disease resistance, growing under harsh conditions, and so on will do well to work with this essence themselves for greater inspiration and to apply it in dilute quantities to the plants.▣The elixir is to be utilized for those who wish greater kinship and association with their plants. There can also be a physical stimulation for people with this elixir.▣

Zubenelakrab (Gamma Librae) - Welcoming Change

Zubenelakrab is transmitted useful energy to Earth to help people embrace change. The various powerful changes that are coming to people now need to be understood in their correct context, rebalanced or in some ways brought more consciously into form. With use of this elixir,▣one can often find that there is a place in your life that you have rejected change; and as you examine and look at it, you may think of ways in which you may be able to bring joy into that experience, a sense of true upliftment, hope, and awareness. As you experience this joy more deeply, it can allow you a new perspective on this change, not just to accept it, but to see it in a place where it could perhaps be helpful to others. It combines well with Sirius elixir for the inner acceptance of healing and transformation.

Zurak (Gamma Eridani) - Invocation

This elixir brings a great power to create change through the spoken word. It will enhance invocations, affirmations, and all of the energy moving through the voice. It is used to strengthen the expression with full force of the emotional body for the creation of particular goals, and by boosting the levels of missing sound frequency components. Zurak increases the connection between the sixth chakra and the ability to project and extract meaning released during sound phenomena. It can be

most beneficial to use this elixir to allow a higher form of prayer, or to work with higher energies as you invoke them.□