

HOW TO USE

Many people may be familiar with their 'sun' sign, most commonly referred to as your zodiac sign, but if you have never had a birth chart done, and do not know your 'moon' sign, you can still enjoy these essences.

Take the essence of your **own** Sun and Moon sign if you wish to increase your conscious recognition of these energies, and/or to reveal what you have previously been unaware of.

For example:

- to clarify your direction and add vitality, try your Sun sign essence.
- to clarify your emotions and revitalise flagging feelings, try your Moon sign essence;

Take the essence of **other** Sun and Moon signs, if your current situation would benefit from a particular energy, or to reveal the energy of that zodiac sign. This revelation may be especially pertinent if you have another planet or point (such as the Ascendant) in your birth chart, in that sign. Briefly experiencing the energy of a Sun or Moon sign that is not your own, may also help your understanding of how these energies are experienced by others.

Taking these essences may increase your awareness of the difficulties for each sign. Although possibly uncomfortable, revealing these difficulties can add insight and assist healing.

These essences may be taken orally: a few drops under the tongue, or try a few drops on your crown or on any of the chakra points. They may be added to your bath, or massage oils or creams.

If you are sensitive you may prefer to: make up a spray bottle from the stock bottle; or put drops on your wrist; or place the bottle next to a photo of yourself; or just hold the bottle.

And lastly, there is no right or wrong usage. We want you to enjoy these essences wherever they take you on your journey.

Store in a cool, dark place and away from electro-magnetic fields.



*"Everything is an
organic whole.
Even a tiny blade of
grass affects the sun and
the sun affects the little
blade of grass.
Nobody is big or small
– life is oneness...
Astrology is a science
of oneness."*

Osho

ORDERS

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Distributor:

HIMALAYAN FLOWER ENHANCERS

PO Box 43, Central Tilba, NSW 2546 Australia
Enquiries within Australia: Tel / Fax: (02) 4473 7131
International: +61 2 4473 7131
www.himalaya.com.au
Email: info@himalaya.com.au



These 24 astro essences offer a doorway into the particular vibrational energies of the Sun and Moon in each of the twelve signs of the zodiac.

Aries Sun

lost contact with your inner Warrior? need courage? ...enthusiasm? ...a fighting spirit? starting a new venture? start your motor, get moving with this essence.

Aries Moon

been feeling blue lately? a little down in the dumps? need a pick-me-up tonic? this essence may provide the fuel to light your fire.

Taurus Sun

haven't seen your Earth Goddess lately? need stability? help to push through? assistance could be at hand with this essence.

Taurus Moon

feeling wobbly? need to feel grounded? indulgence, pampering, sensuality on the menu? the rich pastures you need could be in this essence.

Gemini Sun

some communicating to do? mentally off the boil? the 'running shoes' in this essence could get you off to a good start.

Gemini Moon

need to adapt to changes and movement in your inner life? feeling 'stuck for words'? get the words bubbling with this Gemini fizz.

Cancer Sun

need to connect with family? put down roots? make a home? let the mothering influence in this essence help you.

Cancer Moon

ache for Mother to nurture and protect you? feeling numb, closed off? fragile or vulnerable? pick up the emotional grit in the 'crab shell' of this essence.

Leo Sun

is the King in you dead? stuck with your creative projects? need to be fired up? get motivated and let this essence put the crown back on your head.

Leo Moon

lacking warmth? life feels serious? take heart, contact your courage and playfulness with this sparkler of an essence.

Virgo Sun

can't see the wood for the trees? muddling along in disorder? lacking routine? this essence may be the tool to perfect, tune and polish your life.

Virgo Moon

feel like you've lost your grip on things? everything feels chaotic? the 'servant' in this essence may sort it all out for you.

Libra Sun

looking for compromise, co-operation with others? team effort not working? the harmony you seek may be in this essence.

Libra Moon

feeling off balance? finding relationships with loved ones difficult? add a dose of peace and beauty with this essence.

Scorpio Sun

need to 'shed some skin'? to clear out some debris? do a spot of research? get to the bottom of it all with this detective essence.

Scorpio Moon

wish to add some extra spice, or bite to your feelings and emotions? having difficulty connecting with your gut instincts? put your feelings under the microscope with this essence.

Sagittarius Sun

run out of goals? need a new direction? got itchy feet? yearn for adventure? cut loose and seek new horizons with this essence.

Sagittarius Moon

feel like you've reached a dead end? feeling restless? restricted? feel body and mind expand with this essence.

Capricorn Sun

lack discipline? needing to assume responsibilities? got nothing to work on? not achieving? this essence may provide the 'rope and tackle' to scale your next mountain.

Capricorn Moon

life feels out of control? feel unable to go the distance? ache for a dose of stability and practicality? this essence may provide the 'climbing boots' to get you back on track.

Aquarius Sun

searching for a new way? different methods? unusual ideas? want to change your world? start 'the revolution' by plugging in to this essence.

Aquarius Moon

feeling bored with the old you? fed up with being one of a crowd? feel like a party? this essence could be the 'lightning bolt' you need.

Pisces Sun

struggling with trust in your life? forgotten your source of spiritual nourishment? and 'the dreamer' inside you? dive in to your ocean with this essence.

Pisces Moon

need a dose of sensitivity and intuition? a rest from worldly affairs? to 'switch off' and recharge your flat battery? jump aboard this essence and float away.