

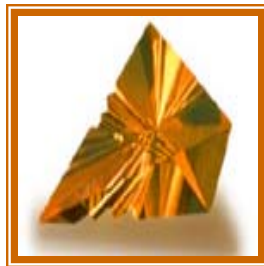
January 19, 2008

*Before you begin reading this, please know that I'm NOT a doctor! I cannot diagnosis or cure anything – the diagnostics we'll leave for those with the appropriate tools, and the cure we must leave to you!*

**Ta-da!** Here is the second installment of my weekly blog. This week, I would like to suggest you spend some time alone, and focus on who you are vs. the image you project to the world. We should all strive to trust our feelings and emotions, rather than what the people around us reflect back at us, or our own ego-based misconceptions. Sometimes it is extremely hard to determine exactly how we feel about ourselves and others, or about our jobs and our lives as a whole, because the lies we tell ourselves are designed to protect our Egos. And, always keep in mind – you are the ONLY one that can lie to YOU! With the Moon in Cancer at the start of this week, we have a powerful tool at our disposal, and can use this time for an honest, objective self-analysis. Take advantage of your insights and begin to put your life in order!

The **MOON** is in **Cancer**, the sign it rules, so this effect is deep and intense. Cancer is a feminine Water sign and, with its lunar ruler, will intensify the full range of emotions – from the highest of highs to the lowest of lows. So the Moon's phases in Cancer greatly effect our emotional state. This effect could be positive or negative, depending on your overall frame of mind and how you choose to view the affects on you, but a Cancer Moon will allow you to understand the inner-self by exploring your emotions. It is time for those feelings, suppressed for so long, to come to the surface and be dealt with. Cancer Moon makes us subject to quick emotional reactions. We cry more easily, we are more introspective, and we feel people and events very deeply at our core. This is not, however, a Moon that can be used for your own agenda...rather, it will use you. The best way to deal with this Moon in a positive manner is to be honest with yourself, not just during this Moon, but at all times. It is self-deception and dishonesty that traps emotional land-mines in the depths of your inner-self. The best course of action to minimize the effects of a Cancer Moon is to open yourself up to it. Be prepared to listen to what your inner-self has to say. Listen to and learn from your soul. It is trying to show you the things that you lock up inside and refuse to recognize.

### Citrine



#### Colors

#### Sources

#### Healing

#### Chakras

#### Psychological

light to dark golden brown, yellowish gold to light brown

Brazil, France, Russia

appetite (balances to healthy state), constipation, diabetes, circulatory system, degenerative tissue (promotes healing), depression, digestive system, endocrine system, liver, nutrients from food (aids in assimilation), toxemia, ulcer (reduces tendency for flares)

Naval, Solar Plexus, Crown

calms, cheerfulness, clarity of thought, clear thinking, comforts, cosmic consciousness (stimulates), creativity, depression, devotion, emotions (controls), energizing, experiences (assimilation),

**Careers Assisted**  
**Lore**

high soul procreation, intuition (improves), life-giving, mental blocks, mental body (stimulates), mood swings (balances), negativity, nightmares, peace, personal power (positive use of), protection, psychism, self-confidence, warms, will, wisdom  
government worker, radio, TV, recreational worker, salesperson  
Citrine is a good choice when one is trying to accomplish life events and release that which no longer serves the whole person. It aids in creating a bridge between the higher mental and intuitional levels of the mind. It helps develop the self-discipline necessary to live in a higher awareness. Citrine assists with the assimilation of creative forces into all aspects of being, all the while assisting one to achieve personal goals; it is the stone to use when trying to accomplish life events, as it aids in the release of that which is no longer serving you. Citrine stimulates the intellect and creative activities, thereby promoting a happier disposition towards one's lifewalk. It influences education and business matters. People who tend towards over-sensitivity and/or vulnerability, Citrine will help you to find a balance for these feelings, because it absorbs the fear and tension that builds in the pit of one's stomach. It can transmute fear on an emotional level. It aids in opening the bridge between the higher mental and intuitional levels of the mind, stimulating cosmic consciousness. It will remove thought forms from the Solar Plexus to unblock congestion – even inherited ones. It soothes disturbed and restless conditions. If you ever have occasion to see me at a show or Festival, ask to see inside my cash box or bag or whatever I'm using for that purpose and you'll always find a piece of Citrine close by. Citrine can be used as a magical substitute for Topaz.

**Energy**  
**Divination**  
**Astrology**  
**Planets**  
**Elemental Correspondences**  
**CAUTIONS**

Projective/Masculine  
The Hierophant  
Aries, Taurus, Leo, Virgo  
Sun, Mars, Pluto  
fire, water taste, beyond physical senses and elements, air  
**Citrine is not to be used by those with severe heart conditions.**

**Sage**

(Salvia Officinalis)



**Folk Names**  
**Description**

Garden Sage, Red Sage, Sawge  
Sage is a shrubby perennial plant that grows wild in southern Europe and the Mediterranean countries and is commonly cultivated

elsewhere as a kitchen spice. A strongly branched root system produces square, finely hairy stems which are woody at the base and bear opposite, downy, oblong leaves which may be entire or finely crenate. The floral leaves are ovate to ovate-lanceolate. Purple, blue or white two-lipped flowers grow in whorls which form terminal racemes. Flowering time is June and July.

**History**

It is long used as a religious herb among the tribes of North America, regarded highly for its purification, healing and cleansing properties.

**Medicinal Parts**

Leaves

**Medicinal Properties**

Amenorrhea, antibacterial, antihydrotic, antiseptic, antispasmodic, aromatic, arthritis, astringent, brain (stimulates), bladder infection, blood infections, catarrh, chills, colds, concentration (strengthens), constipation, coughs, depression, diarrhea, digestion, dysentery, dysmenorrhea, emmenagogue, enteritis, expectorant, febrifuge, fever, flu, gastritis, gravel, gums (sore), hair growth, headache, indigestion, insanity, insect bites, joint pain, lactation (stops), laryngitis, leucorrhea, lung congestion, memory (improves), mental exhaustion, mouth sores, muscles (sore), nausea, nervous conditions, night sweats, oral infections, palsy, parasites, phlegm, respiratory problems, saliva (excessive), sinus congestion, skin eruptions, snake bites, sore throat, sores (indurate), stomachic, styptic, teeth cleanser, tonic, tonsillitis, trembling, ulcers, vertigo, worms, yeast infections

**Active Ingredients**

Vitamins A, C, B-complex, calcium, potassium, Sulphur, silicon, phosphorus, sodium, thujone

**Gender**

Masculine/Yang

**Planetary**

Jupiter

**Elemental**

Air

**Magical Aspects**

banishes evil, mental health, immortality, longevity, protection, strength, wisdom, wishes

**Magical Uses**

To ensure a long life, eat some of the plant every day, or at least in May, for: He who would live for aye, Must eat sage in May. Carried to promote wisdom. The leaves are used in healing and money spells. To guard yourself from contracting the evil eye, wear a small horn filled with Sage. Gardening tips for

Sage: it is bad luck to plant it in your own garden, hire a stranger to do the work; a full bed of sage bring ill luck, so ensure that some other plant shares the plot; toads love sage. If you desire a wish, write it on a Sage leaf and hide it beneath your pillow. Sleep on it for three nights, and if you dream once of what you wished, it will be materialized; if not, bury the leaf in the ground so that you do not come to harm. Sage can be used to cleanse the thinking process, to rid the mind of negative thoughts. A broom of Sage would be most powerful to sweep away undesired influences within a Circle. To keep the energies of Sage pure, grow near Rue. To use as a magical tonic, drink it after sunrise for nine consecutive mornings, reciting: Sage make green the winter rain, Charm the demon from my brain. When growing Sage, the health of the plant reflects the grower's personal affairs and business. Sage incense is used prior to business meetings and important decisions.

#### **Lore/Personal Observations**

Sage is routinely used by many as a smudge. It is allowed to smolder and the smoke is wafted around a space that needs to be cleansed or otherwise have the energies shifted. It is a very good herb to keep hanging around the house for its protective and cleansing qualities. I have used it in many ways – from removing “ickies” from someone’s aura to cleansing and blessing sacred space – and yes, I do consider my home sacred space!

#### **Deity Associations**

#### **CAUTIONS**

Consus

**Extended or excessive use of Sage – particularly Clary Sage – can cause symptoms of poisoning. Do not administer to pregnant women!**