

Star Elixirs, Vibrational Remedies and Our Connection to the Cosmos

Unpacking newly arrived books at our healing center, I glanced at the back of one and read,

“How do the stars influence our lives? What is this larger system of knowledge of which astrology is only a small part? How can we work with these energies through meditation or by taking a Starlight Elixir? What are Starlight Elixirs/ How are they made? Can they provide a breath-through for our individual and collective consciousness?”

Fascinated, I began to look through the book entitled Starlight Elixirs and Cosmic Vibrational Healing by Michael Smulkis and Fred Rubinfeld.

Five minutes later, I walked a new client. “Hi. I’m here to learn how to do Shamanic Journeys,” she said. “Are you still having the class?” Looking around she realized she was the only person besides me who was there.

I sighed. “Yes, I’m still doing it.” Reluctantly I put aside the book and led her into the classroom.

A shamanic journey is a meditation to the rhythmic vibrational beat of a drum. An ancient way of connecting with spiritual helpers like power animals and human-like spirits, this is a powerful method in teaching people to rely on their inner guidance

Immediately in my meditation journey, I launched into the night sky. Surrounded by beautiful stars, I flew farther and farther away from the planet. In warp speed, I flew to a very special place in the night sky that was lit up with multiple stars very close together. Then I hesitated to go forward any more. I just sort of hovered in the sky and looked. Nebulous forms began to take shape. Not a recognizable shape, but vague shapes that moved in and out of themselves. One significant shape detached itself from the rest and came forward, welcoming me.

As it swirled toward me, I heard, “Welcome to your ancestral home.”

My first thought was, What? My ancestral home? I’m from the stars?
My second thought was, Why am I surprised?

I didn’t feel like I spoke that in my meditation, but the star being clearly understood it.

‘Oh yes,’ was the reply. “You are from Aldebaran.”

Aldebaran. I’ve heard of it, but couldn’t place it off hand. Remembering my own instructions for the journey, I asked, “Can you teach me a method of healing that is from my ancestors?”

There was an agreement of sorts. I felt it rather than heard it. Then I heard, “I am here to teach you about elixirs and vibrational healing. Specifically Starlight Elixirs and how to use them.”

“What is your name?” I asked.

It took me awhile to understand it as the name came in guttural syllables. Finally I understood it. “Shak-Deneb.” I also understood that we would be meeting soon, probably the next week when I taught shamanic journeys. And my meditation ended.

As a tool, elixirs such as Flower Essences or Gemstone Elixirs are vibrational remedies. They carry the vibration of the original substance without having the original substance in it. Created with water and the sun, the vibration of the flower or gemstone, for instance is added by infusing the water with the substance. After a period of time, the substance removed, the water is strained, and a preservative such as alcohol, vinegar, or vegetable glycerin is added to extend the life of the elixir. What is left is the *intention* of the substance. When taken internally under the tongue, or externally rubbed into the skin, elixirs correct electrical imbalances in the body. By correcting the imbalances, stress is reduced and disease is prevented.

People and animals that use vibrational elixirs will exhibit peace and harmony physically, emotionally, mentally, and spiritually. Bach’s Flower Remedies are a perfect example of this. One time I was at a farm where two horses got into a territorial fight. By the time we got to them, one of them was standing exhausted, head hanging low, with a torn flap of skin on its flank. At midnight, unable to locate a vet, all we had on hand was a bottle of Bach’s Rescue Remedy (a Flower Essence Elixir intended to release trauma) and a dull darning needle. After giving Dude, the horse, a large dropper of the Rescue Remedy, he allowed me to stitch his flap closed with that dull needle. We kept administering the Remedy on an hourly basis, and by morning, the flap was healing without infection, and so was Dude’s spirit. He also knew when he didn’t need it any more as he stopped taking the remedy the next day.

So I already knew all of that about Flower and Gemstone Essences and Elixirs, but Starlight Elixirs? I was getting very curious about this.

Going back to Starlight Elixirs and Cosmic Vibrational Healing, I wanted to know what star elixirs would do for me.

“As you attune to a star in an elixir form....you may then begin to open, to draw in new energies in yourself, and shift your perspective. The descriptions as given are not limits or limitations, but rather an invitation for you to explore in yourself the energies that begin to open and unfold in you. Over the next two decades....the stars will have a greater and greater influence, whether accepted consciously or not, on more and more people worldwide.” P. 3

Next I looked up the Star Elixir Aldebaran. The following is part of the explanation of what Aldebaran can do when taking it as an elixir.

“This star provides a particular blessing, since it soothes the mind that is grieving the loss of a loved one—whether through separation or death. A greater understanding of the process of death through this awareness may bring a sense of peace and calm. Hope and positive energy is transferred in recognition of the connection and the oneness between those who might have passed over and those who are still alive, between those things that you might wish for and those you have, and between that which is desired and that which is no longer needed. Through this essence the entire grieving process is accelerated and assisted, and individuals coming into contact with this compassionate energy find their own inner love and their own inner strength.”P. 4 in the abbreviated Starlight Elixir book.

That made sense to me. All my life I have worked with those who are in transition. Not only have I assisted them in their path of recognition and release, but I have helped guide them to the light when necessary. I see why these are my ancestors.

What I didn't understand is how an individual learned about this particular star. Or how any of this information came into this book.

I did another shamanic journey, this time deliberately asking to meet with Shak-Deneb so we could work together on vibrational elixirs. Again, I went through the stars in warp speed, and met with my star ancestors. Shak-Deneb's essence seemed to stand out more clearly. I asked him if this was the time to learn about vibrational healing? He said it was, and proceeded to teach me.

Vibrational healing and vibrational medicine sees the body as a system of energy. As such, the body is best treated with energy that will balance the mind, body and spirit. Subtle energies work best at the cell level. Since everything vibrates, everything can be a tool or a remedy, depending on how it's used. Shak-Deneb indicated to me that sound, color odor, sacred geometry, emotion, intention, stars, planets, and other cosmic objects all act as vibrational healing. And the journey ended there.

I wondered what happens when we use stars as a method of vibrational healing? Back to the book, I found this:

“But remember the basic underlying concept: when you attune to the nature of the star, you are working with the energies associated with that star from the civilizations that worked with the star, and from the essential qualities of the star itself. These are what come into you.”P. 8

“When you deal with the larger groups of stars--galaxies, globular clusters, various unusual objects, and so on—you have the more difficult question with

regards to consensus of energies from many civilizations. And here it is more the representation or signature of the stellar body that allows the individual to tune into this energy and work with it on many levels. This allows the individual more choice in attuning to any specific characteristic of that stellar body.” P. 9

And more importantly,

“This is the basic message that is also to be imparted by the study and understanding of the stars. All growing things on your planet come from the light. This light is utilized chemically, physically and biologically, but *most importantly in this way in which love is manifested as light from you*. In your imagination, in your intuitive understanding, you can begin to recognize that the study of a star--the understanding of it, the playing with the knowledge and with the awareness--does more than give you a basic life force that transcends the other forces you are used to. This light is that which precedes the forces that creates such things as food, water, and air.” P. 5

“It is not only hoped that you will develop by working with elixirs, meditation on the stars, and other ways of working with and understanding the stars, but also that you will eventually give this understanding of love to the other beings of other civilized worlds, as well as to the stars themselves and to your Sun. Because you have the ability to transcend space and time by your imagination, by your mind, you can make this journey between this place far away and the place where you are now.**There are essentially three methods of transportation that are utilized by organic beings such as yourself in the galaxy.** You may eventually take on as part of your being the most beneficial, the highest, the most beautiful of these. **This is a way in which you simply disappear from one place and reappear in another.** But it is not just by the forces of will or imagination, it is through **magnetic, electrical, electromagnetic, and a tremendous compassion combined with the light of the most powerful aspects of your Sun and of your Earth and of your soul center.** As these become one, there is an instantaneous translation in space.” P. 6

Could there possibly be a clearer connection to the Merkaba Meditation and the Unity Breath Meditation?

Checking out the website associated with the Starlight Elixirs book, I located Pegasus Products in Boulder. Testimonials from very satisfied clients reassured me that others were sensitive to vibrational healing such as this. I called the company and asked to speak to the president, who happened to be the co-author of the Starlight Elixirs book. He graciously talked to me at length, patiently answering my questions about how these elixirs are made, where did the information come from regarding each star, planet and galaxy, and what are some of the more fascinating uses and testimonies.

At the end of a fascinating interview (which will appear next month), I casually asked him, “Fred, are you aware of your star group or planet of origin?”

There was a long pause before he answered. “Well, I’m sure I have several, but the one I feel closest to, the star that almost moved me to tears when I channeled it was Aldebaran.”

All I could say was. *I feel like I just opened Pandora’s box!*

Next month will feature the interview with Fred Rubenfeld, President of Pegasus Products.

*Learn about how Fred worked with Hilarion, an ascended master collective, to create starlight elixirs and channel each star’s story.

*Find out how YOU can make star elixirs at home.

*Learn other ways to attune to the stars and cosmic objects and find out what they can do for you.

AND

*You are invited to create your own star elixir based on the methods provided and send us an email of your results!

Or try out alternative method of attuning to the stars and email us your results.

Or try out one of Fred’s elixirs and email us with your results.

(Fred’s website is www.PegasusProducts.com or pick up a starlight elixir at Your HeartWalk Center, 2855 Southwest Dr. #6, Sedona, AZ, or you can order here from The Spirit of Maat.)

Your emails will be included in Part 3, to be published in June. Please send your results to sedonaheartwalk@yahoo.com attn. Starlight elixirs.)

Reference:

Starlight Elixirs and Cosmic Vibrational Healing by Michael Smulkis and Fred Rubenfeld. C.W.Daniel Co. Ltd, Essex, England, 1992.

Phoenix Rising Star (I’m beginning to understand where my name is from!)

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