

## **Part II, Star Elixirs and Vibrational Healing**

In Part I, I referenced Starlight Elixirs and Pegasus Products. Part II is an interview with the President of Pegasus Products, Fred Rubinfeld.

### **"Certain stars taste sweeter. I don't know why." Fred, President of Pegasus Products.**

Fred had revealed that the information about starlight elixirs actually came through Jon C. Fox, who was channeling Hilarion, an ascended master collective. Hilarion casually mentioned in 1987 that it was possible to utilize the light from stars, planets and other galactic objects to raise the consciousness of the planet. It wasn't until five years later that Fred became aware of what this meant.

"When I first had this subject presented to me by Hilarion, it did not register with me at that time. I was not able to process it. Only years later, when listening to the original tape did I realize what I had been asked to do. I was still not quite ready, but in 1993 or 1994, the idea was no longer so distant and the project had begun. After some discussion(argument), 'they' agreed to participate with me. (the stars, planets and other beings). Initially, they were unwilling to share their information with humanity, because of the potential for damage. But I wouldn't have been told anything if certain subjects were inappropriate. Also, the karmic impact, for the stellar beings, of discussing the information was still worth the potential benefit for humans."

"First we had to find out how and where to make them," Fred said.

Several hundred beings were involved in the project as well as the initial book Starlight Elixirs and Cosmic Vibrational Healing. Beings such as consciousness collectives, arch-angels, actual stars, etc. all communicated with each other and worked together to form this integrated system of vibrational healing. First, Hilarion translated the information from the other beings and filtered it through the sun for what was appropriate for humanity to know. Jon C. Fox then channeled that filtered information into the book.

"We were so excited when we were provided with the perfect or near perfect land with little or no light pollution," Fred said.

He described the labor intensive process of creating the more than four hundred elixirs.

Every month, around the new moon, there is a ten day window, maximum or less due to weather conditions, for which starlight elixirs can be co-created. Using a specially modified telescope, a large clear crystal container and specially coated mirrors, they locate, track and collect each specific star light for two hours. A clear intention is held that only that star or object's light is gathered. There is also a reciprocal intention from that object, 'This is the light I choose to share.' After two hours, each mother tincture is made by decanting the liquid immediately into a light proof container or flask and quickly

covered from outside light.

A key ingredient to making these elixirs is filtering out unwanted vibration or negativity. Inert gases of Argon and Krypton are used to filter and eliminate negative thought forms. (These gases are not only used on these telescopes, but also in offices, homes, and many healing centers for the same purposes.)

Since the creation of the Starlight book, Pegasus Products also distributes small pendants used to carry the energies of Argon and Krypton gases. Made up of 96% Argon gas and 4% Krypton gas, magnets are added to activate the ability for the gases to eliminate negative thoughtforms.

Fred gave this example of how they work. "There is an attorney in the Phoenix, AZ area who interviews rapists as part of her job. She found it so awful to do as a result of the negative thought forms she was constantly being bombarded with. She was at the point of quitting her job when she bought a personal empowerment pendant (mentioned above). Almost immediately she noticed a greater ability to stay present and feel safe, to the point where she was able to continue doing her job."

**Fred's recommendation, "There are days when I don't drink stars, but there are not many days when I am not walking around with inert gas energy."**

Each elixir from the Starlight Series is hand bottled by candlelight (100% beeswax) into a hand-painted (organic paint) black bottle.

"We used to use these really cool silver painted bottles at first. But when we found out they were made of aluminum, they were discontinued. Now we use black paint to block the light from the sun or from electrical sources, which break down starlight very quickly."

The elixir needs a preservative in order to maintain the delicate vibration.

Pegasus Products uses a high alcohol content so each elixir lasts 'a few hundred years'. But they found that not everyone wanted to ingest the alcoholic elixirs. So they experimented with a non-alcoholic version of vegetable glycerin and water. This option is available if required, but the elixirs have a notably shorter shelf life.

"When taking these elixirs, only expose them to outdoor light for a maximum of 3 seconds. Open the bottle, place a few drops under the tongue, and close the bottle. This is easier than it sounds. When indoors, one can expose them to light for up to a minute, each application. I do use a few drops with a nice glass of wine occasionally. With excessive light exposure, the individual stellar vibration is lost. They do combine well with flower and or gem essences for added effect. Please note, it is **not** necessary to go into one's closet to use them. I have found this unusual habit in many parts of the

world."

When asked, Fred answered thoughtfully about the overall importance of starlight elixirs.

"Stars have reached a certain evolution where they can share the gifts that they have realized, in their own path for enlightenment. These gifts are shared within the light that emanates from their part of the universe. Some of these worlds have utilized the understanding of karma, or intuitive capabilities, or the ability to shift into multiple dimensions as their path to self awareness. It is these realizations that have been gained from over millions of years of experience that they wish to share with any that might benefit from their experience. **The path to understanding on Earth has to do with our understanding of the Law of Love as the way to our evolution.** Rarely has this path been successfully followed. Most of the worlds who have tried this way have self-destructed. Earth has lasted longer than others. That is why such a small planet holds much interest to so many other worlds and levels of awareness. They await patiently for this human experiment. Compared to 100 billion years of evolution, Earth is quite young. **One day beings on this planet will be as one, and be able to broadcast love to impact other worlds.**"

Because elixirs impact at the soul level, they naturally raise the consciousness. Taking an elixir may have an instant effect, an impact 100 years from now or 500 years previously. It may have an effect on the body, as the body is an aspect of the soul. Or there may be opportunities for growth in the life lessons one came here to learn.

"As we become more aware, more 'magic' happens. Synchronicity, for example. When 'magic' doesn't occur, there's something blocking it. Shifting that blockage is a natural way of raising the consciousness." Fred said.

Q) Besides the traditional method of placing drops under the tongue or on the body, what are some other simple but effective ways of using starlight elixirs?

A) "There's an advantage to drinking as opposed to placing it on your body. Drinking it allows the light body to utilize the elixir better. It is dispersed better and faster. You could also spray the elixir on the body or in the mouth.

You could put a few drops on a crystal and place it in a dark space--like a closet or a bag/pouch you wear. This will magnify the intent of the crystal and the elixir.

If you use a large enough stone or crystal, you could fill up a house with that energy. Or use it in a room while teaching, healing, or speaking--to amplify that purpose."

Q)What are some of the more unusual uses for these elixirs?

A) "There is a pediatrician in Argentina who only uses Starlight Elixirs in treating children. Because of the language barrier, it's hard to understand how he uses them and what effects he's having, but he seemed quite satisfied and excited when we met at a workshop in Buenos Aires"

One of Fred's personal favorite recommendations is the use of starlight elixirs for children's gestation and births. Because we generally have an idea of when the child will be born, we can utilize the brighter stars within the appropriate astrological constellation to make the child more comfortable. If for instance, the child was due around May 1, giving the mother the Aldebaran (from the constellation Taurus) elixir makes the child more comfortable, more aware of their connection. It will also help the family to better understand some of the life lessons of the child to be.

Also if a parent has a strong affiliation for a particular star, the child probably karmically shares that connection. Providing an elixir to the child could strengthen that bond.

Mostly, Fred says, he gets asked--What will this do for me? What should I take if....?

Because individual stars do different things, he created a shorter version of the Starlight Elixirs Book which has abbreviated versions of their purposes.

Taking El Nath, for instance, will enhance mathematical abilities.

Taking Sirius is helpful for shifting vibrations in all things such as in the healing of physical or emotional disharmony.

\*\*\*\*Zeta Cygni (like Bach's Rescue Remedy) not only may relieve symptoms of shock but also prevent the karmic need for having an accident or mishap.

Then there's the Planet Elixirs.

Because these astronomical bodies have such different energy and influence on our lives, this elixir line was created.

Fred recommended taking one planet elixir a month, moving through the solar system. By the end of a year, this will allow one to pick up on any missed planetary aspects and offer greater understanding of the potential energies associated with these masters.

Fred also commented that we are born at a particular time to learn life lessons associated with that planet. Taking elixirs bring those life lessons to the surface.

There's even an elixir for Mercury Retrograde. "It's an interesting time. People don't seem to buy as much when Mercury is retrograde."

However, he has testimonies to the fact that Mercury Retrograde Elixir, taken before, during and after retrograde appears to greatly reduce negative aspects of that time.

Q)What about Pluto, the farthest planet ( if it's still considered a planet?)

A) "I was so excited when we finally got a telescope to pick it up--it was too far away for our original telescope. When the elixir was initially made, I practically guzzled it at full strength. Ultimately it cleaned out the vipers in my life, but it was almost more than I could handle. I chose to get married, had a child on the way and I had the FDA and the EPA to contend with among other state and local agencies. Their attacks have since resolved and haven't resurfaced. I saw that as the last chance to move me off my path. Even though I have to believe we are up to the challenges we're given, I would recommend the Pluto Elixir for everyone but only to be taken once a month and NOT at full strength."

Q)Speaking of the FDA, are the elixirs approved?

A) "The starlight elixirs and all flower, gem an other essences are considered a food product. I call the FDA for advice when necessary. And once a year they visit me and examine my labels----which is their only responsibility, by the way. They look at the labels, look at me, and they smile and shake their heads. Stars are so far removed from people that many can't take them seriously."

Q)What are some other ways to make elixirs if you don't have the telescope and other materials?

A)"Intention works. However, it's not always easy to avoid the filtering of energy through our personality, if we're involved. Just hold the intention to purely receive whatever the star wants to give you. I also suggest a combination of meditation and elixirs. Meditation, as a sort of communing with the star or object. Ask for it to work with you. Then take the elixir to enhance the effects.

And once you've taken an elixir, you can always ask for it back and recall its effects."

Q) Is there anything else you'd like us to know?

A) "There are obvious benefits from the Sun Elixir. This is very helpful for those suffering from sunlight deprivation or depression or low vitality. It restores a 'sunny disposition'.

The Moon Elixir is helpful for cyclical difficulties or working with the unconscious energies behind the difficulties.

I haven't done much with other moons of other worlds. And I don't have an Earth Elixir.

I was told it was not desired at this point."

"So many beings are responsible for the past, present and future success of this project. I especially want to acknowledge the efforts of Michael Smulkis and Jon Fox on the physical plane in their continued support and work. On the higher dimensional plane, the support is also especially appreciated."

You are invited to email us your results from trying a product from Pegasus Products (starlight, planet or otherwise), or from making a starlight elixir from any of the suggested methods. Emails received by May 15 will be included in Part III to be published in June's edition of The Spirit of Maat. Emails received after May 15 will be published in a future edition.

Please email us at [sedonaheartwalk@yahoo.com](mailto:sedonaheartwalk@yahoo.com), Subject: attn. starlight elixirs. Part III will include your results as well as my discoveries.

With love and light,

Phoenix Rising Star,

Co-Director of Your HeartWalk Center and Starlight Elixir junkie.