






Healy 共振程式總覽，如下圖，包括微电流程式，除了沒包括“生物能量支援程式”在內，共 36 項：

1.	生物能量支援(2)	生物能量促進,Coherence
	Healy 經絡 2 程式 (10) 	 Healy Gold Cycle 程式 (7) 
	Healy 經絡 1 程式 (10) 	 Healy 深迴圈 程式 (12) 
	Healy 生物能量和諧 1 程式 (12) 	 Healy 保護程式 (8) 
	Healy 生物能量和諧 2 程式 (12) 	 Healy 脈輪 程式 (7) 
	Healy 工作 程式 (7) 	 Healy 心理平衡 程式 (8) 
	Healy 健身 程式 (8) 	 Healy 皮膚 程式 (5) 
	Healy 學習 程式 (9) 	 Healy 美麗 程式 (6) 
	刺激 (7) 	 Healy 睡覺 程式 (4) 
	Healy 生物能量恢復 程式 (12) 	 Schuessler 鹽 (27) 
	易經 (64) 	 阿拉斯加藥珀 (48) 
	創造性順勢療法 - 心靈 (348) 	 澳大利亞灌木花精 (68) 
		 巴赫花精療法 (39) 
		 Healy Watch 經絡程式 (12) 
		 Healy Digi. Nut. 混合 程式 (72) 
		 Healy Animals 程式 (12) 
		 Healy Watch 程式 (12) 
		 Healy Watch DN 程式 (12) 
		 所有 Healy 程式 (20) 
		 生命物質 (76) 
		 Pain / Psyche Programs (8) 
		 巴哈花療法 2 (39) 
		 論藥物 (42) 
		 澳洲灌木花 2 (68) 
		 阿拉斯加寶石醃 2 (48) 
		 Schuessler Salts 2 (27) 

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## Healy 共振程式(包括微电流程式 - \* 号)列表:

1.	*經絡 1(10)	過敏經絡, 結締組織, 膀胱, 大腸, 小腸, 脂肪變性, 膽, 關節, 皮膚, 心
2.	*經絡 2(10)	荷爾蒙平衡, 循環, 肝, 肺, 淋巴系統, 胃, 脾-胰, 神經經絡, 腎, 器官經絡
3.	*生物能量和諧 1(12)	免疫系統, 寒冷, 過敏, 眼睛, 荷爾蒙, 腸, 神經, 彈性, 循環系統, 效力, 更年期, 局部月經
4.	*生物能量和諧 2(12)	胃腸道, 細菌, 扁桃體, 肝, 食物敏感, 毒素, 頭, 前列腺, 肺, 甲狀腺, 關節骨骼, 局部坐骨神經痛
5.	*工作(7)	激活, 正面想法, 平衡神經, 疲勞, 系統性衰竭, 急性衰竭, 極端壓力
6.	*健身(8)	體重, 肌肉, 循環, 身體機能, 力量, 耐力, 再生, 深度放鬆
7.	*學習(9)	系統性學習, 急性學習, 記憶, 系統性專心, 急作專心, 系統性考試, 急性考試, 系統性壓力, 急性壓力
8.	*局部刺激(8) 疼痛/心神	I 慢性疼痛 II 慢性背痛 III 牙部牙頷 IV 局部關節 V 偏頭痛 VI 失眠 VII 情緒 VIII 焦慮
9.	生物能量恢復程式(12)	再生 1, 再生 2, 再生 3, 神經, 骨骼, 組織, 整體支援, 穩定性, 松果體, 表觀遺傳協調, 青年, 細胞
10.	*易經(64)	《周易卦象·六十四卦序歌》六十四卦序歌乾坤屯蒙需訟師, 比小畜兮履泰否。同人大有謙豫隨, 蠱臨觀兮噬嗑賁。威恆遙兮及大壯, 晉與明夷家人睽。(六十四卦卦象次序: 1.乾為天; 2.天澤履; 3.天火同人; 4.天雷無妄; 5.天風姤; 6.天水訟; 7.天山遯; 8.天地否; 9.澤天夬; 10.兌為澤; 11.澤火革; 12.澤雷隨; 13.澤風大過; 14.澤水困; 15.澤山咸; 16.澤地萃; 17.火天大有; 18.火澤睽; 19.離為火; 20.火雷噬嗑; 21.火風鼎; 22.火水未濟; 23.火山旅; 24.火地晉; 25.雷天大壯; 26.雷澤歸妹; 27.雷火豐; 28.震為雷; 29.雷風恆; 30.雷水解; 31.雷山小過; 32.雷地豫; 33.風天小畜; 34.風澤中孚; 35.風火家人; 36.風雷益; 37.巽為風; 38.風水渙; 39.風山漸; 40.風地觀; 41.水天需; 42.水澤節; 43.水火既濟; 44.水雷屯; 45.水風井; 46.坎為水; 47.水山蹇; 48.水地比; 49.山天大畜; 50.山澤損; 51.山火賁; 52.山雷頤; 53.山風蠱; 54.山水蒙; 55.艮為山; 56.山地剝; 57.地天泰; 58.地澤臨; 59.地火明夷; 60.地雷復; 61.地風升; 62.地水師; 63.地山謙; 64.坤為地)
11.	創造性順勢療法(348)	青嵩, 苦艾, 醋酸, 舟形烏頭,....(Incomplete)
12.	*黃金週期(7)	純, 關心, 平衡, 存在, 能量, 放鬆, 緩解
13.	*深迴圈(12)	第一次應用, 第二次應用, 第三次應用, 生命之息, 全面清除, 全面消化, 達到根源, 自由流動, 恢復, 全女性腎, 全男性腎, 單純平靜
14.	*保護應用程式(8)	一般保護, 電敏感性, 細胞, 精神, 睡眠, 地因影響, 精微, 星球
15.	*脈輪(7)	頂輪, 眉心輪, 喉輪, 心輪, 太陽神經叢脈輪, 臍輪, 海底輪
16.	*心理平衡(8)	系統性內在力量, 情感福祉, 系統性感覺良好, 系統性滿足, 急性滿足, 內在統一, 幸福的靈魂, 急性精神平衡

17.	*皮膚(5)	系統性皮膚支援, 系統性皮膚不潔, 局部皮膚支援, 局部疤痕, 系統性疤痕
18.	*美容(6)	內在美, 頭髮, 皮膚, 老化, 指甲, 皮膚彈性
19.	*睡眠(4)	系統性睡眠, 臥床休息, 平衡睡眠, 精細流動

20.	Schuessler 鹽(27)	1. 缺乏決斷以及過分擔心他人對自己的印象 2. 憂慮未來和生存恐懼 3. 急躁與衝突 4. 壓抑自己的情緒和滿足他人期望做衝動 5. 過度緊張, 自我消耗和灰心喪氣 6. 情緒波動和不快 7. 恐懼與驚慌 8. 不變與變化之間的焦灼 9. 麻木不仁和不可接近 10. 固執和教條主義 11. 過多的和諧渴望 12. 優柔寡斷和意志薄弱 13. 內在撕裂以及無驅動力 14. 精力透支和緊張不安 15. 嚴謹和責任心 16. 悲觀和缺乏自信 17. 缺少快樂和輕鬆 18. 急躁與暴躁 19. 不安全感 20. 優柔寡斷和迷失方向 21. 內在壓力和自我價值感低 22. 鋼鐵般的意志和決心 23. 剋制 24. 壓力累積而導致的內心不安 25. 害怕失去與唯物主義 26. 精疲力竭和無力感 27. 責任心和過度勞累
21.	阿拉斯加藥珀(48)	海藍寶石, 砂金石, 藍銅礦, 黑碧璽, 雞血石, 巴西紫水晶, 巴西石英, 紅玉髓, 矽孔雀石, 綠玉髓, 黃水晶, 銅藍, Diamant, Emerald, 螢石, 螢石組合, 黃金, 綠碧玉, Hematit, 赫基默金剛石, 翡翠玉, 鋰輝石, Lapis Lazuli, 孔雀綠, 捷克隕石, 蒙大拿菱錳礦(心臟在與伴侶或親人突然失去或分...), 月長石, 蛋白石, 甜橙色方解石, Peal, Peridot 橄欖石, 黃鐵礦, 菱錳礦, 玫瑰榴石, 粉晶, 紅寶石, 金紅石水晶, 藍寶石, 藍寶石/紅寶石, 權杖紫水晶, 黑煙水晶, 光譜石, 星光藍寶石, 舒俱徠石, Tigerauge, 黃玉/拓帕石, 綠松石/綠松色, 西瓜碧璽/電氣石
22.	澳大利亞灌木花精(68)	Alpine Mint Bush, Angelsword, Autumn Leaves, Banksia Robur, Bauhinia, Billy Goat Plum, Black-eyed Susan, Bluebell, Boab, Boronia, Bottlebrush, Bush Fuchsia, Bush Gardenia, Bush Iris, Christmas Bell, Crower, Dagger Hakea, Dog Rose, Do rose of the Wild Forces, Five Corners, Flannel Flower, Freshwater Mangrove, Fringed Violet, Green Essence, Green Spider Orchid, Grey Spider Flower, Gynea Lily, Hibbertia, Illawarra Flame Tree, Isopogon, Jacaranda, Kangourou Paw, Kapok Bush, Lichen, Little Flannel Flower, Macrocarpa, Mint Bush, Monga Waratch, Mountain Devil, Mulla Mulla
23.	巴哈花精療法(39)	1. 在快樂的面具後隱藏煩惱和問題 2. 無法解釋的模糊恐懼和預感, 3. 偏執偏見傲慢以及對他人的錯誤缺乏理解, 4. 意志力薄弱(不會拒絕, 被利用), 5. 對自我內心的想法和觀點缺乏信心, 6. 對失控脾氣爆發的恐懼-以及對恐慌的反應(神經...), 7. 缺乏錯誤處理能力-因此不斷重複出現相同的錯誤, 8. 對失去抱有恐懼感-有控制和強迫的態度(干涉. 強, 9. 逃避到白日夢和幻想中-帶來心神不定的精神缺失, 10. 厭惡污垢. 昆蟲. 細菌和雜物. 迂腐 11. 因生活挑戰產生的絕望, 以及由此產生的過度完美... 12. 悲觀. 氣餒和懷疑 13. 絕望, 失望, 放棄和虛無感 14. 逃避為學步時期的孩童(把自身和自身的問題放在... 15. 羨慕, 嫉妒, 幸災樂禍和憎恨等消極, 破壞愛情的感... 16. 逃避到過去(過去的一切都更好) 和懷舊 17. 精神疲備

		(星期一早上的心情) 18. 對自己和身邊的人沒耐心 19. 缺乏自信 20. 具體有形的恐懼(如疾病, 貪家, 不幸, 人類) 21. 悲傷和憂鬱 22. 持續緊張, 過度勞累和疲憊(感覺自己是一個背負... 23. 身體, 大腦和靈魂極度疲憊 24. 自責和內疚感(一個人要求取得永遠無法實現的最... 25. 自我犧牲以及過分關心他人 26. 內心恐慌和恐懼死亡等極端情緒 27. 過分正確, 完美主義和刻板的意圖 28. 多變的情緒和意見 29. 受打擊(即使是多年以前, 以及童早早期) 後的後效... 30. 內心絕望, 以及強烈的痛苦感 31. 狂熱主義和堅持根深蒂固的原則 32. 自私和專制(一味地想要執行自己的意志) 33. 不確定性, 可影響性和善變 34. 驕傲自大 35. 內心做對話, 自言自語, 不斷盤旋的思緒, 無法釋懷 36. 因為缺失生活目標而沒有明確目標, 以及深深的不... 37. 失去活力,放棄, 漠不關心, 冷漠 38. 孤獨與痛苦(覺得自己是命運的犧牲品, 總是心懷... 39. 有壓力, 痛苦或創傷性事件
24.	Healy Watch 經絡 (12)	膀胱, 大腸, 小腸, 膽,, 心, 肝, 肺, 胃, 脾-胰, 腎, 心包, 三焦
25.	Healy Digi. Nut. 混合程式(72)	飲酒, 過敏, 年齡, 氨基酸, 抗氧化劑, 鹼性粉末, 結締組織, 血液, 能量, 女性, 繁殖, 大腦, 重量, 頭髮, 皮膚, 心臟, 荷爾蒙系統, 免疫系統, 兒童, 頭, 肝, 運動, 性慾, 淋巴系統, 胃腸道系統, 男性, 月經, 礦物質, 疲勞, 肌肉, 指甲, 神經, 腎, 耳朵, 心靈, 再生, 甲狀腺, 睡覺, 視力,
26.	Healy Animals 程式	清潔, 防禦系統, 微生物群, 過敏, 眼睛, 刺激性反應, 荷爾蒙, 關節, 力量, 患病, 休息, 情緒
27.	Healy Watch 程式(12)	剛性平衡, 剛性支持, 心率平衡, 心率支援,HRV 平衡,HRV 支援, 壓力平衡, 壓力支援, 緊張平衡, 緊張支援, 壓力平衡, 壓力支援
28.	Healy Watch DN 程式 (12)	DN 剛性平衡, DN 剛性支持, DN 心率平衡, DN 心率支援, DN HRV 平衡,DN HRV 支援, DN 壓力平衡, 壓力支援, DN 緊張平衡, DN 緊張支援, DN 壓力平衡, DN 壓力支援
29.	所有 All Healy (20)	黃金週期; 學習(9); 健身(8); 工作(7); 睡眠(4); 美容(6); 皮膚(5); 經絡 2; 經絡 1; 脈輪(7); 保護程式(8); 深迴圈(12); <b>生物能量支援(2)</b> ; 心理平衡(8); 生物能量平衡 1(12); 生物能量平衡 2(12); Healy Watch; Healy Watch 經絡; Healy Watch DN; Healy Watch Digi Nut
30.	生命物質(76)	a 亞麻酸, 花生四烯酸, 砷, 硼, 鈣, 氯, 鉻, 二高 γ 亞麻酸,22 碳 6 烯酸,20 碳 6 烯酸, 鐵, 氟,γ 亞麻酸, 谷氨酸脂, 谷氨酸, 碘, 鉀, 原矽酸, 鈷,, 銅,L 丙氨酸,L 精氨酸, L 天門冬酰胺, L 肉域, L 半胱氨酸, L 半胱氨酸, L 谷氨酰胺, 甘氨酸, L 組氨酸, L 異亮氨酸, L 亮氨酸, L 賴氨酸, L 蛋氨酸, L 烏氨酸, L 苯丙氨酸, L 脯氨酸, L 吡咯賴氨酸, L 硒代半胱氨酸, L 硒代蛋氨酸, L 絲氨酸, L 牛磺酸, L 蘇氨酸, L 色氨酸, L 酪氨酸, L 纈氨酸, 月桂酸, 亞油酸, 鎂, 錳, 鉬, 肉豆蔻酸, 鈉, Omega-3 脂肪酸, Omega-6 脂肪酸, 棕櫚酸, 磷, 硫, 硒, 鈾, 維生素 D2(麥角鈣化醇), 維生素 D3(膽鈣化固醇)
31.	Pain/Psyche Program(8)	Same as 局部刺激(8) 疼痛/心神 -> I 慢性疼痛 II 慢性背痛 III 牙部牙頷 IV 局部關節 V 偏頭痛 VI 失眠 VII 情緒 VIII 焦慮

32.	巴哈花療法 2(39)	Same as -> 巴哈花精療法 2(39), but with Name of 巴哈花 (1.仙鶴草 2.阿斯本 3.三毛櫟 4. 矢車菊 5. 賽拉圖 6.櫻桃李 7.栗子花包/嫩芽 8.菊苣根 9.威靈仙/鐵線蓮 10.蘋果屬 11. 榆樹 12.龍膽 13.金雀花/荊豆 14.石楠花 15.歐洲冬青 16.金銀花 17.鵝耳櫪 18.鳳仙花 19.落葉松 20. 清酸漿植物 21.芥末 22.樟木 23.橄欖 24.松木 25.紅粟 26.后薔薇 27.山泉 28.線球草/硬花草 29.伯利恆之星 30.錐栗 31.馬鞭草 32.藤蔓 33.核桃/胡桃 34 水堇 35 白粟花 36 野燕麥 37 野玫瑰 38 柳 39 拯救)
33.	論藥物(42)	金盞花, 碳酸鈣 Calc Carb, 歐洲甜瓜屬, 顛茄, 砒, 山金車花, 硝酸銀, 義大利蜜蜂, 酒石酸銻(順勢療法製劑), 洋蔥, Aconite, 順勢療法呂宋果治傷癰, 金絲桃, Hepar sulph, 鈎吻屬, 磷酸鐵, 小米草屬, 茅膏菜屬, 木防己屬, 中國, 洋甘菊, 植物碳, 斑蝥, 杜香, Lachesis(南美叢林大蛇毒液製作的順勢療法藥劑), Potassium bich 順勢疫苗, Ipecac, 硫, 順勢草藥 Staphysagria 是一種開花植物在北半球, Silica, 烏賊屬, 芸香屬, 漆樹毒素, *白頭翁屬植物, 磷, Passiflora co, Nux vomica 馬錢子, Nat mur, Gemischte Pollen, 沉澱汞粉末製成, Mag phos, 石松
34.	澳洲灌木花 2(68)	Same as 澳洲灌木花精(68) (高山薄荷灌木, Angelsword, Autumn Leaves, Banksia Robur, Bauhinia, Billy Goat Plum, Black-eyed Susan, Bluebell, Boab, Boronia, Bottlebrush, Bush Fuchsia, Bush Gardenia, Bush Iris, Christmas Bell, Crower, Dagger Hakea, Dog Rose, 野生的狗薔薇, Five Corners, Flannel Flower, Freshwater Mangrove, Fringed Violet, Green Essence, Green Spider Orchid, Grey Spider Flower, Gynea Lily, Hibbertia, Illawarra Flame Tree, Isopogon, Jacaranda, Kangourou Paw, Kapok Bush, Lichen, Little Flannel Flower, 大果柏, Mint Bush, Monga Waratch, Mountain Devil, Mulla Mulla)
35	阿拉斯加寶石醃 2(48)	Same as -> 阿拉斯加藥珀(海藍寶石, 砂金石, 藍銅礦, 黑碧璽, 雞血石, 巴西紫水晶, 巴西石英, 紅玉髓, 矽孔雀石, 綠玉髓, 黃水晶, 銅藍, Diamant, Emerald, 螢石, 螢石組合, 黃金, 綠碧玉, Hematit, 赫基默金剛石, 翡翠玉, 鋰輝石, Lapis Lazuli, 孔雀綠, 捷克隕石, 蒙大拿菱錳礦(心臟在與伴侶或親人突然失去或分...), 月長石, 蛋白石, 甜橙色方解石, Peal, Peridot 橄欖石, 黃鐵礦, 菱錳礦, 玫瑰榴石, 粉晶, 紅寶石, 金紅石水晶, 籃寶石, 藍寶石/紅寶石, 權杖紫水晶, 黑煙水晶, 光譜石, 星光籃寶石, 舒俱徠石, Tigerauge, 黃玉/拓帕石, 綠松石/綠松色, 西瓜碧璽/電氣石)
36	Schuessler salts 2 (27)	Same as -> Schuessler 鹽(27), but with Name of Salt <b>No. 1 CALCIUM FLUORATUM</b> ( <i>Connective tissue, skin, joints</i> ) <b>No. 2 CALCIUM PHOSPHATE</b> ( <i>Bones and teeth</i> ) <b>No. 3 IRON PHOSPHATE</b> ( <i>Immune system</i> ) <b>No. 4 POTASSIUM CHLORIDE</b> ( <i>Mucous membranes</i> ) <b>No. 5 POTASSIUM PHOSPHATE</b> ( <i>Nervous system</i> ) <b>No. 6 POTASSIUM SULPHATE</b> ( <i>Metabolism</i> ) <b>No. 7 MAGNESIUM PHOSPHATE</b> ( <i>Muscles</i> )

		<p>No. 8 SODIUM CHLORIDE (<i>Water regulation</i>)  No. 9 SODIUM PHOSPHATE (<i>Metabolism</i>)  No. 10 SODIUM SULPHATE (<i>Purification</i>)  No. 11 SILICA (<i>Connective tissue, skin, hair</i>)  No. 12 C POTASSIUM ALCIUM SULPHATE (<i>Joints, pus</i>)  No. 13 ARSENITE (<i>Skin, vitality</i>)  No. 14 POTASSIUM BROMIDE (<i>Nervous system, skin</i>)  No. 15 POTASSIUM IODIDE (<i>Sign gland</i>)  No. 16 LITHIUM CHLORIDE (<i>Rheumatism, nerves</i>)  No. 17 MANGANESE SULPHATE (<i>Iron System</i>)  No. 18 CALCIUM SULPHIDE (<i>Vitality, body-weight</i>)  No. 19 COPPER ARSENITE (<i>Digestive system, kidneys</i>)  No. 20 POTASSIUM ALUMINUM SULFURICUM (<i>Digestive system, nervous system</i>)  No. 21 ZINC CHLORIDE (<i>Metabolism, womb, nerves</i>)  No. 22 CALCIUM CARBONATE (<i>Vitality, Anti-Aging</i>)  No. 23 SODIUM BICARBONATE (<i>Purification, Body acid balance</i>)  No. 24 ARSENIC IODIDE (<i>Skin, allergies</i>)  No. 25 AURUM CHLORATUM NATRONATUM (<i>Day and night rhythm, female reproductive organs</i>)  No. 26 SELENIUM (<i>Liver, blood vessels</i>)  No. 27 POTASSIUM DICHROMATE (<i>Blood, sugar metabolism</i>)  <a href="https://globalfrequencynetwork.com/schuessler-salts/">https://globalfrequencynetwork.com/schuessler-salts/</a></p>
37.	*生物能量支援(2)	N/A

## 共振分析報告示例：

“Healy Watch” 和 “Healy Watch DN” 報告比較

Healy Watch 程式 我現在的最大共振是什麼？ 2021-07-14 11:19:27	Healy Watch DN 程式 我現在的最大共振是什麼？ 2021-07-14 11:17:18
43% 2021-07-14 11:19:27 Healy Watch 程式 期望狀態: HRV 支援	56% 2021-07-14 11:17:18 Healy Watch DN 程式 期望狀態: DN 剛性平衡
41% 2021-07-14 11:19:27 Healy Watch 程式 期望狀態: HRV 平衡	42% 2021-07-14 11:17:18 Healy Watch DN 程式 期望狀態: DN 壓力平衡
38% 2021-07-14 11:19:27 Healy Watch 程式 期望狀態: 緊張支援	39% 2021-07-14 11:17:18 Healy Watch DN 程式 期望狀態: DN 心率平衡

<https://www.healycare.com>

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## “巴哈花精療法”和“巴哈花療法 2”報告比較

<p>38% 2021-07-09 03:32:18</p> <p>巴赫花精療法 <b>目前狀態:</b> 偏執、偏見、傲慢以及對他人的錯誤缺乏理解 <b>期望狀態:</b> 3 號: 山毛櫸 <b>期望狀態-描述:</b> 理解、忍耐、開放和同理心得以加強,從而提升個人發展潛力。精油: 愈傷草脂; 寶石: 磁石; 蘭花: Albanica 蘭。</p>	<p>44% 2021-07-09 03:34:07</p> <p>巴哈花療法 2 <b>期望狀態:</b> 第三號: 山毛櫸 <b>期望狀態-描述:</b> 容忍,理解,接受他人的差異和不完善之處,看到每個人和情況的好處; 有能力讚美他人。對於那些覺得需要在周圍環境中看到更多善與美的人們的治療辦法。”</p>
<p>36% 2021-07-09 03:32:18</p> <p>巴赫花精療法 <b>目前狀態:</b> 缺乏錯誤處理能力,因此不斷重複出現相同的錯誤 <b>期望狀態:</b> 7 號: 栗子芽 <b>期望狀態-描述:</b> 積極採取措施的經驗以及從錯誤中學習的能力得以加強,從而提升個人發展潛力。精油: 苦香樹; 寶石: 綠簾石; 蘭花: 紋星蘭。</p>	<p>42% 2021-07-09 03:34:07</p> <p>巴哈花療法 2 <b>期望狀態:</b> 第31號: 馬鞭草 <b>期望狀態-描述:</b> 練習適度、寬容和平衡的能力; "在途中"; 充滿激情且體現的理想主義。鼓勵用智慧去享受生活和時間的流逝,而不是總感覺需要活躍。</p>
<p>36% 2021-07-09 03:32:18</p>	<p>37% 2021-07-09 03:34:07</p> <p>巴哈花療法 2 <b>期望狀態:</b> 第33號: 核桃/胡桃 <b>期望狀態-描述:</b> 防止變化和不想要的影響。不受</p>
<p>51% 2021-07-09 03:32:18</p> <p>巴赫花精療法 <b>目前狀態:</b> 悲傷和憂鬱 <b>期望狀態:</b> 21 號: 芥菜 <b>期望狀態-描述:</b> 即使在充滿挑戰的日子裡也能體悟生活樂趣和快樂的能力得以加強,從而提升個人發展潛力。精油: 鼠尾草; 寶石: 蜂蜜方解石; 蘭花: Garganica 蘭。</p>	<p>47% 2021-07-09 03:34:07</p> <p>巴哈花療法 2 <b>期望狀態:</b> 第21號: 芥末 <b>期望狀態-描述:</b> 情緒平衡,將痛苦和歡樂整合,帶進積極整體的能力。針對深層悲觀和憂鬱的治療方法,沒有明顯的原因就在湛藍天空下墜落。有助於消除烏雲,因此人能再一次能找到生活中的歡樂與和平。</p>
<p>51% 2021-07-09 03:32:18</p> <p>巴赫花精療法 <b>目前狀態:</b> 在快樂的面具後隱藏煩惱和問題 <b>期望狀態:</b> 1 號: 仙鶴草 <b>期望狀態-描述:</b> 面對同胞及自身問題的能力得以加強,從而提升個人發展潛力。精油: 檀香; 寶石: 紫黃晶; 蘭花: Globosa 蘭。</p>	<p>47% 2021-07-09 03:34:07</p> <p>巴哈花療法 2 <b>期望狀態:</b> 第二號: 亞斯本 <b>期望狀態-描述:</b> 信任和信心面對未知的,敏感的調和到精神世界;對於精神境界的感知意識。對不能被命名的恐懼任何恐懼起因的補救。</p>
<p>47% 2021-07-09 03:32:18</p> <p>巴赫花精療法 <b>目前狀態:</b> 偏執、偏見、傲慢以及對他人的錯誤</p>	<p>45% 2021-07-09 03:34:07</p> <p>巴哈花療法 2 <b>期望狀態:</b> 第31號: 馬鞭草 <b>期望狀態-描述:</b> 練習適度、寬容和平衡的能</p>

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## “Schuessler 鹽” 和 “Schuessler salts 2” 報告比較

<p>35% 2021-07-09 03:24:07</p> <p><b>Schuessler 鹽</b>  <b>目前狀態:</b> 內在壓力和自我價值感低  <b>期望狀態:</b> 通過以下方式溫和、及時且可持續地協調礦物平衡能量場：編號 21 氯化鋅  <b>期望狀態-描述:</b> 不斷成長：保有增強自信的能力。要有敢於試錯的勇氣，並且堅信你被愛著是因為你是你。增強自己與自己相處的能力。將氯化鋅的資訊振動到免疫系統、神經和皮膚的資訊場中。</p>	<p>42% 2021-07-16 04:34:44</p> <p><b>Schuessler Salts 2</b>  <b>期望狀態:</b> Sanfte, zeitpunktgerechte und nachhaltige Balancierung aller Störungen des Mineralhaushalts in den Körperzellen durch:                      第21號 氯化鋅  <b>期望狀態-描述:</b> 強化酶，神經，血管</p>
<p>35% 2021-07-09 03:24:07</p> <p><b>Schuessler 鹽</b>  <b>目前狀態:</b> 缺乏決斷以及過分擔心他人對自己的印象  <b>期望狀態:</b> 通過以下方式溫和、及時且可持續地協調礦物平衡能量場：編號 1 氯化鈣  <b>期望狀態-描述:</b> 外在：堅信自己的決心，給人留下沉著冷靜的印象。將氯化鈣的資訊振動到結締組織、皮膚、關節和妊娠紋的資訊場中。</p>	<p>40% 2021-07-16 04:34:44</p> <p><b>Schuessler Salts 2</b>  <b>期望狀態:</b> Sanfte, zeitpunktgerechte und nachhaltige Balancierung aller Störungen des Mineralhaushalts in den Körperzellen durch:                      第17號 硫酸錳  <b>期望狀態-描述:</b> 腫瘤，造血</p>
<p>Schuessler 鹽                      我現在的最大共振是什麼？                      2021-07-09 03:24:07</p>	<p>Schuessler Salts 2                      我現在的最大共振是什麼？                      2021-07-09 03:18:53</p>
<p>44% 2021-07-09 03:24:07</p> <p><b>Schuessler 鹽</b>  <b>目前狀態:</b> 壓力累積而導致的內心不安  <b>期望狀態:</b> 通過以下方式溫和、及時且可持續地協調礦物平衡能量場：編號 24 碘酸鉀  <b>期望狀態-描述:</b> 直面過去：保有直面過去和處理待解決問題的能力，從而實現長久的內在平和與寧靜。將碘酸鉀的資訊振動到皮膚、呼吸器官以及甲狀腺的資訊場中。</p>	<p>49% 2021-07-09 03:18:53</p> <p><b>Schuessler Salts 2</b>  <b>期望狀態:</b> Sanfte, zeitpunktgerechte und nachhaltige Balancierung aller Störungen des Mineralhaushalts in den Körperzellen durch:                      第四號：氯化鉀  <b>期望狀態-描述:</b> 強化黏膜、神經和肌肉。在感冒的第二階段。於日常處理高噪音的人群聽力受損的過程中。</p>
<p>39% 2021-07-09 03:24:07</p> <p><b>Schuessler 鹽</b>  <b>目前狀態:</b> 悲觀和缺乏自信  <b>期望狀態:</b> 通過以下方式溫和、及時且可持續地協調礦物平衡能量場：編號 16 氯化鋰  <b>期望狀態-描述:</b> 身心靈為一，保持積極的情緒、神</p>	<p>41% 2021-07-09 03:18:53</p> <p><b>Schuessler Salts 2</b>  <b>期望狀態:</b> Sanfte, zeitpunktgerechte und nachhaltige Balancierung aller Störungen des Mineralhaushalts in den Körperzellen durch:                      第15號 碘化鉀</p>

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<p>創造性順勢療法 - 心靈 我現在的最大共振是什麼？ 2021-07-06 08:12:17</p>	<p>72% 2021-07-15 10:30:01</p> <p>易經 期望狀態: Kraft meines göttlichen Bewusstseins übertrage ich jetzt alle hier ausgewählten Eigenschaften und Informationen in das Feld des Klienten. Mögen diese für das höchste Wohl des Ganzen so lange wirken, bis eine optimale Balancierung für den Klienten entstanden ist (Danke!): 32 恆卦-長期持續時間 期望狀態-描述: 象徵著穩定和忍受力</p>
<p>52% 2021-07-06 08:12:17</p> <p>創造性順勢療法 - 心靈 期望狀態: 通過以下方式溫和、及時和全面的協調: 樟腦 期望狀態-描述: 協調壓力模式: 想從心理上擺脫困境</p>	<p>66% 2021-07-15 10:30:01</p> <p>易經 期望狀態: Kraft meines göttlichen Bewusstseins übertrage ich jetzt alle hier ausgewählten Eigenschaften und Informationen in das Feld des Klienten. Mögen diese für das höchste Wohl des Ganzen so lange wirken, bis eine optimale Balancierung für den Klienten entstanden ist (Danke!): 42 益卦- 盈利、進益</p>
<p>49% 2021-07-06 08:12:17</p> <p>創造性順勢療法 - 心靈 期望狀態: 通過以下方式溫和、及時和全面的協調: 圓柏 期望狀態-描述: 協調壓力模式: 缺乏歸屬感, 使人固守舊的關懷模式</p>	

## Appendix:

阿拉斯加藥珀(阿拉斯加寶石/ Alaskan)的使用說明:

<https://globalfrequencynetwork.com/alaskan-gem-elixirs/>

### 1. AQUAMARINE

*Indications: repetitive thoughts; overstimulated from studying, worrying, and circular thinking; having difficulty letting go of thoughts and shifting into a meditative state of mind; not present for others because of preoccupation with mental activities.*

*Healing Qualities: brings a calm, quiet clarity to an overactive mental body; increases the ability to achieve a neutral, serene state of mind; helps create a mental oasis of cool, clear receptivity.*

### 2. AVENTURINE

*Indications: lacking stamina and fortitude; wanting to quit when faced with obstacles, such as one's own limiting belief systems; fearful when facing the unknown; afraid to take risks in order to take the next step in life.*

***Healing Qualities:** strengthens the central vertical axis which stabilizes us during expansion experiences; helps us move into and through new experiences with grace, stamina, and perseverance; good for spiritual trailblazers and pioneers.*

### 3. AZURITE

***Indications:** ungrounded communication; communicating from the head rather than through the body; struggling to communicate, straining to push words out; becoming physically depleted when speaking, teaching, or channeling information from non-physical sources.*

***Healing Qualities:** helps us ground our communication; opens and strengthens the connection between the feminine Earth forces and the 5th chakra; helps us communicate with vitality, authenticity, and gentleness.*

### 4. BLACK TOURMALINE

***Indications:** environmental toxicity; oversensitive to computers, fluorescent lights, and other sources of electromagnetic pollution; detoxing on the physical, emotional, or mental level in an unbalanced way.*

***Healing Qualities:** a precision tool for the release of toxic energy from the mind, emotions, and physical body; helps us exchange old unwanted energies being held in the auric field for fresh, clean, neutral energy from nature.*

### 5. BLOODSTONE (AKA - HELIOTROPE)

***Indications:** energetic stagnation and constipation; weak circulation of physical and emotional energy in the lower chakras and organs of the body; tendency to express emotional negativity; lacking emotional sensitivity and sympathy towards others.*

***Healing Qualities:** strengthens one's connection to the Earth; brings a stronger flow of Earth energy into the 1st and 2nd chakras; stimulates the release of emotional energies that have been stuck in the lower chakras; rebalances these energy centers after trauma or emotional upset.*

### 6. BRAZILIAN AMETHYST

***Indications:** over-identification with the gross, material aspects of life; separation from the spiritual realm; weak connection to one's higher self; resistance to bringing the spiritual into the physical.*

***Healing Qualities:** transmutes energy from lower to higher vibratory frequencies; helps to lift energy from an overly material state; helps one sense and experience one's unique spiritual identity in the body.*

### 7. BRAZILIAN QUARTZ

***Indications:** tiredness, fatigue, low energy; weak energetic connection to the Earth; toxic or inharmonious energies in the aura; feeling out of touch with one or more aspects of self (physical, emotional, mental, spiritual), as though they were operating in different time zones; chakra out of alignment with each other.*

*Healing Qualities:* the essence of cleansing white light; energizes and synchronizes the subtle bodies, the chakras, and the physical body with the Earth's natural vibration.

#### 8. CARNELIAN

*Indications:* burnout, fatigue, low energy during the day; giving in order to receive; a weak sense of personal identity; addicted to helping others; seeking validation and energy from others rather than from within.

*Healing Qualities:* increases the etheric body's ability to access pranic energy; energizes and clears the nadirs (the energetic interface between the etheric body and the meridians), allowing a greater flow of energy to the meridians.

#### 9. CHRYSOCOLLA

*Indications:* unresolved feelings of grief; heart closed down because of past experiences of loss; feeling a need to guard the heart against attack from others; believing that having an open heart will result in being hurt or wounded again; heart not energetically connected to the Earth.

*Healing Qualities:* opens, softens, and expands the inner dimensions of the heart chakra; helps us release tension and armoring around giving and receiving love; increases flexibility in the mind and body to allow the vibration of love to flow.

#### 10. CHRYSOPRASE

*Indications:* alienation; not feeling at home on the planet or comfortable in nature; loving others but not the Earth; a weak connection between the heart chakra and the Earth.

*Healing Qualities:* brings the heart chakra into harmonious union with the green energy frequency of the planet; synchronizes the subtle bodies with the heart energy of the Earth; helps us accept the Earth as our home.

#### 11. CITRINE

*Indications:* mental confusion and distortion; lack of mental clarity and concentration; mental forces dominating the physical and emotional aspects of life; difficulty determining what is in one's highest good; closed to higher sources of wisdom and inner knowing.

*Healing Qualities:* harmonizes the mental body with higher spiritual laws; increases access to Divine intelligence; amplifies qualities of concentration, centering, and rational mind.

#### 12. COVELLITE

*Indications:* feeling unprotected and vulnerable; too easily stimulated by the energies of others, regardless of their intent; unsure of one's boundaries; unable to claim one's own space; feeling challenged by the environment.

***Healing Qualities:** brings strength, clarity, and definition to the auric field; acts as a protective filter that encourages us to relax energetically, thereby enhancing our natural ability to receive love and support from our environment.*

### 13. DIAMOND

***Indications:** life experience characterized by struggle; lack of clarity about the future; acting from a confused sense of what one is supposed to do; inability to make commitments; attached to personal will, to how “I” want it to be.*

***Healing Qualities:** brings clarity to the 6th chakra; harmonizes Divine and personal will; helps us activate personal will in its highest form; strengthens our ability to act in alignment with our Divine purpose.*

### 14. EMERALD

***Indications:** fear of not being good enough to deserve being on the planet; weak or abstract connection to the feminine principle and to the Divine Mother; blocking the experience of love in the physical body because of fear; feeling unloved and cut off from one’s center.*

***Healing Qualities:** a universal heart cleanser and balancer; helps us contact the energies of the Divine Mother and the Divine Feminine; gently coaxes the heart to open to a greater experience of love in the physical body.*

### 15. FLUORITE

***Indications:** congestion, constriction, or stagnation of energy on any or all levels; rigidity, inflexibility; difficulty manifesting thoughts into action; hard to move one’s focus from one area to another.*

***Healing Qualities:** the “break up” elixir; increases the circulation of energy in the physical body by breaking up blockages in the etheric body; promotes flexibility on all levels.*

### 16. FLUORITE COMBO

***Indications:** lacking focus or a clear sense of priorities when dealing with diverse issues that are all coming up to be healed at the same time; feeling out of synch with one’s inner processes; a movement of energy between the etheric body and the physical body is not harmonious or synchronized.*

***Healing Qualities:** synchronizes movement between the etheric and physical bodies; fine-tunes our focus so that we can deal with multiple issues in a healing process with precision, balance, and a clear sense of priorities.*

### 17. GOLD

***Indications:** low self-esteem; a weak sense of personal identity; little or no confidence in one’s ability to create; weak or uninspired masculine energies; difficulty manifesting wants and needs into physical reality; comparing one’s accomplishments to others.*

*Healing Qualities:* helps us access and express the highest aspects of our personal identity; brings strength and balance to the 3rd chakra; helps us tap into our inner truth, joy, and wisdom as sources for our creative power.

#### 18. GREEN JASPER

*Indications:* ungrounded; lack of communication with the Earth; energy blocked in the lower chakras; an inconsistent and uneven flow of sexual energy resulting from the shock and trauma of sexual abuse.

*Healing Qualities:* reconnects body rhythms with the Earth's rhythm when there has been a disruption to the natural flow; helps us connect to the wild feminine; restores earthly sensuality and healthy sexuality.

#### 19. HEMATITE

*Indications:* unable to maintain one's boundaries while witnessing a highly charged emotional experience; getting swept away by other people's negative feelings; emotionally codependent; difficulty containing one's own emotional energy, especially in group dynamics.

*Healing Qualities:* strengthens energetic boundaries in the emotional body; promotes emotional independence rather than codependence; helps us maintain a state of compassionate detachment while witnessing intense emotions in others; helps us boundary our own emotions in a responsible way.

#### 20. HERKIMER DIAMOND

*Indications:* cloudy or undeveloped psychic vision; low energy; unable to remember dreams, or having confusing dreams full of chaotic imagery; difficulty bringing information from dream symbols into conscious understanding.

*Healing Qualities:* a highly developed transmitter of white light; promotes clarity of vision; stimulates healing on all levels; facilitates clarity during the dream state; brings balance and focus to the 6th chakra.

#### 21. JADEITE JADE

*Indications:* agitated, upset; easily pulled out of center by intense experiences; attached to drama; makes things harder or more involved than they need to be; unable to accept the way things are in the moment.

*Healing Qualities:* a vibration of peace, balance, and timeless simplicity; helps us stay centered in the moment with an awareness and acceptance of our true essence.

#### 22. KUNZITE

*Indications:* feelings of guilt and embarrassment concerning one's past actions; out of touch with one's angelic presence; lack of awareness of the angelic love, guidance, and support that is available; heart closed to the flow of spiritual love coming into the body.

*Healing Qualities:* opens the heart to an awareness of one's angelic presence; helps one experience the spiritual love of the angelic kingdom and integrate it into the physical body.

### 23. LAPIS LAZULI

*Indications:* unable to hear or understand guidance and information from higher sources; difficulty communicating clearly with others, especially about the information that one has received from these sources; overwhelmed by the amount of information coming in.

*Healing Qualities:* opens and clears channels of communication in the 5th chakra; amplifies the ability to hear and understand information from physical and nonphysical sources at the same time; clears confusion between hearing and knowing.

### 24. MALACHITE

*Indications:* weak energetic connection to the physical world; forward movement in life held up because of a lack of grounding; physical, emotional, mental, and spiritual aspects of self-working at cross-purposes with each other.

*Healing Qualities:* the primary grounding essence in our system; helps align the physical, emotional, mental, and spiritual levels of our being in a grounded and cohesive way; supports the unity of one's being in all circumstances.

### 25. MOLDAVITE

*Indications:* caught up in the dualities of here or there, now or then; going out of the body for information rather than staying present to receive it; feeling separate and out of touch, especially with the higher self.

*Healing Qualities:* connectedness; an energetic window into a universal perspective; helps us stay present in the moment while accessing what we need from the higher realms to express our earthly potential.

### 26. MONTANA RHODOCHROSITE

*Indications:* heart closed down after an abrupt loss or separation from a partner or loved one; feeling unsafe in the heart and wanting to escape into one's thoughts; fearful of powerful emotions; unable to process emotions fully in the heart.

*Healing Qualities:* brings strength and solidity to the 4th chakra; clears confusion and chaos from the heart; clarifies intent and promotes courageous, heart-centered action.

### 27. MOONSTONE

*Indications:* heightened psychic sensitivity during menstruation; touchy, edgy, overreactive; emotional energy blocked and difficult to express in a clear way; lack of sensitivity and intuitive awareness in men and women; hard-edged persona.

*Healing Qualities:* cleanses and circulates energy in the emotional body; increases feminine energy aspects of receptivity and intuition in women and men; balances and focuses the psychic forces during menses.

## 28. OPAL

*Indications:* burned out; insomnia from overuse of the mental forces; tiredness that is not helped by sleep; excessive use of the fire element; depletion of certain energy frequencies in the chakras and subtle bodies; vital energy reserves used up; emotional exhaustion.

*Healing Qualities:* rejuvenates spent emotional and mental forces and counteracts the depletion of color frequencies in the aura; feeds all subtle bodies with a full spectrum of luminous colors; replenishes our creative energies.

## 29. ORANGE CALCITE

*Indications:* sadness; depression of unknown origin; lack of joy in daily life; lethargy; feeling weighed down with no creative spark; unable to see the positive side of everyday situations; greatly affected by seasonal fluctuations of sunlight and darkness.

*Healing Qualities:* dispels darkness and grief; amplifies the body's ability to assimilate light at the cellular level; uplifting, energizing, and warming.

## 30. PEARL

*Indications:* irritated by one's problems and difficulties, especially those manifesting in the physical body in a painful way; lacking understanding and compassion for one's healing process.

*Healing Qualities:* promotes the release of layers of irritation in the mental and emotional bodies that manifest in the physical body as hardness and inflexibility; helps one turn antagonism for oneself or one's illness into awareness and acceptance.

## 31. PERIDOT

*Indications:* trepidation, fear, or insecurity during the beginning phase of any new experience; projections of failure when attempting to learn or do something new; feeling unprotected in that space where the known has fallen away and the new has not yet become manifest.

*Healing Qualities:* the stone of new beginnings; stabilizes the subtle bodies and the heart chakra during the incubation period of new creative projects; helps us initiate new cycles of learning and experience without fear.

## 32. PYRITE

*Indications:* easily influenced by others, especially members of one's peer group; unable to make decisions or stand up for oneself; involved in relationships that are not in one's highest good; tension and instability from not being true to oneself.

*Healing Qualities:* helps us build an energetic foundation in life-based on our highest personal truth; strengthens the sense of self, especially with regard to group dynamics and peer pressure; helps us solidify and honor our true values.

## 33. RHODOCHROSITE

*Indications:* deep trauma and emotional pain in the heart; unable to make intimate connections with others; shut down emotionally or sexually as a result of being



*abused; feeling cut off and alienated from the physical world.*

**Healing Qualities:** *increases energy, balance, and stability in the heart chakra and in the physical body; brings a balance of nurturing Earth energy to the heart chakra after an experience of deep healing and transformation.*

#### 34. RHODOLITE GARNET

**Indications:** *emotionally and energetically disconnected from parts of the body that are in pain, or have been injured or operated on; parts of the body won't heal or return to their normal level of function after injury or trauma; poor circulation in certain areas of the body.*

**Healing Qualities:** *increases our ability to inhabit the physical body; helps us reconnect energetically with parts of the body that have been injured or traumatized; rebuilds the web of etheric energy in areas disrupted by accident or injury.*

#### 35. ROSE QUARTZ

**Indications:** *pain held in the heart from traumatic events in one's past; heart closed down because of not being nurtured as a child; difficulty initiating and maintaining intimate contact with others; inner child not receiving nurturing energy from the adult; lack of compassion for oneself and others.*

**Healing Qualities:** *opens, softens, and soothes the heart; helps one connect to and nurture the inner child; harmonizes the heart forces so an individual is able to maintain emotional intimacy with oneself and others.*

#### 36. RUBY

**Indications:** *unresolved survival issues blocking energy flow between the Earth and the 1st chakra; constipation of energies in the lower chakras and organs of the body; ambivalence about being present in the physical body; tendency to disconnect from the body during times of chaos and upheaval.*

**Healing Qualities:** *energizes and balances the 1st chakra and supports the ability to ground spiritual energy completely into the physical body; increases the upward flow of nurturing Earth energy to all chakras and improves circulation throughout the body.*

#### 37. RUTILE QUARTZ

**Indications:** *overwhelmed by the amount of energy and information coming in from non-physical sources; distortion, confusion, and/or lack of focus and clarity during meditation or attunement; unable to understand or integrate information and guidance from the higher self.*

**Healing Qualities:** *promotes precision alignment with higher sources of energy and inspiration; helps us physically anchor the ability to access, synthesize, and communicate information from other dimensions.*

#### 38. SAPPHIRE

**Indications:** *feeling unsupported for being on the Earth; unaware of life purpose; lack of inspiration and commitment; feeling out of touch and out of place; unwilling or unable to take responsibility for why one has incarnated.*

*Healing Qualities:* strengthens devotion and commitment to Divine purpose; promotes loyalty and responsibility to one's true work on the planet; helps us connect to the energetic support we need to do what we came here to do.

#### 39. SAPPHIRE/RUBY

*Indications:* weak body/soul connection; lack of alignment between spiritual and physical bodies due to past injury or debilitating disease; difficulty integrating awareness of life purpose into practical, heart-centered action.

*Healing Qualities:* for balancing spirituality with physical ability; enables us to gently integrate higher purpose into a physical reality, and receive physical nurturing through the fulfillment of Divine responsibilities.

#### 40. SCEPTER AMETHYST

*Indications:* lacking spiritual perseverance; unable to take an active stand for what one believes in; in a position of authority but lacking in spiritual leadership qualities; one's experience of the spiritual realm is abstract rather than direct.

*Healing Qualities:* opens and prepares the 7th chakra to receive energy from the higher chakras; helps us activate our highest potential through the embodiment of a new core of spiritual identity, authority, and leadership.

#### 41. SMOKY QUARTZ

*Indications:* ungrounded; agitated, disassociated from the physical body; body feels out of synch with the surrounding environment; detoxification happening at too rapid a pace for the physical body to keep up with; jet lag.

*Healing Qualities:* grounding and calming; regulates and stabilizes the detoxification of unwanted energies from the physical, emotional, and mental bodies; synchronizes body energy with Earth energy.

#### 42. SPECTROLITE

*Indications:* seeing with the eyes, but not with the heart; a low creative spark; unable to sense the deeper meaning of life's events; cloudy, dark, or outdated perspective on life; tendency to see the negative in each situation.

*Healing Qualities:* bathes and nourishes the entire energy system with full-spectrum light; refreshes and renews our perspective; helps us again see the magnificent in the mundane, and the Divine in the ordinary.

#### 43. STAR SAPPHIRE

*Indications:* lacking trust in the universe; difficulty making the right choices and connections in life; over concern for the smallest details of one's process; unable to connect energetically with information about one's higher purpose.

*Healing Qualities:* promotes trust in the universe; helps us focus our awareness on what is necessary for the soul's progression in life; supports the formation of energetic connections with others that promote the realization of our life goals.

#### 44. SUGILITE

*Indications:* living with a highly refined or intellectual concept of what the spiritual realm must be like, rather than a grounded, physically embodied understanding of what it is; believing that one must go outside of oneself to truly experience spiritual support.

*Healing Qualities:* brings depth and a physical richness to our spiritual lives; helps us physically manifest a warmer, more feminine quality of spirituality; promotes an easy acceptance of guidance and support from the spiritual realms.

#### 45. TIGER'S EYE

*Indications:* losing a sense of self-identity when dealing with powerful emotions, whether generated by the self or by others; reacting rather than responding; often angry or jealous; strongly affected by the energy of others; always taking things personally.

*Healing Qualities:* for self-empowerment; strengthens the energetic boundaries between our true nature and our emotional experiences; helps us maintain a strong sense of self-identity when dealing with powerful emotions such as anger, fear, and jealousy.

#### 46. TOPAZ

*Indications:* unable to take decisive action that supports one's true self; a confused sense of personal identity; trying to connect to others for energy in inappropriate ways; identifying more with others than with the self.

*Healing Qualities:* clears energy blockages in the 3rd chakra; helps us tap into appropriate sources of universal energy; strengthens the ability to act decisively from a clear sense of personal identity.

#### 47. TURQUOISE

*Indications:* lack of reverence for the Earth; no gratitude for nature's gifts; too busy to honor the sacredness of life; taking without asking or giving something back; living a life without a soul.

*Healing Qualities:* attunes the energy field to the ancient wisdom and sacredness inherent in all of life; cleanses and deepens our connection to the soul of the Earth; helps us live a life of simplicity with gratitude and reverence for all.

#### 48. WATERMELON TOURMALINE

*Indications:* disharmony between the masculine and feminine aspects of the self; lack of balance between giving and receiving; difficulty expressing love for others, or receiving love from others.

***Healing Qualities:** balances the universal polarities of yin and yang; helps us establish equality between the magnetic and dynamic (giving and receiving) qualities of love; brings the green, physical, Earth frequency into harmony with the pink, spiritual angelic qualities of love.*

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