

GEMSTONES WORKSHOP-INTRODUCTION

From the beginning of time, gemstones have been appreciated, coveted, desired. Yet, they have no practical purpose and it was only in recent times that stones like diamonds, rubies and pearls have been employed in industry for purposes other than their beauty.

Gemstones figure in all religious rituals and rituals of power. Therefore **religion** and **power** are some of the big themes in gemstone remedies.

GEMSTONES AND MEDICINE

Gemstones have been used in medicine for thousands of years. Ayurvedic medicine has been using gemstones for various medical conditions by pulverising the stones or trituration.

The main method of remedy making in homeopathy is by immersion.

HOW TO RECOGNISE GEMSTONE REMEDY CASES

In homeopathy, most remedies are made from plants, animal or mineral sources. Of course there are sarcodes and nosodes and the so called impoderable, but let's keep things simple for now.

"Plant patients" typically talk about **feelings**. Supposed your patient has had a burglary and many items were stolen from the house. This patient will talk about how he/she feels about the event. How this is affecting him/her emotionally, the sentimental value of the object stolen and so on.

The "mineral patient" would make a list of the stolen goods, will talk about the mess the house was in, everything was out of place. He/she feels like the "rug has been pulled from under my feet", they talk about "support" or lack of support. The mineral kingdom in homeopathy is about "lack of something" in order to be "complete", therefore, in essence, it is about structure.

The "animal patient" will talk in terms of **survival** and **attack**: how he/she could have been killed or perhaps would have killed the burglar if he/she could. He/she would talk about "invasion of space", someone intruding into "my territory", my den and so on.

SO HOW DOES A GEM SPEAK?

Belgian homeopath Anne Vervacke says that you can recognise a gem remedy patient because they have the qualities of two kingdoms: they are both vegetable and mineral or both mineral and animal, they are a combination. This would be the first clue.

The second and most important clue is how important spirituality and religion are for the patient. Gemstone patients are highly spiritual people, they seem to exist on a "higher plane", not just the 3D world. This is not just someone being brought up in a particular religion and going through the motions, out of habit, albeit with conviction. You may find these people have a strong connection with the spiritual world, even to the extent of visions or clairvoyance. All the patients I have seen

who benefited from gemstone remedies, were clearly on a higher spiritual level compared to most people.

The description of the remedies focuses on the mental and emotional plane, rather than the physical. Although gemstone remedies do have physical symptoms that can be repertorised, it is mainly on the basis of the mental and emotional symptoms that these remedies are prescribed.

GEMSTONE KEY THEMES:

When we think about key themes for any remedy, we need to go back to the source and see what its main qualities are.

-Transformation: gems are basically rocks that go through a long process that involves great pressure, from the earth. Time and physical pressure transform ordinary minerals in crystallised rocks, the process gives them the hardness, the durability and the sparkle.

-trapped vs freedom: we need to dig to get to these gems, don't we? And even once we find them they are still "rough", covered in dirt and other rocks and we need to break through the rocks to set them free.

-violence, abuse: the places where the most precious gems are found are also some of the most violent places in the world and the process of extracting gems often leads to violence, due to greed and abuse of human labour.

-darkness vs light; gems live in darkness, but once they are freed and out in the open, they attract and reflect the light like no other mineral. In human terms this remind us of the concepts of light vs darkness, good vs evil, which is why all religions employ precious stones in their symbolism.