

Making a Gemstone Elixir *

Preparing the Stones

Cleansing the Stone

The first step is to cleanse away both physical dust/dirt and the more coarse vibrational impurities.

This is achieved by placing the stones under running water or a dripping tap for 15 – 20 minutes. Natural running water, e.g. a stream, is also ideal - with the assumption that the water is not polluted.

Cleaning the Stone

The next step is to clean the more subtle vibrational & energetic 'pollutions'. These could include electro-magnetic forces, unwanted surface/trace mineral imbalances and emotional or other similar vibrations.

Place the stones in a clean glass container and pour in Mineral Water (ideally sparkling) to adequately cover them. One will expect bubbles to appear on the surface of the stones. This is the reactive cleaning process of the ions of the minerals in the stone.

The stones will need to be immersed for 3 hours with the usage of soft water and up to 8 hours with hard. If you are unsure leave the stones immersed overnight.

Recharging the Stone

The method of recharging the vitality and energies of the stone is dependent upon the type of stone.

There are two main methods of recharging the stones: either through natural outdoor light or from the energetic or magnetic charge from another stone.

Using Natural Light

The easiest method is through natural outdoor light, which implies either Sunlight or Moonlight. A period of either 2 – 3 days or nights is ideal. 'Open' (bright) sunlight is optimal compared to cloudy or rainy weather; full moon is optimal compared to other periods in the moon cycle

Yin nature of stones, i.e. with higher H₂O content, are suited to exposure to the moonlight; whereas Yang nature of stones, i.e. with other mineral content higher, are best suited to sunlight exposure.

If you do not know which type of stones you are preparing, use a period of 24 hours, to include both Sun & Moon light. One period of 24 hours is sufficient, though 3 periods (of 24 hours) is ideal.

The majority of stones are of a Yang nature; unless I have indicated otherwise to you.

Using Another Stone

Nearly all stones can be recharged using either **Hematite*** or **Amethyst**.

Simply place the stones on either a large sized piece of stone or a bed made from small stones.

One is looking to see that the stones regain their colour or 'sheen' / shininess. This can take from 24 – 72 hours, sometimes longer.

With continual exposure to sunlight Amethyst will lose its vitality, seen as its colour gradually pales.

* the one exception being the meeting of Amethyst with Hematite, which are mutually exclusive.

Making a Gemstone Elixir Infusion

Making the Elixir

Use a clean glass or ceramic container which can hold up to 3 decilitres.

A tight lid is not to be used, but it is good to cover the top with a natural undyed material.

Place the stones into the container and cover them with about 2 – 2.5 decilitres of water.

The container should then be placed in a cool, safe, hygienic environment.

Direct sunlight is to be particularly avoided, but a darkened room or cupboard is not necessary.

Do *NOT* store the jar in a refrigerator

The Water

Use a natural spring water. Do *NOT* use a sparkling water or one with added minerals.

A (natural) spring water, contains a certain amount of minerals which create a reaction and aid the activation of both the minerals and trace minerals within the gemstones. (Whereas, tap or well water can contain large amounts of specific minerals, chemicals or other impurities).

In some instances one wishes to create a reducing or dispersing effect, according to the principles of CM. In this case distilled water is used (that is water which has been boiled to remove the minerals and impurities).

Unless indicated to you in the instructions, the purpose of your formula is tonifying; as are 90% of formulas.

Infusion Times

The active vitality of the Elixir is created by the action of the minerals seeping into the water.

For acute problems, infusion can be for a shorter period of time, e.g. often only 2 – 3 hours is needed. In such pathology, one is using stones with a soft nature (Moh 2 – 3,5) , e.g. Calcite; and so the minerals leach out more quickly.

For chronic problems, the initial infusion needs to be about 72 hours. Most of the stones used are of a harder nature (Moh 5 – 8.5), so it takes this amount of time for the minerals or trace minerals to be activated.

For an elixir designed for long term usage, this transference of minerals is obviously happening gradually over a longer period of time. A single formula, comprising the same original stones, can be effective in usage for periods of 12 – 18 months (with the suggestion of recharging the stones e.g. every 3rd month).

One will need an initial charging of the water of between 2 – 3 days before one begins drinking it.

Drinking the Elixir

On a daily basis, drink 30 – 60 ml of the liquid, dependent upon your body size & weight and activity. Use your common sense to decide this. If you are unsure, begin with less and gradually increase the amount over a period of 2 – 4 weeks.

It is best to pour out the liquid into another container (rather than e.g. drink directly from the container) to avoid bacterial contamination.

Then, **refill the container with the amount of liquid you have removed** (so there is a constant equal amount of spring water in the jar). *Remember: Do not use tap or well water !!*

When to drink

For treatments to tonify the body, the elixir is best drunk during the evening or before sleep. The idea being that the action of the formula will become part of the body's own regenerative and growth processes during the night sleep.

For treatments to cleanse the body or to create reducing effect, it is best drunk in the morning. The idea being that the activity of the body during the day will help to stimulate the discharge of waste products, pathogens and pollution.

Unless specifically indicated to you, the action of your formula is tonifying, so drink this in the evening time or before sleeping.

Expectations

Most formulas that I prescribe are for usage in pathologies of a chronic nature or related to deeper psycho-spiritual patterns. This means disease patterns which have developed over many years - even since childhood, inherited sicknesses, auto-immune diseases, hormonal imbalances and so forth; as well as deeper emotional & mental disorders, trans-generational psychopathologies and the redirecting of ingrained traits of character and non-adaptive habits of daily life.

In these categories of diseases and psychopathologies, the traditional time frames considered are in periods of 'seasons', in which one season comprises of 3 calendar or lunar months. Patients should not have expectations of radical or 'miracle cures'; but rather gradual changes to their condition over periods of months or years.

In thoughts of the principles of the philosopher Chuang Tse (Zhuang Zi), the greatest art in CM is for the treatment to be 'seamless'. The patient is not aware of the action of the treatment and not aware if their general or specific condition is improving.

However, on considering back after a period of 3 - 4 months, one can note that many symptoms have resolved, or just fallen away, and others have been greatly alleviated. This specifically applies to symptoms of an emotional and psycho-spiritual nature.

Care !!

The usage of Gem and Stone Elixirs can seem rather simple and of little danger, especially when gleaned from a 'new age' perspective.

However, one should consider that there is an enormous variety of stones, each with its own particular chemical composition & properties. Some stones are toxic e.g. those containing Copper(Cu), whilst others are not compatible together or even strongly reactive to other chemical compositions e.g. Sulphur compounds.

In this respect, patients are advised to proceed with caution if they are to make their own elixirs.

I will only take a medical responsibility if I have written the formula or been consulted directly !!

* This information is from my studies with Dr Jeffrey Yuen in the usage of Gems, Stones & Rocks from the perspective of a Classical view of Chinese Medicine

It is built upon the alchemical knowledge of the Taoists (pre 200 BCE & Shennong Bencao Jing), the Herbal Materia Medica of CM (Ben Cao Ganmu: Li Shizhen 1578CE) and the 35 years clinical experience of the teacher in the mountains of China & USA.

For understanding within a Western setting, this ancient knowledge was simultaneously taught within the context of modern geology and chemistry.