

## The Effect of Gemstones upon the Meridian System

by Robert Alan Frost

### Abstract

Properly selected gemstones can be employed to produce full electromagnetic balance. Gemstones appear to act as buffers, giving the system greater integrity under stress. Although not a replacement for diagnosis and treatment of the underlying causes of neurological disorganization, the possible applications for healing and improved performance are vast and exciting.

At the conclusion of a shamanistic course in the summer of 1985, a Swiss Alexander Technique teacher was advised by the American Indian lecturer to carry four particular gemstones. The author was contacted to supply these stones. Before the Alexander teacher received them, five of his fourteen basic Touch for Health muscles tested weak. With the recommended stones in hand, all fourteen muscles tested strong! This initial discovery stimulated the research in this paper.

Further investigation revealed that for each individual, certain gemstones eliminate active alarm points, rebalancing over-energy in the meridian system. When all over-energy is eliminated, all muscles test strong. It was first hoped that specific gemstones would balance specific meridians in everyone. This would have provided a simple cookbook like system of meridian balancing. Unfortunately, only the following instance (of constant gemstone-meridian correspondence) was found: in every subject tested, chrysoberyl or precious topaz corrected all imbalances connected with the circulation-sex meridian. In all other cases, individual testing is necessary to determine which gemstone balances which meridian. This person-specific effect suggests that all systems of correlating individuals with gemstones based upon birthdays or other general factors are of little use, at least in the area of meridian balancing.

Initial findings indicate that for a gemstone to act upon the meridian system, it need not touch the skin but must be no more than 1/2 cm. away. Every place upon the body tested equally effective except over the heart-thymus area. In fact, for most subjects, gemstones placed upon the upper portion of the breast

bone actually disorganized the system, weakening most or all test muscles. Therefore, many currently popular systems of gemstone healing which recommend wearing gemstones (especially quartz crystals) over the heart may need to be reconsidered. Wearing jewelry upon this area may also be ill advised. It is possible that gemstones placed upon this area could have some desired effect. However, as this disorganized the system in these studies, it should likely be avoided when meridian balance, clear thinking and good coordination are required.

Unexpectedly, it was found that one gemstone may block another's effect upon the meridian system. Even two stones, either of which balances a specific meridian, may be ineffective when used together. Of particular interest were azurite and malachite. Both are copper hydroxides which are nearly always found together in nature. Either one eliminated all active alarm points in one subject but both together did not.

To avoid such an interference effect, it is desirable to locate the minimum number of gemstones needed to bring all the meridians into balance. According to the International College of Applied Kinesiology, if a previously strong indicator muscle weakens when the five fingers are placed around the navel (or the palm over the navel in order to contact alarm points for all meridians) the subject is not in full electromagnetic balance. Repetition of this test with various gemstones provides a technique for determining which stone brings the system into balance. In some instances in which most or all of the meridians test over-energy, it may be necessary to use two different gemstones to effect full electromagnetic balance.

The tested gemstone(s) carried on or near the body apparently act as an energy buffer giving greater stability to the meridian system when under stress. This can be especially useful to the therapist in keeping him in balance while working with others. For this purpose, Dr. Jimmy Scott, founder of Health Kinesiology, carries in his pocket a jade stone he found while skin diving in Jade Cove, California.

For centuries there have been books which have attempted to prescribe specific gemstones for desirable goals or particular ailments in all people, i.e. "Aquamarine improves eyesight." Such generalizations, although sometimes useful, ignore variation between individuals. On the other hand, kinesiological testing may be able to identify which gemstone is most effective for a given person with a specific problem. For example, in a limited sampling, chrysopase most often tested as the best stone for promoting sound sleep. It did seem to help in limited trials. For other people, other stones tested best for the same purpose. If assembled personal data (personality profiles, medical histories, etc.) can be correlated with particular gemstones and ailments, useful generalizations may emerge. Then it would be possible to state, "For this type of person under these conditions, this gemstone has found to be statistically the most useful one for this problem." Such correlated data could provide the needed cross checking to make kinesiological testing of gemstones for specific problems more scientific.

In an example of the use of gemstones for both meridian balancing and to achieve a goal, a lawyer in San Francisco asked if a gemstone could help her to balance her energies, remain centered in the truth and to speak in one clear line of reasoning. From nearly 100 different tests of gemstones, three were found to produce full electromagnetic balance. Asking her body revealed that, yes, a stone could help her with her desired goal. Retesting the whole group of stones for her goal identified only one, cat's eye jade, also one of the three chosen for balancing her energy. Had two stones been required, one for energy balance and one for the goal, further testing would have been needed to be sure that interference did not occur between them. Kinesiological testing next indicated the

presence of a preferred location on either little finger. The association of truth and clarity with the heart and the location of the heart meridian upon the little finger may be the reason for this preferred location.

It is important to test if there exists a preferred location for the gemstone and if so, where it is to receive maximum benefit. Also useful to increase the positive effects of gemstones is to increase your conscious awareness of their effect through the following practice: Sit quietly a few moments and sense your own internal state. Pick up a gemstone which has been shown by kinesiological test to have an effect upon you and sense the difference. Repeat this cycle a few times. Continue this practice for several days or weeks until clearly aware of the difference the gemstone makes. As you pick up your balancing gemstone, sense your change of energy state and practice gratefulness to God/nature for providing these helpful energies in beautiful gemstone form. Intense conscious awareness and gratefulness may renew and increase the positive benefits of gemstone use.

The use of gemstones in therapy offers a useful opportunity for a positive placebo effect. This desirable placebo effect can be achieved by giving the patient the stone used in the session to carry away with him. Thereafter, the beauty of the stone and the tactile assurance of touching it may enable the patient to re-experience and stabilize the positive effects of the whole therapeutic session.

Although anecdotal evidence from case histories is in itself no clear proof of the effectiveness of any technique, various examples of gemstone work with patients is included in this paper to stimulate further experimentation, research and application.

Gemstones can be associated with measurable pain relief. A nineteen year old soccer player suffered a sports-related injury to his low back. Muscle testing revealed weakness and pain upon testing both the adductors and the gluteus medius (spreading the legs apart and pulling the legs together) both of which are associated with the circulation-sex meridian. Either a precious topaz or a chrysoberyl in contact with his

body relieved all pain and caused both muscles to test strong. Although this young man never wears jewelry, he taped these stones upon his thigh before playing soccer, pain-free. Within a few months, the injury had healed, requiring no further gemstone application.

A European legend from the middle ages states that kings wore a cat's eye chrysoberyl ring for strength in battle. Battle in those days was fought from horseback requiring that one cling firmly with the legs to one's horse (adductors) and be able to strike an opponent or push him away with a leg (gluteus medius). As chrysoberyl always strengthens these muscles, this legend is quite believable. Such a ring would make one strong in horseback battle.

A sixty-two year old hefty Swiss woman suffered from painful disc problems in the low back. Chrysocolla brought her meridian system into balance. Sitting up from lying was the most painful movement for her. With a chrysocolla in her hand, she sat up with, in her own estimation, 80% pain reduction. Placing the stone down, 100% of the pain returned. After a few more trials, she suddenly placed the stone into her ample bra and said, "Mine!" Assured that she could keep it, further tests were conducted to make sure this was more than a placebo effect. Several different stones were placed into identical envelopes. Neither she nor the tester knew in which envelope the chrysocolla was located. Only the envelope with the chrysocolla, when held in her hand reduced the pain.

Dominique Monette M.D., Brussels, uses gemstones in cases of pain behavior. The disorganizing effects of pain, memory of pain and how one reacts to pain can often be eliminated, she reports, by simply placing the chosen gemstone upon a specific bodily area for a short time. Dominique determines the gemstone, bodily area and time duration of application through kinesiologic testing.

A fifteen year old female with an overdue and irregular, two-to-four month long menstrual cycle was tested. Rhodochrosite balanced her meridian system. Holding it in her hand overnight, she awoke with her cycle starting.

Carrying it with her daily, she now has a normal 28 day cycle.

A twenty-three year old woman with strong allergies to cats found the allergies absent when she carried her meridian-balancing green quartz.

A sixty-seven year old woman complained of weakness in her arms when supporting anything over her head. As suspected, her anterior serratus muscles tested weak. Florite balanced her meridian system, returning strength to these muscles. With a florite in her pocket, taking a heavy box down from a shelf above her head became easy.

Another fascinating area of gemstone research in kinesiology is in the use of gemstone essences. Produced by a method similar to the making of flower essences, gemstone essences diffuse through the body, jogging old emotional patterns on the subconscious level. Taking the drops also provides for the placebo effect through doing something daily with the intention of changing the problem. Gordon Stokes' initial experimentation with new gemstone essences produced by the author reveals that their use takes one through an initial emotional down or minor depression on through to a higher state of emotional functioning. He advises to continue taking the drops even though the initial drop of mood and energy is unpleasant. He tests kinesiologically for dilution, number of drops, number of times to be taken per day and length of treatment.

Some gemstones imbalance the meridian system. Opal and diamond are typical examples. This disorganizing effect may return even after rebalancing the meridian system with the gemstone (as done in a Health Kinesiology allergy treatment). It has been observed that many people who often wear opals are high-strung, active, nervous and even exhausting, but lots of fun to be with for short periods of time. It is as if the opal gives too much energy.

In general, gemstones should not be in contact with the body during sleep. They may be too stimulating for sleep processes. Exceptions exist, such as the use of chrysopase to aid sleep; so when in doubt, ask the body.

It is not suggested that the mere act of carrying a stone replaces other balancing techniques. The stone acts as a crutch, giving support to a weakened system. Provided the system has the needed raw materials, the stone can promote healing exactly as a crutch allows a person with a broken leg to continue to walk while the healing process takes place. The stones don't heal us, but they can be a great help in supporting the healing processes.

The effect of gemstones as tested by alarm points doesn't remain constant. After some time of carrying the gemstone, alarm points will again become active but will require a stronger test pressure than without the stone. It seems that the gemstone is still helping but, as underlying causes have not been corrected, there is a partial return of active alarm points. Quick balancing techniques of all kinds, for all their temporary usefulness, should not be used repetitively while ignoring the deeper causes of disorganization.

Many areas for future investigation with the meridian effect of gemstones, some of which are touched upon in this paper, lie open to investigation. Those interested in combining their efforts and findings in this new area of kinesiologic research are invited to contact me, Robert Alan Frost, at Hochstrasse 56, CH-4053 Basel, Switzerland.

### References

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