



Gem Elixirs

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First Steps!

I highly recommend that you use classic shamanic protocols before venturing into working with the energetic or vibrational imprint of other forms. Gemstones are among the most popular, so I single them out for basic info below, but the general instructions and principles apply to most any Middle World form you want to work with. Non-elixir methods also exist, such as placing crystals directly on or around the client's body or striking the crystal or stone with a Biosonic tuning fork designed for use with gemstones.

1. Start by getting permission and initial instructions from your own helping spirits about working with the energetic or vibrational imprint of the form you feel drawn to work with (gems or crystals or other stones, in this case).
2. Assuming you get a go-ahead, next work with the over-soul of that particular form. If you get guidance to work with gems directly or as elixirs, journey to the over-soul of Crystals (all crystals of all times). Introduce yourself and respectfully ask permission and guidance.
3. Assuming you get a go-ahead from the over-soul spirit, journey to each specific crystal type, such as amethyst or fluorite, that you feel drawn to work with. As usual, introduce yourself, confirm that the stone is willing to work with you, then do one or a series of journeys to ascertain what healing qualities or powers the stone possesses and is willing to share as well as any information about how to work with the stone (e.g. crystal healing layout) or prepare an elixir, and any other guidance you need to know.
4. Also ask your helping spirit(s) and each individual gemstone you work with if it has any special needs for being cleared, activated/dedicated in ceremony, or charged, etc., just like any other shamanic "tool."
5. Be sure to thank the stone for the information. Also give thanks with each use.

Be aware that some states have laws requiring licensing for administering substances like these.

How to Make Gem Elixirs

Dangers. Source: http://www.ehow.com/about_5336581_healing-elixirs.html

It is dangerous to use stones for elixirs if they contain copper, lead, arsenic, aluminum, cadmium, mercury, barium, zinc, or other substances that are poisonous. Stones such as amazonite, azurite, peacock ore, and lapis lazuli contain copper. Emerald, garnet, iolite, and labradorite all contain aluminum. Amber and quartz may contain toxic dust. Magnetite contains a large amount of iron, and galenite, vanadinite, and angelite all contain lead. All of these stones and others with similar substances in them can be toxic if taken internally. Most green and blue stones are going to be unsafe because they contain copper. Metallic-looking stones should also be avoided. Stones like cinnabar, which contain mercury, are even toxic to touch.

The excerpt below on gem elixirs is taken from pages 62-63 of *Love is in the Earth: A Kaleidoscope of Crystals*, by Melody (Earth Love Publishing House: Wheat Ridge, Colorado, 726 pp.). Please be aware that some gem elixirs should not be taken internally, so be sure to look up her suggestions for each individual stone.

Also note that she recommends “conscious programming,” a process she outlines on pages 56-57. I do not use a programming approach, so I have not repeated hers here. I agree with the importance of working with a given stone from a place of clarity and specificity, just as I would with any Middle World being. I much prefer to ask my helping spirits, in a journey with the spirit of the crystal, how to work together as partners to accomplish the healing mission rather than one-sidedly dictate my wishes to the crystal. I experience each crystal/stone as a living being entitled to its own sovereignty, not a “resource” for me to “use” as I please. Herewith, then, Melody’s elixir method.

Elixirs/Energizing Liquids

An elixir is a preparation of “mineral water” which contains the essence of the energies of the crystalline form with which it is fortified. In order to prepare the energies of a crystal for the assimilation into an elixir, conscious programming is recommended to facilitate enhanced transfer of the special energies desired.

Without conscious programming, all of the energies are transmitted, and no specific direction for these energies is delineated; this method is conducive to activation of “spring tonics” and for general daily use. The minerals listed within the book, except for those specifically designated, can be used in the preparation of elixirs. The minerals which indicate that preparation of an elixir should not be via the normal method can be used in the preparation of an elixir via the alternative method.

The **normal method** for the manufacture of a mineral elixir requires a mineral, distilled water [or other non-polluted liquid], a glass jar or bowl, and patience. The mineral is placed within the liquid within the glass jar; no metal should contact the liquid. The container is then placed in the sun/moon for at least 24 hours, after which the resultant elixir may be consumed.

A general enhancement of any type of water is an obvious benefit of the 24 hour elixir. A simple test, conducted throughout many parts of the world [including Africa, India, Kathmandu, and the USA], has evidenced that the energized water tends to taste “sweeter” and less “flat” than water which has been “standing” for the same time period. The members of the mineral kingdom have also been used to energize and enhance wine.

An enhanced normal method of elixir preparation involves placing the container, containing the mineral and distilled water, in the sun on the day of the full [or new] moon, allowing for the energy transfer to progress during the following seven days. The container is then placed in a dark location for seven days with the placement of seven of the same minerals of which the elixir is being prepared surrounding and pointing toward the center of the elixir; if the seven like-minerals are not available, quartz crystals may be substituted. After the fourteen days, one ounce of brandy [or other food-grade alcohol] is mixed with the liquid in order to stabilize and maintain the frequencies of the contained energies; this preparation is known as the “mother” elixir. The mother elixir should be stored in glass and in a dark location. It may be consumed via placing 2-3 drops under the tongue and/or via drinking a reconstituted liquor [reconstitution is accomplished by placing 2-3 drops in one gallon of distilled water].

An **alternative method** for preparation of unusual elixirs is to place the mineral within a glass container and to place this container within the distilled water; the remainder of the procedure is the same as described above. This method alleviates the potential of contamination of the elixir by toxic chemicals contained within or upon the mineral and prevents the dissipation of minerals which are soluble in water and/or are very soft.