

Stones as Dream Boosters

Since 30 to 40 years I write down my dreams and promote other people's interest in dreams. By nature I am a bad dream recaller and I had to make an effort to remember them. I used suggestions before sleep and I needed about two to three days till I remembered the first fragment. When I continued, the flow of dream came easily to me, but when I became lazy and stopped writing down my dreams, they disappeared in my slumber and I had to start from the beginning. But it was evident that remembering dreams is essential to any dream work. So I was always interested in substances, which make it easier to remember, and tried many of them.

Here a collection of herbs I tested: *Artemisia vulgaris*; *Chalea zacatechichi*; *Silene capensis*; *Ilex guayusa*; *Ocimum basilicum* etc. None of them had a remarkable effect on the vividness of my dreams and my dream remembrance. Furthermore I experimented with nutritional supplements like Galantamine; Cholinbitartrat; Alpha GPC; DHEA; DMAE; Huperizine; l-Tryptophan; Vitamine B complex etc. Some of those supplements had a distinct effect on my dreams, but also impressive side effects. But the desired effect was not consistent; sometimes it worked, sometimes not. Some of them had no effect or only a discrete one. But I do not want to go further into that subject. I simply wanted to demonstrate, that I have quite some experience in that field and would like to turn the reader's attention to the theme of semi-precious stones. - Yes, you hear correct, stones, very esoteric!

For a long time I knew that some people believe that semi-precious stones have a healing capacity, but for myself I thought this is nonsense. I admit that some placebo effect might be involved. As a psychologist I do not want to discount that effect at all, because it demonstrate how powerful our mind, our convictions and expectations, are in regard to our condition and our body. As dreams are an expression of our mind it is evident, that our mind has influence on them. But it is my conviction that what I experienced with stones goes beyond any placebo effect. Here is the story:

For more than ten years I read transcripts of sessions with Elias, a not incarnated personality who speaks through the medium Mary Ennis¹. I came to know him as a careful and trustworthy person but from time to time I stumbled over the theme of semi-precious stones and skipped it regularly because I was not interested. During the last summer a member of the Elias forum put together a list of all stones, mentioned in the sessions². As I am interested in dreaming and meditation I collected some of the stones of the list, which could be useful in this regard.

First I used a semi-precious sapphire for my meditation. According to Elias it promotes contemplation. As I struggle sometimes with my talkative mind I was hoping for some support. Indeed the stone helped me in that respect, but there was an additional effect which I did not expect at all. My head began to shake vehemently and horizontally. The movement was involuntary but I could have stopped it with my will. But this I did not want because it was not unpleasant and I was curious where it would lead me. It lead me nowhere, I sat there for 20 minutes with a shaking head and a quiet mind. This effect did not repeat later, but it convinced me that there must be an effect which had nothing to do with autosuggestion.

Elias recommended for intensification of the dream live opals and particularly moonstones. The later I purchased in a specialized stone shop. But I had to realize that there are moonstones in various colors, a dark red included. I decided to buy a

“moon colored” moonstone (a pale yellow with some shading; see picture) and laid it under my pillow. - The effect was clear, my dreams became more vivid and I could remember them easier. According to Elias, the moonstone can be combined with other stones but it should be the biggest among the stones to keep its effect dominant. But it should not be too big, because the intensified dream life could be too disturbing for some people.

Further I combined the yellow moonstone with the green malachite, which should stimulate the imagination. This combination triggered a very clear experience; the dreams became vivid and long. I could remember them easily. In a time with family difficulties I had to stop to use them, because the dreams were overwhelming and disturbing. After removing them, my sleep was sound. After the settlement of the problems I continued my experiments and instantly the dream life intensified again.

So, I can recommend using semi-precious stones in regard to enhancing and boosting dreams. They are not too expensive and show surprisingly clear effects. Following I would like to present some stones which can be used in regard to dreams. I use the characteristics as Elias described them:

Moonstone



It enhances the dream state. This stone is always used for dreaming and can be combined with other stones. For an effect it does not need direct bodily contact and can be placed under the pillow. It should be bigger than the other stones but not too big to promote overwhelming dreams and nightmares. (Diameter here 1 inch) As an alternative an opal can be used.

Malachite



It stimulates imagination (Diameter here about 0.8 inch) Together with the moonstone it boosts my dreaming considerably.

Red Jasper



Presents curiosities, it should be helpful to have unusual and varied dream experiences. (Diameter here about 0.6 inches)

Lapis Lazuli



It connects mentally. In the old Egypt the lapis was used to spy other people and their intents. It may be used for mutual dreams. (Diameter here 1.2 inch)

Finally I recommend using a small fabric bag to put the stones in. It prevents the smooth stones from wandering under the pillow. 😊



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¹ <http://www.eliasweb.org/>

² <http://www.eliasweb.org/related/stones.php>