

Gem Water

How to prepare and use
more than 130 crystal waters
for therapeutic treatments

Michael Gienger
Joachim Goebel



EARTHDANCER

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Publishers' Note

The information in this book was produced according to our best knowledge and belief, and the healing effects of the gem waters described have been tried and tested many times. However, as people react in different ways, the publishers and the author can provide no guarantees in individual cases for the effectiveness or safety of the gem water recipes and treatments recommended in this book. In cases of serious health complaints, or if you are taking any prescribed medication, please consult your doctor or alternative practitioner before using gem waters.

Gem Water

Michael Gienger/Joachim Goebel
With photographs by Ines Blersch

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The gem water handbook

Following the publication of their first book, *Edelsteinwasser*, (published in German, by Neue Erde 2006) and in the wake of the number of crystals used for gem water having doubled in the course of just one year, the authors Michael Gienger and Joachim Goebel soon realized that they needed to write a second volume. Benefiting from the authors' recent experiences with new ways of using gem water as a healing remedy, this new book forms an ideal introduction to the subject. It explains the basic principles and the different methods of making gem water and gives tried and tested gem water 'recipes', along with a directory of the best crystals to use and their different effects.

It is becoming apparent that, when used in gem water preparations, healing crystals do not have quite the same effects as when they are applied or worn externally as gems or stones. Water as a medium

influences the crystals and the effects they produce. It seems that the nature of water causes a selection process to take place. This book therefore does not describe all the known effects of the healing crystals themselves, but mainly their therapeutic effects when combined with water. It forms an essential guide to the use of gem water as a healing remedy, for yourself or for others.

Since no other branch of crystal healing is currently developing at quite such speed, it is impossible to produce a book at the current time that is guaranteed to be complete, but the authors are keen to make their knowledge and experience available to anyone interested in the subject – so that further effects can be researched and uses developed that can be of benefit to everyone.





Index of crystals for gem water preparation

The following index presents the mineralogical features of the crystals in common use for gem water preparation, together with a description of their healing properties. Please note that not all the known healing effects of the crystals in the list are included in the descriptions, as these have already been documented in previous books and would exceed the scope of this little handbook*. Instead, the emphasis here is on the effects associated with gem waters in particular.

* See also, Michael Gienger, *Crystal Power, Crystal Healing (The Complete Handbook)*, Blandford, 1998; Michael Gienger, *Healing Crystals: A-Z to 430 Gemstones*, Earthdancer/Findhorn Press, 2005; *The Healing Crystal First Aid Manual*, Earthdancer/Findhorn Press, 2006.

You will find the following information in detail in this index:

Title: The heading of each entry gives the name of the featured crystal. In addition to the mineralogical name, we give the trade name(s) if it helps to identify the crystal or describe it. To make a distinction between the two, the scientific names are in black and trade names in blue.

Mineralogy: This gives a brief description of the mineral class and, if appropriate, the mineral group, as well as the crystal system and the way it was formed ('primary' = magmatic formation, 'secondary' = through weathering and sedimentation, 'tertiary' = metamorphic formation under pressure and heat). In addition to the crystal colour, these are very important in relation to its healing effect and application.

Indications: Here we list the most significant healing effects or the particular area of effectiveness of each crystal used to prepare gem waters. We also highlight any additional aspects that came to light when using the gem water.

Preparation: This section defines the appropriate methods of preparation for each crystal. Placing the crystal directly in water, the boiling method and the evaporation method should only be used for crystals that are specifically suitable – otherwise you risk damaging the crystals or, even worse, damaging your health. The test tube method is suitable for all crystals, but is only indicated if we recommend that you avoid placing a particular crystal directly in the water.

Category: The final section defines the effect of each crystal as gentle, strong or intense. These categories will help you decide on the correct number of crystals to use in the preparation of gem waters (see page 27), as well as the right dosage for taking internally (see page 37), so please use the information to help you get the best result.

Abbreviations used pages 67–91: trig. = trigonal, monocl. = monoclinic, orthorh. = orthorhombic, hex. = hexagonal, am. = amorphous, prim. = primary, sec. = secondary, tert. = tertiary



Agate

Mineralogy: Banded Quartz (silicon dioxide, trigonal, primary)
Indications: Protection, stability, security, spiritual serenity, maturity. For the eyes, hollow organs (stomach, intestine, bladder, womb, etc), blood vessels, connective tissues, skin and mucous membranes. Encourages digestion, elimination, growth and regeneration. Protective crystal for pregnancy.
Preparation: All methods are suitable.
Category: A gently effective gem water.



Amazonite (Feldspar)

Mineralogy: Potassium feldspar (tectosilicate, triclinic, prim./tert.)
Indications: Self-determination, responsibility for self, balance, inner harmony, trust. Alleviates heart problems caused by grief. For the metabolism, the liver, tendons, joints, brain, autonomic nervous system, pituitary gland and thymus gland. Relaxing and for alleviating cramp (also while giving birth).
Preparation: All methods are suitable.
Category: A strongly effective gem water.



Amber

Mineralogy: Fossilized tree resin (organic, amorphous, secondary)
Indications: Self-awareness, carefreeness, happiness, cheerfulness. Good for the liver, gall bladder, stomach, intestines, pancreas, spleen, nerves, thyroid gland, metabolism, digestion, detoxification, elimination, skin, mucous membranes and joints. Helps with allergies, diabetes, nausea, pain in the limbs, rheumatism and gout.
Preparation: All methods are suitable except the boiling method.
Category: A gently effective gem water.



Amethyst

Mineralogy: Violet crystal Quartz (trigonal, primary)
Indications: Alertness, awareness, justice, release of attachments, clarification, inner peace. Encourages perception and the ability to judge, dealing with sorrow and conflict. For the brain, nerves, lungs, skin and intestinal tract; releases tensions; helps with pain, bruising and swellings; has a blood-pressure lowering effect.
Preparation: All methods are suitable.
Category: A gently effective gem water.

Ametrine

Mineralogy: Yellow-violet crystal Quartz (trigonal, primary)
Indications: Cheerful serenity, fulfilled existence, joie de vivre, optimism, well-being, inner balance. Helps meet great demands with inner composure. Harmonizes the two halves of the brain, the autonomic nervous system and the metabolism; brings a balanced natural tension in the body.
Preparation: All methods are suitable.
Category: A gently effective gem water.



Antimonite

Mineralogy: Dark grey antimony sulphide (orthorhombic, primary)
Indications: Positive attitude towards life; creative power; harmonizing of personal interests with higher ideals. Helps change an aversion to mortal existence into a life filled with meaning. For complaints with the digestion (stomach), the gums and the skin (psoriasis). In conjunction with sulphur elixir, good for psoriasis (apply externally!).
Preparation: Test tube method, conducting with crystals.
Category: A strongly effective gem water.



Apatite

Mineralogy: Calcium phosphate (hexagonal, primary/tertiary)
Indications: Openness, enjoying contacts, liveliness, drive, motivation. Lends energy to support great effort and exhaustion; encourages a healthy appetite. For growth, teeth and bones; helps with osteoporosis, bone fractures, osteoarthritis and joint complaints.
Preparation: Direct placing in water; test tube method (with crumbly raw crystals); conducting with crystals.
Category: Strongly effective; possible to take large amounts.



Apophyllite

Mineralogy: Hydrated phyllosilicate (tetragonal, primary)
Indications: Composure, calmness, honesty, straightforwardness, openness, liberation. Releases feelings of oppression, uncertainty, worries and anxieties; liberates from retained feelings. Helps with complaints of the nerves, skin, bladder and mucous membranes; respiratory problems (sore throat, bronchitis); allergies and asthma.
Preparation: Direct placing in water; conducting with crystals.
Category: A strongly effective gem water.



The authors

Michael Gienger

Michael Gienger thinks of himself as a naturalist. For him Nature is just one great book, in which the many mysteries of life can be recognized and understood through observation and awareness. He is self-taught and has earned international acclaim with his contributions to crystal healing. His research activity does, however, cover the entire vast field of nature study and natural healing. The subject of water especially has fascinated him since his youth. In the introduction to his first book, 'Crystal Power, Crystal Healing', which was first published in German in 1995, he wrote, 'Among my earliest memories are those of stones, inseparably linked in my mind with running water, and mountain streams in particular. I loved to divert the flow of the water with the aid of dams built with large and small pebbles.' Both crystal healing and knowledge about water have become firm elements of his research and activities over the last 20 years. This new book at last brings together both of his 'great' research areas, in order to provide a firm basis for a new branch of crystal healing.

You will find more about Michael Gienger and his projects on the internet under www.steinheilkunde.de, www.michael-gienger.de, www.fairtrademinerals.de, and www.cairn-elen.de among others.



Joachim Goebel

Joachim Goebel, too, was a 'water child'; even in early childhood, he was always irresistibly drawn to the water element. Playful activities with water deepened into natural curiosity in his youth, and he became increasingly interested in the study of this natural phenomenon. His interest in healing grew steadily at the same time. Joachim Goebel studied medicine and then dedicated himself, in parallel, to Ayurvedic studies and various different natural healing processes. In this connection he recognized water as the elixir of life in this, our mortal state, and he devoted himself with even greater commitment to the holistic research of water. In 1997, he was introduced to the subject of crystal healing. Further inspired by the teachings of the



medieval naturalist Hildegard von Bingen, Joachim Goebel began his 'water and gem' research in 1998. At the time, gem water was largely unheard of, so he began with initial examinations and trials. They were so successful that the subject of gem water became the focus of his daily professional activities. As a lecturer in crystal healing he gives talks, seminars and training on the subject of gem water and also offers personal consultations.

More on Joachim Goebel and his projects can be found on the internet under www.edelstein-wasser.de. The authors also publish supplements to this book and more recent results on their websites.

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- Michael Gienger, *The Healing Crystal First Aid Manual, A practical A to Z of common ailments and illnesses and how they can be best treated with crystal therapy*, published by Earthdancer, a Findhorn Press Imprint, in 2006
- Michael Gienger, *Crystal Power Crystal Healing*, published by Cassell Illustrated in 1998
- Michael Gienger, *Healing Crystals, The A-Z Guide to 430 Gemstones*, published by Earthdancer, a Findhorn Press Imprint, in 2005

Addresses

Continuing research on Gem Water

Research into the manufacture, compatibility and application of gem water is still in its infancy. If you have any questions, or you wish for more information or to read more reports on experiences with gem water, please refer to the following sources:

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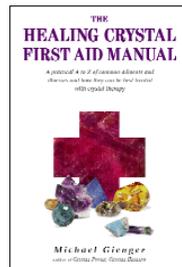
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OTHER BOOKS BY EARTHDANCER

This is an easy-to-use A-Z guide for treating many common ailments and illnesses with the help of crystal therapy. It includes a comprehensive colour appendix with photographs and short descriptions of each gemstone recommended.



Michael Gienger

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Michael Gienger

Crystal Massage for Health and Healing

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ISBN 978-1-84409-077-8



Publisher's note

The information in this volume has been compiled according to the best of our knowledge and belief, and the healing properties of the crystals have been tested many times over.

Bearing in mind that different people react in different ways, neither the publisher nor the author can give a guarantee for the effectiveness or safety of use in individual cases. In the case of serious health problems please consult your doctor or naturopath.

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