

Sacred Stones for the Soul

Head, Heart, Hands Edition

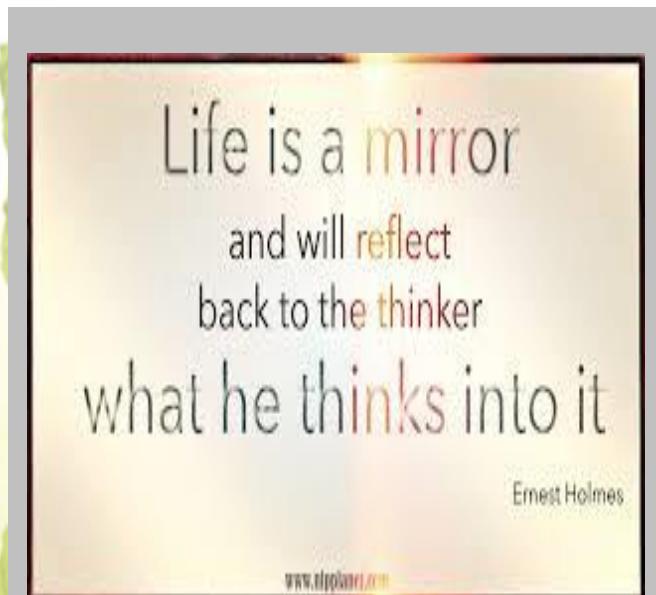
The Reticular Activating System

The first car I bought was a 1992 white Dodge Spirit. Everywhere I looked people seemed to be driving white Dodge Spirits. Once, I even unlocked the door of one and put my groceries in (my key actually worked), then I realized it was not my car. That was weird. Why was I seeing white cars everywhere? The part of my brain that deals with conscious awareness and attention had been primed for that. Like hearing your own name called or if you are a mother hearing a child call “mummy” in a store, our subconscious sets us up for important pieces of information that grab our attention. The white car was a novelty as it was new to me, but it was also important to me. It got me to work and home again. There was an emotional zap to it.

This is the Reticular Activating System in action. The RAS is located at the back of the brain and bridges our survival brain with our cognitive brain. So what? Well, we can let our subconscious (aka all our childhood conditioning, parental beliefs, societal norms, learned helplessness and bad habits) dictate our behavior while we passively go about our day or we can consciously take control of the reins of the RAS and proactively focus our attention. Our attention drives our intentions. Intentions are goals.

Wouldn’t you rather be the one who determines your own goals? Who is driving your white car?

“Cogito ergo sum” (I think, therefore I am)

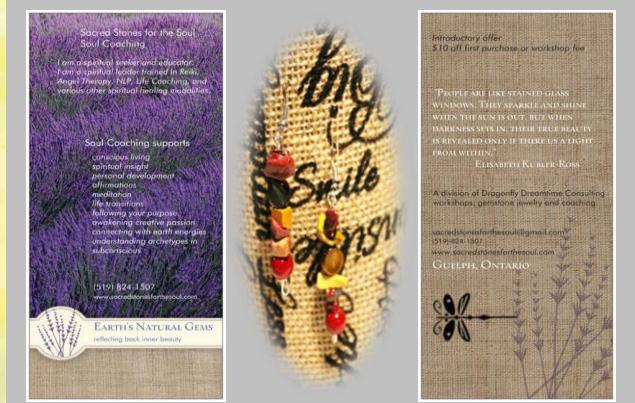


- *What is catching your eye lately?*
- *Do you give off the evil eye?*
- *Look for synchronicities. Who or what keeps showing up in your life?*
- *Are you falling asleep at the wheel?*
- *Are you focused on what you can do or what you cannot do?*
- *Do you see the good in others or only their shortcomings?*
- *Where do you want to focus your intentions? What is stopping you?*

-René Descartes



Affirmative words like hope, joy, love, dream, faith, and believe, are visual reminders to the RAS.



Burlap and lavender

"I will not let anyone walk through my mind with their dirty feet".
~Mahatma Gandhi

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Carl Jung

“Who looks outside, dreams.
Who looks inside, awakes.”

Goal setting is one thing, but achieving goals requires more than wishful thinking. They forgot to mention that in the fairy tales. It requires action. Action requires attention. Attention requires you to be fully present in your own life. There is one more secret ingredient: emotion. If you are not passionate about what you want to make happen, it will not happen. Passion is like rocket fuel. You can't fly to the moon on half a tank of gas or when you are half awake. You also won't get there by staring at the ground.

Carl Jung said that the synchronicities in our lives are simply our soul showing up outside of ourselves. Long before folks were taking about things like the Law of Attraction or Manifestation, Jung was really describing the RAS. That is what the Reticular Activating System does. It draws into our awareness that which is on our mind. When people listen to affirmations or create vision boards or even rehearse a speech, they are reinforcing what they feel strongly about in a positive way. Alas, the same can be said for repetitive negative thinking, “poor me” or reinforcing scarcity consciousness. It is true. “Be careful what you wish for.” The RAS will then seek it out. It might be something positive or something negative. The good news is we can choose to change it. We just have to change where we put our attention.

What is your RAS drawing your attention to? Mine is centred on burlap right now. I know! Crazy, right? Maybe. Visual symbols go straight to the subconscious, so for me right now burlap is bringing something up. I feel passionate about burlap. Apparently others do too. Recently, I saw burlap trays, burlap bulletin boards, burlap pillows and even burlap lampshades! Burlap is the new black. I have been playing with burlap for a few months now. It is earthy and simple, but strong. It reminds me of Scottish tartan, hard work and elementary school play day potato sack races.

Rock Stars of the Month

Labradorite, Charoite, Garnet, Citrine & Imperial Topaz

If you are looking for a gemstone to help you bring out the best of your RAS, many stones are said to have properties that aid with dispelling negativity, promoting creativity of thought and increasing motivation. In general, yellow stones support mental concentration, will power and achievement. Citrine is thought to attract prosperity. A piece of Citrine in the cashbox is lucky for sales. Although a quartz, it is sometimes confused with the more precious silicate Topaz. Citrine is readily available and less costly than yellow Topazes. Imperial Topaz is also a gem of abundance as well as protection. It is believed to draw love, helpers and friends to the wearer. Garnet is a silicate stone, like Topaz. We think of Garnet as a red stone, but it has many colours. Like Citrine, Garnet is abundantly mined. Garnet attracts people to you and aids in ending isolation. It is considered a good stone for success in business and for attracting a soul mate. Another beneficial gem for business is Labradorite. This feldspar counteracts negativity and brings out the better self. It was believed by the Inuit to be a piece of sky fire that fell from the Northern Lights. While warmer tone stones increase confidence and will power, indigo and purple stones bring out the visionary and inspiration. Charoite is another silicate stone of transformation, detoxification and vision. It helps convert negative emotions into clarity of thought.



The Hi5Vb (High Five Vibe) Affirmative Wear Collection New: handmade stone pendants and earrings



Labradorite, Garnet, Citrine, Charoite, Topaz

Did you know?

- The word garnet comes from the French grenade because the gem looks like pomegranate seeds.
- Garnet was worn on the armor of crusaders for protection.
- Gold cloisonné inlaid with Garnet was a popular medieval design.
- Its use dates back to the Bronze Age.
- Garnet is abrasive in raw form and is a favored sand paper for wood finishing and water filtration.



Amulets & Symbols

The Hamsa or Hand of Fatima

- It is a middle eastern protective amulet in the shape of a hand with three middle fingers upright
- Its prehistoric origins predate modern religions.
- Worn as jewelry, it protects against the evil eye.
- Sometimes it has an eye or a fish symbol on it.
- It is linked to the Hebrew number five (Hamesh), the protective hand of God and the Kabbala
- Some say it was named it for Moses' sister, Miriam.
- Fatima was the daughter of the prophet Mohamed and the hand symbolizes the five pillars of Islam

Sacred Stones for the Soul



With an open
mind I can
accept that
anything is
possible!

ROZINE