

## ASSIGNMENT 1 Anthroposophic Naturopathy Course APRIL 2023 Mary-Anne Dowden

I have chosen to look at the mineral Quartz. There is a lot of synchronicity in my life in choosing this mineral, as I am concurrently looking at the spiritual devotional aspect which is associated with the star constellation Aries with another anthroposophical group. And as discussed last session, Aries is associated with the mineral quartz.

In order to enter more into what devotion means to me from a spiritual perspective, it was suggested that we try and drop our thinking when meditating from our head to our heart region. I am familiar with this concept and practice even when applied in the non-spiritual setting of Heart Maths. But this practice is an old wisdom adopted by many indigenous groups I believe. I have found the practice useful and have adopted a similar practice when looking at what reactions and images quartz conjures up in my meditations and feelings.

The most striking impression, feeling that quartz has upon me is the very structured and contained form that it exhibits. I felt that it provides form and structure to a person's life on many levels. For me form and structure are very important because I know that I can have more of an impulsive tendency at times. So having form and being measured in my thinking life is important to me.

When looking at the electron microscopic presentations of Quartz on the computer I was really uplifted to see the other colours, especially blue and purple that could be seen interspersed throughout the rock caused by presence of other minerals. This brings up feeling of the deep mystery underlying everything in life and the interrelationship between quartz and the other minerals and all aspects of life generally.

When considering the devotional aspect to the constellation Aries, we were encouraged to meditate on and look at the more extreme aspects of devotion which are observed, that is indifference and doormat qualities. I was trying to adopt a similar approach with Quartz and look at the negative qualities that it may conjure up. In the process of doing this I experienced being in a place of non-judgement and contentment and beautiful light.

I would like to include the poem below about devotion and the Power of Sacrifice associated with Aries and thus with Quartz as well. The reason I included the poem is because I have been using it to lead me into meditation when I have been meditating on the mineral.

Arise oh shining Light  
Take hold of growth and becoming  
Lay hold of the weaving forces  
Yourself ray forth, Life wakening  
In face of resistance gain  
In streams of time disperse  
Oh shining light abide

I have some pieces of whitish translucent quartz at home and just did a meditation on them. What came up for me was an image of a warm shimmering light surrounding the solids cylindrical structures of the quartz. There was a sense of peace and serenity. What struck me was that this beautiful energy has the ability to be a transforming healing power on a physical level in humans and other living species. Horses and other animals are given hay or alfalfa which contains silica.

Quartz is a form of silica (silicon dioxide), the most abundant mineral in the Earth's crust. This aspect of quartz makes me feel like we are walking into a big maze where everything is related. Everything is all connected by a mysterious thread and quartz is part that thread. The sand that we walk on is composed of quartz. The plants especially ones like Equisetum take up silica from the earth. When humans take in the herb Equisetum it may assist them especially with their structures of bone and hair.

I feel very grateful to take time out and really get to understand more the mineral Quartz from a deeper spiritual perspective. It makes me realise that we are made up of the minerals that make up the earth and cosmos. These minerals have their own spiritual identity and strengths, which in turn can aid humans on their healing journey on many levels.