

Peter L. Tumminello

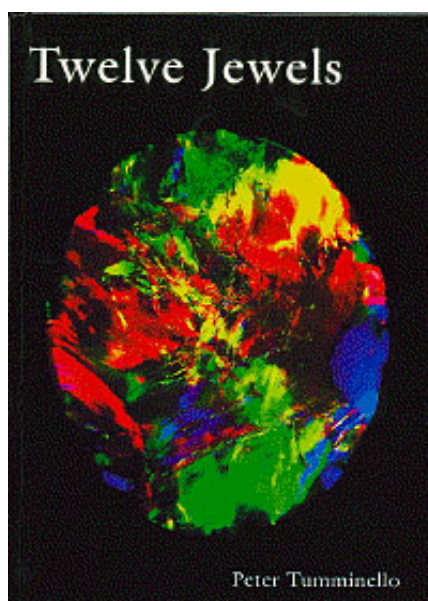
Twelve Jewels

Reading excerpt

[Twelve Jewels](#)

of [Peter L. Tumminello](#)

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Peter L. Tumminello, Twelve Jewels

Lapis lazuli

Lapis lazuli the Stone

Lapis lazuli is famous, popular and rare. It comes principally from mines in Afghanistan that have been worked for about 6000 years. Lapis is a mixture of varying amounts of certain minerals: sodium, calcium, aluminium silicate, sulphur, oxygen and, unusually for a semi-precious gem, chlorine. It combines known minerals including lazurite and sodalite which lend the blue colour; hauyne and calcite which give white streaking; and pyrite which gives its famed brassy coloured flecks. Other less significant or lower quality deposits exist in Russia, Italy, Chile and USA. It is used in jewellery and for making ornaments. Today the stone is frequently synthesised.

History

One of the most ancient of gemstones, Lapis has been found accompanying the mummies of ancient Egypt and was used widely in jewellery there.¹ It was said it was used for protection for the mummy.¹ It was also highly regarded in Babylon and Assyria.¹ It appears to have been the rule to engrave certain special chapters of the Book of the Dead, among those referring to the heart, upon particular stones and the 26th chapter was engraved on Lapis lazuli.¹ The form of an eye, fashioned out of Lapis lazuli and ornamented with gold, was considered an amulet of great power. Many Lapis amulets were heart shaped.¹ It has also been used to produce a valuable ultramarine dye.

Planetary concordance: Lapis lazuli is said to owe its allegiance to Venus.

Negative seed essence

Fruitless digging and the search for meaning

In the Lapis state the individual is looking for that 'something', searching for greater meaning, something bigger than herself that makes her life worthwhile. She can also be searching for the cause for her current state of unhappiness or disease. She is mentally analysing, searching and digging into her dis-ease but this in itself is a non-acceptance of where she is. Another perception is the feeling of being tied to many trivialities or superficial activities that have no significance or true meaning to her. She may be searching for a relationship to find meaning and fulfilment. In all these situations she doesn't really know where to look; robotically tied up in looking at the detail she is blinded by her own action. While driven and struggling to find an answer, it is a barren quest.

Common statements are 'I am digging such deep holes as I search, I am falling into them' or 'I am looking in the mud'. She is stuck in the small picture yet wants to move into the big picture. In this state of relentless searching she is very alone and disconnected from life and truth. She is in the field looking for the riches of life but is finding none ...

Meditation image: Man digging in a huge flat field with barren hills in the distance. The field is sparsely grassed. The roots make it difficult to dig up the ground. He is alone and his digging appears to be fruitless, without purpose, but he digs relentlessly, steadily, undaunted by the lack of productivity. My view of him is from above, so I can't see what he looks like. Slowly I begin to rise higher above him, and I can see that he has done a lot of digging in channels that run parallel. It dawns on me that he is looking for something important but in such a barren place. His presence is not strong, he emanates no character. He is ordinary, but what he is looking for is not. He works hard to dig through the coarse superficial roots of grass on the surface, to find something better, deeper. He is oblivious to the fact that there is nothing where he is looking, but he is so driven and so alone. He is blinded by action and oblivious to fact and reality. He is a long way from any other form of life, alone, searching blindly. 01 ;C;01 ;30K

I kept thinking of silly mundane daily things, eg the price of food I had bought, things to clean at home, things to organise. This was frustrating me, as I wanted to move on to bigger more meaningful things. 05;B;01 ;IV

This situation often moves her to anger; anger at being constrained; anger at being disconnected and having to lead a mundane existence, frustrated at life's trivialities. Her experience is a parody of what life should be. It is bright on the surface, full of colour but this is only a facade. When she looks closely she can see the superficiality and realises that hers is a grey world with no real vibrancy. It is as if she is in an amusement park, a place of manufactured pleasures ...

Dream: I was in a field. Some cows had chased me to the middle of the field. I stood there looking all around, up into the sky, wondering why I was there. Why hadn't I noticed all that deep blue sky before? But somehow it was like I didn't get what I was meant to in that situation and the sky became silver grey and glary. I was lost in a field and that was all. There was that same feeling, hoping for more, struggling to find something, but finding nothing. (From cured case.)

This woman is anxious about things that have nothing to do with the cause, she focuses on all her little aches and pains. She is wrapped up in the trivialities of life; these trivialities become major issues, she is unable to let them go, and she cannot transcend them. She even feels short-changed by the green grocer (the Earth) and that makes her distraught...

Dream: ... Next moment, my old grandmother comes to me and tells me the green grocer has short-changed her and would I help her get her money back. She was crying and very upset... 01 ;C;02;30K

Positive seed essence

The big picture and the real self

The resolution of this state is a realisation that there is a bigger picture, that she can let go of her smallness and concentration on the detail, to see things from a higher perspective, and not just focus on the problem at hand. Hand in hand with this there is a need to embrace her whole situation. There is a script, a program that had to be removed; the program that the little things were the issues. She realises she had chosen the painful, the hard path, that she had always 'soldiered' through. On letting this go she can see a bigger picture, rise above the problem, see her way through, let go of remorse and punishment, and be understanding and compassionate to herself.

It may have been that she was putting up with an unbearable and abusive husband; that she didn't need to look outside herself but just needed to be herself; that she didn't need to be in a relationship to be complete or that she simply needed to stop being hard on herself ...

Lapis lazuli stopped me digging in my stupid little potholes. I have risen above the problem and can see my way through it. The only way thru this is acknowledging my pain, not being unremorseful and punishing myself... (From a successful case.)

I moved up higher again, higher into space and my focus on the Earth became intense. I was like the man in that I became oblivious to the beauty of the universe about me. I was up there but my focus was fixed on the Earth, it was all I could see. I felt love and sympathy for the Earth. My heart welled up... 01;C;01;30K

The picture is the big one. The man in the field only saw the micro. In comparison, as I pulled away from the Earth, up into the universe, I saw the macro. 01;01;30K

I felt fantastic. I saw things clearly, like I have never seen them before. I realised I make myself small and I don't have to do it. 11 ;C2:06-07;30K

Ultimately it is a move to embrace herself, to mother herself, to nurture herself to love herself. With this embrace comes love, nurturing, abundance and the ability to give birth to her real self. It could be that she didn't receive this as a child or that she needs more of this love than an ordinary mother can give ...

Before Lapis: 'Part of me that can't hug myself. When I can fully embrace myself I will be totally healed'. After Lapis: 'I have been really mothering myself to get through this pain.' (From a successful case.)

'I think I need something for self-love. I have always given myself an extremely hard time. Bottom line is self-nurturing and mothering myself so I can mother others.' (From a successful case.)

Meditation image: I had an image of a sphere and it felt like the energy was being forced into the sphere. The sphere was pure light, pure energy, and was encapsulated by two hands cupping it. I had the sense that there was an abundance of things that were contained within the sphere. 05;01 ;30K

She gets the 'aerial' view; this is made possible by moving out of her head and into her heart. She holds herself, is compassionate with herself and starts to choose the easiest options for her life instead of the most difficult.

The field and the sky ... Earth to the heavens

The central issue in Lapis lazuli often appears around the idea of the 'field'. This word was used prominently in the proving and in cured cases. On one hand we have the person who is searching, digging in a defined place in the field. The 'field' here means a place where you find a natural

Key mental themes

The amusement park

It is as if he lives in an amusement park. He, his family and friends are all engaging in rides of pleasure and thrill. It is the world of materialism and the senses. Life is nothing but the seeking of material excitements, a superficial existence. It seems so brightly coloured, so vibrant, so alive and merry. Following the crowd he is lured here but it is dangerous ground for him. In the oppressive superficiality of it all he has no connection, he cannot truly see people, and when he looks closely everything stops and amounts to nothing for him. At this stage he realises that everything is empty, a parody, just a gesture of happiness, a pointless exercise without hope or reason. Even the clown was a cardboard cut out with a painted on smile. Now it all looks grey, he feels alone, desolate and hopeless ...

Meditation image: I was in an amusement park and it was very brightly coloured with the primary colours, red, blue, yellow, and gold. All the ornamentation was very brightly painted on the rides, the merry-go-rounds and swings but it was very oppressive in that there were invisible people crowding and pressing and pushing and there was the sound of thousands of people all trying to talk over each other and the sounds of the people were crowding in upon me ... 03;A;01;30K

The amusement park was entirely empty but the rides were going. In my peripheral vision I could see them going, but when I looked they were all stopped. By looking at all these moving rides (that stopped when I looked at them), the crowding of the voices had disappeared and I was in this utterly desolate empty world where I was the only person in amongst this brightly coloured park. I felt absolute greyness, total loneliness, and total helplessness. Looking down at the grey concrete floor, it became a reflection of the grey overcast sky. Then I looked down on the water and it was grey reflecting the sky, and the whole world turned this sombre grey. It was utter hopelessness ... 03;A;01 ;30K

While I was in the amusement park there was a clown that appeared in all this desolation. He jumped up onto one of the rides and started touting for people to hop on the merry-go-round, but there was no one there. It was an absolutely pointless exercise ... 03;A;01 ;30K

Dream: I was in a European city for a huge carnival ... my mother (who actually died in 1981) came back. She was grieving over her own mother's death but said it had to happen because she had to be here with me now. She said that behind the clowns and parades and happy faces of the carnival, was something deeply sinister and evil. She knew I could not protect myself from its powers of influence and that it would lure me as it was designed to, so she had come back to protect me ... 01 ;C;16;30K

This situation spurs his search for real connection, communication, love and nurturing. He needs to see the big picture, to let go of the old programs and travel beyond the superficial amusements of life to find a sense of meaning.

Communication, freedom of expression and connectedness

Implicit to the search for meaning in Lapis is connection to others. Whether it is with partner, family or friends, Lapis may feel that communication with others is ineffective, mundane or focused on the trivial or superficial. His relationships have descended into offensive nuances, the persistent chatter of superficialities, swearing or persistent arguments ...

Meditation image: Faces coming at me that were mouthing off offensively at me. The faces were offensive and they were very stereotypically 'yobbo' (coarse and ignorant) Australian men. 05;A;01 ;30K

In an argument, I noticed how we couldn't connect productively. It was like our timing was out, like a 'hit and miss' situation. 07;02;30K

Meditation image: ... there was the sound of thousands of people all trying to talk over each other and the sounds of the people were crowding in upon me ... 03;A;01 ;30K

...when I lost the connected feeling, I became angry that this feeling was gone and the way of relating was again mundane. 05;A;02;30K

The very process of being a mother seems to naturally invoke an eternity of loving, caring and protection that has the power to transcend death ...

Dream: I was in a European city for a huge carnival with my grandmother (mother's mother). My grandmother died suddenly and my mother (who actually died in 1981) came back. She was grieving over her own mother's death but said it had to happen because she had to be here with me now ... She knew I could not protect myself... 01;16;30K

It was used as a cure for melancholy by the ancients.¹ Melancholy is also mentioned by the Indians.⁵

Psyche

Animals and colours

Many animals images appeared in meditations and dreams of Lapis: long fish/eels; large birds; owls; dolphins; seals; giraffes; elephants; zebras; antelopes and lions. The most prominent animal subgroup here is the African Savannah animals. The characteristic of this is a profusion of wildlife. Hand in hand with this profusion of life is the profusion of vibrant colours: deep aqua; jade; deep blue; deep purple; red; yellow; gold and black. The primary colours red, yellow and blue appeared as imagery for two provers. These vibrant and perfusive images and colours are the natural polarity for the grey, hopeless and pointless feelings inherent in the negative properties of the remedy. These images are an allegory for the instinctual forces and superficial pleasures of the external world that are part of the amusement park theme and keep the Lapis person from finding a deeper meaning.

Intellect

Gurudas says that it 'stimulates mental clarity' and the ancients recommended it in dementia⁴...

I felt a strengthening of my intellect, my ordinary memorising and perceiving mind, the part of my mind that perceives things in the everyday world. 06;A;01 ;30K

Mundane things and the mother

In Lapis there is much investment in the mundane things of life. They often become the whole focus, preventing perception of a bigger picture and the meaningful values of life. Alternatively there can be a frustration with life's trivialities, a frustration that their prevalence precludes a sense of meaning, deep connection and the bigger picture. On the side of positive expression, when these small or mundane acts emerge from a warm heart, they enliven a sense of connection and produce an aura of love. This is often the place of the mother, especially in her domestic role ...

I kept thinking of silly mundane daily things, eg the price of food I had bought, things to clean at home, things to organise. This was frustrating me because I wanted to move on to bigger more meaningful things. 05;B;01 ;IV

Dream: In a cafe with my daughter and two of her friends. They constantly need help pouring drinks. I enjoy their company as they are discussing classroom matters and friendship. Next moment, my old grandmother comes to me and tells me the green grocer has short changed her and would I help her get her money back ... 01 ;C;02;30K

Character and dress

The following types appeared in meditation images:

Women who dress in black and are in permanent mourning.

Men who are stereotypically 'yobbo' Australians; they are coarse, ignorant and 'mouth off' offensively.

A woman who is tall, at least six feet, with a strong jaw-line and short brown stylish hair; she had a burgundy beret and a light muted green long wool jacket on. She seems grounded and self-assured.

Refugees who are coming home.

Respiratory: Aware his breath is noisy. Disease of lungs.³

Chest: Cramping in the breast, especially the right, similar to the 'let down of breast milk' experienced when a mother hears her baby cry.

Back: Sensation of a great weight on the back of neck, as though something was pushing down hard and very heavily. Dream: Of falling hard on her back.

Extremities: Sensation of great heaviness in the limbs. Arthritis, gout and rheumatism.⁵

Upper limbs: Sensation as if he had been carrying a heavy weight like a bundle of steel pipes on his left shoulder for a very long time. Sensation that this has pushed the musculature of the left shoulder down and is very painful. Pain extends down left side of spine to lower lumbar region. Woke 4 am with burning pain in left elbow, and inflammation of the skin. Blister resembling a burn appears on elbow one hour later. Blister is slightly irregular in shape, round, approximately 1 cm in diameter, 4 mm high, filled with fluid and the skin was very inflamed around the edges. It burst twice accidentally through the day and both times refilled with fluid.

Weakness of right arm. Sensation that my left hand is facing downwards when it is facing upwards. Pain in the tip of the third and fourth fingers of the right hand. Pain in the tip of the first finger of right hand.

Sleep: Sound and refreshing. Insomnia.⁵ **Fever:**

Used for quartan fever by the ancients.¹

Skin: Irritatingly sensitive to clothing. It was rubbed on plague boils of the middle ages.¹ Boils, carbuncles and abscesses.⁵ Combined with White coral cures dermatitis.⁵

Cases

'I go on like a robot, looking for meaning' by Carmen Nicotra

This woman, aged 51, presented: 'Life is hopeless, but I go on like a robot, looking for meaning. I know its there, I just don't know where to look'. This patient's opening statement was the central feeling to her whole state. She referred to digging such deep holes while searching, often feeling as though she was falling into them. She had been travelling overseas as a part of her own journey searching for meaning and self-awareness, but came home feeling she had lost energy, and again that she had not found what she was looking for: 'Stuck in the small picture, when I want to pull back to the big picture.'

In family conflict, she felt an inability to communicate effectively and honestly. She was constantly clearing her throat and had a sensation that she could not speak deeply in tone or in meaning, as though there was a great obstruction in the throat that blocked her communications. 'I have a huge need to clear all the bullshit from my life; to speak the honest truth.' She suggested that it felt like thyroid swelling (which she had not had before).

'I want to become closer to my daughters. I feel like I'm losing touch with them and they aren't safe. I don't know how to help. I wish I could put my arms around them energetically and nurture them with my mothering without interfering in their lives. I love them so much, how can I be there for them all the time?' She feared her girls were being strongly influenced by a circle of friends who were not good for them.

Dream: 'I was in a field. Some cows had chased me to the middle of the field. I stood there looking all around, up into the sky, wondering why I was there. Why hadn't I noticed all that deep blue sky before? But somehow it was like I didn't get what I was meant to in that situation and the sky became silver grey and glary. I was lost in a field, and that was all. There was that same feeling, hoping for more, struggling to find something, but finding nothing.'

'Heart palpitations come and go with my menopausal flushes, and have been much worse lately. They are accompanied by tingling through the whole body, sometimes almost burning.'

Analysis: Two important initial concepts alerted me to Lapis lazuli. The first was the patient's search for meaning, looking for something deeper but not knowing where to look. She articulated this common human quest in a manner unique to Lapis by using terms such as digging, not knowing where to look, and wanting to see the bigger picture.

The second concept was maternal nurturing. Again her description was characteristic of Lapis. She wished to wrap herself around her daughters with nurturing and to connect with them deeply. Among her physical symptoms, she experienced an awareness of her thyroid, problems with her voice cutting out, and the need to frequently clear her throat. Finally, this patient has a dream that really confirmed Lapis for me. Standing in a field, looking at the sky, struggling, and hoping to find something.

Treatment: Lapis lazuli immersion 10M once daily until patient noticed any marked change.

One week later

Patient phoned one week later. She had taken five doses. Remarkable changes had taken place. One of her daughters decided to move back into the family home. The other had phoned frequently and had decided to enrol in university. Menopausal flushes were far less frequent and the tingling pain had gone. Throat was still difficult to clear. Feeling things had changed in her relationships so fast that she was unable to make the adjustments and voice her feelings. I asked the patient to wait and watch.

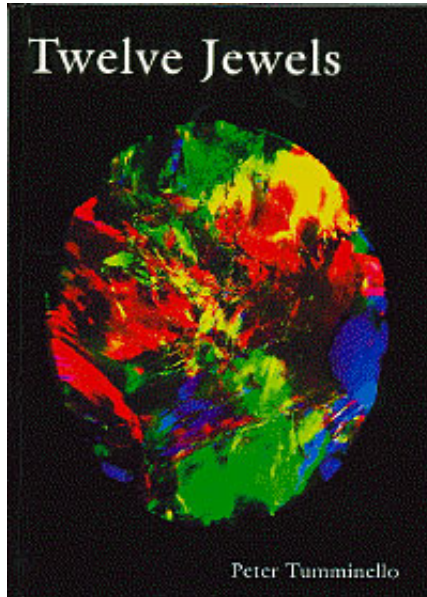
Three weeks later

She came back in tears. Throat is clear; no more flushes, no more crisis. She described life as peaceful, but not as she had expected. She had been looking for a huge revelation, something awesome and life changing, but instead she found peace. She didn't have to search; she just had to be. Feelings of separation and difficulty in communication had gone. She felt aware of her breath and how good it was to breathe, to be alive.

'Digging with a little shovel'

March 2001

This woman came for a treatment to help her with her life and loss of hair. She said three months after she lost her hair at age 34 she had a profound dream: 'I am a monk in a field digging with a little shovel into mud to find the reason I lost my hair. God's voice comes, "You won't find the answers there. If you hadn't lost your hair you wouldn't be able to soar, flying through mountains and vistas and birds." Then I woke up. I have been looking in the mud for many years, trying to establish a cause. That is non-acceptance of the journey and missing the point.'



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