

Yes, welcome to Gemstone Foundation, a series of interviews about the different stones with Edith Helene Dürre.

Welcome Edith.

Welcome Michel.

Today we looked at the first stone of the gemstone foundation, the topar. Why is this stone the first place in your arrangement?.

First of all you have to say, there is no first place, it is a circle and anyone can be the first stone. But it is still a good start to start with the topar,.

Because with Topars it's important that you really look at where I am at the moment, where is my place right now.

So if, for example, I'm standing at a point C, but I think you're so great and you're at F and I want to be like you, then I can never take a step because I'm not starting from where I'm standing.

And the Topars, it's actually about, what is my place, what is in my life now, where am I now? And this perception, this really, this now-science, because everything that is in the past is perhaps my heel or my memories, which are also simply clouded and what is in the future, yes, that is not now either, but the Topars that puts us where we are right now.

And from there, this is a wonderful starting point because I can only, as in Aquamarine, the next foundation is about what is my next step.

And I can only take one true step, from the point where I really stand, it is always illusion.

It's very exciting, we had a dialogue meeting just this week and it was very much about how I react to everything that is currently happening in Israel-Palestine.

And then I say, I first have to accept that the world has changed so completely and try to accept that I'm currently living in a world that's no longer like that. how it used to be and that I have to completely reorient myself before I even know what I should actually do next.

That's what you're doing with it, would that be a Topars attitude, so to speak? That would be a beautiful Topars pose, that's what it's all about.

So accepting myself with all my shadows and also with my times of light, simply looking, how do I feel now, what do I perceive now, what do I think now, what is really now.

And, for example, in practice it happens that people come with some problems, some diseases.

And if you don't really accept it, but rather if you are against it or don't want it at all or why do I ask these questions, then we actually have little chance of taking really good steps.

So I noticed again and again that the first thing sounds very simple, but it's not that easy to say, yes, these problems are part of me now.

And it's about this very deep acceptance, this now state.

And it has often happened that when a patient says, yes, that's how it is, that's my problem now.

I now have this illness that that was exactly the transformation.

That was exactly the bet that the moment I fully accepted something and took it all in, it dissolved.

Super exciting, I also realize that we are actually always vacillating between the future and the past, how can things be better, what has happened and so on.

And that means I'm missing out on being where I really am at the moment.

And actually that's the only thing that really matters.

Exactly, Tobas says, well, just look, what's going on now, how do I feel now, for example? So, I look and maybe I experience that I am now sad or desperate and that I then simply say, simply, I want to, can you just leave it out, that I then say, yes, I am sad now.

And to allow that, this feeling of sadness and in that moment, we will see, something changes, neither the sadness changes nor we can understand more what is behind this sadness or what this sadness wants to tell us or what an illness is want to say.

And so to speak, the basic feeling of Tobas is trust and confidence that the way it is now is exactly right, yes, that's how it is.

And this greeting, this annamen.

And then we can look further, but if we don't take this step, then everything will be difficult, then it's always a fight against something and we won't actually make any progress.

The trust, very exciting, that sounds like this basic trust, this quote comes to mind, I don't have it exactly in my head, but Hildekart von Bingen says something about Tobas and that all evil through God somehow in Tobas, so that Tobas can be accepted or something like that, this basic trust actually.

Sorry, yes, she says God has the power to avert all evil.

That's an incredible statement, that at the moment when I really accept it and when I trust it, it's just right, it's the way I feel now, it's just right for me, this deep acceptance, then it means, I have absolute trust in this now and Tobas also helps us, he helps us a lot in this basic trust, in this trust and also in this appreciation that the way I am is exactly the same right, so it helps, for example, for children who are not valued or who are always criticized and who don't feel comfortable in their own skin and actually when I don't experience this appreciation and don't give it to myself and when I If I don't feel comfortable in my own skin, then I don't know what my place in life is and Tobas helps me to find this place and to say, yes, I might want to imagine it to be nicer, but that's exactly how it is and yes, that's how it is I just am, it is what it is and that's how I am and give myself this appreciation for this moment.

Appreciation for this moment, the appreciation for me, the appreciation for the world around me as it was given to me, this fairy tale, the queen bee, with the dumbass who can't stand that appreciation, comes to mind immediately If you value the lives of animals, can you maybe say something about that? Yes, so the queen bee, that is a Kremish fairy tale and that is, so to speak, the archetype, an archetypal fairy tale for Tobas and if I now personally give myself the appreciation and trust that it is correct as I am right now, then that is it So the next step, in the gemstone foundation it's actually always about the big picture, about turning to the community and that's about taking community steps.

And if I give myself the appreciation, then I can also give it to the others, then I can also give it to the bigger picture and then I can also work for the other person.

And in the queen bee, the fairy tale is called the queen bee, it's really beautiful that the bee or the hive is in itself a community creature, they actually say that every part of the bee is a big whole and the queen bee is not like that a ruler who says, do it this way and that, but she looks at how the individual parts of her hive are doing best.

And it's also interesting that, for example, in a beehive it is exactly 37 degrees, the same as the human temperature.

And in these fairy tales, it actually begins with two kings' sons going on an adventure and they ended up in a wild desert life and then couldn't get out.

And that is like a description of the situation, our current situation is that we are really in a pretty wild desert life globally and can't actually find any solutions other than to fight each other even more and to go even more polarized and to want to destroy the other even more.

And basically everyone knows that this is not a solution.

And at this moment the third king's son comes into play and really has to say into play and he is called Dummling.

And he wants to help these two kings' sons and they say, well, we don't even know the solutions and we're much smarter.

You want to help us and it is also a very important point that wisdom is not helping us at all at the moment.

And Dummling is a very special power because, first of all, he doesn't act from the mental, he doesn't act from the intellect, but he acts very much from the heart.

And the Topers also opens our hearts, it is a heart opener, it is also a good remedy for heart problems and erectile dysfunction.

In any case, he opens our hearts, he opens the heart for myself, for others, but also for the world.

And Dummling also has a heart for his brothers.

And being stupid doesn't necessarily mean following the mainstream, because you often say yes, if someone does something different, they are stupid or maybe they have other opinions that are not mainstream opinions and say yes, either you are swore or you are stupid or you have no idea.

Or you can really commit to the bigger picture and not act out of ego.

For example, how stupid is an organic farmer who struggles and doesn't just put weed killer on his field.

Then you say, it's the stupid one, so you don't have to be. And this strength, this stupid thing, only helps us out of this crowd that has been there so far.

It's like Nah, who simply finds completely different solutions out of this strength of heart and this lack of knowledge.

Anyway, these brothers want to get to the animals and he always saves the animals and says I don't let you do

anything to the animals and so on.

And then it's about them coming to a situation where everything is petrified.

And I think it's also a very beautiful picture of petrification.

That's my opinion, I don't want to change it for a moment. So we're all kind of petrified because we don't want to let life get to us anymore.

And now we have to solve three tasks in order to dissolve this petrification for the whole thing.

And the two older king's sons, who are just so smart, want to do it and do it and do it, but they can't do it at all.

And they don't want to admit to themselves that they can't do it at all.

For example, finding a thousand pearls in the moss is simply not possible on your own.

And they just try and fail and yes, they turn to stone as a result.

So it's also a step to admit that you can't do it at all.

And Dummling is third and he knows it's not possible.

He sits down and cries and admits it to himself, admits his failure, admits his sadness.

And at that moment he gets the help of the animals he previously saved.

And they manage to solve these three tasks.

And the third task is to awaken the sleeping king's daughters, the three sleeping king's daughters.

And that's why he needs the queen bee, because only the queen bee can handle the task, so to speak, because it's about one of the youngest ones eating honey and he doesn't know who the youngest is, who ate honey.

They look the same.

And the queen bee, sitting on the mouth of the youngest, shows him who has eaten honey.

And this solves this problem.

What this fairy tale actually means is that it is about waking up the sleeping feminine.

And of course we have lived in a patriarchal culture for thousands of years.

And what does it actually mean to awaken the feminine? That's a very exciting question.

So it's not about biological man and woman, it's also about the Tobas, our male gaze is always focused on the individual. We're still looking further.

The individual cells and the cell nucleus and so on.

to look at the whole thing, how does everything fit together and that we are just a pervert to humanity.

And yes, that is, so to speak, the task that is supposed to be mastered in these fairy tales And.

Then we have the male triangle that comes together with the female triangle I.

I think you have a picture for it too. I could probably go there with you. Yes, exactly.

Are you going with the Körser or can I go with the Körser? No, you can. I have to go with the body.

Okay, up there we have the blue triangle I meant. Exactly, there we have it.

two king's sons and the Dummling and it's interesting, to complete the male triangle we need this Dummling power And below the red one, there we have the female ones,.

the three king's daughters and they later all get married together and then we have the corner, the sixth one down there. And if we go further down, we'll see,.

that in the six-terren there is the hexagon again, like in the honeycomb So that's easy.

These symbols appear again and again in this whole process. And yes, the healing of the.

Topaz is really to combine the male and female And then we have one.

Whole thing and then we can start well and use it for the world And I think,.

that there is also such a stupid force that simply stands up for the other person. Yes, you can.

Thank you again Yes With every sentence you say, three questions pop into me Oh dear,.

oh dear, no chance at all to ask you questions, I don't even remember where,.

where, with what question Because there is so much now So, for the first time with the topaz,.

this can be in the moment and can be with oneself. And Dummling is then too.

Completely in the empathy of the opposite of this hardening, he is soft and open and approachable.

Exactly And at the same time, with what he's doing now, he's doing something he doesn't yet know about,.

what will come to him from the future And that's what I find so exciting about Topas Man.

in the now and at the same time, by being in the now you are preparing something that can then come to us from the future and can only then be heard because we are in the now and not mentally in the future or in the past. This is how the future can also ultimately.

We can be heard coming. That was a thing that came up so high. Yes, it's beautiful. You have it.

incredibly moved Yes, wonderful So, should I say something more about that? Or? Yes, sure, sure.

Exactly So, this is actually the last step in the topaz, to hear this sound of the future So,.

when I am completely in the now and have completely opened my heart, completely in this empathy and completely unintentionally, that I hear this sound of the future So, there is not really what and.

There's also a wonderful story about it. So, it's also wonderful, wonderful.

a A Topaz archetype story by Michael Ende And I don't know now whether I like this title.

because it's incredibly difficult. I think we've just seen it. Ah, here.

he says, Jan. He then saw Archeo Lienialo, Coal Wish Punz So, I can really do it.

I would encourage everyone to read this. I don't want to go into it too much now. In any case.

That's what it's all about, an inventory of our world, where it's all about profit, money, destruction, war. And yes, two, the animals are the only ones who notice that and they have to.

see that they save the end of the world, so to speak. And they can only do that by.

they bring a tone of the future, so to speak, into this terrible cosmic brew. That is.

a very exciting task and a very humorous book. Well, this is also a topaz power,.

that humor helps us out of every situation, no matter how difficult it is, so with that.

Ear it gets easier And they manage to do it in the end And then we are again,.

With what Hildegard von Bingen said at the beginning, that topaz has the power to turn everything bad and it is described so clearly in this book, as it actually is.

The whole catastrophe will be healed by a sound from the future Yes, it's so unbelievable.

that you found these stones and these archetypes And yes, both the fairy tales,.

as well as stories like this, then bring us closer to the whole healing process or the whole process, the development path, actually so vividly and poetically. And one more question that I still had, and I'm leaving again briefly.

back, because we also ended up with your book. And I wanted to ask again,.

You have, we'll continue with the topaz encounters. You're also working with us.

These gemstones have also been in practice since you started and accompany patients.

This has become your central homeopathic remedy, as I understand it. Not.

exclusively, but it is what you work with on a basic basis with people. What are.

Yes / Yes? Yes, no, ask a question: What are, what, what are the symptoms that people are dealing with?.

come into practice and where you think, aha, so that sounds like topaz as a home remedy. So what.

As I said before, people who actually have little confidence in themselves, who don't know where their place is, who were perhaps never accepted in childhood, who were always bullied, who were never right, are people that never feel right.

So the topaz helps a lot and you don't feel comfortable in your skin. The topaz has everything.

many skin problems So we can do a lot of things, that is, not feeling good in our skin.

We can cure a lot of skin problems with topaz and it is also like that, so to speak, it reverses every evil. It is detoxifying, it is purifying. Also consequences of vaccinations, especially one.

A really big issue with topaz is that we can somehow get the poison out again, some of which was injected into us. That's why we're currently connecting a lot and this is helping.

To have trust in myself, to receive this appreciation, to say, yes, the way I am right now is right and this acceptance of the situation that is right now, some come with serious illnesses and to say, yes, me I have the illness right now and yes, that's the way it is, it will have a deep reason and a meaning, even if I perhaps understand that, but first we have to, it's about these names, but these names also come from yourself.

What's also a big topic with Topas, so if I don't value myself, then we also go into auto-aggression and so autoimmune diseases are also a very big topic with Topas, so allergies, a very big remedy for me for allergies or a basic remedy for allergies Yes, you have it now Yes, I went to the book again,.

There you were, making a list of the main themes and the archetypes and on the next page the symptoms again, then it continues with Magva Marien. This is a short one.

Summary, if I understood it correctly, because you are still working on the symptoms and topic lists, where the entire homeopathy dimension is listed again in homeopathy form for people who specifically want to work with it in practice.

When can we expect the directory? So the directory actually already exists, but it's out of print and I'm currently working on the second edition and I'm incorporating all the experiences from the last 15 years into it and yes, that's very exciting and yes, I hope I'll come good so by next year it should be possible to get it again.

Wonderful With the next year Yes, I can only wish you lots of success,.

That is a tremendous amount of work and I would like to thank you from the bottom of my heart for the work that you bring into the world with the Gemstone Foundation and it feels as if the entire Gemstone Foundation is a sound from the future, that this is something, where we actually have to discover what we still have to do. You've already given us a path, but actually experience that,.

I think there's still a lot to do. Yes, I don't think there's that much to do..

It's about hearing it. He's already there, it's just a matter of allowing it and hearing him.

Beautiful So in the whole Topaz event Yes, thank you very much,.

Yidid, for this conversation I'm really looking forward to the further episodes we're going to have.

hopefully also be able to, gladly, gladly, I'm happy, thank you, thank you, thank you.