

## C. Ari – Calcite – a drug trial



## Is calcite a gemstone?

Yes, calcite is traded as a gemstone, jewellery stone and popular healing stone due to its aesthetic diversity, rich colours and crystal forms.

However, due to its abundance, it is a relatively inexpensive gemstone. With a Mohs hardness of 3, it is quite soft, which is why it must be handled with care.

**Calcite, calcite, calcite, double spar** or moon milk is a very common mineral from the mineral class of 'carbonates and nitrates' with the chemical composition  $\text{Ca}[\text{CO}_3]$  and is therefore, chemically speaking, calcium carbonate. *Calcite crystallises in the trigonal crystal system* and develops various crystal or aggregate forms (habitus). *In its pure form, calcite is colourless and transparent.* However, it can also appear white or, due to impurities, take on a yellow, pink, red, blue, green, brown or black colour.

A characteristic feature of calcite crystals is a particularly *high degree of double refraction*. As any object viewed through a clear crystal appears double, this is very helpful for identifying calcite.



Compared to other minerals, calcite is hardly resistant to weathering. It is much softer than quartz or feldspar and is soluble even in acidic water. In cold, dilute acids, calcite dissolves with the vigorous release of gas.

As a rock-forming mineral, calcite is one of the most common minerals in the Earth's crust and occurs in igneous, metamorphic (such as *marble*) and sedimentary (such as *limestone*) rocks.

By far the largest calcite deposits originate from marine sediments, where the calcite-bearing skeletons and shells of countless tiny organisms settle on the seabed. Wikipedia

## The test

The calcite test was primarily designed as a so-called '*sense*' test.

It took place during the 2nd Stone Seminar on 7 and 8 November 2025 in Vienna.

The participants were shown photographs of two different, anonymised crystals. Image A depicted a calcite, whilst Image B depicted an aragonite. They were asked to choose one of these two images based on their personal preference, to examine it closely and

let it work its magic on them, so that they could then immediately describe their spontaneous impressions. The image of calcite used in the test is shown at the beginning of this article. The participants present at the venue also had the opportunity to take a crystal of their choice home with them; some online participants had already been sent the crystal anonymously beforehand.

*Principle of resonance.* An intuitive choice of stones is made according to the principle of resonance, whereby one selects a stone blindly for the current situation, which then turns out to be 'exactly the right one'.

*The principle of light communication:* Every stone has its own specific light and its own specific radiation, which it transmits to other bodies. *Theory of morphic fields* by R. Sheldrake. By placing stones in a room or on the body, they, as enduring entities, usually radiate the same information very consistently. On the second day, the stones were identified and the remedies discussed.

*Number of participants:* 15 (14 female and 1 male)

- 14 participants had both the image and the stone
- 1 participant had only the image (online participant) 9
- 5 participants were live participants with an image and a stone 1,2,3,4,5
- 1 participant took part as a spouse (primarily unconsciously) 8
- 8 participants were not seminar participants; they were instructed in the same way as described above, with a picture and a stone 6, 7, 10, 11, 12, 13, 14, 15
- 11 subjects tested exclusively in a double-blind manner: 3, 5, 6, 7, 9, 10, 11, 12, 13, 14, 15
- 4 subjects knew the remedy from the 2nd day onwards 1,2,4,8
- 2 subjects subsequently took Calcit C200 4,8

*The homeopathic remedy Calcit was manufactured by Remedia from a clear calcite crystal provided by me. It originates from a disused limestone quarry in the municipality of Liznjan in Istria. The crystals used in the trial come from the same source.*

## Test symptoms

During the analysis, it was noticeable that many *of the symptoms have a symbolic nature, which corresponds to the criteria of a gemstone examination.*

### Symbolism, associations

#### Being at ease, being in the flow

- ❖ I am in the flow. 1
- ❖ **Something is also releasing** physically, and I feel light and free. 5

#### Security, protection, love and trust.

- ❖ He radiates warmth, openness of heart, joy, security, calm, radiance, a soothing feeling, safety, connectedness, being a friend, stability, **being safe and secure in a cave (womb?).** 1
- ❖ I am happy, relieved, peaceful; a lovely feeling, **a feeling of love.** 5
- ❖ **“Moving from thinking to trust”.** 5
- ❖ The stone feels good in my hand, **protective.** 14
- ❖ At the front there is an **opening to a bright sanctuary**, which, however, stands close to a precipice. **At the back it is gloomy, almost eerie, dark.** I wouldn't want to go there. But the sanctuary too stands precariously on the edge of a precipice; yet it opens up towards the back and there is **'light at the end of the tunnel'.** 9
- ❖ The stone feels good in my hand, protective. 14

#### Purification, clarity, light

- ❖ The stone speaks: “I clear the human spirit”.  
“I draw people into my warm embrace.”  
“I improve concentration and stamina.”  
“I can guide.”<sup>1</sup>
- ❖ Radiating calm and clarity, depth and shallowness  
Catch – support – security. 2
- ❖ My first impulse was: Because he is so beautiful. 3
- ❖ Warmth of the heart, angelic energy, purity, white light, emptiness. 3
- ❖ Like in a room, delicate, ethereal, joyful, bright, shimmering, a colour like crystal, a little yellowish,  
there are other people there too, a community

I'm standing more at the edge of this room, looking into it. 5

- ❖ Purification. 6
- ❖ Hold it in your hand and feel pure. 7
- ❖ Clarity. Is it transparent? Very much so, bright, radiant. 7
- ❖ The stone appears brighter in the photo, as if it were opening up with the tears. We can see where we can enter; it is narrow, but it glows inside.  
12
- ❖ Walking through the darkness to reach the light. 12

### **Energy, transformation, renewal, opening**

- ❖ My first feeling when I saw the picture: I want to crawl inside, to merge with the crystal. 5
- ❖ It was as if a force, an energy, was swirling up through me from my feet and cleansing everything. 6
- ❖ An impulse for change; I must change something in my life. 10
- ❖ Openness. He opened us all up, those of us who were nearby, in a witty and creative, yet chaotic way. 15

### **Calm, balance, wisdom**

- ❖ A sense of wisdom, calm, prudence, balance and humility arises. 1
- ❖ A hermit. A figure sits on a throne in the mountains. 1
- ❖ It is like a crystal, but free, rather empty, yet not unpleasantly so – as if filled with energy, calm, orderly, everything falling into place, relaxing, finding peace, heavenly, at home. 5

### **Awareness of Mary**

- ❖ Images of the First and Second World Wars emerge. Releasing trauma. A scene from the Middle Ages. It shows the interior of a dark house, with small windows (not yet stained-glass windows) facing outwards. A view outwards, into the light. Then a handcrafted representation of Mary appears under glass in a frame, like a wooden box.  
(My mind: "Healing under the protection of Mary's consciousness? Does this crystal have a connection to the cosmic consciousness of Mary?") 1
- ❖ Image: The 12 are knighted by having a sword placed on each of their right shoulders. 1
- ❖ Crystal leads to healing, showing a way out into the light: from mental and physical trauma, from injuries to bones and eyes, from inner blindness outwards into spiritual and emotional light, towards cosmic

Marian consciousness – spiritual growth, from inflammation, from broken bones, from being unbound, from being unfocused, from lacking perseverance, towards a healthy centre, towards balance, towards stability. 1

### **Signature, structure of the substance**

- ❖ After that, the crystal showed me the stalactite cave with stalagmites and stalactites. 1
- ❖ Stalactite cave. This is in a secluded location. Visits are only possible in a group. You are taken to the entrance by bus. Access is not possible otherwise. 4, on the first day of the exam, anonymous
- ❖ Reminds me of calcium, soft as chalk. It is a very strong physical attraction. 5
- ❖ One participant sensed the sea. 7
- ❖ “There’s something to discover in there.” – Volcano, mysterious, a flower, infinite. 12
- ❖ Old bearded dwarves from the mountains. Dark swamps, dark green to black. Icy palace, large pointed arches, like in cathedrals, but made of ice. 12
- ❖ What’s more, there are air bubbles in the inclusions, right where the head should be! Above the stone, the surface structure isn’t smooth, but fractured, like a rock... er, stone rock... 14

### **Opening of the Heart**

- ❖ A difficult start, a feeling of being held back, pushed away. But the stone welcomes me into its interior. It is not comfortable, but inviting, a little cold, yet warm. We want to go further, but there is a boundary, a barrier, a door. Many have tried, but they could not reach the heart. 12
- ❖ *The feeling that it is opening the heart chakra.* 12
- ❖ Then another entrance appears. I close my eyes. I let myself be carried away and step inside. *Image of the garnet-red heart/centre.* 12
- ❖ Through tears we free our breath, the capacity of our breath. Then I must join our hands with the stone in the centre. Like something sacred, divine. *A feeling of great strength, of power, overwhelmed me and went straight to my heart.* 12
- ❖ When I held it up to the window, I discovered an inclusion that reminded me of an embryo, *on one side above the head a heart and the wings of a large bird.* On the other side, the inclusion looks like a dancing figure, though I cannot make out the head, so it is headless. 14

- ❖ The stone is triangular in shape, with a flattened tip at the top. Because the tip is missing, it is easy to hold and turn.  
*Nevertheless, I can make out the heart in the upper part of the structure, which I first observed from the other side.* 14

**The number 5** appeared. 3

## Mind and Mood Symptoms

- ❖ **Euphoric mood** on days 1–2; versus **feeling well-grounded** on days 3–4. 1
- ❖ **Alert, without fatigue**; working on the computer during the seminar, I am well organised, and even during the breaks I manage to get a few things done. 1
- ❖ **Joy**; just looking at the crystal and the photo brings a smile to my face and, out of joy, I want to write everything down and jump for joy. I have the feeling, “it suits me and will do me good”. 1
- ❖ A feeling of **heaviness with a sense of closed-offness**. 1
- ❖ **A sense of connection and yet not being connected**. 1
- ❖ **Concentration and stamina**, improved. 1
- ❖ **Joyful**; after waking up. 5
- ❖ **Lightness**; my body relaxes a little, I want to move, to release something. 5
- ❖ I feel **light and free**. 5
- ❖ **Trust**; it was immediately clear to me: let go, and a little later the thought came to me that I must remain trusting, everything will be fine. 6
- ❖ **Cheerfulness**; I’ve never had such a cheerful Qigong session before. All the participants were creative in their own way. 7
- ❖ **Adventurous, motivated** 7
- ❖ **A sense of well-being**; she says she didn’t notice any effect, but she certainly felt very comfortable. 11
- ❖ **Detached, relaxed and at ease**. Also extremely **creative!** After encountering the stone, she seemed different – we don’t recognise her like this = observation from the outside, healing effect? 11
- ❖ **Creative in thought**, but rather **chaotic in** her actions. Had funny ideas all day and was more chaotic, or rather **more playful, relaxed and laid-back** than usual. 15

- ❖ **A feeling of great strength, of power, overwhelmed me** and went straight to my heart. 12
- ❖ A feeling of **pride**. “I’m good, I’m doing well, I’ll do well in my exam!” Like **self-confidence** (which is unusual for me). 12
- ❖ **I feel very comfortable looking at it!** 14
- ❖ **“I want to experience what anger is like.”** (Thought, upon waking in the morning) 2
- ❖ **Improved structure**; the day went a bit more smoothly, meaning I finished one thing after another before starting the next. 4
- ❖ **Anxiety, physical, almost panic, great restlessness**, triggered by sudden thirst. I urgently want something to drink, but I don’t have any water with me – that triggers anxiety in me. It feels like just before an outburst, or before something happens, as if something wants to come out; I feel I must do something immediately (drink, or do something to get rid of this restlessness). 5
- ❖ **Confused and shaky**, feeling all worked up inside. 5
- ❖ **Worried about the family**; on the way home, I am very worried that something might happen to them. 5
- ❖ **Longing for human companionship**. 12
- ❖ After about 10 minutes, I was overcome by an endless **sadness** and a **feeling of enormous loss**, which ended **with me bursting into tears and sobbing loudly** – my dogs were completely bewildered; they’d never seen me react like that before! The feeling was less one of ‘abandonment’; it was more a sense of endless regret and longing, and the **wish that someone could take me in their arms and hold me tight!!** After about 20 minutes, reason and **control** returned! 13
- ❖ **Control and loss of control**. 13

## Sleep

- Sleepless night until 5 am for no apparent reason. 2
- Sleeping in socks..., ok. 2
- Woke up at night with an ice-cold left foot and left hand, then went back to sleep without the usual urination. 2
- Unusual, repeated waking at 5 am, without falling back asleep. 2
- On the 4th night, woke up again at 3 am with ice-cold feet. 2
- Quite lively and mentally alert during the day. 4
- Slept peacefully. Became alert shortly before the alarm went off. 4

- Woke up alert just before the alarm went off on several occasions. 4
- I wake up without an alarm clock feeling 'well-rested' and much earlier than usual. Good sleep. (I generally sleep poorly.) 1
- Slept well, no dreams again today. 4
- I slept very well last night. 10
- I slept very badly that night. 7
- I slept very badly again the following night.  
Woke up often, had a dull headache. Then I removed the stone. 7
- Slept somewhat restlessly. 15
- After a few days I had to put it away, because I was sleeping very restlessly  
and generally felt a bit out of sorts. 15

## Physical symptoms + sensations

- **Severe headache on the right** (eye socket/crown/back of the head), 3 pm, sudden, felt weak; after about half an hour it eased. 8
- ❖ **Dull headache.** 8
- ❖ I can't see properly – **as if my eye can't locate what I'm seeing in space and can't make sense of it.** 5
- ❖ **Furry sensation** in the mouth and throat. 8
- ❖ **Abdominal cramps**, half an hour after drinking mineral water, like with diarrhoea; it runs in waves from top to bottom through the body, after 2 hours it's all over. 8
- ❖ **Abdominal cramps**, briefly several times a day. 8
- ❖ **A tickling sensation in the abdomen and kidneys.** 7
- ❖ **Pain in the neck**, directly under the bone, accompanied by tremors, improved by rubbing. 5
- ❖ I have **neck pain**, I am angry, feeling shaky inside, still very thirsty, want to move around. 5
- ❖ **Shoulder area/neck tense**, also feels as if beaten. 3
- ❖ **Severe lower back pain**, as if I'd been hit. 3
- ❖ I had **pain in my hips and back**. It was difficult to find a comfortable position to lie in. 7
- ❖ Woke up in the morning with **lower back pain like sciatica**, radiating from the middle of the lower back to the left, lasting for several days. 7
- ❖ I have **lower back pain; it shoots down my left leg** (I know this feeling), it shoots all the way to my heel, where I feel pain. 5

- ❖ Physically, I **felt** it on the **left side, the whole of my left leg**. Often like a brief electric shock. 5
- ❖ **My legs felt very cold down to the knees**. 2  
Sleeping in socks..., ok. 2  
At night, woke up with an ice-cold left foot and left hand, then went back to sleep without the usual urination. 2  
Woke up at 3 am with ice-cold feet. 2
- ❖ **Cramps in the balls of my feet**. Both are otherwise rare. 2
- ❖ **Tingling in the hands and head**. 10
- ❖ **It touches my physical heart**. Like a blow, then heaviness, then tightness. Suffering. All around I feel my ribs, as if in a crown of blossoms. 12
- ❖ As if the ribs were opening up more, my breathing deepens, tears come. There is also **sneezing and a feeling of cold**. (Usually **asthmatic with breathing difficulties**). 12
- ❖ In the solar plexus and also **in my chest up to the right side of my neck, it becomes warm, soothing**, a heart-opener. It relates to solar plexus and heart chakra. 1
- ❖ Opening of the chest, the ribs, **expansion of the chest's capacity**. Heart Chakra 12

## Imaginary physical symptoms 1

- ❖ "The stone relates to bones and eyes".  
This is followed by imaginary images from the period during/after the Second World War: in the hospital, there are many people on wooden crutches, many with bandaged eyes. I am astonished at how many are affected. 1
- ❖ "Bone and eye injuries with suppuration, resulting in blindness. The stone brings healing". 1
- ❖ Relates to: respiratory tract, bones, eyes, injuries, inflammation, suppuration, sleep, mind, physical and mental trauma, concentration, mental endurance. 1

## Taste, appetite, thirst, stools

- On the first day, the stone water tastes light and slightly sweet, and somehow clarifying. 1  
On the second day, however, it tastes heavy, viscous, almost thick, a strange taste, as if too alkaline, but not sour. 1

- Stone water tastes salty, disgusting, stale a furry sensation on the palate and in the throat. 8
- On days 1–2, stools were well-formed; on days 3–4, they were mushy and had to be squeezed out for a long time. 1
- In the evening, after a normal dinner, I still felt hungry and ate something else (bread and cheese), which I never usually do. 4
- Hungry again in the evening after dinner. Have to eat something. Nothing sweet. It has to be meat, in this case prosciutto. 4
- Very thirsty 5
- On the Underground: Sudden thirst; I desperately want something to drink but haven't got any water with me – this triggers anxiety in me, physical anxiety, almost panic, great restlessness. 5

## General

- My **fitness** is **better** when swimming. I don't need to take as many breaks during a lap of the pool as usual. I can stay in the steam room for longer. This relates less to the heat itself and more to my circulation; if I stay in there too long, I might collapse. 4
- **Increased sensitivity to heat. 10**
- **Increased sensitivity to cold. 2**
- The crystal in my hand gets warmer and warmer; after holding it for a while, it cools down slightly. 1
- Vibration throughout the whole body and the lips, slight trembling inside. 12

## Chakras

- Solar plexus 1
- Heart Chakra. 1, 12, 14

## Dreams

- Dream on the second night: a sensation of coughing in many fits, an old cough that lingers and refuses to go away. It starts behind the breastbone in the upper third, moving towards the throat, below the vocal cords.

It is a tickling, a crawling sensation that triggers the cough. The coughed-up secretion is white-yellowish, somewhat dirty, purulent, thick, lumpy, like slightly runny lumps of jelly. Better after coughing it up. 1

- Dream about people. 2
- I dream of my girlfriend Andrea. I want to drive to her place (with her mother?). But there is a huge ditch in front of her house, along the Roman road. We park the car just before the drop-off. We get out and, surprisingly, the crossing over the ditch is right next to it (the rails, which are actually there in reality, are also there in the dream and are situated right next to the crossing).

But then it turns out there is still a short path to the house. It is a dirt track – this path is very idyllic and beautiful. I then drive the car away (out of the dead end) and I think to myself, or I see, that a van wouldn't be able to get out of there easily. 5

- In the dream, a toddler bit a hole in my hair. 6
- My dreams were very intense and long-lasting. 7
- First, a recurring dream where I wanted to have a certain shape (like a cloud), but this shape changed into rather angular forms. Also cloud-like, but a bit like the photo of the stone. Everything is turquoise/light blue (like my nightdress). 7
- Next dream (all dense and continuous): I was on a flight (?) with lots of young people, mainly lads and their small children. It was actually pleasant, but when packing up, there was a mess; what belonged to whom? The lads were also a bit arrogant, were in the way and didn't care about anything. That caused a slight irritation in me. 7
- The whole night was full of 'intense' dreams and during the dream I asked myself: 'How am I supposed to explain all this to Christa?' – I dreamt long sequences in every dream. 7
- Dream: I was in a lecture hall with lots of students, ALL of whom were wearing black jeans or leggings. Very tight trousers. All very slender young legs. I saw them from behind and only from the waist down... no upper body, no face. I stared spellbound at the black, uniformed legs. The endless darkness annoyed me. I wanted bright, colourful colours. A change. - I turned around and walked away. 7
- Dreamed of straight lines and a very striking triangle. 8
- Confused and very intense dreams. 15

**“Calcite opens the path to self-love”**