

# Healing with Stones

by **Dr. Oleg Torsunov**

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“May everyone be happy.  
May everyone be free of infirmity  
and be strong and healthy.  
May everyone care for the wellbeing of others  
and I too want to bring goodness to others.  
May no one know any suffering  
May no one have any suffering.”  
-**The Motto of Ayurveda**

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I wish everyone happiness!

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## **Oleg Torsunov [Ayurveda- the Science of Life] 9. Healing with Stones**

*This article, based on O. Torsunov's lecture "Healing with Stones", has been compiled by Yekaterina Korbut*

In contrast to traditional western medicine, in Ayurveda, the use of personalized treatment methods for each concrete individual is customary. This approach serves as the foundation, for example, for: herbal reflexotherapy (treatment through use of individually selected herbs); selection of diet from smell of food products, etc.

After thorough research into the principles of this ancient knowledge, Dr. O.Torsunov created his own method of treatment with semiprecious and precious stones based on Ayurvedic principles. His goal was a much higher effectiveness of treatment as compared to traditional western medicine. For example, using Ayurvedic measures, malaria can often be cured in three days, while traditional medicine requires three months. The methods provided are simple to use and provide quick, positive effects on the human organism. Properly selected stones are capable of completely curing an illness without use of additional measures.

**Restrictions for Use of this Method.** *At present, healing with precious stones cannot completely cure illnesses such as: diabetes; advanced atherosclerosis; hypertension; nearsightedness; farsightedness; cataracts and advanced stage malignant tumors. It is recommended that those who have such illnesses consult with a specialist at Dr. Torsunov's Ayurvedic center for personalized selection of treatment methods.*

### **What is the Basis for Methods of Treatment with Precious Stones?**

The medicinal effects are based on the influence of the subtle body of the stone's mind on human consciousness. According to Vedic knowledge, life exists wherever there is an aspiration to happiness. This is in contrast to other philosophies and theories which state that even in animals there is no life; that they, in fact, are not alive and that they simply don't have a soul. But only a soul of spiritual origin can provide life.

Vedic knowledge contends that all who aspire to happiness possess life, which signifies that there are souls everywhere. For example, plants aspire to happiness. They extend themselves towards the sun, blossom with beautiful flowers and exude fragrance. The energy of happiness, the fragrance of flowers and sweet taste signify benevolence, happiness and an aspiration towards happiness. As plants can defend themselves and enter into conflict with one another, it follows that even a plant possesses the desire to live. Even if it is cut, it will try to grow again while it has energy. This means that there is life there and where life exists, there is a soul. The soul also has, apart from a physical body, a subtle body. "The subtle body" is character.

### **What is Meant by Character?**

We see that one plant is sweet-tasting, another is sour, a third is bitter, a fourth is salty. This signifies character. A person can also be "sour", "bitter", or "salty". In Ayurveda, it is clearly noted that a person who strives towards grief craves something salty; a person who is offended, insulted or very touchy and emotional craves sour foods. On the other hand, a person who really likes to work hard, craves astringent food, such as mustard, rye bread and so forth.

In exactly the same way, as per Vedic knowledge, life can establish itself in stone. If a soul strove towards the kind of life where it wanted to live so that it could simply relax, not be disturbed by anyone, not be bothered by anyone, doing nothing, just for everything to be okay. If a person has this sort of mindset, in his next life, he'll be born as a tree. It follows that the rational mind isn't needed for this type of existence, but the character remains.

However, if a person aspires to rid himself of all of his problems and doesn't want anything at all- only happiness. He doesn't care about anyone, he doesn't need anyone, he says, "I don't want to see or listen to anyone. I'm my own person and I just want to be happy. All of you get lost and out of my sight..." That means that there is a possibility that in one of his next lives, the person will be born in the body of a stone. But this doesn't mean that he'll become a big stone block. No, the life of a stone unfolds somewhat differently to how we might imagine.

However, all the same, big mountains, these mountains, stone blocks, also have a soul. But the life of these souls exists in another dimension. But here on Earth, there are several other civilizations which are described by the Vedas. For example, living entities that are connected with mountainous activity are called "yakshi". They possess enormous mystic abilities: they are able to teleport themselves across large distances, read the minds of other living beings; and are able to wield special weapons that can destroy from a distance. But on a spiritual level, they don't differ much from people, therefore, they live on Earth as well, that is, they also don't have enough faith in God. On Earth, there is also underground civilization, that is, lower worlds. And there end up living beings who lived in great sin. There, they experience great suffering.

And so, it turns out that there are favorable conditions for life inside a rock only because there, no one cares about anyone. As such, there exist nine main personality types who search for nine types of happiness. And they end up within nine different categories of stone. Some of these stones are more connected with the Sun- this means that they simply want to rejoice and do nothing. Others are associated with the Moon. This means that they aspire towards calm and doing nothing. Still others are connected to Mercury. This means that they want feelings of rapport, but without doing anything at the same time. Some stones are connected with the Sun. These are stones of red, orange and crimson hue. The Moon is connected to white and pearl stones, as well as to white luminescents. Mercury is associated with green colored stones. They have a tendency to interact with the outside world; contemplate it and perceive it with intensity.

### **Why are Precious Stones Alive?**

There is a cocoon outside a stone that signifies protection. Very often, near the cocoon exist types of gemmaes – small cocoons – and within them can be found the same structure: a shell and an even smaller cocoon.

When growing, the stone increases in size from the inside out. It pushes aside the other rock, - as if it were straightening its shoulders. Rock can be very dense, but there is always space inside the stone's cocoon. This also points to a desire for one's own space. All living beings want to have their own space in life.

Desire to eat is determined by the fact that the stone that lives in a cocoon gets energy from somewhere for internal growth. It grows from the inside; that means that it absorbs energy

somehow. That is, it takes the structure surrounding it and processes it. It all takes millions years. They say that it takes about a year for a stone to take one breath. [Laughter]

Evidence that there is a soul inside a stone lies in the fact that they influence the mind and mentality of a person. Simple rock, or just a common pebble, doesn't have any influence on the psyche. It can just put pressure you, you could just feel bad. But for it to change your character for the better –that doesn't happen.

### **How to Determine if a Stone Influences the Psyche?**

That means that it can change a character for the better. Stones can help a person to become an optimist; it becomes easier for the person to live, he feels more cheerful, he feels that he has less anxiety, resentment, etc.

But it is possible only if the stone is chosen very carefully for the person. This is very difficult to do. In order to do this, its essential to spend many years in study. Therefore, for correct selection of precious stones, its essential to turn to professionals. There is a possibility that you could become very sick from wearing an incorrectly selected stone. The Vedas tell of the murder of a King who was given a crown with stones that didn't suit him. This King lived for just a few days – that was how strong the influence of precious stones happened to be. Therefore, its best, when selecting stones, to at least use the services of an astrologer who, at least, will advise on which stones it is favorable for you to wear.

### **Stones in Benevolence, Passion and Ignorance**

Precious stones can also be ignorant, benevolent and passionate. That is, they have different characters. The more delicate the color of a stone, the greater its benevolence. But on the whole, in a continental climate (e.g. Russia, the CIS, Eurasia), the natural colors of stones are slightly pale: they suit the people of the region. This means that there isn't complete benevolence in the atmosphere itself. If one were to go further North, there, there are even less benevolent colors in the atmosphere, since northern atmosphere isn't inclined towards benevolence. Let's say, if you select stones in India, there, you should only select very bright colors because there, people have more energy and benevolence in their consciousness. Passionate stones help to remove malignant tumors and all kinds of diseases. Ignorant stones don't do any good; they just make things worse. Ignorant stones have a very unpleasant hue: dirty-green, dirty-grey, dirty-blue and so forth. But for some people, even these stones are good for health, because that's the color of their planet. Such is the nature of their interaction with this planet; its impossible to change quickly.

### **Proper Wearing of Stones**

#### *On earrings*

Wearing of precious stones on earrings is, in principle, safe, because even if they overwhelm you, it won't happen very quickly. What can they influence? Speed of thinking.

#### *On the chest, wrists and fingers.*

Wearing stones on the chest is more dangerous but not as dangerous as wearing them on fingers. Wearing stones on fingers and on the wrists is most dangerous. It provokes immediate changes in your health condition. How high is the probability that you can choose the right stone

for yourself and put it on correctly? The likelihood is next to zero. How can you at least, acquire some kind of guarantee that a stone won't overload your psyche?

### **Principles for Selection and Wearing of Precious Stones**

When you buy a stone by yourself, its best to choose the most expensive piece that you can afford. This will safeguard you from the purchase of an ignorant stone. To determine if a stone is suitable for you, you should put on the ring and keep pressing on the stone for around 10 minutes. If you start to feel any changes in your head, if you feel worse, heaviness, fever or cold in the head, that means that this stone definitely doesn't suit you. If you feel the same, you can't feel the effect of the stone- its also better to refrain from buying the stone. If you felt a sensation of lightness in the head you began to feel light, good, then there's a likelihood that the stone suits you. When visually selecting a stone, its better to give preference to full, but not too bright colors, with darkish hues.

#### **Note**

Amber can be harmful in the winter when it has a tendency to cool greatly. If you have hypertension, in most cases, it won't cause harm. But if you suffer from hypertension as a result of atherosclerosis, wearing amber will first reduce the blood pressure, but then it can suddenly raise it. There could even be a heart attack if stones are selected incorrectly.

### **Principles for Treatment with Stones**

#### *Treatment Methods*

The first method is foundational. Stones are placed on the middle finger and on a "bracelet".

The second method: rings are added to the index and little fingers.

The third method: placement of stones on the ring finger and thumb.

If stones weren't selected for some of your fingers, that means that you don't need them there, they would only cause harm.

A person who begins stone treatment should have two "bracelets" of small stones. Each "bracelet" should be fitted with nine stones. These nine stones stand for the nine main planets. They should be placed in a certain order. One "bracelet" should be on the middle finger, the other - on the ring finger.

### **The Sequence for Arranging Stones on a Bracelet**

1) The first stone is meant for interaction with the planet Sun. It always has a pinkish, dark, crimson, dark pink, light pink hue - it can be almost white, but at the same time, a little reddish.

2) The second stone is meant for interaction with the Moon. It has a shade from iridescent white (moon stone) to iridescent black (Labrador). In general, for treatment, two types of stones are used that connect with the Moon.

3) The third stone is meant for interaction with the planet Mars. It is coral, often in cylindrical form, or tourmaline. It can be from black to orange in color (different shades of brown colors).

4) The fourth stone is meant for interaction with the planet Mercury. It is a green stone; it can be from gray to bright green in color, depending on the strength of your Mercury. Tourmaline is often used for Mercury.

5) The fifth stone is set for optimal interaction with the planet Jupiter. In general, citrine is used – white or with a light tint of yellow – or completely yellow.

6) The sixth stone is used for improving the influence of Venus. Usually, it's a small, rounded stone. More often than not, its mountain crystal, because it has a very strong effect. A small one is used, so as not to overload the psyche and overcool the organism.

Or, there could be a stone that's a little bigger, of cylindrical form – a white colored topaz. Sometimes it could give off a bluish reflection.

**Note.**

***If stones are lost ...***

*If you lose a "bracelet" than you should take stones from your middle finger, refashion them into a bracelet for your wrist and wear them again. All other rings stay in place. Of course, it will mean that the treatment will be less effective, but in spite of this, there is no other option. If you lose a ring from the little finger, then try to do without the ring, it is not that important, although, if you are treating, let's say, the heart, the liver, the pancreas, then the ring on the little finger is very important.*

*Is it okay to lose something from the index finger? It's not a huge problem, but if you are treating your digestion, the reproductive system, that is, the uterus, bronchial tubes, the spinal cord, at times, brain vessels, then this ring is of great importance to you. If you lose a stone from the thumb, then alongside this, treatment of hormonal deficiencies, particularly for women, migraines, and deficiencies with blood circulation in the organism will be harder to treat. If you lose stones from the ring finger, then your digestive and immune functions will be reduced to less than what could have been, were those stones in place.*

**The Sequence for Setting Stones in a “Bracelet”**

When setting stones in a “bracelet”, a citrine should be placed in the centre – the stone for Jupiter, of yellow color. On one side of the bracelet, there can be a stone that's a bit reddish, or blackish reddish or brownish, or just red, or even whitish-red – this is the stone for the Sun. On the other side is placed a brownish stone or a coral; red or brownish, dark brown, light brown, even black, it can be black in color– it's the stone for Mars.

If in place of the stone for Mars, you're given black stones, or these completely black, round ones – this is a “falcon eye” stone – this was done in order to treat the joints or the spine. You can be given a “tiger eye”, a kind of red colored stone, for Mars, and for Mars, a “bull's eye” stone can also be used, that's a kind of crimson-red color.

**If the Stones are Overwhelming You....**

If you press a stone in its setting from the top down with the other hand and hold it for a few minutes, and, during this time, feel that your affliction is worsening – this means that the

ring in this location is no longer right for you. However, it doesn't mean that it is no longer right for you entirely.

This happens very rarely. More often than not the method of wearing should be changed. A change in the method of wearing stones is required during the change of seasons, for the most part, every two months. Aside from this, the frequency for changing the method of wearing stones is directly linked to your constitution.

If you felt worse, you need to press the stones, for around 10 minutes, on each bracelet, and sit and observe how they affect you. If you begin to feel worse, its essential to transfer the bracelet to the exact opposite location on your other hand. In this case, its possible that there might be an improvement.

If, after transferring bracelets to the exact opposite locations, you feel better – you should leave the bracelets at the new location. The reason for “overload” from wearing stones can be malefic planetary influences. A difficult period can last a few days. In this case, if transferring bracelets to the exact opposite locations doesn't help, better to remove the stones for 1-3 days.

If the effect of the stones changed, you feel spasms in your stomach, pain at your waist, nausea, pain in your joints, pain in the spinal cord, heaviness, at times, in your head, general heaviness - in this case, you need to move the bracelet to the middle finger of the other hand and carefully monitor your condition.

Use of precious stones for healing is, in actuality, a very mild, flexible and safe method. Stones never cause any strong or sudden harm. They first give the psyche a sign, and only then begin to cause harm to an organism. As such, they are completely harmless for critically thinking and attentive people.

### **Principles for Rearranging Stones**

If you feel heaviness or pain on the left side of your head, its recommended that you remove the bracelet on your wrist and move it to your right hand, or vice versa. Heaviness, pain - in the forehead region up to the ears, from the crown of the head to the front, all of this area down to the frontal bone- signifies reduced blood pressure within the skull. This means that the bracelet should be moved to the right hand.

Moving it to the right hand side increases energy. The right side is the solar, male side. It stands for an increase in energy. The left side calms energy; its lunar, feminine. The left side always reduces blood pressure, decreases digestion, decreases stress. If you have a lot of stress, high blood pressure, excessively strong digestion, you need to wear the stones on the left side. If you have low blood pressure, weak digestion, you often get cold, you have weak immunity, then you need to wear stones on the right hand side. Pain in the region of the head from the crown and back, down to the neck, signifies increased blood pressure within the skull. If this occurs, you should wear the stones on a bracelet on the left hand.

### **The Use of Various Arrangements for Wearing Stones for the Treatment of Illnesses**

**Dystonia** – “Onyx” stones (large cylindrical stones, white colored, white or striped). They also cure hormonal functions and improve **cardiovascular regulation**.

*The “Onyx” arrangement* is as such: two bracelets for the hands and feet, on the left or right side of the body. A third bracelet should be worn on the thumb.

For the most part, two or three small stones should be arranged on the thumb. One small stone should be a very small mountain crystal or topaz. They should both be white in color. And the second stone should be a murky, luminescent color – that is, a white colored tourmaline. One other stone should be placed on the thumb – a very large one. This stone, for the treatment of hormonal functions, is called an “Onyx”. It is usually striped, translucent, it has a little bit of a “soapy” color. It can have any sort of shading- from yellow to white. As such, there should be two or three stones on the thumb. One that’s very small, another that’s larger, the middle one should be very large, or two small stones and one large one. All of these stones can be joined into one setting. If you have the “Onyx” then place it, not next to the mountain crystal or topaz, but with the tourmaline, a white one. It can be distinguished by the fact that it is murky, murkier, and not as transparent and small as a topaz or mountain crystal.

The index finger is connected to **the respiratory system; with all of the lungs, meaning, with the bronchus.**

The middle finger is connected to **the digestive system, the stomach.**

The ring finger is connected **to the uterus, sexual organs, throat, nose, and mucus membranes from the nose.**

The little finger is connected to **the liver, heart (arrhythmia), thyroid gland, all of the hormonal organs.**

When there are problems with certain organs, its necessary to work with the rings on the fingers that are responsible for these organs. Give it a try, if its not uncomfortable to do something along these lines. Let’s say, if your heartbeat increases, than you should try to transfer your ring to the left hand side. If it slows down, then to the right.