



The Cutting Edge

Newsletter of the Ottawa Lapsmith and Mineral Club

Ottawa Lapsmith and Mineral Club Newsletter

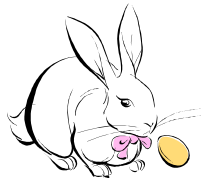
P.O box 39054 R.P.O Billings,
Ottawa K1H 1A1
Email: ottawalapsmith@rogers.com
Web site: <http://www.olmc.ca>

April 2011
Workshop: 217 Bell Street North, Ottawa, ON
Tel: 613-237-ROCK (7625)

Thursday, April 14th, 2011 meeting is The OLMC SWAP NIGHT!

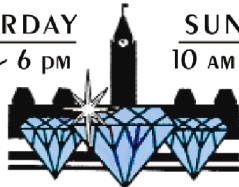
This month we are going to have a swap night at the workshop. Please bring in something you would like to get rid of or trade around. Do you have surplus rough, minerals or equipment that you would like to barter? This is an excellent opportunity to clean out your basement! Kind of like going on a rock trip indoors! The doors will be open at 7PM and the meeting will start at 7:30PM. There will be coffee and tea and goodies to share. See you at the club!

Happy Easter!!



The OLMC elections are here! Come out and vote for your new Executive! Do you know anyone that would like to volunteer for a spot on the Executive committee? Nominees so far are: Russ Black- President and Karen Lochhead- Vice-President.....Stay tuned! The Nomination Chair is Dirk Seelemann, give Dirk a call at 613 -733-6910.

SATURDAY
10 AM - 6 PM



SUNDAY
10 AM - 5 PM

45th ANNUAL
GEM, MINERAL & JEWELLERY
SHOW & SALE

SEPT. 24 - 25, 2011

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DIMANCHE
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ET DE LA JOAILLERIE

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PRIX D'ENTRÉE MINIME

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et **MINÉRALOGIQUE**
d'Ottawa
(613) 237-ROCK
www.olmc.ca

Notices (cont'd)

The workshop is open Mondays (carving night), Tuesdays (Metal smithing night), Wednesdays (regular shop hours), Fridays (6:30pm-9:30pm) and Saturdays (regular shop hours).

For hours call: 613-237-7625. We are also thinking about opening Friday evenings on occasion so we will keep you posted!

ALWAYS CALL BEFORE YOU LEAVE HOME TO SEE IF THE SHOP IS OPEN. THERE WILL BE A MESSAGE ABOUT SHOP HOURS!

L'atelier est ouvert Lundi, Mardi, Mercredi, Vendredi et le Samedi.
Pour les heures, téléphoner au **613-237-7625**.

Wire Wrapping / Wire Knitting Lessons 2011 Class Schedule

Every Saturday, except long weekends and Church functions.

Wire wrapping classes are \$65 + HST, which, includes sterling silver wire, a cabochon and the use of my tools; subsequent classes are \$10 +HST. Wire knitting classes are \$65 + HST, which includes 1 ounce of sterling silver wire, spool, crochet hook, draw plate, findings and instructions; subsequent classes are \$10 +HST.

Classes are offered on a continuous uptake cycle, beginners are always welcome, there is no set teaching schedule.

Where: Britannia United Church, lower level 985 Pinecrest Avenue (North of the Queensway)
Please contact us, Jenny & Ken McBride wireworking@aol.com or by phone at 613-253-7432.

NOTE: All prices are subject to change due to market fluctuations.

Sterling Silver & Gold Filled Wire

SAVINGS ON WIRE PURCHASES

Jenny McBride has most wire shapes and sizes for sale at an unbeatable price.

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You can reach Jenny at 613-253-7432 or by email at wireworking@aol.com

NOTE: All prices are subject to change, due to market fluctuations.

COURSES

Basic Cabbing course (Required to have this course in order to use workshop machines)
Learn how to shape and polish stone: There is a sign-up sheet at the club

Available courses:

Basic Silver Jewellery
Silver Jewellery
Focus on Stone Setting
Silver Jewellery
Gem Identification

Rings with Stones
Things in Sterling Silver
Simple Silver
Casting
Surface treatments
Metal Art Clay
Identification of Beads

For more information on these courses

Call: Karl Schutt at 613-445-2142 or

karl.schutt@sympatico.ca



Ascension Healing

Crystal Healing Sessions



Crystal Courses and Workshops



Crystal and Stone Boutique



Algonquin Shamanism



Karen Osborne karen@ascensionhealing.ca

613.798.2828 www.ascensionhealing.ca

OLMC Member Profile: Crystal Therapy by Ascension Healing

Where did all this start for me? I know that I have loved stones since childhood. I think that most children do. In fact, I remember that as a child I would pick up a rock and wrap my fingers tightly around it. I would then hold onto it all day long, until at night time, my mother would have to physically pull my fingers away from the stone. All I knew back then was that I needed to hold the rock. It didn't occur to me to wonder how I was benefiting from that experience. Today, of course, I am working with stones and crystals in a more conscious way, engaging their energies to help heal myself and others. I have a much greater, and growing, awareness of what I need them for and of the gifts they have to offer.

As you're reading this you may be recalling your own childhood, collecting rocks on the beach, in the driveway, or from places far from home... You may also remember a time when you sat on a large boulder or outcropping of rock and you felt a sense of stability or calm come over you. If you are a member of the OLMC, stones have probably been calling to you most of your life too. You may relate to stones and crystals in a more empirical way than I do, or, maybe you too have had experiences with crystals that are not so easily explained.

As a young adult I became aware of how certain stones 'felt.' I would be drawn to move my hands over stones and crystals. When I did so, I could feel energetic emanations coming from them. Sometimes I experienced this as heat or a tingling sensation in my hands or body. I also noticed that the stones felt good, and seemed to enhance my well being. I especially noticed this phenomenon with stones that I was strongly attracted to. As time went on I also slowly began to sense that the stones held information and that they were talking to me, communicating in some way, if only I could find a way to listen. Often while holding a stone or focusing my attention on it, I would have a kind of epiphany or revelation. I would find a creative solution for a challenge in my life, I would feel happier, or I would simply feel peace wash over me.

In my twenties (I'm fifty now) I had a life-changing experience with a small tumbled piece of Rose Quartz. I would look at it or sit and hold it after a hectic shift of serving tables while putting myself through university. One night, after about a month of connecting to the Rose Quartz in this way,

I felt my heart begin to open toward my parents. At that time, they were the people I had come to blame for most of the pain and misfortune in my life. To my surprise I found myself wanting to call them and tell them that I loved them. I was even more surprised when my love was received. I discovered that my parents did love me and that what all three of us wanted was a better relationship with each other. It was a new beginning, a chance to start healing and let go of the past. The modest little Rose Quartz crystal was helping me to learn to forgive and begin to take responsibility for my own life. Who knew that so much help was quietly sitting there on my coffee table silently working its magic on my behalf?

Rose Quartz is a mineral friend that most of us are familiar with. Its colour is pink and it brings frequencies of love to all it comes into contact with. Its warm, comforting energy centers in the heart, teaching us that we deserve love. The better able we are to love ourselves, the more we are able give love and to receive it. Rose Quartz helps to bring love into our lives, on every level. It is a stone that assists accepting ourselves just as we are and letting go of beliefs that we are not good enough in some way. It's a very soothing stone for anyone who feels unloved, suffers from anxiety, or feels unsupported.

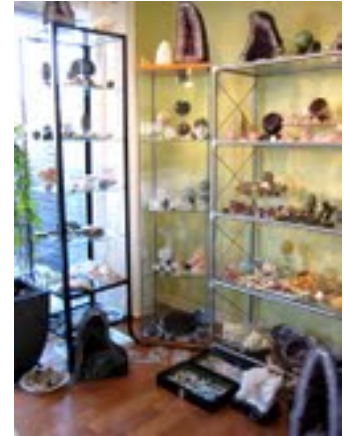
Other stones or crystals bring different gifts, healing and teachings. Each individual mineral species has its own energetic signature, or identity, if you will. All of them make themselves available to anyone at any time. The Mineral Kingdom gives freely without qualification or limitation. Crystals are here in complete service and it makes sense to work them and all they have to offer. Whatever the challenge or issue, there is a crystal out there that can help. For example, Citrine builds self-confidence. Hematite is grounding and helps overcome shyness.

Fluorite and Clear Quartz bring mental clarity. Charoite and Howlite improve sleep. Bloodstone brings courage. Diopase teaches forgiveness. Angelite relieves anger. Azurite and Moonstone develop intuition. Carnelian increases vitality and motivation. Sunstone encourages leadership Spirit Quartz overcomes fear. Black Tourmaline and Sugilite provide protection, and on it goes...

Feeling unwell in some way, whether it's physical, mental, or emotional dis-ease, is an indication that something has become out of balance in our energetic systems. Crystals offer us a way of restoring that balance. The original or balanced state can be found in the incredibly coherent and stable geometric structures of crystals. This is good news in our world, where form, thought and feeling are constantly changing. Crystals don't change. The healed state can be found there. In fact, the real art form of working with crystals is mostly that of finding the crystal that best meets your energetic needs. By working with that crystal, and integrating its energies into your own energetic systems or aura, you can restore balance. Restoring balance can restore health, happiness, and even abundance to your life.

When I began working with crystals in a conscious way, my experiences with them took on an even more miraculous nature. As a young woman, I would meet people who would insist that I could heal them and some even begged me for help. I'm very grateful to those people because they helped me to find the courage to begin offering crystal healing to others. I was intimidated at first but my passion for crystals made it a natural and easy fit for me. Before long, I was seeking out teachers and traveling abroad to learn more. Today I am certified in several crystal healing modalities. Teachers I have had the opportunity to study with either briefly or in depth, include, Katrina Raphael (The Crystal Academy of Advanced Healing Arts – Kauai, Hawaii), DaEl Walker (The Crystal Awareness Institute –California), Marilyn and Thomas Twintrees (Ahhhmuse – New Mexico), Mathew James (Hawaiian Huna Studies - Big Island, Hawaii), Naisha Ashian (The Crystalis Institute Vermont), Robert Simmons (Heaven and Earth, Vermont), Pete Bernard (8th Fire School of Shamanism, Ottawa).

I have been operating a full-time healing practice in Ottawa for almost ten years now. The services I offer include a variety of healing sessions combining different ways of working with crystals, shamanism and my own gifts. Most healing sessions involve me choosing a selection of crystals for a client based on determined needs. I then activate the crystals, placing them intuitively in 'layouts' on the client's body. During this time I will also deliver healing energies to the body and to the auric field. I may repair chakras, remove outside energies, or help the client with energetic effects felt from other people. I often journey client's to help them gain more insight into issues, heal limiting beliefs, retrieve soul parts, or dream a new destiny for their future.



A crystal healing session given by someone who has a deep relationship and working knowledge of the Mineral Kingdom (an experienced practitioner) may be the most powerful way to work with crystals. The next most powerful way, would be to meditate with a crystal or stone. Both of these sacred ceremonies can release the pain and patterning of unresolved issues that, at the level of the subconscious, have been taking one's life in unwanted directions and creating unwanted experiences.

The great news is that there are many other ways to work with crystals for which no special training, or even much in the way of self-discipline, is required. Crystals are always ready to work with us, and it's easy for us to work with them. Often they are quietly working with us without our even knowing it. No matter how weak or physically ill you may feel, how little time you have, or how little will power, you can always pick up a stone. As soon as you do, it will begin to help you because that stone is always in service. You can tuck a stone in your pocket, hold it in your hand, wear it as jewellery or even take it to bed with you. I get a lot of laughs when I tell people that I sleep with stones. Dream time is actually one of the best times for crystals to work their magic. Our egos are 'turned off' and we are in a deeper brainwave state that is more receptive to healing. This is also the reason why healing sessions or mediations with crystals are so powerful. At these times, we are likely to enter deeper states of consciousness.

There so many simple ways to work with stones. More than ever, people want to apply crystals in their lives but don't always know how. I regularly get questions from people asking me what they should be doing with their crystals and if crystals require any special care. I developed my Crystal Beginnings Class in response to this need. It's a three day course covering everything from very basic knowledge, to making crystal elixirs, and even programming crystals. Most people take all three days but completing only Day One is also an option. Day One is a good basic introduction to crystals. On Day One you learn how crystals work, some of their applications, how to choose crystals, and how to cleanse and charge your crystal collection. Day One also involves experiential work with crystals, including learning how to do a crystal healing layout on yourself.

Shortly after opening my healing practice, I also opened a 'Crystal Store' in my home. Selling crystals quickly became a natural and necessary accompaniment to crystal healing. After experiencing a crystal healing session, clients wanted to buy my crystals and were disappointed to find that they were not for sale. The store has grown over the years and it greatly expanded when I started teaching. It didn't take me long to understand that getting crystals out to people, was a very important part of my own life purpose. It brings me a lot of joy to see people and crystals united. I love consulting with people about crystals and I even enjoy buying crystals for the store. I know that the crystals I choose will eventually go to homes where they will help people to make needed change their lives.

OLMC Member Profile: Crystal Therapy by Ascension Healing Cont....

Because I have a full-time healing practice and the store is in my home I'm not able to offer regular store hours as of yet, but I am working toward that. In the meantime I open the store for a full day of shopping about once a month. I notify people of these days and other activities through my email list. I currently sell tumbled stones, rough mineral specimens of all sizes, clusters, geodes, cut and polished wands, pendulums, eggs, pyramids, obelisks, spheres and a wide variety of jewellery. I also sell ceremonial plants, smudging supplies, beeswax candles and Himalayan bath salts. I make every effort to accommodate shopping visits any day of the week, working around my healing session schedule.



Current projects include a Crystal Workshop for children and 'Meet the Crystal' group healing evenings. The healing evenings will begin soon. It will be a great way for us to come together as community to receive crystal attunements and share with each other.

For more information about my healing services or the classes you can visit my website at www.ascensionhealing.ca or contact me at karen@ascensionhealing.ca or 613-798-2828.

Crystal blessings to all,
Karen

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OLMC Workshop Update

Dear OLMC members,

Since last year, Tuesday nights have been open on a trial basis for silversmithing. We are now happy to confirm the success of our evenings. We have a small group of regulars who exchange ideas, tips, knowledge, and get together to pool purchase orders.

Recently, we decided to take a project-base approach where a member proposes a project that we can all undertake. Note that you can still work on your own projects, and joining any project is totally optional. Our first project was a folded metal ring, on which Christine wrote an article in the last newsletter. Our second project was a Viking weaved bracelet. And, the project theme for the month of April is casting.

If you would like to be on the silversmith workshop distribution list or if you have any questions please send an e-mail to workshop@olmc.ca or Stephane.Jette@gmail.com.

Cheers, Stéphane, Workshop Coordinator.

WHERE:

217 Bell Street North (the Workshop).

WHEN:

Every Tuesday evening from 6:30pm to 9:30pm.

REQUIREMENT:

None, but we strongly recommend to have a basic silversmithing course.

Some projects will be more demanding than others.

We have most silversmith tools at the workshop, but you are welcome to bring your own, and you have to bring your own material.

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Editor's note: The OLMC would not be where it is today, if not for its great volunteers! Thanks to all of you for doing a wonderful job!

Sell your stuff!! Any club member that would like to sell items in the Club display case can bring them in to the workshop. The club takes 20% of sales.

YOUR EXECUTIVE BOARD MEMBERS

PRESIDENT: John Udd
pres@olmc.ca

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vicepres@olmc.ca (613) 733-6910

PAST PRESIDENT: Colin Geitzler
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olmc.editor@yahoo.com (819) 459-1482

PROGRAM CHAIR: Kerry Day
kaygeedee@travel-net.com (613) 298-5486

MEMBERSHIP: Anna Grealy
613 695-4405

Membership Application for the Year: 2011

Single Membership \$15.00 _____ - Family Membership \$ 20.00 _____

New member Membership renewal Do you require a receipt? Yes No

Advertising \$ 25.00 _____ (additional fee for ads in The Cutting Edge, *** this does not include membership fees.)

Name(s): _____ Telephone: (____) _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Please specify how you would like to receive the newsletter:

By email: _____ by post mail.

Please mail your membership form and fees to:

Ottawa Lapsmith and Mineral Club
P.O box 39054 R.P.O Billings, Ottawa K1H 1A1

★ Please be advised that all membership information is used only for administrative and workshop use. ★