

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 67 (2001)  
**Heft:** [4]  
  
**Rubrik:** Your corner...

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times for several more months later on when a good relationship between the 'Seniorexpert' and the 'firm in need' is established. Travel costs and insurance is paid by 'Swisscontact'.

In order to find a parallel between our home country Switzerland and our adoptive country New Zealand we could mention the 'voluntary service abroad system' of New Zealand, I suppose.

The moral of the story is that people with good will can always find many ways of doing good.

Is it not ironical however, that we read and hear far more about the results of 'doing bad' in our everyday lives?

## Your Corner.....

### The strenght of gemstones

The knowledge of the healing power of stones, especially gemstones is not new. Gemstones surfaced early in the history of mankind. Hailed as medium of magic, a source of healing, a talisman, amulette and a fetish.

The ancient races knew and used their healing energy, the old Egyptian the Greek and Romans used the gemstones for healing, in the bible we read of the godly strength and origin of the gemstone.

Science also took an interest in the mysticism of the gemstones. Aristoteles (384 - 322) described minerals 400 years before our time chronology. The abbot Hildegard von Bingen (1098 - 1179) in the middleage used the gemstones to heal illnesses.

### Healing gemstones

The energy contained in the stones is with todays scientific methods not messurable. It contains so called "subtle" energy. Apparently it was a well known fact of the ancient races, especially those of the far east.

Another effect is accredited to the colour of the stones, in their intensity of colour and radiation on the individual.

Any person would know what difference a colour does to his or hers well being. It is also proven that colour can influence physical, intellectual and spiritual processes.

### Effect of Base Colours

#### Blue - Physical effect

promotes digestion, relief of tension

## Cultural Exhibitions and Festivals from Switzerland

(As advised by the Swiss Embassy)

**Why make Prints ?** This Exhibition shows the development of printmaking in Switzerland, since 1960, in over 70 works by 51 artists. The works document developments from screenprinting, to the experimental woodcut, engraving, lithography and, finally, the involvement of the computer.

Dunedin 14 May - 24 June 2001 at Otago Museum, 419 Great King Street.

**An exhibition by the Swiss abstractionist painter Helmut Federle** will be held in Auckland (details below) from April to June 2001. Mr. Federle, born in 1944 in Solothurn and now living in St. Margrethen, Vienna, and Düsseldorf, has exhibited widely throughout the world since 1976. In an essay describing his views on his art, and art in general, he has said that *"It is my relationship to tradition that shows me which way to go in the future. In this connection it is important for me to add that my reference to past quality was never formal but rather organic. Many of today's references are purely formal and thus static."*

The exhibition is in New Zealand with assistance from PRO HELVETIA : Arts Council of Switzerland.

19 April - 2 June 2001 Jensen Gallery

61 Upper Queen Street, AUCKLAND Tel: 09/336 1808

### Blue - Spiritual effect

liberates, relief of anxiety

**Example:** Sapphire

### Green - Physical effect

detoxicates, regenerates

### Green - Spiritual effect

encourages, harmonises

**Example:** Emerald

### Yellow - Physical effect

strengthens immune system, energises

### Yellow - Spiritual effect

free, unrestrained, appealing to the emotions

**Example:** Citrin

### Red - Physical effect

activates, encourages good metabolism

### Red - Spiritual effect

aphrodisiac, strengthens will power

**Example:** Ruby

### Clear - Physical effect

strengthens, purifying

### Clear - Spiritual effect

purifies spirit, encourages insight

**Example:** Diamond

*Greetings from Doris & Trudy.*

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