

Bloodstone: Confronting

by John and Micki Baumann

Bloodstone, also known as Heliotrope, is an opaque, intense dark green chalcedony (micro-crystalline quartz agate) with blood red or rust colored oxide spots. It is the most famous member of the jasper family, and is considered a semiprecious stone rather than a rock like most other jaspers. The most important deposits are in India, as well as in Australia, Brazil, China and USA. Egyptian priests used bloodstone in healing potions. During the middle ages, special magic powers were ascribed to it, as the red spots were thought to be drops of Christ's blood.



Bloodstone acts on your inner self to strengthen **Confronting**. In this context, confronting means facing what is real in life. It does not mean angry confrontation between people. Confronting is the opposite of denial. It is the ability to not be afraid to face reality. It is the ability to look at everything square on and see things as they are. Confronting is feeling free to experience, free to pursue reality and truth, free to live openly and not have to hide. If you are good at confronting, you know that reality is not going to change just because you hide from it, so you face it instead. You understand that the external world has a right to exist and to create its own reality, and you readily face that reality and open your eyes to its truths.



A strong ability to confront comes from understanding at a deep level that it is a basic human right to choose the extent to which you want to face up to reality. That is, it is your right to choose what things in your life to face up to and what things to hide from by putting your head in the sand. This includes the right to be in denial about things you find too difficult to face. Because it is your right to choose what to face up to in life, it is also your right to resist when others try push you either into facing things or running from them. If you are afraid to stand up to people who try to interfere in your life in this way, you can never fully claim this basic human right for yourself. It is only as you grow in this energy that you become empowered to face all the realities in life and to feel free to see things as they are. You learn to know that reality is not going to change just because you hide from it, so you face it instead.

Every human right has two sides to it, namely the right as it applies to you, and the right as you must let it apply to everyone else. And to be fair, the right must be the same for both. The consequence of this is that *you* have the right to choose what to face up to in *your* life without interference from others, and *others* have the right to choose what to face up to in *their* lives without interference from you. When you understand this, you also understand that you have the obligation to allow people to be in denial about things they find difficult to face. You realize that you can't make someone face up to a reality he does not want to see. When you allow people to choose how to confront their own reality, you also allow them to be empowered.

If you have trouble with confronting, there are many doubts and uncertainties in your life. You can be rather shy, and you often feel fearful and intimidated by things going on around you. You find it difficult to stand up for yourself and you cave in easily when others confront you with anything. It is not easy for you to say what you want from people because you are never sure you are right in wanting it. Learning the lessons that life wants to teach you can also be traumatic for you because of your difficulty in confronting new situations.

Improving the Ability to Confront

Part of being able to confront reality comes from being willing to investigate things and look at them in depth, in order to find out what is real and true. To practice this, work at being thorough in pursuing information. When you are looking into something, gather all the available facts to make your information as complete as possible, and then evaluate how certain you are about the information being true. Assess how much you know for sure, and what you are only guessing at. These things are all part of pursuing truth in a thorough manner. When you learn to investigate things thoroughly to find out what is true, you increase your degree of certainty about the world you live in, and this makes you more confident about your understanding of reality, and helps you confront that reality.



You can also expand your ability to face reality by learning to confront the truth about how much information you could give someone that you know he will accept and use in a beneficial way. There is wisdom in giving out only worthwhile information and not wasting your energy by giving out information that won't be used. In order to know what information is useful to someone, you must look closely, both at him and at the information. Looking closely at things in this way is good practice in confronting reality.

Another way to confront reality is to develop your ability to look closely at new information that crosses your path, and decide whether it is credible and believable to you, and whether you think it is accurate. To decide this you may also have to look closely at the source of the information. If you can confront both the information and the source, see both at face value, and interpret the information accurately, then you have a powerful tool for knowing what things are credible and believable in life. Being good at confronting reality makes you self-confident and gives you more control over your own life.