

Bronzite or Topaz: Non-interference

by John and Micki Baumann

Bronzite is a light to dark brown opaque form of enstatite that has a metallic or silky luster. It contains tiny flecks of golden pyrite, and this makes the stone look almost like bronze. Bronzite is mined in Brazil, Germany, Austria, South Africa, Greenland and USA.

Most people think of **Topaz** as a golden amber stone, but it also comes in yellow, blue, and clear. It is composed of an igneous mineral that forms in an orthorhombic crystalline structure in pegmatites and high temperature quartz veins, and it is mined mainly in Brazil, Sri Lanka, Burma, and Russia. The name "topaz" comes from *Topazos*, an old name for the island of Zebirget in the Red Sea. The ancient Greeks called topaz "The Stone of Strength" and used it widely in healing.

The crystalline structure of **Bronzite** (or **Topaz**) vibrates in a way that strengthens **Non-interference**. Non-interference comes from understanding at a deep level that it is a basic human right to exert control over the use of your own energy. It means you have the right to choose what to do with the energy you have at your disposal, how to use it, when to use it, and what to use it for. Non-interference includes freedom from being pushed, coerced, forced or otherwise intimidated into doing anything that is against your will.

Non-interference is a basic human right, and 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 decide how to use your energy without interference from others, and others have the right to decide how to use their energy without interference from you. You also have the obligation to let others control their own personal space, and even let them use their energy in ways that do not particularly please you, as long as they don't do it within your personal space. This means you don't push people into doing things they don't want to do. The more you recognize this as a basic human right, the easier it will become for you to let people exert control over the use of their own energy, and the less interfering you will become in the affairs of others.

The main idea of the **principle of non-interference** is that no one has the right to force another person to do anything that is against his will. The exception to this is when a person is not responsible for his actions, such as in the case of a child or someone with Alzheimer's. For example, if your child wants to play in the traffic, you have the right to protect him from a danger he does not understand, even if it is against his will.

Although the freedom to exert control over how to use your own energy is part of your right to be in charge of operating your own life and control your own personal space, it does not allow you to impose yourself on people who don't want to do what you want to do, or who are not willing to pursue the things you want to pursue. Keep in mind that within your personal space it is your will that counts, and within the space of others it is their will that counts. So you may control energy usage only within your own personal space, or with the permission of others in their space. In other words, you do not have the right to force or push others into doing things they don't want to do. So you allow other people to do the things they want to do because you realize it is not your right to control how others use their energy, and you understand you have the obligation to let go when someone decides to use his energy in ways that you might not agree with.

On the other hand, to fully claim this right for yourself, you must not be afraid to stand up to people who try to coerce or push you into using your energy to do things you don't want to do. Keep in mind that you always have the right to forcefully stand up for your rights when someone tries to take them away from you, even though it puts you in conflict with the other person's will. For example, if someone tries to push you into attending an event that doesn't interest you at all, you have every right to stand up for yourself and forcefully take control of deciding whether or not to go. You must also be strong enough, either alone or with help, to deal with any conflict that results from standing up for your rights.

If you don't believe that everyone has the right to choose how to use his own energy, you tend to be pushy, demanding and hard to get along with. You also tend to be afraid of the power of others because you believe to some extent that might is right, and that those who are strong enough to have power over you, for some reason have the right to push you around. Because you don't understand the non-interference principle, this can make you feel helpless and defenseless in the company of strong people.



Bronzite



Topaz

Becoming Less Interfering

To practice non-interference, become more aware of what the people around you really want to do. Make yourself aware of how they wish to operate their lives, and be careful that you don't try to control how they prefer to use their own energy. Part of being good at this is learning to never pressure people into things. If there is something you would like your friend to do, suggest it by all means, but make sure you give him an easy way out if it is not something he really wants to do.

One of the more difficult things about practicing non-interference is allowing those you care about to go ahead and make foolish mistakes when they don't want to listen to the voice of reason. When you see that your friend is about to make an unwise investment or jump into a relationship you know is bad for him, you talk to him to try to keep him from making a mistake. That is about all you can do because there is a long way between suggestion and force, and you know you don't have the right to help someone if it is against his will. And when he comes back with his "tail between his legs", you don't say "I told you so", but instead you console him because you are his friend, and you hope he has learned something.

Carrying a small piece of bronzite or topaz in your pocket or purse will help you stand up to pushy or demanding people who try to interfere in your life, and it will also help you know when to back off in order to keep from interfering in the lives of others.



Bronzite



Topaz