

## **Shungite room and cabin – its effect on healing processes, in psychoneuroimmunology and in the development of creative potential**

Shungite has been conquering the western world for a number of years, having taken a significant place in Russia in industry, ecology, nanotechnology and health.

This stone, which remains a mystery even today, was discovered in the time of Tsar Peter I. He ordered his soldiers to add a few shungite stones to their drinking water, to prevent diarrhoea. He was also the person who had the first shungite sanatorium constructed in Petrozavodsk, Karelia.

The observations of the people living around Lake Onega in Karelia (the shungite described exists only there) showed that shungite displays antibacterial properties and that water prepared with it has a positive effect on the progression of various illnesses.

Scientific research has shown that two special carbon structures are present in shungite: C60 and C90 carbon molecules, also known as “fullerenes” (from Buckminster Fuller) owing to their football-shaped appearance.

It is assumed that the fullerenes are responsible for the healing effect of shungite.

There has been speculation about extraterrestrial origins of shungite, since almost all elements in the periodic table have been detected in it.

Another interesting property is the electrical conductivity without the otherwise usual magnetic field being formed here. Thus, shungite is also excellently suited to shielding magnetic fields.

This, in conjunction with the healing natural frequency of shungite, gave rise to the concept of shungite rooms and later also the space-saving variant of the shungite cabin.

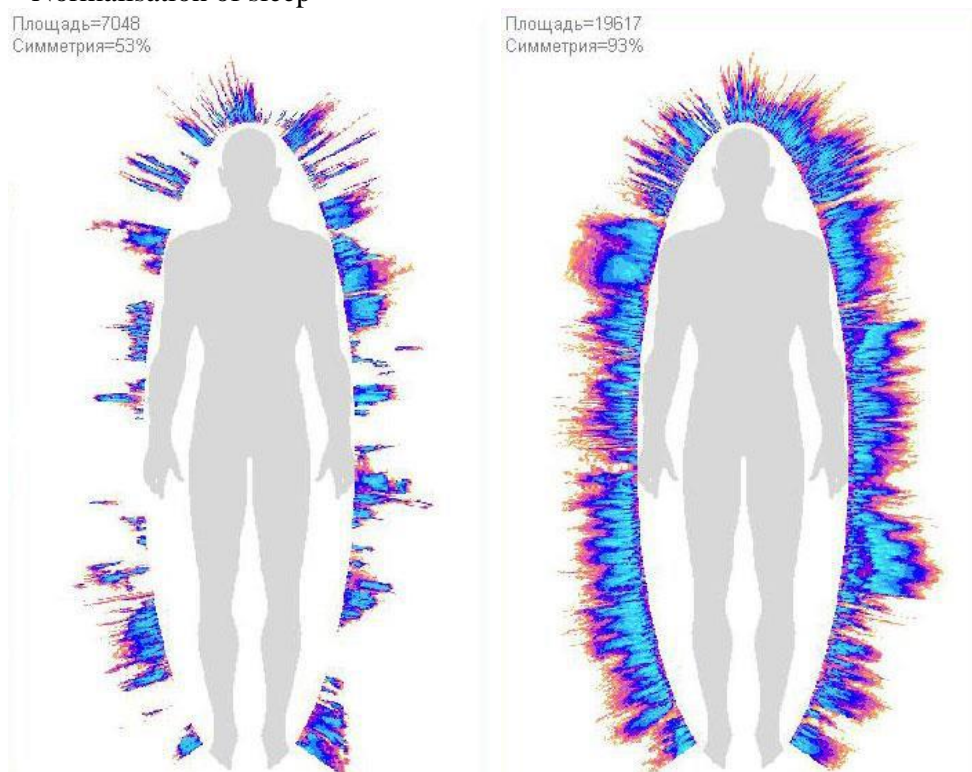
The person to be treated is surrounded by a magnesium-shungite composition in a space that is protected as far as possible from geomagnetic, radio and electrical waves (protection from radiation from radar systems, high-voltage cables, base stations for mobile communications, microwaves etc.).



### **The following beneficial effects of shungite on the organism during the 10 to 40-minute sessions have been identified in studies:**

- Relief of stress and tension
- Relief of signs of fatigue
- Relief of headaches
- Improvement in the functional condition of the central nervous system
- Stabilisation of vegetovascular function
- Regulation of metabolic function
- Normalisation of blood pressure and the cardiovascular system
- Supporting and strengthening the protective functions of the body (immune system)
- Promotion of psychological recovery of people
- Increasing inspiration

- Activation of thoughts
- Regeneration of vitality
- Significant reduction in administration of medication during the treatment
- General improvement in wellbeing
- Positive effect on the regeneration of renal and hepatic tissue
- Prevention of pathological processes in the initial phase
- Normalisation of sleep



On the left you can see the Kirlian photograph of a person after a week at a computer workstation. The second photograph was taken after the same person had been in the shungite cabin for 30 minutes.

In a series of trials, test subjects were examined for their bioenergy condition after 30 minutes in the shungite cabin, by means of Kirlian photography in the evening at the end of a working week at a computer workstation.

A Kirlian photograph taken before the session was used for comparison.

As can be seen from the pictures, symmetry of only 53% can be seen in the first photograph, whereas 93% was reached after the treatment.

The area of both auras shows significant enlargement after the time in the shungite cabin.

It is significant that strengthening of the biofield continued even after leaving the shungite cabin, such **that even irregular sessions or sessions that are generally for a shorter time in the shungite cabin can be considered to be very valuable and to have a lasting effect.**

The use of shungite cabins and shungite rooms can be compared with time spent at a spa. During the spa, the usual surroundings are left, in order to be able to break through and resolve negative patterns. The spa guest is effectively in an “artificial atmosphere”, which causes strengthening and should therefore facilitate a new start.

Although it is for a limited time, time spent at a spa doubtless has a constructive effect well beyond its duration and at the same time can represent a healing beginning, as a result of the associated strengthening of the immune system.

In the shungite room and the shungite cabin, the self-healing process of the body (and soul) is indirectly stimulated by the protective effect from harmful influences, although the additional regenerative effect of shungite on the information level is still largely unexplored.

To this end, applications are currently being implemented with addition of the TimeWaver system (see also: [www.timewaver.de](http://www.timewaver.de)).

Overall, shungite in general and the shungite cabin specifically cannot be viewed as an independent option for healing of an illness and they are therefore not substitutes for medical treatment. However, the shungite cabin will certainly significantly accelerate and have a positive effect on the medical treatment.

### **Possible applications of the shungite room and cabin in psychoneuroimmunological (PNI) research and work**



Psychoneuroimmunology (PNI) or psychoimmunology is an interdisciplinary research area, which deals with the interaction of the mind, nervous system and immune system. One neighbouring area is psychoneuroendocrinology, which also includes interactions of the hormonal system.

The research area was established after American psychologist Robert Ader (1932 – 2011) proved experimentally in 1974 that the immune system can cooperate and learn with the central nervous system. Since then, it has become one of the most important areas of modern medical research.

One basis is the finding that neurotransmitters have an effect on the immune system and immunotransmitters have an effect on the nervous system. Interfaces of the control circuits are the brain with the pituitary gland, the adrenal glands and the immune cells. Neuropeptides, for example have the capacity to dock on immune cells and to affect e.g. both the speed and the movement direction of macrophages.

This basis makes it possible to explain why psychological and psychotherapeutic processes verifiably have an effect on physical functions (psychosomatics). The focus is on the effect of the psyche on the immune system, e.g. why stress can have a negative effect on immune factors. (Quoted from Wikipedia.org).

Through their shielding effect, the shungite room and the shungite cabin are helping to intensify psychoneuroimmunological work and research, by providing a “protected space” for this work, with which greater “clarity of the signals” and stronger effective force – e.g. of hypnotic and meditative applications – can be achieved.

## **What can be expected from time spent in the shungite room?**

- 1) Shungite acts in an ethereally absorbent, neutralising way. It therefore has a relieving, liberating effect on the human mind. **Deeper relaxation can take place!**
- 2) Entering the shungite room or the shungite cabin is **the practical exercise** of “entering a protected space”, which is often “only” visualised in meditation. It is an **opportunity to reverse destructive processes. A new treatment phase begins!**
- 3) The time spent in the shungite room or cabin represents an almost sacred, ritual visit. **Openness to positive influences is increased!**
- 4) The “time in the shungite room” allows protection and consolidation. **It is your very private time, which gives rise to composure and strengthening.**

## **Shungite – key to your creativity**

Another area still being explored is that of creativity and the role of shungite in its development and exploitation.

The following occurrence may indicate how the time in the shungite room can lead to an accumulation of “thoughts” (inspirations):

In “The Act of Creation”, Arthur Koestler writes:

*The creative act, in so far as it depends on unconscious resources, presupposes a relaxing of the controls and a regression to modes of ideation which are indifferent to the rules of verbal logic, unperturbed by contradiction, untouched by the dogmas and taboos of so-called common sense. At the decisive stage of discovery, the codes of disciplined reasoning are suspended — as they are in the dream, the reverie, the manic flight of thought, when the stream of ideation is free to drift, by its own emotional gravity, as it were, in an apparently ‘lawless’ fashion. (Arthur Koestler: The act of creation, p. 178).*

Here, the shungite provides space for the swelling river of relaxation that is beneficial to creativity.

It is sensible to prepare mentally for the time in the shungite room and then to enter it with a question or even with an expectant openness. Here, the shungite becomes a vessel for ideas, answers and thoughts.

The protective shungite room allows greater depth in meditation. Individual programmes to deepen meditation can be created here, with staggered times of varying length in the shungite room.

## **Shungite room and TimeWaver**

As the time wave – upon the acceptance of which the work with TimeWaver is based – is present everywhere, it can naturally also be found in the shungite room.

Knowing that conscious processes are also very strong processes, it may be concluded that a TimeWaver transmission could have a particularly strong and lasting effect on a person in the shungite room.

It makes no difference here, whether the person in the treatment area of the TimeWaver user is in a shungite cabin or in a shungite room at home. In the latter case, the transmission time would naturally have to be coordinated.

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If you are interested in the shungite cabin or construction of a shungite room, or for further questions, please contact us: