

This material was taken from the book *Beyond the Light* by P. M. H. Atwater, L.H.D., published first by the Carol Publishing Group in 1994, hardcover, then in 1995 by Avon Books as a paperback. Now available as an e-book on Amazon.com. The following comes from pages 257-259 of the paperback edition. It is important for near-death experiencers and anyone who has gone through any type of intense transformation of consciousness to know about this subject.

## Some Tips About Natural Lithium

by P. M. H. Atwater, L.H.D.

**Everyone needs lithium**, absolutely everyone! Most of us obtain enough from our food and environment to give this trace mineral nary a thought. However, with extensive computer use, overly stressed lives, pollution, and transformations like the near-death experience, one of the first elements lost in our physical bodies is the lithium necessary for us to function healthfully and think clearly. There is a tendency among medical professionals to use the pharmaceutical version of lithium in ways that may not always be in the best interests of near-death survivors. (Remember how sensitive experiencers often become.) Because of this, and because we could all benefit from some fresh viewpoints on the subject, I want to focus on a more holistic approach to lithium and how it appears to function in the natural world.

Natural lithium is a nonmetallic mineral, a cell salt. There have been twelve cell salts used in the past as homeopathic remedies. Lithium has been recognized as the thirteenth. According to the older traditions of natural healers, the task of lithium is to bond spirit in matter. Without sufficient lithium, it is said that spirit does not balance properly in the physical world. Animals, plants, soil, humans – all must have lithium to maintain their infusion of light (spirit). Do not mistake natural lithium for the pharmaceutical product, as the manufactured substance is bonded to sodium carbonate.

**Natural lithium is a common part of everyday life** and is readily found in the diet of most people. Should lithium levels deplete for any reason, they are usually easy to replace. For instance, in the plant kingdom, it is known that lemons and limes contain a substance virtually identical to lithium. Squeeze a little fresh lemon or lime into your drinking water from time to time – once a day should be plenty – and/or use them in cooking and food preparation as a salt substitute. (Drink treated water right down as the acidic content is high.) In the mineral kingdom, lepidolite is a rich source, followed by kunzite, and rosy tourmaline. Wear lepidolite as you would jewelry, or just have it around – perhaps in your pocket as a “worry stone” you can touch on occasion. (I have mine near where I sit at my computer.)

According to research on odors released in 1989 by Shimizu, a large architectural, engineering, and construction firm, and the developer of Aromatherapeutic Environmental Fragrancing Systems, they found that if lemon scent is pumped into business and manufacturing environments, human errors are reduced over fifty percent. (Lemon is the only scent they have discovered that influences workers to this degree). The reason for such a remarkable drop in errors, as least in my opinion, is that *any* form of real lemon or lemon scent duplicates lithium in its natural form. Even in small doses, I have observed that lithium itself perks up the brain and

centers and balances the human energy systems and emotions. It is subtle but effective.

(Of interest here is the medical fact that only the sense of smell directly accesses the limbic system – affecting memory and brain function. The others are indirect. Hence, people respond quickly to odors. This is especially true with near-death survivors since it is typical for them to have enhanced senses of smell after they revive. It seems to me that the correlation between natural lithium and the limbic system and the near-death experience is obvious.)

But there is more to know about what seems to be the behavior of lithium in its natural state.

According to Haroldine in her book, *Lithium, Nature in Harmony*, (1993, Borderland Science Research Foundation, now out of print), if an individual is in a negative mood, angry, or fearful, the lithium in his or her body appears to transmute or somehow alter, mainly into potassium. Since potassium has an odor, she conjectures that the old adage, “Dogs smell fear,” may have a basis in fact; the dogs most likely smell the potassium. If an individual is in a positive, joyful mood, or is meditating, she states that the lithium in that person’s body accelerates use of the mineral beryllium – recognized by some researchers as the “fuel” of higher consciousness and higher brain development.

(There is a type of crystal available, and it is quite expensive, called phenacite. It is touted as “the” stone to use for developing higher consciousness. Simply said, phenacite is a rich source of beryllium. Numbers of people are buying and using this crystal without proper guidance or preparation, and many of them are having problems with it. Phenacite supposedly expands and accelerates higher brain development, but without the “bridge” of grounding and balance the lithium offers; the “short-cut” it seems to offer can be more delusional than constructive. Care in its use is recommended.)

To my way of thinking, *lithium is the key*, the “bridge” spirit appears to utilize in bonding with matter, and magenta is its color. Symbolically, magenta represents the phase shift that separates one advancement through the various phases of spiritual development from the next of higher vibration. Magenta, then, as a color frequency, helps energy to balance (cohere) before it shifts from one growth phase to another. (Wear clothes accented with magenta or use it in decorations on occasion, and see if it makes any difference in how you feel.)

Regardless of how you view it, the trace mineral *lithium is essential and necessary*. And there are easy, inexpensive ways to augment its effectiveness in our lives for better health.

\*