

## **Metaphysical Research Committee (MRC) Proposal**

Following the first meeting on April 13, 2016 of the core committee of the Metaphysical Research Committee we would like to present this working document with the goals and objectives of the MRC as a sub group of the Calgary Rock and Lapidary Club (CRLC).

In light of the increasing interest in the metaphysical properties of rock and minerals we believe that this is an important aspect of mineralogy that should have its place at the CRLC. The MRC looks to explore what it is that draws us to the rocks and minerals that we collect and how they provide us with a sense of well-being. The main goal of this group would be to provide members a forum to discuss, examine, and study rocks and minerals from a New Age perspective. There is no doubt that a large portion of "rock lovers" have a strong interest in these aspects, mainly on the ability of rocks and minerals to foster personal well-being.

### **MRC Work Plan**

The MRC looks to expand the opportunities for membership opportunities, activities, and courses through the following activities

1. Hold regular group discussions to explore different metaphysical and scientific properties of rocks.
2. Organize conferences and talks with guest speakers to present different aspects based on New Age theories.
3. Organize workshops and courses where the participants will prepare various personal objects using the lapidary and gold-smithing studios. Potential courses can involve any aspect of stone finishing, stone setting, and jewellery making. Courses can include:
  - Crafting a crystal pendulum
  - Creation of a personal set of chakra stones
  - Crafting "worry stones" from raw materials
  - Creating wands with various stones
  - Crafting spheres
  - Creating objects that enhance the Feng Shui of a room
  - "Friendship" or "Lover stones"
    - This can be a 'bring a friend' course, bringing in more potential members
  - Crafting totem stones
4. Establish contact with other groups that share similar interests and have an affinity for metaphysical research. Through the MRC, CRLC membership opportunities can expand to areas such as:
  - Yoga
  - Meditation
  - Energy flows

### **MRC Guiding Principles:**

- All activities of the group must have rocks and minerals as their starting point for any discussion, forum, or course
- The MRC will not endorse any specific practice and will always put the safety of its members first.
- Any activities promoted by the MRC need to fall under the mission statement of the CRLC which is to promote the enjoyment of rocks and lapidary.
- The MRC will investigate properties of rocks and minerals for their energy and metaphysical properties with an open mind and a sense of adventure.
- Even though metaphysic exploration is a deep and profound topic, the goal of the MRC is to focus on enjoyment of rocks and minerals in a spirit of openness to others and ideas.