

One Year with Somavedic Harmonie

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10th July 2018

Dreams last night of Somavedics, purple and blue. Like hallucinations. My heart chakra felt all whirly and intense. Messy and bright and chaotic. I just feel like the Harmonie is already working! Weird. I got up this morning and found one had already been chosen and is currently winging its way to me from the Czech Republic. I'm excited for it to arrive. This strange little machine. I feel very blessed to have discovered it.

23rd July 2018

Harmonie arrived today. I was prosaically impressed by the international plug adaptor that came with it, so I could use it straight away. It's small and surprisingly heavy and glows bright blue. In fact – the light is intense. I have issues with bright lights – as in – I won't tolerate them, so I've hidden it from sight. Apparently, it doesn't need to be seen to do its 'thing,' so Harmonie is currently residing in its white cardboard box underneath my home altar for now. According to the brochure, the Harmonie is a gentle model suitable for small spaces like apartments, and takes 1 – 3 months to work its magic. Our house is, well, it is rather small, but it is two stories high, and the device radiates in a 30-metre circular radius.

24th July 2018

I will admit – I had a pretty good sleep last night and woke up feeling rested. Intriguing.

29th July 2018

It's been a week since Harmonie arrived. Meanwhile, I've replaced a table, tv cabinet and 2 sets of blinds, all of which were broken and shabby – things I had been 'putting up' with for 15 years. It's been one of those 'getting around to it' jobs, but I've been suffused with energy to *get things done* and spend a little extra money on surrounding myself with nice belongings. The house seems lighter as a result. Splendid.

On a side note – I felt like the Harmonie needed some water near it (not to restructure and drink, as I know my model doesn't do this) but just a couple of litres of water nearby. I've always had a decorative punch bowl sitting under my altar – just because it's so pretty and I like looking at it! So, I halfway filled that punch bowl with water the other day. It just felt right. I must trust and follow through on my intuition more before my logic brain steps in and goes "That's stupid!"

I like the name 'Harmonie' so that's what I am calling my device for now.

1 August 2018

Rumours of a long-ago missing body allegedly located in our village. Things coming 'unstuck' and being revealed after a long time in hiding. Harmonie, is that you? Or just Mercury retrograde?

2 August 2018

Just been to my 6-month regular check up at the Dr's. My blood pressure is spot on at 120/80 and the doctor reduced my medication by half. I'm impressed!

23 September 2018

Life has been pootling along. Just coming out of a nasty cold virus, but spring is here, and the weather is just gorgeous. I forget Harmonie is here sometimes, working away. Things have been on an even keel. Balanced. Nice. I cannot complain. What was life like this before it arrived? I can't remember...Husband and Daughter think it has made no difference whatsoever.

15 November 2018

I feel like I've turned a corner, but not sure why or how. I just woke up yesterday full of vim.

Stresses have been slowly falling away; Uni, youth art exhibition, and booking Italy. Just the *Making Magick Oracle* to go now. I am really enjoying writing this guidebook– the information is coming through clearly and beautifully. I just love working with symbols.

I've also started on a couple of new decks that take their inspiration from the *Voynich Manuscript*. Such a curious thing, this book. When I am deep in work with it, I feel a 'presence' behind my right shoulder. It is a good energy, powerful...and I feel it has something to do with the manuscript. Its exciting to think I am being encouraged from another realm. It is a curious and calming presence. Seems pleased that I am doing this work? The two decks are *The Enchanted Unicorn*, and *The Enchanted Herbal* – 36 Keys for attracting the life you want.

As well, Somavedic website states that the Harmonie works to a 30-metre radius. We have been blessed with good neighbours to our right, and they are doing some landscaping, and it

looks gorgeous. We will soon have new neighbours to our left, a family I already know and really like! Artists, fun and fabulous but also grounded.

I take for granted that our house feels clean and clear (energy wise) all the time. I work on it often, but combined with Harmonie, perhaps I have had to do less.

November 24 2018

I am looking forward to a quiet start to December, and time to process and plan our Italian holiday. The energy downstairs in this house is so clear. I walk down in the mornings and everything looks bright, and there is a feeling of calm. I wonder if upstairs needs a Somavedic as well? It's not as clear up there. Muddy corners and stagnant. I know it has a 30-metre radius, but the closer you are to it, the better, obviously. Toying with the idea of a Medic Green Ultra – but I understand its energy is quite forceful. I am enjoying the gentle Harmonie – it works slowly but surely.

February 2019

Lately, there have been many things which have forced me to speak up. I am using my words against injustice, whereas before I would have remained silent, seething, and frustrated.

Namely:

- October 2018, where my friend was put into a headlock by a security guard and, on the night, I loudly verbalised how it was not OK, and wrote a complaint letter.
- November – being unfairly kicked out of the restaurant because they wanted to close early. Standing up for myself and my friends, and making sure the owners knew that this was not OK
- Health and safety issues at work where as normally I would remain silent, I am speaking out
- Calling out a man for making an issue of my weight at a party, finally standing up to it and saying “What you are doing is not O.K.” I have remained silent all my life on this issue. Not anymore.
- Issues around teenage girls behaving meanly and excluding people. Instead of ‘turning a blind eye’ I am speaking out and saying that this injustice is not OK.

I can be bothered to fight now, I feel confident enough to say when something is not OK.

It's almost like I am being ‘forced’ to speak out and use my words. I used to dread confrontation, but now I welcome it (within reason), I have the confidence to say what needs to be said.

21st Feb 2019

Blood pressure pills reduced once again at my 6 month check up! In fact, I do not even need to take them anymore. Declared fit and healthy by my Doctor. Got to love that! Thoughts about getting a Medic Green Ultra intensifying. I love the energy of my house so much I do not even want to go on holiday... I'm very sensitive to energies of other places, and wonder about taking the Harmonie with me when I travel...

25 Feb 2019

Well, all I had to do was *think* about getting a Medic Green Ultra and things have kicked off! I have one sitting in my cart. Things that have been simmering for a while in a group of friends came to a head over the weekend and I was stuck in the middle! Not pleasant but it was interesting to see people's true colours. It was good to be able to see the bigger picture and not get too carried away with emotion.

16 March 2019

The friend situation has sorted itself out. Sometimes our life purpose is just to be kind, be honest and simply be yourself. The Harmonie is a very gentle worker, but I feel like I am ready for a stronger Somavedic. Even so, I'm a little hermit in my Harmonie cave...

25 April 2019

I heard about a new Somavedic model on Venus's radio show today, and I feel like this is the new Somavedic for me. Here's some info on it:

Somavedic Medic Ruby has all the features and properties as Somavedic Medic, plus on top of that has all the advantages and properties of the Ruby crystal.



- **Ruby** - promoting spiritual growth

- Stimulating heart chakra activity puts the heart in balance
- It encourages us to "go for the happiness"
- Crystal represents the perfect shield against mental attacks and the "extraction" of the heart energy
- It evokes positive dreams and clear visual images
- It encourages pineal gland activity
- It is one of the stones of abundance and helps to maintain wealth and enthusiasm
- At the mental level, the ruby stops the anger and negative energy. At the same time, it removes everything negative from your path.
- Thanks to the protective effect of this stone, you can work harder during arguments and clashes.
- In emotional life, the ruby appears as a dynamic stone.
- It stimulates desires and enthusiasm in the heart.
- Ruby is a crystal that supports the need to socialize with humans and induces sexual activity
- As for the body, the ruby helps to overcome exhaustion and lethargy. It impersonates strength and energy. On the other hand, it dampens hyperactivity.

Healing Use: Ruby removes toxic substances from the body, blood, and lymphatic fluids. It decreases fever and heals infectious diseases. It has a beneficial effect on the heart and circulatory system. Supports adrenal glands, kidneys, reproductive organs, and spleen.

2nd May 2019

So, we are getting a new car. Our 22-year-old Mazda is getting a bit clunky and it's time for a new model. Since the Harmonie has come into our home, I see many things being upgraded, and feel like I can afford a better lifestyle, even though my money situation hasn't changed. It's all about perception. I feel like I can be more generous with myself and others; stinginess is waning.