

Step-by-Step Guide to Creating the New Adam Gel

Creating the **New Adam Gel** involves blending **gem powders**, **essential oils**, and a **base made from algae**. This gel is used for ritual anointing, aiming to connect the properties of the gems and oils to both physical and spiritual healing.

Materials Needed:

1. **Gem Powders** (individual or combination of finely ground gems, such as **jasper**, **rose quartz**, etc.)
 2. **Essential Oils** (single or blended, as determined by the specific ritual or community need)
 3. **Algae Gel Base** (from **agar-agar**)
 4. **Sunflower lecithin** (as an emulsifier for the water/ oil blending)
 5. **Red Algae Oil** (allows the water based gel to accept essential oils)
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Step 1: Preparing the Gem Powders

1. **Select and Grind the Gems:**
 - Gather the gems you plan to use, such as **jasper**, **rose quartz**, **amethyst**, etc.
 - Crush the rocks, then put in a rotary tumbler for 1-2 weeks. Decant a tablespoon of the gem slurry and put it into a vibratory tumbler with some smooth pieces of quartz.
 - Then use the **vibratory tumbler** for **1-2 weeks** to create **ultra-fine gem slurry that will produce the powders**.
 - The finer the powder, the more potent the effect.
2. **Settling the Powder with Rainwater:**
 - Place the gem powder into a glass jar and add **rainwater**. Stir and let it sit for several hours or overnight.
 - Decant the top layer of liquid using a **turkey baster** or **pipette**, leaving the heavier particles at the bottom. This process helps extract the finest particles for the gel. Put the extracted solution in an open dish.

- Repeat the flooding process 2-3 times. Then let the liquid evaporate to leave behind the ultra-fine gem powder. This powder will be used in the gel mixture.
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Step 2: Preparing the Algae Gel Base

1. Create the Algae Base:

- Use **agar-agar** or a similar algae-derived product as the base. Mix **1 teaspoon of agar powder per 1 cup of water**, following the package instructions.
 - Heat the mixture until the agar-agar is fully dissolved and forms a gel as it cools.
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Step 3: Preparing the Oils

1. Choose and Prepare the Essential Oils:

- Select essential oils that correspond to the gems you're using. For example:
 - **Jasper** pairs with **pine essential oil**.
 - **Amethyst** pairs with **marjoram essential oil**.

2. Incorporate Lecithin:

- Use the texture of the gel as a way to determine how much algae oil the gel can unite with. The algae oil allows the agar to accept the essential oils. If the mix separates add a small amount of **sunflower lecithin** (a natural emulsifier) drop by drop to help blend the oils with the algae gel base. Stir the oil/gel mixture until well blended. When balanced the oils will not separate out. This takes a bit of work to get the right consistency but it does work. Balancing gel, essential oil and emulsifier so that they don't separate out is the goal.
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Step 4: Combining the Ingredients

1. Incorporate the Gem Powder into the Gel Base:

- Take the prepared **algae gel base** and slowly mix a pinch of the finest **gem powder into it**.
- Stir gently to ensure the powder is fully integrated into the gel, evenly distributing the fine particles.

2. Add the Oil Mixture:

- Slowly add the **essential oil** blend into the gel drop by drop.
- Stir the gel thoroughly to create a **smooth, even consistency**.

3. Adjust the Consistency:

- Check the thickness of your gel. If it's too thick, a drop or two of **rainwater** will thin it out.
- If it's too thin, let the gel sit for a few hours or overnight to firm up.
- If it separates from the oil, lecithin added drop by drop will bring it to balance.

Step 5: Final Blending and Storage

1. Blend the Mixture:

- For a final blend, use a sterile **spatula** or **stirrer** to mix the gel until it has a uniform consistency. The gem powders, oils, and gel base should now be evenly distributed.

2. Store the Gel:

- Transfer the finished gel into **sterilized glass jars**.
- Seal the jars with tight-fitting lids and label them with the date and ingredients used.
- Store the jars in a **cool, dark place** to preserve the potency of the gel. The gel can last for several months, but always check for any signs of spoilage.

Step 6: Application and Ritual Use

1. Ritual Anointing:

- The New Adam Gel is typically used for anointing the **head** and **hands** during ceremonial rituals. Apply a small amount of the gel to activate the healing and spiritual properties of the **gems, plants, and oils**.

2. Customizing for Different Ceremonies:

- You can adapt the gel's formula by changing the **gem-oil pairings** to match the ritual's intent. For instance, **garnet** and **myrrh** might be used for grounding, while **emerald** and **helichrysum** could be used for renewal and healing.

Important Tips for Success:

- **Ultra-fine Powder:** The finer the gem powder, the better the transmission of its energy through the gel. Consider investing in a **vibratory tumbler** for the finest results.
- **Minimal Amount of Powder:** Only a **small pinch** of gem powder is needed for the gel to be effective. This can be important with more expensive or harder-to-obtain gems.
- **Intent and Focus:** When creating the gel, focus on the **intent** behind its use. This energy will be incorporated into the gel and aid in its ritual potency.
- **Cleanliness:** Sterilize all tools and containers to prevent contamination, especially since the gel will be used on the skin.