

The New Age Stones

Many of the New Age Stones reflect colors that our minds are only now ready and capable of perceiving. Some of these stones have only recently been discovered and some are only now, after thousands of years, willing to disclose their secrets and offer their healing energies to the world. It is a special and blessed time to be alive and to have the opportunity to join forces with these stones to create a world that will inhabit conscious, loving, whole, exuberant beings.

The following chapter is devoted to sharing the stories that I have personally witnessed and experienced while working with the twelve New Age Stones. As you work with and harness the forces of these very special stones you, too, will notice their healing and transformative influence in your life, as well as in the lives of those who share in their healing vibrations.

THE QUARTZ FAMILY

Quartz is one of the most common minerals on the earth and has the largest variety of specimens which display an entire panoramic spectrum of color. Not all of these diverse forms of quartz will be explored in this book, but I would like to mention and appreciate their presence as valuable members of the quartz family and as perhaps an invitation for your further study.

Agate

various colors, can be banded or layered violet, pale red-violet green, gold-brown, iridescent

Amethyst

Aventurine

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Basanite	velvet black
Blue Quartz	dull blue
Carnelian	flesh-red to red-brown
Carnelian—Onyx	red base with a white upper layer
Chalcedony	bluish, white, gray
Citrine	light yellow to gold-brown
Crysoprase	green, apple green
Dendritic Agate	white-gray and translucent with fern like images
Flint	opaque and dull colors
Fossilized Wood	gray, brown or red
Hawk's Eye	blue-gray to blue-green
Heliotrope, Bloodstone	dark green with red spots
Jasper	all colors, mostly striped or spotted
Moss Agate	colorless with green inclusions
Onyx	black base with a white upper layer
Opal	opalescent precious opals, yellow red fire opals and common opal
Prase	leek-green
Prasiolite	leek-green
Quartz Cat's Eye	white, gray, green, yellow, brown
Rock Crystal	white to colorless

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Rose Quartz	strong pink to pale pink
Sard	red-brown
Sard-Onyx	brown base with a white upper layer
Smoky Quartz	brown to black, smoky gray
Star Quartz	rock crystal showing a star when polished
Tigers Eye	gold-yellow to gold-brown

Clear Quartz Crystals

When most people talk about crystals, they are usually referring to clear quartz. This type of crystal is the most common and well known and could be related to as "the grandfather" of the mineral kingdom. Generally speaking, clear quartz can be used for all purposes as it vibrates the clear white light which contains all other colors.

Quartz is the salt of the earth and is indigenous to this planet. It is comprised of silicon dioxide which is one of the earth's most common mineral compounds. It is interesting that as human beings we are also born out of the womb of the earth. Would this make us cousins of different kingdoms in the family of earth?

Quartz crystals represent the sum total of material plane evolution. The six sides of the quartz crystal symbolize the six chakras with the termination being the crown; that which connects one with the infinite. Most quartz crystals have a flat base which was their roots to

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the earth. Oftentimes quartz are cloudy or milky at the bottom and gain more clarity as they reach the terminated peak. This also symbolizes a similar growth pattern in which the cloudiness and dullness of consciousness is cleared as we grow closer to the point of union with our infinite self. Clear Quartz Crystals prove that the material plane can and does reach a state of physical perfection capable of containing and reflecting pure white light. Clear Quartz Crystals are a symbol of coming into alignment with cosmic harmony. They demonstrate that purity and unity in every molecule and atom of their being. Clear quartz radiates with divine white light and by seeing, touching, wearing, using or meditating with these crystals one can actually work with that light in a physical form.

The Clear Quartz Crystals that one attracts into one's life are stones that in some way will facilitate that particular person's growth of awareness. To unawakened minds, they will work subliminally through the subconscious. For the aware souls who are walking upon this planet, crystals will be like beacons that will add more light and positive energy to be used in their lives and integrated onto the earth. Quartz crystals represent perfected material form, aligned and harmonized with the cosmic force. They are much like the pyramids in that they channel high frequency energy onto the physical earth plane. Clear Quartz Crystals reflect pure white light that can be channeled into daily thoughts, feelings, words, and actions. They stimulate the finer, more subtle realms of our being which can then be integrated and manifested into our lives.

The evolution of the quartz crystal is much different than ours in many ways, and very similar in others.

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Quartz crystals are conceived within the womb of the earth and matured there until they are born onto the surface of the planet, much in the same way that humans incubate within the warmth of the maternal womb while grounding their spirit into a physical body before entering the material world. Each crystal is unique and unlike any others, each with its own personality, lessons and experiences, (as with humans). The purpose and destiny of both is to unite with cosmic consciousness and manifest that on the material plane. Crystals and humans can become working partners in that process and serve each other's evolution. When the mineral kingdom and the human kingdom link their forces together, new worlds of consciousness unfold. As the healing essence of quartz crystals vibrate the soul of humanity, vast horizons of hope and joy appear.

Quartz has the remarkable ability to vibrate its energy at all of the color frequencies, from black to yellow, green to pink, and on into the blue and purple spectrum. In this way, quartz demonstrates how to manifest the clarity and purity of white light into denser and lower frequencies. This ability to be multi-colorful can teach us how to vibrate all of our seven chakra centers simultaneously while maintaining perfect alignment with the light. This is the ultimate challenge of being in a physical form; to fully utilize all creative centers while consciously expressing the multi-faceted use of light.

All things are light and varying degrees of light manifesting in color. In quartz crystals the light force merges with the physical plane elements, blending different tones and vibrations together, creating beautiful colors. This light and color is what allows the healing process to occur. Quartz crystals vibrate the aura at such a high rate

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that the darker tones of karmic seeds can be dissolved and released. Quartz crystals then return that energy to its source to create higher vibrations and brighter colors to be recirculated into the aura. This type of deep soul healing can strengthen the inner depths of one's being and build a strong foundation on which to stand and live.

Within Clear Quartz Crystals are usually found clouded areas or inclusions. Sometimes they resemble galaxies, which indeed they are. These crystals show us that worlds exist within worlds and that the creation is limitless and unfathomable. This realization immediately inspires an awe and respect for the infinite creative force which all forms of life humble themselves before.

Many quartz crystals have reached a completion of evolution and will not change much once they have been midwifed onto the surface of the planet. These crystals carry within them their own unique markings which relate their identity, stories, records and information. However, some quartz crystals carry clouds within them that can be cleared as the crystal evolves and grows beyond its limitations. These crystals, after being used in crystal healings, meditations or continuously worn, can become perfectly clear and sometimes change beyond recognition. They will change as the person who is working with them clears their cloudiness of consciousness and transforms it into clarity. These crystals have parallel lessons and will reflect the changes as they occur within the crystal and the individual working with it. As crystals are worked with and attuned to, it will be possible to know what the inner markings of each crystal contains and what each individual crystal's potential and possibilities are.

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There are many different ways that Clear Quartz manifests and can be worked with. This holds true for the entire quartz family. The following quartz summaries describe some of the unique and fascinating forms in which you may find quartz crystals revealing their nature.

Generator Crystals

Generator crystals are clear single quartz crystals that can be used to channel and ground pure healing energy. Six natural facets join sharply together to form the terminated apex. The crystal is supported by six sides and grounds the light force at the base. These crystals may be cloudy at the bottom and clear at the top, reflecting rainbows, displaying phantoms, with intricate inclusions, or completely clear. Each Single Generator Crystal is its own entity, each carrying its own story and its own experiences and lessons. Generator Crystals have great individual personalities and easily become good friends and associates in healing. Single Generator Crystals can teach us how to concentrate, focus, and magnify our own healing energy. These crystals demonstrate with their example how to channel the radiant light force into our beings and onto our world.

Generator Crystals are an example of a physical structure that is pure enough to beam white light onto the physical plane. Generator Crystals are just that—generators of cosmic force. Their perfected geometric form allows for the focus and proper distribution of this energy into the lives of the people working with them and receiving their healing energy. Generators also intensify and direct the healer's energy as it is channeled through the crystals. Generator Crystals are ideal to use in medita-

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tion or crystal healings. They can be used in layouts to direct the flow of energy from one chakra to the next. Simply direct the termination of the crystal in the direction in which you want the energy to flow. Generator Crystals can also be held directly above the chakra points to purify and recharge the energy centers (also see Crystal Healing Layouts, Chapter 3).

Generator Crystals can be as small as $\frac{1}{4}$ inch or as large as three feet. They can be carried with you or placed in the most obvious or sacred of places. They are power pieces and should always be used with respect and knowledge.

Clear Quartz Single Generator Crystals are the most common and clearly state with their presence the ability we all have to be clear, focused and directed in the expression of light. Single terminated Amethyst, Citrine or Smoky Quartz are also Generator Crystals, each channeling its own particular essence. For example, Amethyst would channel the purple ray of devotion and be ideal to use over the third eye center.

Generator Crystals are also in the process of evolution. As they are tuned into and worked with, it is very possible that they will become clearer, brighter and capable of carrying more light.

Crystal Clusters

Clusters are formations of single terminated crystals that share a common base. Clusters are many individual crystals who all live together in harmony and peace. They represent the evolved community, each member being individually perfect and unique yet sharing a com-

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mon ground, a common truth, with all the others. In clusters, all units join together to reap the benefits of living, learning and sharing in an advanced society. The individual crystals reflect light back and forth to one another and all bathe in the combined radiance of the whole. The auric light that surrounds the quartz cluster is very bright and strong.

These crystals can be placed in areas in which you want to create a stronger healing vibration or in places where you want to cleanse the atmosphere. For example, if an argument has taken place in a certain room, quartz clusters could be placed in that area to purify the environment of negative energies and feelings. Clusters can also be placed in between two people, in meditation, to gain greater harmony with one another.

To purify and recharge healing stones, crystals, or jewelry, place them upon large clusters for at least three hours. Pictures of friends or family can be placed upon, or next to, quartz clusters to direct a ray of positive energy towards loved ones throughout the day and night. Clusters can also be used directly over the chakra centers to dissolve any negative or unwanted influences. This enables one to connect with their own source of light and balance themselves.

There may be hundreds of single terminated points in a quartz cluster, or there may only be two. Small clusters are ideal to use in crystal healing layouts (see Basic Energy Charge, page 38), while larger ones usually find homes on altars, desks, counter tops, window sills, bed-stands, or any place where they can reflect their radiance. Clusters are wonderful gifts to homes where the occupants need to harmonize and cooperate.

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Most popular and accessible are Clear Quartz clusters, but equally as beautiful are clusters of other members of the quartz family. Other minerals such as Fluorite or Wulfinite also form exquisite cluster formations. If nothing else, clusters are an incredible work of beauty in nature and extremely pleasurable for the senses, as well as the soul, to behold.

Double Terminated Crystals

When the six faces of quartz join together to form a point, a terminated crystal is born. When both ends of a crystal join in this fashion, Double Terminated Crystals are created. These specialized crystals have the capacity to draw in as well as emanate out energy from either end of the crystal. By uniting the energies together in the central body of the crystal, a Double Terminated Crystal can then project that unified essence out from both ends. This blending of forces allows the Double Terminated Crystal to be used in special meditations and advanced telepathic practices.

These crystals are complete unto themselves. They have reached a terminated peak of perfection on both ends. Instead of growing out of a hard rock surface in which single terminations are formed, Double Terminated Crystals grow in the center of softer clay. They know no limits or boundaries and have grown to completion on each of their polar ends. Double Terminated Crystals teach us that it is possible to be balanced in our dual expression of spirit and matter. They symbolize integration of both worlds into one single form, and show us that all polarities meet in the center. Double Terminated Crystals exude a sense of personal unity and are

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ideal to use with people who are mentally or emotionally unbalanced. By simply holding a Double Terminated Crystal in each hand for even five minutes, it will calm and relax one into a state of greater mental and emotional stability.

When negative energy has been blocked into the tissues, organs or aura of the body, Double Terminated Crystals can be placed on top of or held above the affected areas. This will create an energy vortex that will clear and dissolve any stagnant or unuseful energy. Double Terminated Crystals can be used on the head centers (such as the third eye or top of the crown) to expand the consciousness and harmoniously blend the logical with the intuitive and the physical with the spiritual. They can also be held directly onto different areas of the brain to stimulate underdeveloped aspects of the personality or consciousness. This type of treatment may evolve into futuristic crystal-laser brain surgery. Working with Double Terminated Crystals in this way can break up stubborn mental blockages which create addictive behaviors and unhealthy attitudes. As these old programs are erased, it is then possible to consciously recreate a positive perspective on the world and on one's life.

Double Terminated Crystals can be held over the chakra points and rotated in a clockwise direction to clear and open these centers. If possible, a Double Terminated Amethyst would be used over the third eye, a Double Terminated Citrine over the navel and a Double Terminated Smoky Quartz over the base chakra. Double Terminated Crystals are ideal to place in between the chakras during crystal healing layouts to integrate and harmonize the energy centers. They help to dissolve any blockage that may prevent the proper flow of energy

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through the body. Double Terminated crystals are also wonderful to use on points under the eyes and on the face where stress lines appear. This type of New Age facelift can reverse the aging process as it releases the stress that creates it and rejuvenates the sensitive tissues of the face.

Refining Telepathy

Another fascinating use of Double Terminated Crystals is for sharpening and refining telepathic powers. Working with a partner with whom you harmonize well, Double Terminated Crystals can be used to link together individual minds and thoughts, creating a stronger connection with the universal mind. Meditation exercises such as this should always follow positive affirmations to surround yourself with a protective white light. To practice these mental exercises, decide who will first receive the thoughts and who will project them. Each person will hold a Double Terminated Crystal. Sit cross-legged, with the spine straight, directly across from one another. The thought sender will hold the crystal in his/her right hand and place one of the terminated ends at his/her third eye center, with the other termination directed towards the partner's third eye. The receiver holds the Double Terminated Crystal in the left hand, terminations in the same position as sender. The receiver then becomes very still, open and sensitive to the thoughts being concentrated, visualized and projected by the sending party. Start by first concentrating and sending an image of a color, then a number, and advance into sending very specific thoughts and personal messages. Each party should practice being the giver as well as the receiver to develop both the

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passive and aggressive aspects of psychic communication. With regular practice, this meditation can develop a strong telepathic link between two people which will enable them to communicate even when they are miles apart. Double Terminated Crystals can also be used in personal prayers and meditations to send out thoughts of peace or to positively affirm personal goals.

Large Generator Crystals

Large Generator Crystals are instruments of great power and need to be used with knowledge and caution. If a Large Generator Crystal is set up properly, it becomes as a beacon of light that focuses and projects a high powered laser that can open the ethers to the material plane. Caution must be taken when working with these crystals. It is very important to project only the most positive humanitarian thoughts into them, for they magnify and intensify thoughts up to 1,000 times. This is why the Large Generator Crystals are ideal to use in group meditations and prayer circles for world peace. Using large generators in this way is one of the most powerful techniques for creating world change. The planetary aura is extremely sensitive to and affected by our thoughts and projections. These mental forms create the physical reality that we live in. If we can fill the atmosphere of the earth with thoughts of peace and love, the earth will have no choice but to manifest those thoughts into the lives and hearts of people everywhere. Large Generator Crystals are a priceless gift given to this planet as a tool for planetary transformation. If these power pieces are ever misused for egocentric or selfish

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purposes, the karmic ramifications could be extremely detrimental to the abuser. Use them wisely.

Large Generator Crystals are few in number. Some are as large as four feet and perfectly clear. Others are smaller (six to 36 inches), all with their own personality and presence. These generator crystals can be used in personal meditation practices or in crystal healings to set positive affirmations (see Chapter II, Group Healing Meditation). Large Generator Crystals should be upright, termination to the sky, when being used in healings or meditations. Sometimes a wooden stand can be custom-made to assist the crystal's horizontal position. When working with Large Generator Crystals, smaller Clear Quartz (two to six inches) generator crystals can be held up to the heart or to the third eye (terminations out, directed towards the large generator) to project thoughts, prayers or positive affirmations into the large crystal. As the large generator receives these psychic impressions that it is so susceptible to, it will amplify those thoughts and direct their intentions into the etheric plane. With the large generator's laser ray penetrating into the more subtle mental realm, existing patterns can be altered. This in turn will manifest in the physical world. For example, if someone is trying to quit smoking cigarettes, the thought and visualization of being completely free from the addiction could be projected into a large generator. The crystal will seed that impression deep into the mental plane which, if nurtured, will sprout into the desired reality.

When working with Large Generator Crystals, the ethers are very open and great power accessible. These crystals serve as an open two-way communication circuit, sending projections out as well as receiving and

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grounding higher energies onto the earth. To receive information or knowledge from the crystal and the more subtle realms, terminations of smaller Generator Crystals held in the hand are directed towards the third eye. These impressions are subtle and the mind may need to be trained to perceive and interpret them.

Large Generator Crystals can serve a multifold purpose. They can be used in many ways. They can direct telepathic messages, clear the atmosphere of negative energies, charge the aura, or be used in special white tantric practices between two people of like-mindedness. To practice this type of specialized meditation, sit across from your partner with your palms pressed together and the Large Generator Crystal upright between you. As you sit with eyes closed, breathe very deeply and focus on the energy that is building between you. The Large Generator Crystal will increase the force field of each party and merge those energies together. This meditation should only be practiced when two people choose to unite themselves on physical, mental, and spiritual levels. This meditation can be practiced every day, but should not exceed 11 minutes during each sitting. Working with a Large Generator Crystal in this way will strengthen the nervous system, allowing it to carry a greater electrical voltage along all of the nerve pathways in the body. This enables one to carry greater amounts of light force within the physical structures. It also purifies and strengthens the aura. These effects can also be gained when practicing a similar meditation alone. To do so, sit directly in front of the Large Generator Crystal and place your hands directly on the sides of the crystal. Breathe long and deep as you open yourself to the essence of the crystal and make yourself very receptive to its light. Again, do not exceed 11 minutes and if you feel

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light-headed or dizzy, release your hold on the crystal, move away from it, bring your forehead to the ground and breathe deeply. These particular meditations direct the crystal's light and energy into your own electrical magnetic field. A powerful vortex of energy spirals down into the Generator and radiates out to be received by the meditator. That light is then diffused into the multi colors of the spectrum, which in turn directly affect the central spinal column as they purify, stimulate and balance all of the chakras. When working with this type of powerful energy source it is important to be physically, mentally and emotionally balanced. The above meditations will vibrate the nuclei of the atoms comprising the physical body, and in so doing purify the material vehicle to be able to contain greater and greater amounts of pure light.

Please use these crystals with respect and the utmost discrimination, and do not expose their energies to people that may not know how to use them.

Tabular Crystals

The Tabular is a very high vibration crystal, rarely recognized for the power that is instilled within it. Tabulars have a different energy frequency than any other quartz configuration. To date, their full potential has not been properly acknowledged or utilized. Tabular quartz are not found in all crystal mines and tend to be a rare specialty worth celebrating when discovered. Tabbies are very strong and powerful crystals. To simply describe, Tabulars are flat quartz crystals, with two of the opposing six sides being larger and wider. Often they will be double terminated and on special occasions live together in clusters.

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Tabular Crystals serve as a bridge or connecting link between any two points. Their power lies in their ability to transmit from one side to the other while maintaining a perfect balance. Tabbies are a connecting communicator that will always strive to equalize energies by uniting the poles with a common base. They are excellent to use in balancing energies between two people, two chakras, or any two elements. When used in crystal healing layouts they can be placed between two chakra points to establish a link and integrate the energies. For example, a Tab could be placed in between the heart and throat center to allow for greater verbal expression of love. One could be placed between the heart and the solar plexus to balance the higher and lower bodies and release negative emotions. Tabulars can be directed into brain centers on the head to balance the hemispheres of the brain and align the intellect with the intuition. Tabs can be held in the hands or placed in between two people who choose to align and harmonize their energies. They are wonderful marriage counselors, as they help to bridge any gaps in communication or sharing. Double terminated Tabs can be programmed and used in telepathic communication between any two people of like mindedness. One person would program the crystal and the other would retrieve the information by psychically attuning to the crystal. This advanced form of correspondence may evolve to be one of the New Age methods of communication.

In cases of emotional hysteria or extreme mental anguish, a Tabular Crystal can be held in each hand to balance the energy flows in the body and assist the person to establish communication with his/her higher self. Results can be noticed almost immediately as a healing occurs on a mental level that will allow the link between the soul force and the personality to take place. Tabbies

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do not break old mental patterns; instead they serve as the bridge between the higher and lower, the outer and the inner selves. Tabbies are good to keep in a first aid kit or to carry with you to be used in case of emergencies.

In advanced meditations, Tabular Crystals can be used to establish conscious communication with disincarnate entities, extra-terrestrial beings, or personal past life connections. This soul level communication requires a calm stillness of mind and a personal affinity and relationship with the Tabular Crystal being used. These meditations require a trained mind and should not be attempted if under the influence of any external substance (drugs or alcohol). To practice this meditation, attune yourself to the crystal by holding it in your left hand and placing it against each chakra point for several minutes, establishing a link between all of your energy centers and the Tab. Finally, leave the crystal to rest at the top of your head as you concentrate on that area. Visualize a vortex of energy spiraling down through the crown chakra and allow it to come to rest at the third eye. Perceive with your sixth sense and allow the inner mind to interpret the symbols, images, impressions or messages that you receive. Trust without a doubt the lessons you attain while practicing such meditations and strive to integrate this new information into your daily life.

Tabular crystals often times become personal meditation pieces or private teacher crystals because they establish such a strong link between you and your higher self. They will attract themselves towards the people who can best attune to their frequency and benefit from their power. Tabular Crystals will usually appear on the scene at crucial stages of development when you are advancing

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to the next step or level of awareness and need a friend to help bridge the gap and assist in crossing the threshold.

The Record Keeper

The Record Keeper is one of the most sacred crystals that could ever be witnessed or worked with. Eons of wisdom can be stored within such crystals, and when properly attuned to, can reveal ancient knowledge and profound secrets of the Universe. These crystals have been consciously and purposely programmed by either the oversoul beings who created the vibrational frequencies that would allow human life to evolve on earth, or by their direct lineage—the Atlantians and the Lemurians. These were the pure races that first inhabited our earth. This advanced race of beings came from far beyond our solar system, and as they traveled and evolved, they stored within their memory patterns all of the lessons and experiences from worlds and universes beyond. When they came to our earth they seeded the first root race, which has now come of age and is reaching the crest of evolution when this invaluable knowledge can be received. These enlightened beings wished to preserve the secrets of the universe so that when the human soul became ready it could inherit a fortune of cosmic knowledge. Special crystals were chosen. These were programmed with galaxies of information and placed deep within the earth. At the exact right time they would come to the surface of the planet to be used by the exact right person. It is also believed that some of the Record Keeper Crystals simply materialize out of thin air when the time has come to share their stories. When this infor-

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mation is tapped into, worlds of experience and learning can be embraced by the human soul.

The purpose of accessing information from Record Keeper Crystals is two-fold. First, to satisfy the thirst that each soul has for the truth and for knowledge concerning the origin of the human race and the origin of the human soul. Secondly, as individuals come to know this truth within themselves and feel connected to their source, planetary humanitarian goals can be met as each person becomes a healing agent to the earth.

Record Keeper Crystals have their own security system. Only the pure in heart can attune their consciousness to receive the libraries of wisdom contained within. Souls of high vibration are now given the opportunity to seek this eternal knowledge and engrain it into their beings. It is not information to be given freely, it is rather an enhancement to one's own light, a deeper access to personal wisdom and greater peace to be used in your world. It is not a healing energy. It is wisdom.

Record Keepers all have a sacred symbol engraved on one of their facets. These symbols are not easily seen and usually need to be searched out by looking at the crystal in a bright light while closely examining all the faces and facets. If a crystal is a Record Keeper, a small perfect triangle will be found on one of the six faces forming the termination. These small triangles are not the facets themselves. They have actually been etched into the crystals. If you run your finger over the triangle you will feel the indentation. This ancient universal trinity symbol represents the perfect balance achieved when the physical, mental, and emotional aspects of our being are aligned with a point of spiritual light at the top. It is also the symbol of the all-seeing third eye. The triangle is the

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eye. The triangle is the eye of the crystal and serves as a doorway into powerful wisdom. This symbol on the Record Keeper Crystal indicates vast resources beneath its surface that are capable of being psychically retrieved.

The Atlantian civilization fell because cosmic power and universal knowledge were being abused and misused for selfish purposes. Many of the Atlantians who retained their wisdom programmed Record Keepers to retrieve in future lifetimes. Much of this sacred knowledge has been inaccessible until now. It is of vital importance to accept full responsibility and have complete respect and reverence for this information. If these crystals, or the knowledge contained within them, is ever misused again, damage could occur that would make this information inaccessible to this planet.

It is a responsibility to work with a Record Keeper. The information received may be unlike anything you have witnessed or experienced. Data may be stored in them that has absolutely nothing to do with physical life on planet earth. The person receiving the information must not only train their mind to be open to receive inconceivable concepts, but also must be capable of processing the information somehow into their lives. With advanced training these crystals can transport the consciousness into higher dimensions and greater realities. The purpose of such experiences and of receiving such phenomenal information is not to escape from the world here on earth, but rather to incorporate higher knowledge, wisdom, peace and love onto our planet. As the human mind expands to encompass a greater and higher truth about life and the universe, the entire planet will evolve into the Aquarian Age.

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Generally speaking, Record Keeper Crystals are personal meditation crystals and are sometimes not even touched or seen by others. To meditate with a Record Keeper, place the small triangle directly upon your third eye center, close your eyes, still the mind, relax and receive. If you are meant to experience a Record Keeper, one will attract itself to you. You may already have one in your collection. Check to see if the white inclusions inside of the crystal resemble spiraling galaxies, and see if any of the facets that form the termination have a triangle engraved on it. The type of crystal that is most receptive to be programmed as a Record Keeper is clear Quartz Single Generator Crystals. On occasion they can also be found on crystals comprising clusters or on Amethysts, Citrine or Smoky Quartz.

Teacher Crystals

Teacher Crystals are complete unto themselves, containing within them vast resources of personal and universal knowledge. They are here to teach and virtually have nothing to learn from us humans. These crystals are completely unique and look like no others. Each Teacher Crystal is its own multi-dimensional universe. Sometimes they are double terminated Tabular Clusters, or perfectly clear Large Generators. They can be any combination or variety of form that quartz manifests in. You will know them by their presence and authority. They have a regal essence that warrants immediate respect.

In the 12 years that I have been working with crystals, I have only recognized three of these magnificent teachers. To my knowledge, these crystals are for certain

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specific individuals. When those special people are drawn to one of these crystals, they will immediately know that it is for their use and that it has information contained within it that is necessary for their next step in evolution. Although many will be drawn to the beauty and power of Teacher Crystals, they will actually be worked with by only a very few. Once a Teacher Crystal has completed transmitting its wisdom to one student, it will move on. It is then the responsibility of the graduating student to release it to the next person that claims its presence.

The ways in which Teacher Crystals are worked with are very personalized. The Teacher Crystals will communicate to the student the exact way they are to be used. Some are placed under the pillow or put on a night stand while sleeping to assist one in their out-of-the-body experiences. Some Teacher Crystals record dreams and lessons of the night to be retrieved in the morning. In this way the crystal helps integrate different levels of consciousness. Some Teacher Crystals are used in meditation to initiate Kundalini experiences and some are to be worn at all times. In whatever way they are means to be used, they will work directly with the individual's process and assist them in taking the next step. Teacher Crystals are valuable friends and extremely trustworthy, for they are totally attuned to you and concerned with your fulfillment.

Teacher Crystals will appear in your life if it is destined. If they do, enjoy their presence, attune your mind to communicate with them, learn their invaluable lessons, love them, and then give them the freedom to continue their work with another person. It may be years that you have one, it may even be a lifetime. But if your

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lessons have been completed and if someone else arrives on the scene and knows that the crystal is their teacher, you must release it. Teacher Crystals are a most precious gift, whose final lessons are detachment and sharing.

Rainbow Crystals

As pure white light diffuses and expresses its multi-dimensional prismatic colors, the rainbow is given birth to. Each one of the rainbow colors manifests its own unique ray of light with its individual essence, vibration, presence and purpose. Rainbows are the closest manifestations of pure white light that can be witnessed on the physical plane. Rainbows are the second phase of pure light developing into denser forms. As light enters the physical plane, it expresses itself in an infinite number of ways. In reality, everything is the play of that light and color upon itself. Rainbows are a most special symbol of the light in panoramic color and multi-faceted forms. They are representative of the entire creation. When rainbows are seen after rainstorms, it is a reminder of hope and renewed life. The rainbow unites and integrates the heavens with the earth, and upon that ray life can be born anew. The rainbow is a sign that the sun is always behind the clouds of our doubt and confusion.

On special occasions these brilliant representatives of the light can be found in Clear Quartz Crystals. These rainbows have chosen to live within the inner sanctum of the crystal's world. Quartz Crystals have the remarkable capacity to capture the rainbow ray and display its glory and magic to us. These special Rainbow Crystals are a gift from the universe to whoever is blessed to receive one.

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The rainbows found in crystals dance delightfully as the crystals are turned and played with in the light. Rainbow Crystals can teach us how to be multifaceted in our own unique expression of light while still remaining pure and colorfully conscious in all aspects of living.

Rainbow Crystals can be used in meditation to escort the consciousness into the realm of pure color. In Rainbow Crystal meditations, the human awareness can travel the rainbow ray all the way back to the source of pure light, the great central sun. This eternal source of light is the foundation upon which all reality is built. Catching even a glimpse, or experiencing this omnipotent essence even for an instant, is enough to transform the very nature of one's life. When this universal connection is plugged into, there is nothing that cannot be accomplished or transformed. When the human soul aligns with this cosmic force, reality takes on a new dimension and one becomes personally empowered. To practice Rainbow Crystal meditations, either hold the crystal to eye level and gaze into the rainbow and allow your consciousness to perceive the true nature of light and color, or close the eyes and place the crystal to the third eye and allow its essence to take you on an inner journey.

Rainbow Crystals are wonderful to use in crystal healings for people who are experiencing sadness, grief or depression. By simply holding the Rainbow Crystal in the left hand and placing it against the heart chakra, those feelings will be dissolved and neutralized to be replaced with joy, enthusiasm, confidence and love. As the rainbow ray beams its multicolored magic into our lives we can better serve the forces of light and love. Use these delightful gifts with pleasure and in joy.

Crystal Enlightenment

Programmed Projector Crystals

Projector Crystals can be various different types of Quartz. Sometimes they are Large Single Generators with a flat base that they stand on. Sometimes clusters are used or crystals that only have two terminated points but share a common flat base. The prerequisite that must be met to qualify as a Projector Crystal is that the base be flat (and preferably clear), and that the terminations of the crystal be directed and pointing out in the *same* direction. This will enable the crystal to beam its projection out in a very focused and concentrated manner. Projector Crystals are ideal to use in programming because they can send out thoughts and images that are transferred into them.

To program these crystals, bring the termination of the crystal to the third eye center and concentrate an image, thought or prayer into the crystal. The crystal will receive these subtle mental impressions and project them out into the environment to assist in creating the desired results. These projections can be healing energy sent out for other people, positive affirmations, desired goals, or planetary prayers. Whatever the projection, see it very clearly in your mind's eye and then beam that thought out into the termination of the crystal. When sending healing energy to other people, a picture of that person may be placed under the crystal to amplify its effect. If you are affirming personal goals, you may wish to write a short summary and place the paper underneath the crystal. If sending light out for the planet, a small picture of the world could be set up next to the Projector Crystal to intensify its effects. By programming crystals in this

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way, those positive conscious thoughts continue to be emanated out through the crystal throughout the day and night when your attention has to be elsewhere. By keeping a constant thought projection occurring, the desired result will have a much greater chance of manifesting in a shorter length of time. These Programmed Crystals will carry those thought impressions until they are cleansed. To clear the former programming and prepare the crystal for a new thought projection, the water-sun method of cleansing is best to use.

It is also possible to program crystals in this manner to create a desired atmosphere or before giving them as gifts. For example, if a very special friend is coming to visit, a Projector Crystal could be programmed with images of that person thoroughly enjoying him/herself, relaxing and being filled with positive energy. A crystal could also be programmed with similar thoughts and given as a gift to continue and strengthen the friendship after the visit. It is also nice to give Programmed Crystals to people who are in hospitals or bed-ridden. Send your healing energy into the crystal and when you give it, make sure that the terminations are pointing directly towards the person who is to receive the energy. These subtle projections that are programmed into the crystals will fill the environment with positive thoughts and healing energy and will create a definite effect, irregardless of whether or not people are able to understand it consciously. The seeds will be planted in the subconscious mind and at the right time will sprout and blossom.

Crystals can also be programmed with your presence and placed in environments in which you would like to be a part of and maintain connection. If a friend is going to a special place where you are unable to go, you

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can project your essence into a crystal and have them take it along on the trip. In this way, a part of your presence will accompany them. By leaving these crystals in special places on the planet (the pyramids, temples, sacred mountains, etc.), it is possible to set up a psychic connection with power points on the earth and draw upon their uplifting energies.

Crystal Balls

Pure Quartz Crystal Balls possess power that one must attune with and train to use. The Crystal Ball has always been a symbol of the occult, of hidden wisdom and fortune telling. Crystal Balls are objects of authority which can have great influence in the development of psychic abilities. When Crystal Balls are gazed into, it is possible to see into the past or tune into the future. This is why Crystal Balls have been used as a tool in prediction for thousands of years. When psychics use Crystal Balls in their readings, what they are doing is seeing an image of the person's aura reflected into the ball. Being able to interpret those images, it is possible to "see" and know many things about a person.

To practice this type of mental exercise and develop this ability, sit directly across from a partner with a Crystal Ball between the two of you. Gaze with half closed eyes into the ball and allow the mind to become concentrated and stilled. As the inner vision of the third eye is opened, energy patterns can be seen reflected in the ball. These patterns will become clear and focused as the mind is trained. Immediately trust what is being seen and do not hesitate to spontaneously express it. As this flow of intuitive expression continues, it is possible to become

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so attuned to the Crystal Ball that the impressions seen within it are as clear and defined as the ball itself. Developing the art of crystal gazing is one way to open the all-seeing third eye and see beyond the illusion of time and space.

Pure Quartz Crystal Balls are usually expensive but well worth the price if they are put to use. Their presence during crystal healings assists the healer to become more in tune with the person being healed. Most Crystal Balls are not completely clear, displaying swirls of galaxies, wispy clouds or even rainbows within them. Each ball has its own individual personality and presence to share. Some Crystal Balls are perfectly clear and transparent. These are best to use in personal meditations to gain greater spiritual clarity and insight. To practice this type of meditation, hold the Crystal Ball in the palms of both hands at either the heart or third eye center. Gaze into the ball for three minutes and allow the image of clear white light to be engrained into the consciousness. Continue in this fashion for up to 30 minutes, refocusing the awareness from the external ball of light to the internal experience of that light.

Crystal Balls are priceless powerful objects, and as with all use of such pieces, they should always be used with knowledge and the best of intentions.

Phantom Crystals

On rare occasions, when looking into the inner world of a crystal, smaller pyramid shaped inclusions are found inside. These internal mirrors of the crystal are called Phantoms and are much like the rings inside a tree,

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in that they mark the growth pattern that the crystal has undergone in its evolution. Phantom Crystals have experienced many lifetimes of learning while embodying the same physical form. The phantoms inside have recorded a period of growth where the crystal came to a completion, stopped growing and then continued on, beyond the expected and into the unknown. Some Phantom Crystals have many internal graduating lines that when attuned to can reveal the secrets of the inner life of the crystal.

Phantom Crystals are rare and intriguing. They represent the multi-phases of development that can be experienced in one lifetime. Phantom Crystals are a culmination of knowledge that was gained by the crystal in its own unique evolutionary cycles. It is possible to use these precious tools in meditation to learn to travel deep within the records of your own soul. By staring deep within the phantom inside the crystal, and then closing your eyes and taking that image into your own inner mind, it is possible to travel along your own memories and trace the geneology of your soul back to its source. The power of such an experience cannot be overstated. It is a journey that one embarks upon after years, if not lifetimes, of purification and preparation. Phantom Crystals can be powerful tools in this preparatory process. Their symbolic presence provides clues to the multi-faceted lives that we all live and can reveal to the purified mind the truth of manifold existence.

If used properly, Phantom Crystals can unlock and open the doors to the sacred sanctums of the soul. They are the key-holders to the higher dimensions and the inner planes. Use them with great respect and humility and they will teach you more about yourself than you ever

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knew. Phantom Crystal meditations require mental discipline and patience. It is important to remember when practicing these meditations that the normal waking mind is not accustomed to perceiving the subtle vibrations that these crystals emanate. It will take time to train the mind to be still enough to interpret these impressions. But with perseverance and practice the Phantom Crystal will become a most valuable and important teacher to the sincere student.

Light Box Crystals

Light boxes are rectangular or square wooded structures with a hole in the center for a small light bulb to be placed. Color filters or jells are placed over the hole where the light shines up through the box. Light Box Crystals are placed over the filters. When crystals are used in this way they intensify and project those color rays into the environment to be used for healing and upliftment. For example, if you want to bring in healing energy while you were practicing a crystal layout, a green filter could be used and a crystal placed with the termination directed towards you. To create a peaceful meditative atmosphere, a blue filter could be used with a cluster placed on top to disseminate the calming blue ray. When crystals are used in this way they become intensifiers and magnifiers of specific color frequencies, which in turn create specific moods or effects. When light and color are reflected through crystals in this way, the inner worlds and dimension of the crystals come to life and can be witnessed and appreciated.

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Light Box Crystals can be either flat based, Single Generator Crystals or clusters. The only requirement to be accepted as a Light Box Crystal is the capability of reflecting light from the base up through the entire crystal. Crystals with dense rock bases are unable to perform this function. Light Box Crystals usually have crystalline bases and are often double-terminated or naturally terminated on the bottom.

After a crystal has been used on a light box with a particular color and you wish to use it with another color, it is best to cleanse the crystal first (water-sun method is sufficient). Light Box Crystals are usually Clear Quartz but other crystals, such as Fluorite Pyramids, can also be used and experimented with (see Fluorite Pyramid).

AMETHYST

Amethyst reflects the purple ray, one of the colors for the third eye center. It is the color that can be seen on special evening sunsets, as dusk transforms daylight into darkness. It is the color that symbolizes the change of consciousness from the normal waking state into the twilight regions of altered awareness. In those most enchanted moments of shifting energies the Amethyst ray reflects the essence of magic and the ability to transform from one reality to another.

Amethyst is one of the best stones to use for meditation. Since the Amethyst color is the highest vibration of the third eye, an Amethyst stone can be placed directly over this area (while a person is lying face up) to usher in a meditative state. Amethyst's gentle persuasion tem-