

CRYSTAL POWER

12

Essential Crystals
for Health & Healing



KAC YOUNG PHD



About the Author

Kac Young, PhD, has been a producer, writer, and director in the Hollywood television industry for over twenty-five years. She also earned a PhD in natural health and a doctorate in naturopathy. Clients come to her for advice on health, nutrition, and spiritual well-being. Using her third doctorate degree in clinical hypnotherapy, she helps people with weight control, smoking cessation, behavior modification, stress reduction, past-life regression, and phobia management. She has a monthly podcast on the Surn Spiritual Network called *The Art of Healing*.

Kac is also a licensed Religious Science minister, a certified archetypal therapist and counselor, a certified meditation teacher, a master feng shui practitioner, a career coach for aspiring actors and directors, and a former pilot of private airplanes. She is currently working on a black belt in aikido and is a certified medical qigong instructor. She teaches classes in crystal healing, essential oils, feng shui, meditation, pendulum therapy, and qigong.

She is active on behalf of animal rights and fostering and preserving women's rights.

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CRYSTAL POWER

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for Health & Healing



KAC YOUNG PHD

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Dedication

To Frank Alper and the healers and masters in the world
who believe in the natural healing power of crystals,
with gratitude and a desire to pass along
what I have learned.

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Special Mentions and Appreciation

Going back to my roots of crystal knowledge, I want to thank my first teacher, Frank Alper, without whom there would be no life with crystals to write about.

To my crystal specialists Betty Greenberg, Tak and Ginny Matsuda, and Fayez Barakat and all of the wonderful crystal miners and shopkeepers who have sold me my treasured crystal healers and friends. Special thanks to Angela Wix for her input, organization, and editorial guidance.

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Foreword

I had the delight to meet Dr. Kac Young twenty years ago. I was teaching a course on archetypal healing and she was a student. As a teacher, you always appreciate the one student in every class who asks questions that challenge your own understanding of your own material. Even then, Kac was clearly a great healer in the process of unfolding and finding the right tools. She brought depth, questioning, and a hunger for truth to our classes and helped me to better organize my own teaching process—a true gift.

If you are already familiar with her numerous other books, you can hear the sweet song of her soul in her words. Kac exudes unconditional love. She has an enormous heart chakra, I suspect.

Kac is also a big-picture person who can hold incredible details at hand while stepping back to take in a broader reality. This is the best kind of author for a book about crystal healing. As a reader, you want to know exactly how to best use which crystals to achieve specific results, and you want an understanding of the concepts so that you can apply the techniques to any healing scenario. She delivers this and more. This is an ultimate compendium, with everything you need to know not just about these healing crystals but about using them with other energetic partners, such as essential oils.

Archetypal healing is based on the premise that life is all there is. Life pervades all space and all realities. It is the creator expressed in every possible way. Everything is alive. Accept this principle and healing happens.

Happiness also happens. There is a lot more connection available to you than what can be found with people, animals, and trees. New dimensions open up to you and suddenly you have friends in the form of crystals, candle flames, wind currents, lakes, and streams. Answers come from staring at treetops waving against the sky, stars twinkling in outer space, and waves lapping onto the shore. Spend a quiet week in nature and you'll know what I'm talking about.

Dr. Young includes wonderful hands-on practices that easily enable you to live the spiritual life you keep meaning to live. Physical life is all about trying new things, embracing change, and evolving. When those changes put us out of harmony with our new circumstances, there is a need for balancing ... for healing. You will find the means to bring about balance and healing so that you may continue your life's journey unfettered and feeling more and more alive.

This book is life-changing and extremely nurturing, just like its author.

As you probably already know, books are full of life. This one will be a wonderful addition as a teacher and a friend.

Stephanie Jourdan, PhD

Astrologer

Author of *The Complete Idiot's Guide Astrology Dictionary*

Archetypal Therapist

Los Angeles, CA

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Introduction

There is greatness in little things. Have you experienced that? You may have when you held a crystal for the first time. Crystals not only are beautiful to look at but are fun to hold and even more exciting to tune into. I believe we become attracted to them first visually, second tactilely, and third intuitively. Your first encounter with a crystal may have been in school when the teacher showed samples of rocks and gemstones. But when was your breath first taken away by a crystal? When was the moment you knew there was more to them than just pretty colors and shapes?

I experienced this for the first time when I held a crystal in a psychic's house and I could see the molecules of the stone dance across the surface. I mentioned this to the psychic and she smiled. "You, my dear," she whispered, "have the gift of stones." Later that evening, she told me that she saw me using this gift to help others.

At the time I didn't know what she meant. I was in my mid-twenties and was focused on my career in television. The last vision I had of myself was that of a healer. However, I was intrigued by her comment and wondered why I could see molecular movement in the rock. Over the years, I had collected a few crystals (quartz and amethyst), but I hadn't given them much thought beyond their visual appeal.

One day I received a flyer in the mail about a crystal class being taught by the renowned Frank Alper. I signed up for it and drove to San Clemente, California, for a weekend course with this extraordinary man. It was the course I had been waiting for all my life but didn't know it. I had never met

the man before, but by the time the weekend was over, I considered him one of my greatest mentors. He must have recognized in me the same thing the psychic had years before, because he said he thought I had an unusual connection to stones.

Over the course of that weekend, he performed a symbolic ceremony of implantation of healing crystals into the hands of each of his students. When he came around to me, he said that I would do good work in the world and that he recognized a healer when he met one. He gave me his blessing to go out into the world and carry forth his teachings. He told me I had ancient knowledge and I would use this power for good. It was the first time I had ever really heard those words.

From that day on, my experience with crystals became deeper and more serious, almost as if I'd been on this planet before and already done this. I felt at home in the world, and information came to me like waves to the shore. It seemed like old information was coming to me in a new form. I studied crystals more deeply and even struck up conversations with them. They were willing teachers, and in a short time we were becoming effective coworkers.

My work with crystals deepened once again when I did a past-life regression with a guest on the TV show I was directing at the time. After the show taped, the guest offered discounted past-life regression sessions to the staff. I signed up for one and was completely blown away. My session lasted one hour, and the entire thing was spoken—by me—in an older dialect of French. My high school French was not that outstanding, so to hear myself speaking in the equivalent of Middle English, only French style, was mind-boggling. The regression therapist was as dumbfounded as I was. Neither of us could fully understand what I was saying. I promised to let him know more once I got the cassette tape of the session transcribed.

The transcription took a few months. I had to find someone who spoke French and knew this dialect. The French teacher from my former college took a swing at the Middle French. The gist of the tape was a woman somewhere in the 1600s to 1800s escaping on horseback from men who

were trying to capture her. The term *ensorcelée* (witch) was heard, as was the word *guérisseur* (healer). There was a mention on the tape of this woman carrying herbs, stones, and potions. The horse was riding fast and there were several people in pursuit. At the end of the tape, the woman escaped and fled on foot, hiding in the cottage of some friends or relatives. That part wasn't entirely clear, because the speech was slow and labored at the end.

After this session, I decided to follow every path to healing that was offered to me. I took these signs seriously, as I didn't want to end up on my deathbed saying, "Oh, I wish I would have followed that voice!" I did follow the signs, and here we are today.

After those experiences, I traveled around the world learning from energy and crystal masters. I began integrating crystals into my daily life and sharing their unique qualities with friends and family. This circle expanded, culminating in workshops where I gave demonstrations about crystal energy and the healing powers of the stones. Once crystals and I found each other, we were compelled to share what we had learned with the world. Today my life is centered on teaching metaphysics. I am considered a master teacher and an expert in crystals, essential oils, Bach flower remedies, feng shui, runes, and pendulum energy and healing. These practices are based in vibrational and electromagnetic healing techniques. I have brought many of them together for you in this book for your enjoyment and personal healing.

I was led into this field by forces greater than me and was generously taught by other masters. It feels like it's the right time to share my compendium of knowledge with you. It is time to write it all down and let it find its way into the world—into your hands and the hands of those who will carry on this knowledge.

There are many books that can introduce you to crystals and crystal energy. This book will take you to new levels of healing with crystals. Over the years I have developed many approaches to working with crystal energy. Many of the techniques that I use in sessions with my clients are ones that you can use for yourself.

This book assumes that you have a general knowledge of crystals and already work with them. The basics of crystal energy, structure, and history have been left to the beginner books. There is a quick review of this information in chapter 1 in case you need a refresher. In this book we will explore deeper and more powerful healing applications for crystals in our energy work. I will share techniques that I have developed, as well as some practices that go against the mainstream or what you may have already been taught. These techniques also work well for my clients. I have honed them over the years and tossed aside processes that fell short of my desire to heal with crystals. This book is a journey into a more in-depth use of crystals and the exceptional energy they provide for healing and restoration.

In chapter 1, we examine past cultures and why they revered and used certain stones. Their sacred sites were built by human hands and with electromagnetic energies for ceremonial purposes, and the details may astound you. In this same chapter, I cover what crystals are, what they do, how they can heal, and what their shapes and structures mean.

Chapter 1 also takes you through the body language of crystals and how and why you should choose special healing crystals for your own use. I guide you through some sacred rituals and how to care for your healing crystals. There is also a section on how to educate and train your crystals to work with and for you. Crystals need our input, direction, and guidance. There is also information on creative uses for broken crystals.

In Chapter 2, I list my top twelve favorite crystals based on their powers and healing qualities. These twelve healing crystals will come up again and again throughout the rest of the book.

The rest of the book is dedicated to healing with crystals. In Chapter 3, I walk you through a process of healing chakras using crystals and colors that is probably far different from any other one you've ever used. In Chapter 4, I show you how to pair crystals and essential oils for effective, energetic duets and describe a totally unique process for healing past karma with crystals. If you have never worked with the twelve laws of karma, you can read all about them in Chapter 5. Perhaps you enjoy working with

archetypes. If so, Chapter 6 lays out processes for working with the twelve major archetypes and the emotional patterns of each type. In Chapter 7, I cover astrology and healing with crystals using the signs of the zodiac. In Chapter 8, I touch on using goddess energy and crystals for healing. And finally, in the last chapter, I present my 21-step process for creating a crystal healing session from start to finish.

Throughout this book, you will discover an affinity for the number 12 in the selection of healing crystals and patterns for transformation. Twelve is believed to be symbolic of cosmic order. The ancient healers hailed it as the number of perfection. They came to that conclusion by multiplying 4×3 , noting the 4 elements, the 4 corners of the earth, and the 4 cardinal points. They multiplied each of them by 3, the sacred number of God. The result was 12, and therefore it became a perfect number. Twelve is the number of signs in the zodiac. In a court of law, we are judged by 12 jurors. There are 12 laws of karma. The Chinese have 12 animal signs in their zodiac. There were 12 tribes of Israel and 12 days of Christmas.

By the time you finish reading and absorbing the information in this book, you will be ready to move on to a more advanced level of working with crystals and the healing energies they contain for your own use or use with others. I hope your work with crystals will be inspired and renewed through reading this book.

[contents]

CHAPTER 1

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The Art of Healing with Crystals

The world of crystals is expanding as I write this. The other day, I was in a metaphysical store looking over the new arrivals. The clerk told me shoppers are now coming in looking for crystals and stones that will bring a certain vibration into their lives. They are being very selective and choosing one or two beautiful crystals over objects that have no meaning or healing qualities. In choosing their stones, they are asking questions and looking for the right match for their emotional and spiritual needs. She said they are buying fewer items but are buying higher-quality ones, with deeper meaning. The world is changing. It is moving higher and higher up the consciousness scale, and it is thrilling to be part of this expansion. Meaning and purpose add dimension to our lives. In this chapter, we're going to explore how and why crystals were used by previous cultures and generations, when they had substantial meaning and were used for a wide variety of healing purposes.

What Are Crystals?

The actual term *crystal* derives from the ancient Greek word κρύσταλλος (krystallos), meaning both “ice” and “rock crystal,” and from κρύος (kruos), “icy cold, frost.”¹ A crystal is a highly organized grouping of atoms or molecules. Each crystal has different properties and a highly ordered

microscopic structure, forming a crystal lattice that extends in all directions. For example, sugar crystals are oblong and slanted at the ends, while salt crystals are cubic. The crystal shape for salt is a cube-like six-sided die. Tangible examples of crystals in our world include snowflakes, diamonds, and table salt.

Crystal History and Ancient Applications

Crystals are not new, nor is their use. Civilizations reaching back as far as 5,000 years were using crystals and gemstones in ritual, magic, and healing.

5000–3000 BCE

From the writings of the ancient Sumerians (4000 BCE), we learn that they included crystals in magic formulas. In China, the personal use of crystals and gemstones for healing was based in the Chinese concept of life energy (*chi* or *qi*) and the Hindu or Buddhist concept of chakras (invisible wheels of colored energy), or centers of physical life energy. The use of crystals was said to connect the physical and supernatural elements of the body and dates back 5,000 years in both cultures.

Originally, gemstone earrings were invented to be worn at reflex points that would stimulate and regulate other systems or energy centers in the body according to Chinese Medicine meridians. Jewelry itself may have been initially invented as a decorative way to wear dynamic healing tools and protective crystals and stones.

Jade, a crystal formation stone, was a highly valued gemstone in ancient China and was used for medicinal cures according to the Chinese Medicine system. Chinese emperors were commonly buried in jade armor to serve as protection for their spirit beyond the grave.

In ancient India, Ayurvedic practitioners considered crystals and gemstones to be a cure for counteracting the negative forces of astrology and karma. In the historical Vedas, healing crystals were documented for

their specific healing properties. Hindus also used gemstones and crystals in healing and in their spiritual practices.

The Bible tells us that the breastplate of Aaron, or the “High Priest’s breastplate,” as noted in the book of Exodus, is covered by twelve jewel implants in the shield. They were, according to the biblical description, to be fashioned from specific minerals, all of them different. According to a rabbinic tradition, the names of the twelve tribes were engraved upon the twelve stones embedded in the breastplate.

2000–1000 BCE

Jade burial masks were discovered in Mexican temples from around 1000 BCE. The Mayans and Aztecs believed that jade could cure pain in the side of the body. The actual name *jade* originated with early Spanish explorers, who referred to it as *piedra de ijada*, meaning “stone for the pain in the side.”

The ancient Mayans and Native American peoples used crystals to diagnose and treat disease. They also used them as objects of divination to predict the future, weather, and conflicts. They made fetishes from stone and “fed” them garnet and maize.

In the Old World, the Japanese used crystals regularly to connect to psychic energies. Using a bowl of water or oil, they would *scry*, allowing the moon’s reflection in the liquid to foretell future events. They also used crystal quartz spheres and balls, which were considered to hold the energies of the heart of a dragon (not a real one), to induce their power, insight, and wisdom to gain advantage over their enemies.

The ancient Egyptians wore crystals for protection and health. The ruling pharaoh carried with him two cylinders, the Wands of Horus. One wand was made of copper and the other of zinc, and each was filled with quartz crystals. These were said to balance the *ka* and the *ba*. Egyptians believed that the *ka* was given to a person at birth by Heket or Meskhenet, who breathed “life energy” into them. The *ba* was a combination of the personality and the soul, and it lived beyond the body. In current terms, we

might call it the *psyche*. The *ba* was the part that lived on after death, while the *ka* embodied life itself. When the *ka* left the body at death, the ancients believed that it required nourishment; hence, food offerings were left out for it in ancient tombs. These two energies replicate what we understand today as *yin* and *yang* energies, represented by the two wands filled with crystals.

According to authors Archbishop Theodore of Yaroslavl and Sergiyev Posad, these ancient Wands of Horus could regulate, stimulate, and improve a person's nervous and immune systems if used daily in pairing bodily systems with the natural energies present in lakes, rivers, oceans, mountains, and trees.² They are available to purchase from a secret manufacturer in Russia who has kept this ancient tradition alive.

The Egyptians also used lapis lazuli, turquoise, carnelian, emerald, and clear quartz in their jewelry. Certain stones were designated for protection and health, and some for cosmetic purposes. Cleopatra had lapis lazuli, galena, and malachite stones ground into eye shadow, making it the most expensive makeup on earth

Egyptians loved crystals and used them frequently in rituals, particularly in burial rites for the dead. After death, a single piece of quartz crystal was commonly placed on the third eye to help the deceased navigate the afterlife and to bring them enlightenment and awareness. Rubies represented sexuality (root chakra), so they were mainly worn in the belly by dancers. Clear stones were worn over the third eye to enhance awareness and stay attuned to the gods. Jade and rose quartz stones were worn over the heart to bring love to the wearer.

Modern Era

In his *Natural History*, Pliny the Elder (23 CE) described the windows and greenhouses of the Roman elite being covered by crystals of *lapis specularis*, which are thin sheets of crystal resembling glass. Pliny preserved a vast amount of mineralogical information for us in *Book XVI: On Stones and Metals*. Roman physicians treated people for illness by instructing them to wear talismans and amulets bearing crystals. These were

prescribed for health, protection, and the attraction of desirable earthly things. Roman soldiers used an application of crushed gemstones to protect them in battle.

Crystals became a lasting subject throughout history. The Persian philosopher and physician Abu Ibn Sīnā (980–1037), known in the West as *Avicenna*, wrote about 450 books, mainly on philosophy and medicine but also on gemstones. He even classified minerals by their chemical composition.

The German physician and scientist Georg Bauer (1494–1555), more commonly known as Georgius Agricola, classified minerals according to their composition and physical properties and is considered by many to be the father of mineralogy. John Dee (1527–1609) was an English mathematician and astrologer who was interested in divination using crystals and mirrors. His purple crystal was used for curing disease and predicting the future by looking for symbols or the “ghosts” of people in the stone. The crystal was passed on to Nicholas Culpeper (1616–1654), a physician and alchemist who also used the crystal to try to cure illness. Culpeper wrote the defining book on herbal remedies of the seventeenth century, *Culpeper’s Complete Herbal*, which is still in circulation as a treasured reference guide to healing herbs.

However, the sturdiest pillar in the formation of the science of crystallography was provided by Abbé Haüy (René-Just Haüy, 1743–1822), a professor at the University of Paris. Haüy published books and scientific papers on his innovative theories of crystal structure, including *Essai d’une théorie sur la structure des cristaux* (1784) and the four-volume *Traité de Minéralogie* (1801). This incredible body of work resulted in our modern definition and understanding of crystals: Any substance in which molecules or atoms are arranged in a regular, ordered way in three dimensions. Although crystals may be formed from the same mineral and occur naturally in many different shapes, all share the same internal structural characteristics.

These discoveries, works of painstaking research, and scientific principles became the pillars on which the modern structural crystallography was built. Hence, we have a scientific body of work on which to base our claims that gemstones and crystals can aid in the process of healing. How we use them to heal is an art and depends on the artist performing the healing.

Ancient Sites and Magical Stones

I have made it a lifelong project to travel to international sacred places of living, breathing stones to experience the power that comes from them. Many of these sacred sites are places I like to call the ss, the place where humans connect with the higher realms and the spirits who dwell there. The Celts referred to this place as being “beyond the veil.”

I prefer to call it the In-Between because it feels more accessible for humans. It isn't very far away, nor is it too close. We enter it when we extend our consciousness, our vibration, and reach upward. When working with crystals and cosmic energy, it's helpful to consider the In-Between because it is a comfortable place to work and exchange energies with all realms of life.

Ireland

Speaking of the Celts, let's go back in time about 5,000 years, when the ancient Celts in England hauled Preseli bluestones from Wales for the construction of their edifice at Stonehenge in Somerset, UK. Preseli bluestone is quite a remarkable stone, and it must have resonated as such for the builders of Stonehenge, who transported it 150 miles across land and water to the center of England around 3100 BCE. These were the first stones placed at the iconic Stonehenge circle, predating the huge sarsen uprights that ultimately encircled them. Bluestone is strongly connected to the telluric, or dragon, currents of the earth that spiral outward from the Preseli Mountains. The sarsens, made of sandstone and silica, are up to

thirty feet tall and weigh twenty-five tons each. It is widely believed that they were brought south from Marlborough Downs, a distance of twenty miles to the north.

What's even more remarkable about this construction is that each bluestone weighs four tons. According to Irish holistic healer and crystal expert Jenny of Jenny's Crystals, "Bluestone is unique. It has high paramagnetic resonance and a distinctive appearance. ... You see the world with different eyes when you connect to Bluestone and its sacred sites. Carrying immense healing energy and forming a doorway to other dimensions, Preseli Bluestone helps you connect to earth energies and the wisdom of the Celtic Druidic peoples. ... It links to the magical, archetypal Merlin energy that brings out the shaman in everyone and is excellent for multi-dimensional journeying."³

I've had the honor of standing next to the bluestones of Stonehenge and feeling their intense energies. I absolutely understand why they were hauled all the way from Wales to Somerset. The look is majestic, and the monolithic stones resonate with energy that is not of this world. The vortex and the ley lines beneath Stonehenge cause a pendulum to perform like a frenzied jumping bean, a phenomenon that is astonishing to witness.

The 5,200-year-old Newgrange monument in Ireland is covered with quartz—tons of it—and this sacred site was built so precisely that, on the winter solstice, the dawn light shines through a small opening in the edifice, making it a magical experience. It was also built to transmit and amplify sound, which was discovered by a team of Princeton University scientists in 1994.

Egypt

The pyramids in Egypt are amazing structures that are not at all what they seem. Historically thought to be tombs, the Queen's Chamber and the King's Chamber inside the Great Pyramid of Giza are not burial rooms at all. According to some researchers, they were ancient energy chambers built

to receive energy from the outer regions, mostly because of the crystal stones placed there for transmission and reception.

Originally, the Egyptian pyramids were built with Aswan granite and faced with local limestone. Aswan granite is a naturally radioactive and paramagnetic stone. Many temples in Egypt are built of it as well as quartz crystal. Quartz is a virtual storehouse of natural energy and a perfect transmitter. Gather enough of it together and you have enough power to light up an ancient sky, which is exactly what our guides told us they did.

The Great Pyramid is considered by many to be (a) a powerful cosmic antenna, (b) a model in stone of the energy structure of the human being and of the universe, and (c) a very powerful generator of cosmic energies operating on various planes.

These believers state that the exterior of the pyramid was situated on a specific ley line that received energy from within the center of the earth and connected to other geological sacred sites. It was coated with limestone, a bright white, gleaming stone that not only retains energy but projects it as well. The capstone was alleged to have been made of quartz crystal, emitting a power and a signal that could reach far into the galaxy.

The finished pyramid contained approximately 115,000 of these limestones, each weighing ten tons or more. According to photographer Martin Gray's World Pilgrimage Guide, "These stones were dressed on all six of their sides, not just the side exposed to the visible surface, to tolerances of .01 inch. They are set together so closely that a thin razor blade could not be inserted between the stones."⁴

How the structural stones were hoisted into position remains an engineering mystery, though some have claimed it was the use of sacred geometry and invisible crystal power that allowed them to achieve this massive feat. The Great Pyramid was once allegedly topped with a huge crystal pyramid. So many of the stones were stolen, and recorded as such in a Middle Kingdom papyrus from 1550 BCE now held in Leiden, Netherlands.

During my visit in 1987 to the Egyptian pyramids, we were told by the metaphysical guides that there are ancient channels of water that still run under the Sphinx and that these caves are filled with rose quartz. (If you want to learn more about the pyramids, see the recommended resources section at the end of the book.)

South America

In the Southern Hemisphere, Aztec temples were set with obsidian and agate was mixed into the mortar between the stones. In a research paper about Aztec culture and the findings in caves, James Brady and Keith Prufer write, “Modified and unmodified fragments of rock crystal have been recovered from a number of caves in the southern Maya Lowlands, suggesting that these stones were used in ancient ritual.”⁵ It became evident in further research that the crystal stones held earth power for the Aztecs, and were used to connect to a higher realm. The caves were determined to be places for ceremonial ritual and spiritual practice.

We take from these cultures a relationship to crystals and their powers. They must have known something we don’t—or do we? I believe the secrets to the use and popularity of gemstones can be found in the three main qualities of crystals, which we will discuss next.

Crystal Energy

There are three things you really need to know about crystals: they breathe, they are alive, and they vibrate.

Before there was anything, there was *the Thing Itself*, a term coined by Ernest Holmes in his definition of creation. After the Thing Itself, there may have been the Big Bang. Following the Thing Itself and the Big Bang came air. After air, there was breath. Typically, we recognize the breath as the moment when life as we know it begins.

When the first creature on this planet took its first breath and filled its lungs with air, the first sign of life as we experience it occurred. Breath is

our very first accomplishment and our very last action. Everything in between simply marks time between the first and the last breath.

Every living thing inhales its own version of breath. Plants, animals, humans, rocks, and stars all breathe in and out. In that act of breathing, we ingest energy, light, sound, air, molecules, atoms, quarks. We intake air and we let go; it's the secret life energy of the universe. In order to breathe, there must be a component to inhale. For humans, it's oxygen, and for plants, it's carbon dioxide; we all have these elixirs that provide life to us. For rocks, inner breath does not require lungs as we know them. Breath (and the physical act of breathing) is inherent in the molecular structure of the atoms in a stone. They move, they vibrate, and *therefore* they breathe.

This life energy has a name. The Chinese call it *qi*, and the Japanese named it *ki*. In Sanskrit, it's referred to as *prana*. The Hawaiians call it *mana*, the Greeks dubbed it *pneuma*, and the Hebrew version is *Ruach Hakodesh*. The Egyptians revered it as *ka*, and the Norse, *seidr*. The Sioux labeled it *wakan*.

No matter what you choose to name it, *qi*, or breath energy, is the very essence of life as we collectively know it.

Breath, breathing, *qi*, energy ... It's all life and it's all energy. Anything and everything breathes. Even rocks breathe. You don't have to have lungs to breathe, just atomic life inside. In a lecture during the early 1920s, Alice Bailey said, "Let us endeavour to realise that there is no such thing as inorganic matter, but that every atom is a life. Let us realise that all forms are living forms, and that each is but the vehicle of expression for some indwelling entity." ⁶ Breath is how we connect to one another—the animal, mineral, cosmic, and all living kingdoms. It's how we recognize that we are all alive.

Suspended Breath

When you look closely at a crystal, what you are really seeing is *suspended breath*. At one moment in time, *something* breathed, and it was frozen in time as a crystal. Consider that a crystal is the magnificence

of creation encapsulated. Your psyche unconsciously resonates to this image; it connects you not only to the crystal but, through the crystal, to the very essence of life itself. What we see is suspended breath; what we can sense is that the crystal breathes, too.

Suspended breath is able to capture history and wisdom and hold secrets from a time long ago, far beyond our conscious comprehension. If we could unlock that breath for just one moment, we would get a glimpse into the rich, ancient world and the minds and hearts of its inhabitants. What a glorious journey that would be.

The power we find in the mineral kingdom, and specifically in crystals, is enormous in magnitude. It is not only the visual confirmation of life itself, but also the manifestation of every wonderful element of creation at play in the ecosphere.

Crystal Intelligence

When we approach crystals metaphysically, we come to understand why they are such superb perfections of the mineral kingdom. We learn that they, like everything else alive, have a consciousness and are living beings, because at the core of all existence is intelligence. That intelligence dictates the anatomical structure of each thing and makes it exactly what it is. A cat has the consciousness (or intelligence) of being a cat, a fork has the consciousness of being a fork, and a crystal has the consciousness of being a crystal. A crystal does not have a mind of its own nor the ability to make a decision, but only the intelligence to realize itself fully as a crystal. We are the ones with minds that can feed the crystal intention and direction. We decide where to focus its innate energies and abilities. Crystals have plenty of both to spare.

When we approach the mineral kingdom as a valid realm of intelligence, we open the door to communication and the sharing of knowledge from one domain to another. The plant kingdom shares with the animal kingdom, the human kingdom shares with the mineral kingdom, the celestial kingdom shares with the faerie kingdom, and so on. We find ourselves in harmony

with all living things when we give them a name and recognize their basic intelligence and right to be respected.

Just like Jerry Baker's popular book from the 1970s, *Plants Are Like People*, crystals and gemstones are *beings*. If we treat them as such and respect them, we have the opportunity to develop relationships with them, form friendships, exchange wisdom, and reach into the depths of our collective inner healer to manifest positive change. This is a luscious way to live.

Crystal Vibration

The world of crystals is centered in the belief that all living and inert things contain a vibration. This vibration determines their connection to the earth and to the cosmos. The higher the vibration, the closer they are to *star-stuff*. Every single human action and reaction is governed by the interaction of oxygen, hydrogen, and carbon atoms. We are, at our very essence, a delicious concoction of chemicals and atoms working together at high speeds to keep us active.

When we enter the kingdom of crystals and gemstones, we are opening the door to cosmic harmony and the secrets of the universal energies that many people have sought since the dawn of time. When we pick up a crystal, we introduce it into our personal vibrational field and aura.

1. Humans and stones both have an electromagnetic energy field. When the two energy fields connect through the physical law of resonance,⁷ they create a third field of vibrational energy.

2. Human bodies resonate to these energy fields. The production and distribution of biochemicals throughout the body and systems is affected by any and all frequency modulations of color, sound, or crystals.

This is why we can use crystals in healing. The atom-based energy connection between humans and the mineral kingdom is what makes us star-stuff. Using this two-point premise, we create the basis for our use of

crystals to heal. We become one with the mineral kingdom on so many levels. We connect with them through intelligence and breath, suspended or otherwise.

When we use crystals to heal, we are working in another realm: the realm between heaven and earth, between cosmos and earth. This is the place where the faeries of Celtic lore dwell, the place we deemed the *In-Between*. The In-

Between holds many of the ancient secrets, knowledge, and powers from the past. It also contains energy that we can use and channel using the mystic intelligence of the cosmos. Crystals and stones tune into the In-Between naturally. They speak the language of this ancient realm and soak up the abundance of the information held there. The In-Between is the dwelling place of magic, miracles, and healing with crystals. It is open to everyone who breathes.

Why Crystals Can Heal

In the previous section we discussed the three main qualities of crystals: they breathe, they are alive, and they vibrate. These are the workings of fourth-

dimensional healing—the healing that occurs when we use energies beyond the five senses. The fourth dimension is located in the In-Between.

A crystal can restore harmonic balance because it vibrates with an electromagnetic energy that our bodies and brains respond to. Electromagnetic energy is distributed throughout the earth and cosmos. Stones hold, carry, transfer, regulate, and balance the movement of the electromagnetic energy. Our body, specifically the nervous system, picks up these energy signals and carries them to the brain, which in turn triggers a biochemical response. This chemical reaction activates emotions, hormones, and parasympathetic responses that we can feel and experience.

At the cellular level, the human body and quartz crystal are composed of the mineral silicon dioxide and oxygen. Because of this, human beings are

naturally receptive to the vibrations of crystals, because they transmit, reflect, and store light and receive energy. When crystals are placed directly on the body, they have powerful vibratory effects that surge from the crystal to the recipient.

Authors Robert Simmons and Naisha Ahsian share in *The Book of Stones* that if we hold a calcium-containing stone in our hand, the particles of calcium in our body react to the electromagnetic field and the chemical signature of the element and inform our brain that we have an overabundance of calcium in our bloodstream. This may trigger a biochemical reaction in us and cause the body to underproduce calcium in that moment.

If we are lacking in an element, holding a stone may increase the body's electromagnetic response to it and vibrationally instruct the brain to make more of it, thereby balancing our internal chemistry without a word having been spoken or a pill taken. If you want to encourage your body to make more calcium to offset a deficiency, then you would place the calcium stone on the root chakra at the base of your spine to encourage the energy of bone support and allow its electromagnetic energies to stimulate the brain's signals to produce more calcium for the body's skeletal structure. Meditating on accepting the vibration from the stone during chakra placement increases the efficacy of the work.

For thousands of years, ancient civilizations utilized the power of crystals to release mental, physical, and spiritual blockages and encourage the free flow of energy (qi) throughout the body. Some people wore jewelry at selected points, while others carried raw or polished stones.

If we follow the examples of Cleopatra in Egypt, rulers in India, emperors in Asia, and monarchs in the West, we can see how the beauty in crystal gems can heal thanks to their mere elegance as well as through their electromagnetic currents and healing, balancing, and curative properties. The ancients knew it then, and we are moving into the same awareness now.

Healing occurs when all of our bodily systems are in complementary alliance and allegiance with one another. When the hormones are flowing

freely, when the breath is unrestricted, when the digestive system is functioning properly, when the blood is carrying nutrients to the cells, and when all the organs are operating at optimum capacity, we have health. The body heals itself when we restore natural balance. You, as the healing artist, choose the means and methods for this process. You select the stones containing specific inherent properties to create balance and restore harmony.

Our job, as the monitor of our own body, is to maintain that balance. It can be effortless for us, or it can become a monumental task. It depends on how we approach it. Crystals can work with the body at the vibrational level to change the patterns and establish a solid flow of energy. We can use crystals as guides, based on their chemical composition, to heal what is not in balance in our system or to let us know what we lack. They serve as scouts for imbalances and as guides to get us back on track.

If you choose to work with crystals, your next question may be, “Where do I begin?” It can be overwhelming to look at all the varieties of crystals that are available. In the next chapter, we’ll start with a simple slate of twelve (our sacred number) healing crystals. First, let’s take a look at what crystals can do.

Crystals can

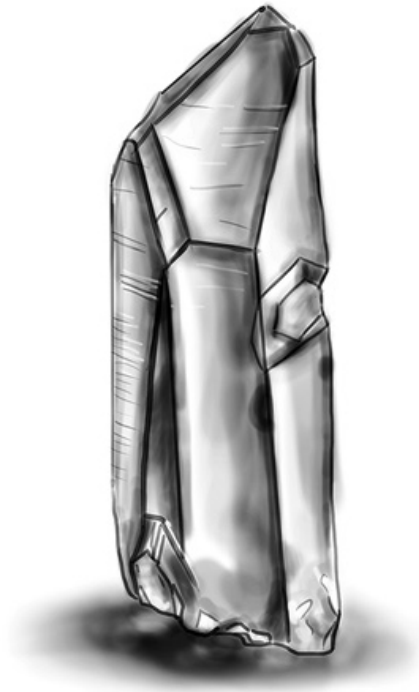
1. transmit energy from one source to another.
2. purify the environment of negative energy in the air or atmosphere.
3. neutralize electromagnetic currents in order to protect our computers from negative static, protect the environment from harmful interference, and lift our spirits when we’re in a bad mood.
4. clear and cleanse. (Crystals can wash away unwanted vibrations just as water washes away dirt.)
5. focus our thoughts, dreams, and concerns.
6. increase psychic awareness.
7. activate positive energies.

8. deflect negative energy away from us and our environment.
9. heal—by amplifying our intention and healing heart-centered energy, intentionally directed to parts of our mind, body, and soul.
10. open the pathways of energy from the brain, tissues, and cells to the entire body.
11. channel energy from the places we select, like from nature to our body or from our hand to another's ailment or pain.
12. stimulate energy, awaken dormant impulses, and enliven the chakras.

Crystal Structures and Formations

There are over sixty categories of crystal face and facet formations. Let's begin with twelve basic ones to keep it simple and in the realm of the sacred number of twelve.

When you are selecting a crystal for the first time, you will want to observe its color, clarity, shape, and face (facets). The facets identify it as having certain characteristics and also indicate the metaphysical powers it possesses. There are no hard-and-fast rules for what a crystal can do on the invisible planes, but common use has shown these shapes to exhibit the qualities each is said to possess and suggest why that is.



Activation Crystal

Activation Crystal

This activation crystal, also known as a time link or portal crystal, has an extra parallel facet to the right or left of the center facets. This crystal promotes creativity, imagination, and psychic abilities and allows the user to go back or forward in time.



Channeling Crystal

Channeling Crystal

A channeling crystal has a seven-sided face on a center post and a triangle on the opposite side. Seven is the number of the mystic and the seeker. This crystal teaches wisdom from within.



Cluster Crystal

Cluster Crystal

A cluster crystal is a collection of crystal points sharing the same base. It distributes energy out into the room or space and radiates power. It is used to heal group energy or relationships.



Dolphin Crystal

Dolphin Crystal

For the dolphin crystal shape, two (or more) crystals pair up to look as if one is riding the other. This duality represents the mother crystal, or the teacher crystal, for guiding a younger child or mentee.



Double-Terminated Crystal

Double-Terminated Crystal

Natural terminations on both ends of this crystal provide a balance of energy and healing from either end. The energy is balanced between the two ends.



Generator Crystal

Generator Crystal

For a generator crystal, all six faces come together to form a terminating apex at a near-perfect apex point. This shape sharpens focus, distributes energy evenly, energizes concentration, and enhances magical powers.



Isis Crystal

Isis Crystal

Five sides (edges) surround the largest sloping facial facet on an Isis crystal. This shape represents goodness, power, and feminine energy.



Manifestation Crystal

Manifestation Crystal

With a manifestation crystal, one crystal contains another smaller crystal inside. This configuration brings dreams into reality and is an ally for creative endeavors and for making things happen. It provides a potent connection between the cosmos and the earth.



Phantom Crystal

Phantom Crystal

A phantom crystal features a ghostlike image of another crystal inside of it. This formation facilitates growth, inspiration, and help with past issues.



Rainbow Crystal

Rainbow Crystal

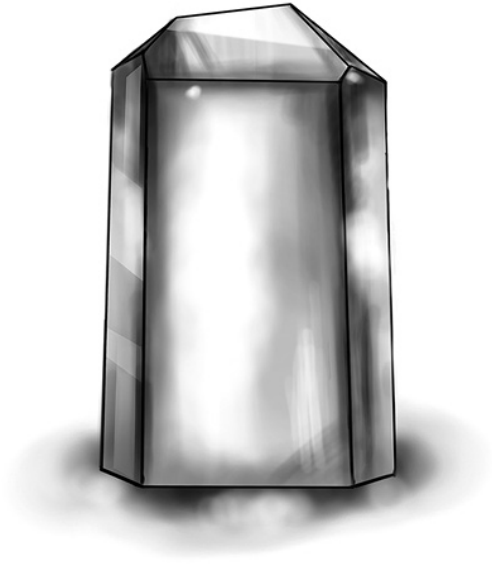
Due to fractures and inclusions within this quartz formation, an internal rainbow is visible when light refracts in a certain way. This shape is for vision, fulfillment, and dreams.



Story Crystal

Story Crystal

This shape of crystal is reputed to carry ancient records within its atoms. It is recognized as such by having the shape of three pyramids on its crown. These crystals have stories to tell us if we are willing and open to listen.



Tabby Crystal

Tabby Crystal

One or more sides of a tabby crystal have a wide, flat surface. Also known as a scanner crystal, it can pick up information for us and store it until we want to use it later.



Wand Crystal

Wand Crystal

This natural formation of a wand shape is an all-purpose healing tool for those who want to pinpoint an ailment. These crystals are useful in stimulating healing at specific physical points and transmuting negative energy into good. They come as a single- or double-terminated stone. Some are even smoothed and rounded on one end for use with body massage or pressure point stimulation.

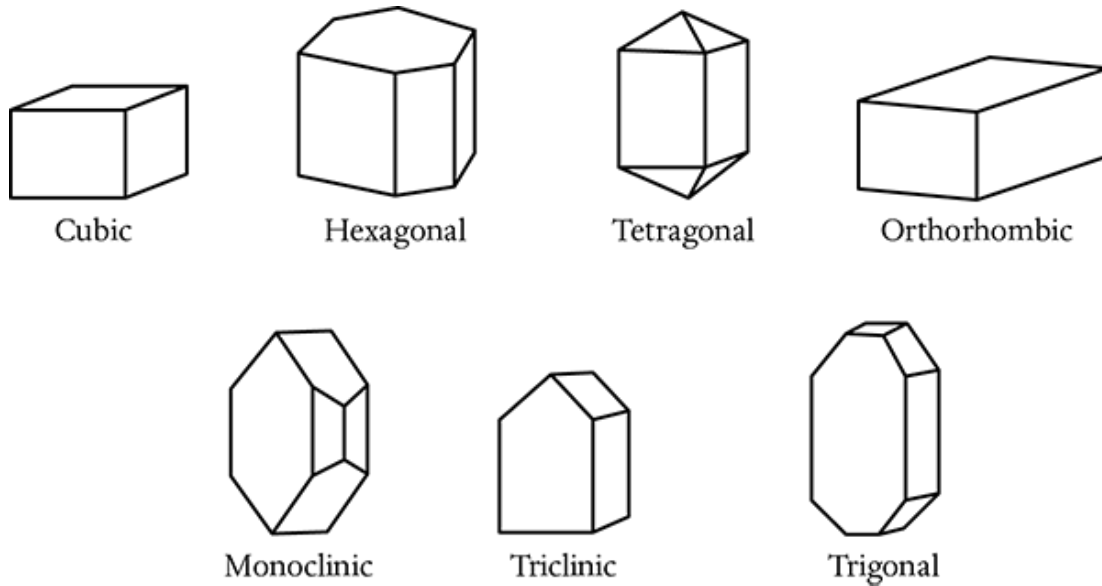
These various shapes and sizes show up in many colors and types of crystals and stones. You can create your own healing collection by choosing particular stones for their inherent healing properties, in certain shapes to further enhance their powers.

For example, I like my amethyst crystals in clusters and as wands. I find they work nicely for me in those shapes. I use a crystal quartz tabby as well as a citrine one for information gathering. A clear quartz generator crystal is my tool for helping to set intentions and sending them out for magical purposes.

The sizes and shapes of crystals will be up to you to select as you broaden your abilities on this healing journey. It's a very personal choice for you as an artist to make when you select your power tools.

Crystal Formations

The structure of every crystal can be classified according to the symmetry of its unit cells. There are believed to be seven physical shapes, or systems, into which crystals can form. They include cubic, hexagonal, tetragonal, orthorhombic, monoclinic, triclinic, and trigonal.



Crystal Structure Shapes

This categorization is nicely organized, but it may not be important to remember if you're not a scientist. However, as a person interested in metaphysics, you might want to know why these shapes and structures look familiar. These shapes are the building blocks of the universe and of life as we recognize it in all forms of nature.

Modern Use

Crystals have become essential to the functioning of our modern technologies. They are used in cell phones, computers, and watches for stability and energy flow. Because they are balanced and have a perfectly ordered structure, crystals emit uninterrupted frequencies that conduct and transmit electrical information reliably—the key to their popularity. They are stable and reliable and transmit energy flawlessly from one point to another. Scientists love them.

Ruby crystals were used by Bell Labs in the 1960s in the development of the first laser. Ruby was chosen because its crystal structure has a wide absorption band with a high conversion efficiency. Lasers are the reason we are able to have bloodless surgeries, faster recovery times, and noninvasive techniques that save lives, among other technological uses.

Quartz crystal is composed of silicon and oxygen, having a chemical formula written as SiO_2 . This atomic structure is regarded as a perfect order in nature. Quartz crystal is employed by industries because the crystal composition and lattice provide a stability of structure and regularity of flow for the electromagnetic energy that courses through it. This is its primary and most excellent quality, because it regulates and balances the energy traveling through it. Stability is king in energy transmission.

A crystal tip is used in a phonograph needle because it transfers a mechanical vibration from the patterns of the grooves in the record into electrical oscillations that are then carried by electricity and fed into speakers. Crystal is the chosen carrier because the crystalline atomic structure is the most stable and reliable one for the transmission of a constant signal. In a similar manner, crystals may be used to translate energy from one form into another, as they are composed of structural atomic properties that dissipate discordant energy and balance it to bring about healing.

Other contemporary examples of where crystals are used include sonar, radios, cigarette lighters, transistors, computer chips, liquid crystal displays, digital watches, cars, satellites, and many other technological pillars of today's global society that utilize these crystals in their manufacture.

Crystal Basics

Many of you already know this information, but it never hurts to review the basics. I include it here as a refresher or for those of you who are not yet familiar with the fundamentals of using crystals.

Guidelines for Buying Crystals

Purchasing your first crystals is exciting. But if you shop online, you will not have visual and tactile control of your purchase. I recommend visiting a local store or gem show for your first purchase, so you can put your knowledge to use and "test" how the crystal feels in your hand. Because

you know it is a living thing, you'll want to have the opportunity to meet and greet it in person. A crystal placed in one person's hand and vibration may react differently in another person's hand. Always choose crystals that come alive in your hand. Use your intuition when selecting crystals. Here are some things to consider.

1. Know what you want. Learn a little bit about crystal shapes and purposes. The more you know, the better your crystal shopping experience will be. Surf the internet and take a look at the different crystal shapes, sizes, weights, and designs available. Do you want clusters, single points, standing crystals, or geodes? Window-shopping will definitely help you decide what resonates with you.

2. Decide what you are willing to spend on your first collection of crystals. You may only want one or two, so that will be helpful when you start shopping. If you are thinking about having a collection of stones, then make a list and think about how you'll use them before you put a whole week's salary into your first purchase. (Ask me how I know this.)

3. Will you display your crystals or pack them away and use them only for healing? If you are going to display them, you'll want to find a cabinet, some stabilizing putty, holders, or pillows to show them off. Keep in mind that they may need extra protection from children, pets, family members, visitors, or cleaning staff.

4. The all-time best place to shop for crystals is a gem and mineral show, local or national. If you have a seller's permit or a resale number in your state, all the better. Perhaps a friend has one and you can go with them. Tucson holds a world-famous gem and mineral show in the winter. It's huge and you'll want to wear comfy walking shoes. (See the [Recommended Resources](#) section for links to shows and sites.)

5. The second-best place to shop for crystals is a local bookstore, crystal shop, or metaphysical store. Some jewelry stores even carry crystals and gemstones. Look into local craft fairs, rock and gem shows, and some

county fairs. Don't just search online for "rock shows," because you'll only get a list of pricey rock musical concerts.

6. Sometimes the less you communicate about what you know to wholesalers and retailers, the better off you are in terms of prices. You will see the extent of your humility reflected in the price quote. If a seller thinks you know a lot about crystals, they are likely to charge you a premium for your knowledge. Play dumb and reap the rewards.

7. Take your time. Don't rush into a buy. Spend a few moments with the crystal you're thinking about buying and get to know it a little. Double-check for chips, breaks, fissures, or imperfections. Be sure you can live with what you find. My tip is to wear your glasses and take your time. A small flashlight is helpful to see into the nooks and crannies of the stones and to check the color. If you want to be astute, invest in a jeweler's loupe.

8. I like to know who harvests my crystals, what methods they use, and if they are kind to the earth and use sustainable methods. Were the crystals harvested by fair trade workers? Were they blasted out of the earth with dynamite or were they chipped out of the earth by hand? Were they treated well after harvesting or just dumped in a big pile? Are their points and facets natural, or have they been machine-cut?

I prefer my crystals to have good karma inside and out. It's hard to know who harvested a crystal when you purchase it in a store, but if you purchase from a gemologist or at a gem show, they will most likely know the source of the crystal. You can ask questions. Some mines use blasting techniques to mine their crystals. That is a huge shock to the vibratory system of a stone. There are miners who chip away carefully, using a more sacred approach. Many ask permission of the earth to mine the crystals, honoring the earth for its gifts and bounty. You can ask your dealer about the sources they buy from. They are usually pleased to tell you.

After You Purchase Your Crystal

Once you bring your new crystal home, you'll want to prepare it for use. Remember, it is a living being composed of vibrations, and you won't know exactly where it has been or how it was mined (unless you buy only from conscious miners who use hand tools, are gentle, and do not blast). I've known people who treat their crystals like "rescues" and are careful to gradually acquaint them with their new surroundings as they would a new kitten or puppy. (I discuss this in more detail in the "Sample Programming Session" section later in this chapter.)

Clearing and Cleansing Crystals

There are many creative ways to clear and cleanse crystals. I prefer a cross section of methods, and I often choose a different method for each unique crystal. For example, I use purple terry cloth to clean and dry my amethysts. They seem to be very happy with that pampering.

Here are a few ideas for clearing and cleansing your crystals:

1. Place the crystal in a bath of sea water that you have collected from the ocean, and leave for an hour or so. If you make your own saltwater bath, use spring water and add $\frac{1}{2}$ teaspoon sea salt per quart of water. I prefer to use Hawaiian or Celtic sea salt. You can put this in the sun if you like, or in a quiet spot in your home. Never use water for selenite or calcite. For these two crystals, use smudging, brown rice, or moonlight to cleanse them.

2. Use a tepid bath of plain spring water for your crystal cleansing. Allow the crystals to rest in the water for an hour or more. You can place them in the sun or the moonlight for extra energy. (Avoid sunlight for amethyst, citrine, fluorite, rose quartz, smoky quartz, and turquoise.)

3. You can also cleanse a crystal by burning a smudge stick or sage or by using a bowl of uncooked brown rice or a dried plant of your choice. Sun or moonlight can add extra vibrations. (Use smudge sticks safely indoors. Avoid sunbaths for amethyst, citrine, fluorite, rose quartz, smoky quartz, and turquoise.)

4. I have used spring water invigorated by quartz crystal, shungite, or even a diamond to imbibe its vibrations. (Never submerge a crystal or stone in water that you intend to drink. Always place the stone in a clean jar surrounded by water. Drink only the water/elixir that is untouched by the crystal or stone.)

5. I often use music to cleanse a crystal with sound. I perform a twofold cleansing process: I use one piece of music to cleanse and another to set the purpose or intention of the crystal.

6. I am never afraid to cleanse and clear my crystals with 70–90% isopropyl rubbing alcohol. I use a spray bottle filled with a mixture of $\frac{1}{4}$ alcohol and $\frac{3}{4}$ spring water and spritz the crystals, then dry them with a soft cloth. (The exception for this cleansing technique is selenite.)

7. I have also used a sand bath or mud bath to clear and cleanse a crystal. It will need cleaning after the earthy bath, of course, but this is a nice method. Sunlight or moonlight adds a genuine cosmic connection. (Avoid salt if you are using malachite.)

8. I often use my big crystal cluster to charge and cleanse my other crystals. The big cluster generates wonderful energy and clears them quickly. I place smaller crystals, which I have first cleared and cleansed (carefully), on the big cluster for thirty minutes to an hour. They charge up immediately and are ready for action.

9. The forest is a wonderful location to cleanse and clear crystals. Take them with you to a quiet place in the woods and allow them to luxuriate in the sights, sounds, and vibrations of nature. Let them have a moment of peace and calm and take a forest bath. They will release anything that is stuck or clogged and be able to breathe freely again. The same is true for a trip to the beach with your crystals (except for the ones that are not recommended to be in sunlight).

10. Crystal or rock caves are excellent places to charge and cleanse your crystals. They will feel right at home there and get into the groove. My crystals love road trips, and they even have their own luggage. Dry them

carefully. Handle them gently and use a good cotton cloth. I like to buy cloth diapers in bulk (online), and I use those lovely soft diaper cloths to polish and shine my treasures.

11. Mountaintops, natural springs, sacred spaces, vortexes, ley lines, and monuments are excellent locations to cleanse and dedicate your crystals.

You will discover what your crystals like and respond to. Some of them may enjoy heights and will want to go up to the mountains for cleansing. Others may prefer the depths of the earth. I had one crystal that was crazy for volcanoes and one that especially liked Paris. A key group of my special power crystals have seen Paris, Rome, Athens, Dublin, New York, Berlin, Copenhagen, Amsterdam, Hong Kong, India, Singapore, and London. I think they have even picked up the local accents.

As I become familiar with my crystals, I look at how they respond to sunlight, moonlight, and different geophysical locations. Only you will know how they *feel*. I look to see if they brighten, if they seem calm, if they blend in, or if they are warm. Obviously, a crystal cannot tell you how they are reacting to something in words, but you can sense its vibration, its warmth, its coldness, or if it becomes uncharacteristically active internally. Most of my crystals do not like hard rock music. I can tell by how they seem to close up and want to hide. However, if I play classical music or the mellow tones of eighties folk artists for them, they appear content and calm. You might ask, “How can you tell if a crystal is calm or excited?” Work with them. Pay attention to them and you’ll see. They will reveal their moods to you.

It all boils down to your personal preferences and how willing you are to tune in to your crystals. They are a lot like cats: they give back to you what you put into them.

Programming Crystals

If you intend to use your crystals for healing purposes and to accomplish specific assignments, you will need to prepare them. A crystal is a blank

slate. It is a transmitter of stable energy from one point to another. When you clear and cleanse it, you prepare it for new instruction, information, and vibrations. Before you direct it, be sure to follow a few of the guidelines listed here. You will have greater and faster success if you do.

1. The first thing you need to do is cleanse the crystal and clear it from past use or any other vibrations it might be holding. You need to have a clean canvas to work with. (Follow the previous directions for cleansing a crystal.)

2. Take a moment to sit with the crystal. Allow it to speak to you. You can talk to it, but don't forget to also be a good listener. Make notes in your crystal journal if you are so moved. A crystal journal is a sensational idea. You can use it to keep a log of your new crystals, make initial comments, and continue to write about them as you discover more of their attributes and give them healing assignments. I include a small photo of each crystal in my journal, along with a description and my impressions of it.

3. Set your intention for the crystal either in writing (preferred) or in your mind. Keep it simple, to the point, and achievable. Crystals respond to direct, clear, and succinct commands. They are always excited to perform the job you assign to them.

4. Share with your crystals what they mean to you. Tell them that you value them and appreciate them. Remember to honor their aliveness and their souls. Feel free to flatter them and remind them of their beauty. You may want to record your impressions and compliments in your crystal journal.

5. Clearly tell each crystal what you expect of it. Define its job so it understands what the goal is and what you want as the outcome. Try to be specific. If you tell a crystal that you want world peace, it won't know where to begin. If you specify that you want peace between this person and that person, your crystal will understand how to take on that specific assignment.

6. Place your hands in a circular fashion around the upright crystal, hovering about two to three inches over it. Breathe into the crystal. Share your breath and softly speak your intention aloud. You'll know when the crystal has heard you. Close the energy field by waving with your hands three times over the crystal. Bring your hands to your chest in prayer position and thank your crystal.

7. Seal the session with sage, blessed or charged water (sprinkled or misted), music, bells, chimes, cymbals, a ribbon circling overhead, or any other ritualistic form you choose. Be as creative as you can be.

8. Set your crystals in a visible place so they can do their work.

9. Tell your crystals every day that you love and appreciate them. Record your praise in your crystal journal.

Sample Programming Session

When I acquire a new crystal, I bring it in the house with a great deal of excitement and joy. It's like a new little person to me, and I am excited to have it in my collection.

I give the crystal a bath in lightly sudsy, organic soap and warm spring water. I play some wonderful music in the background, then dry off the crystal with one of my crystal cloths. (I have several colors of cloths that are soft, absorbent, and cozy.)

Next, I place the purified crystal on a light stand, because I want to see every beautiful fracture, crack, point, crevice, fissure, and rainbow. I take my time gazing into it so I can notice any shapes or formations within. The latest crystal I bought was a quartz tabby that, upon eagle-eye observation, seemed to contain the shape and face of an arched cat. This was no coincidence, because I was in the process of finishing the last few chapters of a cat book due out that year.

I asked this particular crystal if it wanted me to call it "Kitty." I believe the response was affirmative. I said to Kitty, "Welcome to our home. I hope

you will be very happy here.” It was kind of a silly thing, but I enjoyed it at the time.

Dinnertime was approaching, so I carried Miss Kitty to the kitchen, where she could watch me as I prepared a meal. I commented several times that Kitty looked very pretty in the overhead kitchen light.

After dinner, we watched some news and I let Kitty join us on the coffee table. I asked Kitty more about herself during the commercials and noticed that her tag said she was from Brazil. I looked up the word *kitty* in Portuguese and it said *gatinha*. I asked Kitty if she would prefer to be called *Gatinha*, in her native tongue. That idea was a hit. I could see her brightening and filling with energy. From that moment on, she was Gatinha.

For a few days thereafter, Gatinha moved from room to room with me. I wanted her to experience the whole house. She settled on a windowsill in the cats’ playroom, and that’s where she seemed to be the most content. Her job now is to watch over the cats: to bring peace to them, to break up fights, and to maintain law and order in the feline kingdom of five. Every day I thank her for doing a great job. And this is the part I love the most: The cats are happier and more peaceful and they fight less over food and territory now that Gatinha is in their room. Gatinha, the crystal, had a mission of making peace—mission accomplished!

Broken Crystals

A crystal may fall, shatter, or break. It’s sad when this happens, but it’s not the end of the world, by any means. Crystals cannot be destroyed, and the energy they hold cannot be diminished. You can easily repurpose a crystal and keep its energy circulating in the universe. Here are a few suggestions for when crystals break, shatter, or fall into pieces—which some do, by the way, all of their own accord. Never take it personally! Allow creativity to take hold and find a new purpose for your crystal.

1. Glue the pieces of the crystal back together. Biodegradable glue and other miracles of the twenty-first century are readily available. This repair

does not impede the crystal's power. Energy still courses through the glue molecules as good as new.

2. Use the crystal pieces in your craft projects. You can paint them onto canvases, mix them into clay for pottery, affix them to assorted art projects, drop them into candle wax, or decorate a mirror or a treasure box with them.

3. Put chips of crystals into water to charge the water with energy. For safety purposes, because some crystals are toxic or may dissolve in water, place your crystal(s) in a small glass jar or clear votive holder, then position the jar in the middle of the larger bowl of water. Place the bowl in the sun to infuse throughout the day, or leave the bowl out overnight if it is a full moon. Protect your bowl from creatures and visitors by covering it with cheesecloth or another tight-weave material. Remove the crystal jar, and now you can drink the water that surrounded it.

4. Make a crystal bag to carry with you. Put the crystal pieces in a bag you make or buy. Don't use synthetic or polyester material. Stick with silk, animal skin, cotton, wool, or hemp cloth.

5. Place the crystal pieces in plants or in your garden, or plant them under a tree. Observe how the plants flourish.

6. Give the crystal pieces back to the earth. Commit them back to the earth with a short ceremony of your choosing.

7. Crystals neutralize the energies of computers, televisions, and microwave ovens. Tape a small crystal onto each corner of your device, with all points aimed at the center of the device.

8. Place small crystal pieces in a bowl and let them support a candle or a larger crystal. They will charge the item with energy all day and all night long.

9. Think of artistic ways to glue the crystal pieces onto a loop of monofilament fishing line, then hang in your window to catch the sun or decorate your holiday tree.

There is an unlimited number of creative ways to use crystal pieces. You can use shattered crystal as a metaphor for self-healing, because every now and then we feel broken, too. Accept the crystal in its current state and love it no matter what has occurred. After a 6.7 earthquake in California in 1994, I had the opportunity to practice all of the above. Many of my crystals broke as they tumbled off their shelves, but I still have every last one of them. I even sewed some of the pieces onto a suit jacket I owned. We survived a major disaster together. I loved them all, and they seemed just fine even after that trauma.

I treated them with TLC. I respected their feelings. I believed that they had experienced a trauma, as I had, and that they had been suddenly shattered and separated from their original form. I bathed them in some Bach flower Rescue Remedy, I gave them a sunbath in their familiar backyard setting, and I commiserated with them. Everything alive resonates to appreciation, and my crystals were no exception. I gave them the same kind of attention I gave to my cats, and we all healed together. It was a family affair.

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CHAPTER 2

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My Top 12 Healing Crystals and Their Pairings

In this chapter you'll receive a brief breakdown of the twelve crystals we'll be covering throughout the rest of the book. You can mark this chapter to refer to for a brief overview of each crystal and which associated items work in harmony with it. For each crystal, various details are listed, including matching essential oils, karmic laws, colors, chakras, and more. Many of these will be explained more fully in their own chapters, so here you'll get just a sample of what's to come.

When I think about crystals, I think of them as my family. To understand them better, I want to use a common metaphor that we all understand. Imagine that you are giving a special dinner party. You have a table that seats twelve, and you have dishes and place settings for twelve. Of all your close friends, who would you choose to invite? The twelve represent your good friends, and they all bring different qualities to the table. Each has something different that completes and balances your party. Who would you invite? How would you narrow down your list? That's the question I asked myself over and over when I selected these twelve healing crystals. These are my chosen guests, one through twelve, specifically selected to sit at my table.

My guests belong to the quartz family. They are excellent company. I'd like to share with you a little bit of background about the quartz family in

general.

Quartz is a mineral composed of silicon and oxygen atoms linked together in a continuous framework of silicon-oxygen (SiO_4) tetrahedra. The word *quartz* comes from the Old Saxon words meaning “cross-vein ore.”

One of the reasons quartz is considered to be an extraordinary mineral and a healer is due to its trio of electromagnetic qualities. Quartz is piezoelectric, pyroelectric, and triboluminescent.

- Piezoelectricity is the electric charge that accumulates in certain solid materials (such as crystals, certain ceramics, and biological matter like bone, DNA, and various proteins) in response to applied mechanical stress. The piezoelectric effect was discovered in 1880 by two French physicists, brothers Jacques and Pierre Curie (husband of Madame Curie). They extrapolated the name from the Greek word *piezein*, which means “to press.”

- Pyroelectric crystals generate electricity when heated. Pyroelectricity occurs when heat causes a migration of positive and negative charges to opposite ends, creating polarization and electrical potential.

- Triboluminescence is the emission of light from a substance caused by rubbing, scratching, or similar frictional contact and the ability of a crystal to emit light when it is struck.

Pure quartz is also known as rock crystal and is colorless. Various impurities are responsible for its extensive range of colors. Quartz crystal is clear silicon dioxide (SiO_2), but when it is exposed to iron, for example, it turns dark purple and we call that amethyst. Quartz crystal is affected by different chemical compounds, which is how we end up with different colored crystals.

There are thousands of stones to choose from, but I’ve narrowed it down to just these twelve because, in my experience, these are the most powerful and versatile stones that sufficiently encompass the types of healing

required for most human situations. They are the twelve extraordinary guests at my very special dinner party for healers, and you're invited. I have included some information about each guest, so you'll have a personal connection to each one as you learn more about their personalities. They are listed in order of the powers they possess and in my order of preference and universal use. Each chosen guest is a healer in their own right.

Okay, the table is set. Welcome to my party.

1. Clear Quartz

Purpose: Power, energy, clarity

Chemical Composition: SiO_2 —silicon (Si) and oxygen (O)

Color: Colorless, transparent

Chakra: Clear quartz is attuned to the seventh (crown) chakra, for connection with the oversoul and the divine mind. It is a clear channel and an effective conductor of cosmic energies between heaven and earth. It also aligns all chakras since it is the master healer.

Essential Oil: Peppermint

Law of Karma: The Law of Creation: *Life does not happen by itself; our thoughts create our reality and life requires our full participation.*

Archetype: Creator

Planet: Sun

Astrological Sign: Leo

Element: Fire

Supports: New beginnings, fresh energies, enthusiasm for life, dreams, personal freedom, accomplishments, goals, achievements, and success

Physical Benefits: Circulation, immune system; increased energy; balance in bodily systems, motion sickness, nausea, vertigo; improved metabolism; weight loss, toxin removal, pain relief, and emotional healing

Quartz is a mineral composed of silicon and oxygen atoms in a continuous framework of silicon-oxygen (SiO_4) tetrahedra. Clear quartz is also known by the familiar names crystal quartz and rock crystal. It is called the universal crystal or the universal healer because it is the leader of the crystal family. It is a natural form of silicon dioxide and is the world's second most common mineral since it is the main component of sand. (Feldspar is the first.) Although quartz does not carry electricity like most metals, it has certain electrical properties that make it very useful for specific electronics. It is piezoelectric, meaning it generates an electric charge in response to applied mechanical stress.

In metaphysical circles, clear quartz crystal is considered the ultimate gift from Mother Earth to humankind. Even the smallest atom of quartz crystal is imbued with the properties of a master healer and teacher. Ancients believed these stones were alive. They have chemical properties containing elements organized according to lattice structure, rendering this crystal atomically perfect.

Many ancient societies believed quartz crystals were the direct incarnations of divine cosmic energy and were, in fact, gods themselves. Easily programmable, quartz is one of the most receptive crystals for positive affirmations, and it even stores them for you. Quartz enhances the communication between this plane and the heavenly realm. It is believed that these ancient rocks contain secrets from past civilizations and ancient records and that they can communicate with each other through energy. They are the very breath and heart of a dragon, according to the ancient Chinese.

Many of today's healers agree with the ancients and believe that quartz crystals are animate beings, ancient and wise, coming from the core of the earth and ready to share and communicate when an individual becomes open to them and ready to receive. There are many ways to interface with a quartz crystal. You can wear them, carry them, or meditate with them to achieve connection, healing, and enlightenment. When you connect through

a crystal, you bring in the vibrations of spiritual energy and universal unity. Clear quartz is found primarily in Brazil, Arkansas, Madagascar, and Herkimer, New York.

2. Amethyst

Purpose: Psychic, temperance, protection

Chemical Composition: SiO_2 (silicon dioxide)

Color: Ranges from pale violet to deep purple

Chakra: Sixth (third eye) and seventh (crown) chakras

Law of Karma: The Great Law: *What we give out in our words, actions, and thoughts returns to us in kind.*

Archetype: Innocent

Planet: Mercury

Astrological Sign: Aquarius

Element: Water

Essential Oil: Lavender

Supports: Sobriety, restraint, temperance, over-indulgence; increases intelligence, shrewdness in business; connects purpose and action and stills the restless mind; enhances serenity and composure; heals personal losses; aids in grief recovery, builds strength; enhances flexibility; invites in peace, happiness, and protection against enemies; opens channels to telepathy and clairvoyance by protecting against psychic attacks.

Physical Benefits: Boosts hormones; stimulates the sympathetic nervous system; reduces pain, inflammation, swelling, bruising, and arthritis; assists in the building of skin and teeth.

The color purple is one of the highest vibrational colors. Amethyst is known as nature's tranquilizer. Connected to the Hebrew tribe of Dan, it was known as *hemag* in Egypt from the *Book of the Dead* and was carved into heart-shaped amulets that were placed in the tombs of the dead to help them navigate the afterlife.

Amethyst is also known as the artist's stone, the composer's stone, the painter's stone, the poet's stone, and the inventor's stone, because it contains the creative energy of the universe. This is the master stone for the work of the healing artist.

A famous story in Greek mythology tells us that Dionysus (the god of wine and rituals) became intoxicated and infuriated with a young virgin named Amethyst, who was refusing his overtures. The girl pleaded for mercy to Diana, the goddess of fertility and the hunt. Diana obliged by turning her into a beautiful white stone to protect her. Dionysus, repentant for his actions, began to sob. His tears overflowed into his cup of wine. The cup spilled over the stone and saturated it with color. The stone became the amethyst we see today.

Amethyst embodies the connection between heaven and earth and the realms of the seen and the unseen. It is the ultimate connector of the realms of the In-Between. Because of its association with Dionysus, amethyst is said to protect the wearer from drunkenness. The word *amethyst* also has the connotation of meaning "not drunk."

3. Citrine

Purpose: Success, abundance, personal power

Chemical Composition: SiO₂ (silicon dioxide)

Color: Various shades of yellow

Chakra: Third (solar plexus) chakra

Essential Oil: Lemon

Law of Karma: The Law of Connection: *Nothing is separate. Everything in the past, present, and future is connected.*

Archetype: Hero

Planet: Jupiter

Astrological Sign: Leo

Element: Fire

Supports: Intelligence, inner wisdom, concentration, and mental clarity; transforms fear and anxiety into productivity; controls the abuse of power and megalomania of a leader; balances yin-yang energy and stabilizes emotions. Given as a gift to a newborn, a citrine stone will encourage health, happiness, inquisitiveness, confidence, and inner wisdom as the child grows.

Physical Benefits: Citrine is good for the thyroid, the heart, hormone imbalances, the endocrine system, digestion, infections of the kidney and bladder, fatigue, morning sickness, nausea, skin, and food allergy abatement. It can improve mental clarity and stimulate concentration.

Citrine has been used ornamentally on tools and in jewelry for thousands of years. In ancient Greece, the stone now known as citrine first gained popularity as a decorative gem during the Hellenistic Age, between 300 and 150 BCE. In the seventh century, Scottish weapon makers used citrine to adorn dagger handles, sometimes even using a single large citrine crystal as the handle itself.⁸

Queen Victoria and Prince Albert reputedly loved citrine gemstones so much that they used them extensively to decorate a summer residence in 1852. This edifice caused an upswing in appreciation for citrine gemstones in shoulder brooches and kilt pins, which flourished in Scotland.

Citrine stone became very popular in the 1920s and 1930s during the Art Deco period, for clothing, jewelry, and decorative items for the home, including furniture. Citrine rock was even used in architecture, for cornerstones specifically, as a measure of good fortune.

This stone's name originates from the French word *citron*, for the lemon fruit and color. You may see many shades of yellow in this crystal, ranging from a hint of yellow to a deep golden or honey-brown hue. Be aware, though, that many quartz stones sold as citrine are heat-treated amethysts or smoky quartz. The internal crystalline structures of amethyst and citrine are very similar, so color is the main differential.

Citrine has been called the stone of the mind. Ancient cultures believed that placing a citrine on the forehead of an elder would increase their psychic power.⁹ This stone is believed to be able to transmute negative thinking into optimism and alter poverty consciousness into one of abundance, resulting in prosperity.

Citrine is used for balancing group energy and creating a wise management and leadership style for businesses and governments. It is one of the two minerals on the planet that does not hold or accumulate negative energy; hence it never needs cleansing or clearing. (The other is kyanite.)

A very sunny and cheerful stone, citrine clears negative energy without absorbing it and clears other stones as well. It makes room for happiness and light to replace negative feelings. The gold color of the stone brings much success, but take care and keep it indoors, as it will fade in the sunlight.

4. Rose Quartz

Purpose: Love, balance, forgiveness

Chemical Composition: SiO_2 (silicon dioxide)

Color: Soft pink to pinkish white

Chakra: Fourth (heart) chakra

Essential Oil: Rose absolute

Law of Karma: The Law of Growth: *We must move in a forward direction.*

Nothing changes until we do.

Archetype: Lover

Planet: Venus

Astrological Sign: Libra

Element: Air

Supports: Heart-centered living, self-love, beautiful dreams; provides protection against malicious gossip; dissolves worries and fears and encourages forgiveness of the self and others; dissipates grudges; calls in love; attracts romantic partnerships; brings inner peace and contentment;

allows change to occur naturally and enhances the shift as an instrument of spiritual growth.

Physical Benefits: Balances the heart and circulatory systems, releases impurities from bodily fluids, hastens recovery, reduces high blood pressure, assists the lungs in breathing, reduces coughing, heals the adrenals, supports fertility, and protects against miscarriage.

Love is the heartbeat of creation and the very conduit that holds our cosmos together. At the center of creation is intelligence. Intelligence is love, and love is intelligence. Without the adhesive energy of love, it all dissipates and disappears. Hence, rose quartz is the universal healer of all the ages and our world. It emits a lovely vibration of gentleness to remove negativity and usher in the forces of universal love. Egyptians carved face masks of rose quartz for the dead to wear so they would attract love in the afterlife.

Rose quartz transmutes sorrow into joy and turns negativity into optimism. It encourages us to turn inward and discover the core of self-love and allow that to expand outward. From this core of love and forgiveness, we can extend that love to others.

Many civilizations have called rose quartz an elixir of love and surrounded their homes with this elegant healer in the form of carvings, spheres, ornaments, and even furniture. Many artists have sculpted creative masterpieces from rose quartz.

5. Fluorite

Purpose: Clarity, purpose, order

Chemical Composition: CaF₂ (calcium fluoride)

Color: Includes a spectrum of colors

Chakra: Fourth (heart) chakra

Essential Oil: Spikenard

Law of Karma: The Law of Humility: *It is the way it is; it is the way. To change it, one must accept it and surrender to its reality.*

Archetype: Everyperson

Planet: Neptune

Astrological Sign: Pisces

Element: Water

Supports: A flawless ideal of perfect health, the intellect, emotions, and overall well-being; purifies, cleanses, purges, balances; dissipates viruses, cold, flu, and herpes and provides a layer of protection against infection; clears up mental fog and aids in the use of intuition; contributes to psychic and spiritual wholeness by bringing mental order and clarity to any spiritual path or awakening.

Physical Benefits: Enhances cerebral and mental functions; improves concentration by clearing the mind; cleanses and purifies systems and fluids that are out of balance; helps to heal bones, teeth, inflammation, arthritis, intestinal irritations, coughs, and cold symptoms.

Called the gemstone of discernment by many in the gemological and metaphysical worlds,¹⁰ fluorite is an example of sacred geometry contained within a gemstone, as it forms a hexoctahedron in many cases.

The colors of fluorite stretch across the color spectrum, and each possesses a unique healing quality:

Blue Fluorite: Orderly thoughts

Chinese Fluorite: Disease protection

Purple Fluorite: Mystical intuition

Colorless Fluorite: Purification and energy

Green Fluorite: Cleansing

Yellow Fluorite: Creativity

Magenta Fluorite: Forgiveness and understanding

Rainbow Fluorite: Flexibility

Pink Fluorite: Cheer and joy

Black Fluorite: Astral cleansing

Fluorite's overall qualities stabilize energies, including those in group dynamics, personal relationships, and one's inner world. This stabilizing energy brings order out of chaos and aligns the mental, physical, and spiritual realms, creating an equal balance, like the edges of a pyramid.

Fluorite promotes impartiality and grounds cosmic and spiritual energies. It guides us away from anxiety and into tranquility by neutralizing negative energy.

6. Black Tourmaline

Purpose: Grounding, protection, stability

Chemical Composition: $\text{NaFe}_2 + 3\text{Al}_6(\text{BO}_3)_3\text{Si}_6\text{O}_{18}(\text{OH})_4$ (a complex boron silicate mineral)

Color: Black or deep brown

Chakra: First (root) chakra

Essential Oil: Sandalwood

Law of Karma: The Law of Responsibility: *In order to move forward, we must take responsibility for what is in our lives.*

Archetype: Jester

Planet: Saturn

Astrological Sign: Capricorn

Element: Earth

Supports: Inspires altruism; protects against negativity; grounds energy; eliminates toxic metals; increases physical vitality; enhances stability; evens out mood swings; creates high spirits in the face of doom and gloom; increases overall well-being and has the power to repel an evil spell and send it back to the sender like a boomerang; clears the mind and soothes panic attacks.

Physical Benefits: Assists the lower back, dyslexia, arthritis, heart disease, disorientation, balance between the right and left hemispheres of the brain; helps overcome addiction; balances the adrenals; inspires an overall positive outlook.

Tourmaline can come in many colors, including red, pink, blue-red, green, brown, and black, depending on what metal it is exposed to when forming.

Black tourmaline is renowned for its protection and ability to repel negative energy. Called *schorl*,¹¹ black tourmaline retains an electric charge when heated, making it piezoelectric and able to store the charge once received. For this reason, it is used in circuitry for radios and televisions, because it can tolerate a high frequency without shattering.

Black tourmaline keeps a balance of linear energy flowing from top to bottom by way of its ridges, which are said to connect heaven and earth. That's why it is a great balancer. It dwells in the realm of the In-Between.

This stone is also reputed to protect against the electronic smog of computers and cell phones, so it is wise to keep it on your desk or in the office. Black tourmaline also protects against electromagnetic radiation (EMR)¹² and evil spells.

7. Jade

Purpose: Abundance, love, balance

Chemical Composition: $\text{Ca}_2(\text{Mg}, \text{Fe})_5\text{Si}_8\text{O}_{22}(\text{OH})_2$ (calcium magnesium iron silicate hydroxide)

Color: Various

Chakra: Fourth (heart) chakra

Essential Oil: Neroli

Law of Karma: The Law of Significance and Inspiration: *The rewards we experience are a direct result of the energy and effort we put into life.*

Archetype: Explorer

Planet: Mercury

Astrological Sign: Virgo

Element: Earth

Supports: Dreams and dreamers, brings clear insight, stimulates prosperity, calms a stormy mind, encourages healing, aids healers in their work, brings emotional healing to past hurts, attracts romance, and stabilizes emotions. This is a key stone for healers, physicians, psychologists, and teachers.

Physical Benefits: Acts as a filter for the fluid systems of the body; assists the kidney, bladder, and adrenals in function; balances internal fluids and the acid-base equilibrium in the body while helping to detoxify the body of metals. Jade is excellent for the immune system, restores balance, and can protect against viral and bacterial infections and recovery therefrom. When worn on a trip, it can help to prevent travel illness and injury.

Known as the dreamer's stone and the stone from heaven, jade has been used in cultures ranging from China, to Middle and Central America, to New Zealand (Maoris), Australia (Aborigines), the Eskimos, and ancient Celtic peoples. It is believed that jade blesses and cleanses all who encounter it.

There are two kinds of Jade. Nephrite is the most common and is used in burials and for carvings, weapons, and talismans. Nephrite is associated with grace, purity, beauty, and dreams. Jadeite, the rarest and more expensive type of jade, has a slightly different meaning and purpose than nephrite jade. Jadeite deals with health, longevity, and love. Wearing, holding, and meditating with jadeite jade improves health, calmness, and longevity. Jadeite is credited with opening the heart to love when worn in jewelry.¹³

There are many colors of jade available. Each has a different focus and expertise:

Black Jade: Wards off negative assaults, including self-condemnation

Blue Jade: Calms the mind and brings peace
Brown Jade: Grounds and connects to earth
Green Jade: Symbolizes health and the heart
Lavender Jade: Supplies spiritual nourishment to the soul
Orange Jade: Brings joy and elation
Yellow Jade: Cheerful and energetic; helps accomplish goals
White Jade: Aids decision-making¹⁴

8. Turquoise

Purpose: Protection, energy, serenity

Chemical Composition: $\text{CuAl}_6(\text{PO}_4)_4(\text{OH})_8 \cdot 4\text{H}_2\text{O}$ (a hydrated basic copper aluminum phosphate)

Color: Blue to green, opaque

Chakra: Fifth (throat) chakra

Essential Oil: Roman chamomile

Law of Karma: The Law of Giving and Receiving: *Our behavior should match our thoughts and actions, and vice versa.*

Archetype: Caregiver

Planet: Jupiter

Astrological Sign: Sagittarius

Element: Water

Supports: Devotion, clear communication, fidelity, spontaneous romance, strength of purpose; cleanses energy centers; enhances the ability to see all sides of an issue; enhances freedom and integrates all the extenuating parts into a perfect whole; strengthens friendships; removes obstacles to happiness.

Physical Benefits: Turquoise can benefit the whole body, having special strength in healing ailments of the immune, respiratory, eliminatory, and skeletal systems. It helps the brain, eyes, neck, and throat and assists the lungs and respiratory system in functioning and also supports bronchial

health. Turquoise has been known to reduce hysteria, calm the emotions, and soothe the spirit. It can calm the fear of flying and assist in the assimilation of nutrients in the body.

The French-looking spelling of *turquoise* was likely influenced by the French *pierre turquoise*, meaning “Turkish stone.” It is also commonly called the purification stone.

Turquoise beads dating back to 5000 BCE have been found in Iraq. The Egyptians mined the stones in Sinai in 3200 BCE. Even King Tut’s death mask was emblazoned with turquoise stones, presumably as protection and to guard against theft. The fabulous inlaid skulls, shields, and power statues of Moctezuma, the last ruler of the Aztecs, were adorned with turquoise.¹⁵ The Aztecs, Tibetans, Chinese, Persians, and Native American cultures also favored the turquoise stone. The color of turquoise represents the sky and the water bonding the earth to heaven. Turquoise helps us honor ourselves as creatures of the divine mind and tools of creation. There is no better stone to help us see all of our traits—negative and positive—in one light and use them to make a perfect whole.

As a master stone of unification, turquoise builds strength, reinforces our capabilities, and brings encouragement for our endeavors. It fosters honest communication from the heart. Hailed as a stone of friendship, it brings friends closer together and strengthens the bond between them.

9. Red Jasper

Purpose: Strength, courage, healing

Chemical Composition: $\text{SiO}_2 + \text{Fe, O}$ (silicon dioxide, with inclusions of iron oxide)

Color: Red in a range of shades

Chakra: First (root) chakra; balances all chakras

Essential Oil: Patchouli

Law of Karma: The Law of Here and Now: *We must be present in the moment. We cannot be present if we are looking backward or too far forward.*

Archetype: Ruler

Planet: Mars

Astrological Sign: Scorpio

Element: Earth

Supports: Reduces stress, induces tranquility, brings peace and relaxation, hones inner strength to support courage, cleanses negative energy, and soothes nerves. Red jasper is the martial artist of the gem world because it brings the inner calm needed to face a fierce enemy in battle. It is an excellent worry stone because it lends emotional support. Red jasper assists in breaking habits like smoking and overeating; it discourages extreme bad behavior and triggers positive behavior as a replacement. It increases fertility, reduces the effects of traumatic emotional disturbances, and balances yin and yang.

Physical Benefits: Restores tissues; supports internal organs such as the kidneys, bladder, and spleen; used to treat irritable bowel syndrome and intestinal issues; helps balance the mineral content in the body; used to stop nosebleeds; soothes hemorrhoids and gout.

Called the supreme nurturer, red jasper is a natural healer with the grounding properties of stability and strength and provides protection, courage, and wisdom to the wearer. It is a dense, opaque, microcrystalline variety of quartz. Its name comes from the Greek *iaspis*, meaning “jasper.” Red jasper is imbued with the qualities of courage and shamanic wisdom and holds deep, grounding earth energy. It’s also referred to as the stone of fairness and justice.

“According to Viking and Germanic legend, the hilt of the magical sword of Siegfried, the dragon slayer, was inlaid with Red Jasper to bring him courage.”¹⁶ In ancient Egypt, red jasper was associated with Isis and was worn by the dead for protection. It is believed that red jasper was likely the

“ruby” listed as being the first stone in the breastplate of the high priest Aaron in the book of Exodus. It has been an important stone for a very long time.¹⁷

Kings, emperors, shamans, and seers all used jasper as a source of strength and a symbol of their powers. It brings comfort, settles conflicts, and encourages one to move on.

There are many varieties of jasper, each being affected by the mineral and chemical content of what was surrounding it at the time of formation:

Ocean Jasper: Uplifting and restorative

Picture Jasper: Security and connection

Leopard Skin Jasper: Connection to the animal world

Red Jasper: Life force

Yellow Jasper: Self-confidence, energy

Green Jasper: Healing and balance

10. Carnelian

Purpose: Creativity, courage, assistance

Chemical Composition: SiO_2 (silicon dioxide)

Color: The color varies from a pale pinkish-orange to a deep rusty brown; however, it is mostly brilliant orange and red-orange.

Chakra: Second (sacral) chakra

Essential Oil: Ginger

Law of Karma: The Law of Focus: *Where our attention is, there is our life. We cannot concentrate on two separate things at the same time.*

Archetype: Revolutionary

Planet: Sun

Astrological Sign: Aries

Element: Fire

Supports: Protects one's home from fire and theft; protects against psychic invasion; stabilizes emotions, especially anger and rage.

Physical Benefits: Lower back, rheumatism, arthritis, neuralgia, depression; regulates the kidneys, liver, and spleen; supplies strong blood flow to the organ systems; can help with male impotency and PMS; has been known to assist with digestive issues and detoxification and help with the healing of bones and leg issues.

Carnelian is one of the oldest known gemstones, with written records of it dating back over 4,000 years. It was highly prized and worn by many of the world's noble people throughout ancient times.¹⁸

Carnelian is said to increase passion and courage. It has been called the life of the party. It was worn by warriors and placed as amulets on the bridles of their horses for protection in battle. Carnelian is the stone of motivation and creativity. It hones the will and strengthens personal drive. It can protect against psychic invasion.

Carnelian gemstones were worn by master architects as a symbol of their position and rank. Many amulets were placed in tombs to assist the dead in making the transition from the afterlife to rebirth. Mohammed, the Islamic prophet, is said to have worn a carnelian gemstone seal ring that supposedly brought him good luck. Napoleon Bonaparte, the French military leader, wore into battle his lucky charm, which was made with carnelian gemstones.

To the ancients, carnelian represented the blood of martyrs and was thought to keep the wearer from catching the plague and other illnesses.

The German writer and scientist Johann Wolfgang von Goethe, in his poem "Pledges of Blessing," states that carnelian brings good luck to the wearer, provides hope and comfort, and offers protection from evil.¹⁹ Carnelian is also believed to encourage creativity, charm, and vitality. It is a particularly excellent choice to wear to a job interview.

11. Lapis Lazuli

Purpose: Truth, inner power, organization

Chemical Composition: The essential ingredient (25–40%) of lapis lazuli is lazurite, a feldspathoid silicate mineral with the formula $(\text{Na}, \text{Ca})_8\text{Al}_6\text{Si}_6\text{O}_{24}$

(S, SO_4) . Lapis lazuli is typically a combination of lazurite, calcite, and pyrite, with small amounts of other minerals.

Color: Blue or purple, mottled with white calcite

Chakra: Sixth (third eye) chakra

Essential Oil: Rosemary

Law of Karma: The Law of Patience and Reward: *To everything there is a season. Patience ultimately provides.*

Archetype: Sage

Planet: Jupiter

Astrological Sign: Sagittarius

Element: Fire

Supports: Assists in the awakening process for the spiritual seeker. Helps with organization and routine, enhances wisdom channels, hones focus and clarity, provides insights into dream symbology, stimulates the reasoning process, and gives access to the mysteries of universal truths.

Physical Benefits: Contains regenerative energy for repairing cells, muscles, and skeletal disorders and accesses internal body stamina for self-healing. It helps overcome depression, throat disorders, bone marrow conditions, and thymus and immune system weaknesses.

Lapis lazuli is a stone that was said to have existed “before time was born.” It was used in ancient Egypt and helps access the mystical realms and esoteric knowledge. It activates and energizes the throat and brow chakras, helping us to express our truth. It is reputed to enhance personal wisdom and help us gain access to sacred scriptures and ancient texts. Because it is a stone that connects the earthly and heavenly realms, it

provides us with admission into the unknown mysteries and enhances our knowledge of them. Lapis lazuli is the stone of initiation and provides a connection between the physical kingdom and the celestial one. It is an invaluable stone for working with the energies of the In-Between because it physically guides the human mind through altered states and back. Lapis used along with rutilated quartz can help to extend and build the human aura. BhaiṢajyaguru, a seventh-century buddha, was known as the “Medicine Buddha of Lapis Lazuli Crystal Radiance,” the medicine doctor who could cure suffering.

When lapis lazuli was exported to Europe in the Middle Ages, it was frequently ground into powder and made into the blue pigment ultramarine. Ultramarine was a favorite paint used by some of the most important artists of the Renaissance and Baroque periods. Many paintings featuring the Virgin Mary contained this rare, expensive gemstone paint.

King Solomon was reputed to wear lapis, and legend tells us he was given a lapis ring by an angel to help him design and build his temple. This stone brings inspiration and insight to the wearer and helps with the interpretation of dreams.

Lapis lazuli balances female and male energies, as in yin and yang. It represents the light of the sun and the light of the moon. It focuses on equilibrium and balanced exchange. It revitalizes spiritual potential and encourages awareness stemming from inner wisdom.

12. Selenite

Purpose: Mental clarity, psychic ability, angels

Chemical Composition: All varieties of gypsum, including selenite and alabaster, are composed of calcium sulfate dihydrate ($\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$).

Color: White, clear, green, orange, and desert rose

Chakra: Seventh (crown) and sixth (third eye) chakras

Essential Oil: Melissa (lemon balm)

Law of Karma: The Law of Change: *Nothing changes until we do.*

Archetype: Magician

Planet: Moon

Astrological Sign: Cancer

Element: Water

Supports: Clarity of the mind, expansion of awareness, decreasing hesitation, and opening of the unconscious. Selenite can reconnect us to the spiritual realms while providing insights for this lifetime. It brings clarity to business decisions by shedding light on the inner workings. It brings out our inner goddess.

Physical Benefits: Helps rebuild cells and cellular structure; provides support for kidneys and expels toxins from the liver. It has been helpful with spinal issues, alignment, and restoration of energy flow.

Selenite contains no significant selenium; the similarity of names comes from both substances being named after Selene, the ancient Greek goddess of the moon. This gemstone is made of gypsum, or calcium sulfate dihydrate.

Selenite is associated with the moon, and what better example of change than the phases of the moon? This gemstone uncovers hidden meanings and brings secret agendas to the forefront. It can lead to success in business by uncovering true desires and needs, because it supports mental clarity, truth, and honesty. It allows you to see deeper into a mystery and come out with a new meaning. It is excellent as a worry stone that you can rub to get in touch with the lunar energies. It brings peace and harmony to the mix by dispelling any negative or unwanted energy.

Selenite has a unique quality of dissolving resistance and encourages mental flexibility. Affected by the moon and water, it creates fluid movement in all endeavors for the parties involved. It is said to enhance and accelerate spiritual development and awareness and provides a direct connection to the angelic realms. It keeps fear, anger, and anxiety at bay and encourages attunement to the higher self. Selenite is a beautiful stone in appearance and ability.

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These are the main twelve healing crystals I work with. There are many more available—hundreds, in fact. You don't have to limit yourself to these twelve, but I find that I am more focused with my twelve best friends at my side. The art of healing flourishes abundantly with these twelve basic stones. I also find that I don't have to stop and figure out the complex patterns and assorted meanings of the many gemstones. When I stick with my main twelve, I find they give me everything I need for the various healing issues that are brought to me.

These twelve main healing crystals coincide with the chakras, essential oils, the laws of karma, archetypes, the signs of the zodiac, and goddess energy. These crystals complement, reinforce, and empower each modality when used together for healing. Depending on what needs to be healed and the receptivity of the person being healed, I choose the modality that suits them and the one they respond to best. I choose the modality first and the crystals second for a healing session. Either way will work fine for you. Do what is comfortable for you as you explore the different ways you can heal using crystals and their pairings.

[contents]

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8. Fuller's Jewelry, "Citrine: The History behind November's Birthstone."
 9. GemSelect.com, "Citrine Gemstone Information."
 10. Mark Naea, "Fluorite—The Ultimate Multi-Tasking Gemstone."
 11. Minerals.net, "The Mineral Schorl."
 12. Bunmi Aboaba, "Top Five 'Energy' Crystals to Reduce Electromagnetic Radiation (EMR)!"
 13. The Healing Chest, "Jade Meaning."
 14. Crystal Vaults, "Jade Meanings and Uses."
 15. The Healing Chest, "Turquoise Meaning."
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 17. Crystal Vaults, "Your On-Line Guide to the Healing Energies, Metaphysical Properties, Legendary Uses and Meaning of Jasper."
 18. GemSelect.com, "Carnelian Gemstone Information."
 19. Johann Wolfgang von Goethe, "Pledges of Blessing," in *West-Eastern Divan*. Note that *cornelian* is a variant spelling *carnelian*.

CHAPTER 3

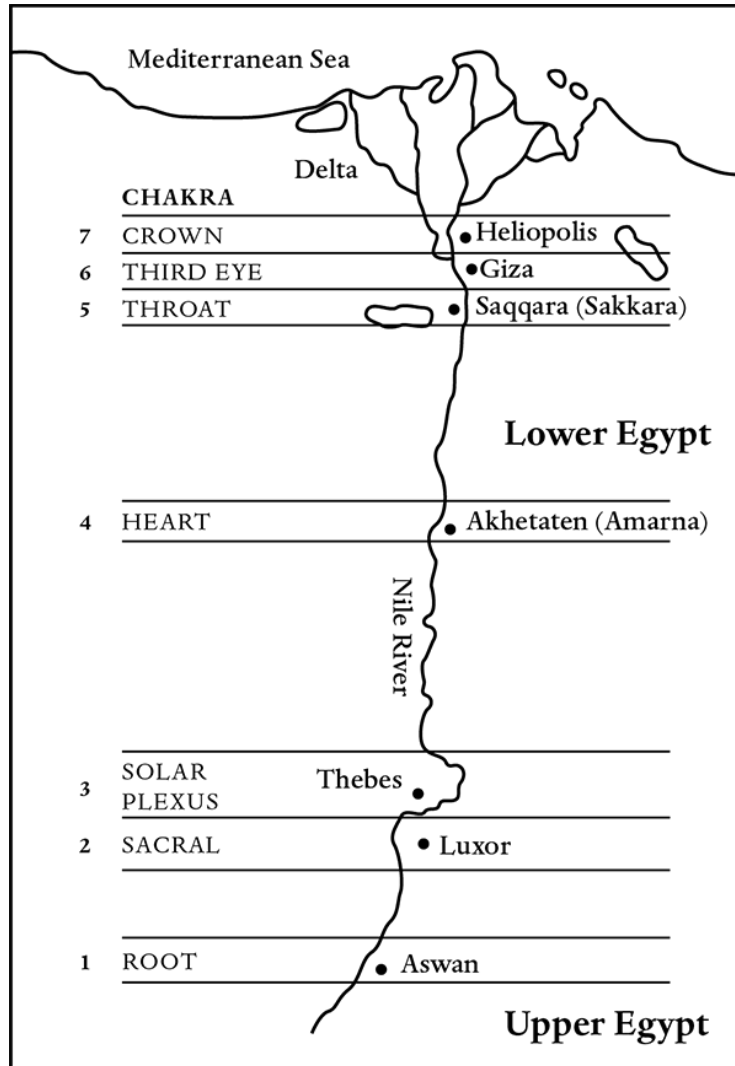
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The Chakras, Color, and Healing Through Opposites

Many cultures throughout the ages have adopted the power of the chakras, the vibrational importance of color, and the yin-yang concept of using a balance of opposites to heal. This is nothing new, except maybe to our modern minds. The exposure to many teachers and belief systems around the world helped me understand not only the significance of vibrational patterns contained in colors, crystals, and chakras, but also how they can work together from opposite sides of the spectrum to bring about change in the human body and mind. I was able to uncover some hidden treasures about healing from my studies and travels.

In 1987 I traveled to Egypt with Patricia Mischell (a famous psychic), Jackie Zeman (a soap opera star), and Patricia's followers from her church in Cincinnati. The trip was organized as a spiritual excursion into ancient Egypt, with special privileges granted for us to go where no other visitor had gone over the previous twenty years.

We toured the antiquities following the ancient layout of the seven sacred chakras along the Nile, which is shaped like the human spine.²⁰ Each temple on the tour is said to have been constructed according to a specific chakra and the human vibrational attributes thereof. The route began at the root chakra in Aswan and cruised to the sacral chakra at Edfu and Kom Ombo, the solar plexus chakra in Luxor (Thebes), the heart chakra in Akhetaten (Amarna), the throat chakra in Saqqara (Sakkara), the third eye chakra in Giza, and the crown chakra in Heliopolis. Between chakra temples, we visited the pyramids, monuments, and burial chambers of the ancients.



The Seven Chakras along the Nile River in Egypt

At the beginning of our cruising adventure, we were met by a very special guide and historian who was also a metaphysician. He educated us about what the monuments might have contained and what purposes they most likely were used for (and not necessarily what history had taught us). It was an immersion into Egyptian civilization from one who seemed to know what he was talking about. His education of our group rattled a few cages and blew our collective minds.

During the month of September, the Egyptian heat is unbearable by noon. To avoid heat stroke, we awoke well before the sun was even thinking about rising to tour these sacred ancient places. Our guides were full of history and stories with supernatural implications.

Since this was a journey and somewhat of an initiation into the behind-the-scenes mysteries of ancient Egypt, I decided to collect a precious stone, gem, or crystal at each port. I didn't pay much attention to the color or chakra association of each one. I allowed myself to be guided to the correct stone, and in the process, I opted for beauty, color, and sparkle.

In Giza, the third eye chakra, I brought out my personal collection of healing crystals that I had hauled there from Los Angeles with the intention of charging them in the Great Pyramid. I also planned to leave some behind so that I could connect with them forever after from a distance. Our tour organizer had received special after-hours permission to reenter the Great Pyramid after the sunset time closure, and we were able to have our ceremony at night.

It was an unbelievable honor to attune my crystals in this auspicious location, initiate them, and invite them to imbibe in the power of the pyramid. They charged up beautifully and received sacred, ancient energy. I gave them the specific direction to hold this energy forever and pass it along and amplify it when requested to do so. Each crystal was handpicked and chosen especially for this job. This was their holy anointing. I burned incense around them in the 4,500-year-old King's Chamber, where we held the ritual. I hope Khufu, who built it, was smiling.

When the ceremony came to an end, I gathered up the crystals into their special velvet carrying bag, leaving one cluster—part clear quartz and part citrine—in the King's Chamber with a grate next to the sarcophagus. I dropped the cluster deep into the belly of the pyramid and told it to stay there and be the conduit I could connect to from across the world. I still have its sister with me to this day and use it to connect with the Great Pyramid and the cosmic earth power contained therein.

Another smaller crystal cluster, the cousin to the above pair, is a cluster of the same ilk and color. I placed her under the left paw of the Sphinx. Again, very special permissions came into play. I was allowed to approach the Sphinx and bury my crystal cluster under its paw, provided I didn't disturb the sands too much. Everything was replaced with care, and I believe it still remains under the watchful guardianship of the great Sphinx thirty years later.

After the trip, I took all of my collected gemstones and asked a jeweler to set them in 14 karat gold. When I wear this piece, it reminds me that the ancients believed in the power of energy, the carefully appointed location of their most sacred sites, and the ethereal connection between human beings and the cosmic world of invisible energies that lie in between heaven and earth (the In-Between).

The ancients believed that color contains vibrational messages and that gemstones hold healing powers within. They were rooted in the belief that human beings were half-carnal and half-spiritual, and their sacred rituals celebrated both parts.

For me, the world of crystals unites all of these realms and brings me peace, connection, comfort, wisdom, and healing. I hope that by sharing what I have learned about them, crystals will bring the same blessings to you. Let us move on now to how you can heal your chakras using the magnificent energy of color.

Chakra Energy

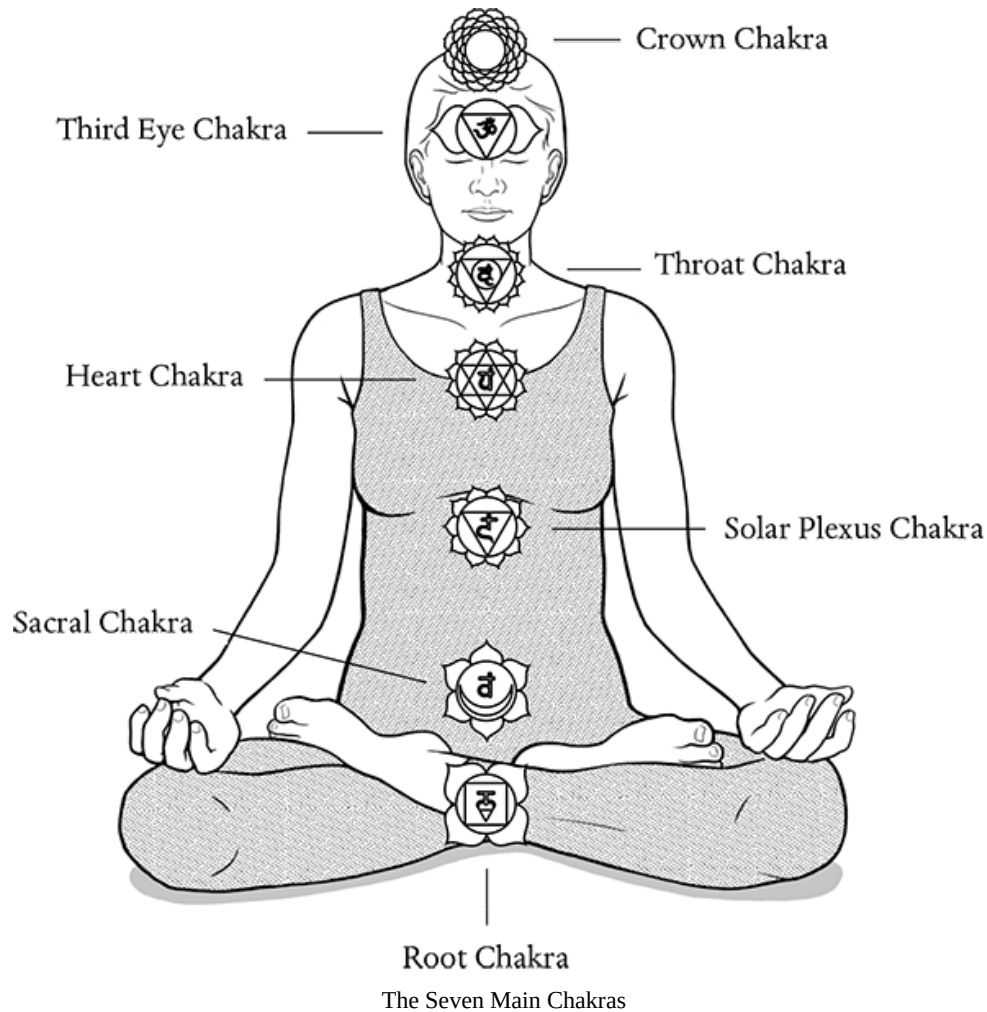
There are several different channels located on key points of the body through which energy can flow in and out in a constant stream. These spinning centers of energy are known as

chakras (see illustration of *The Seven Main Chakras*). The Vedas, the oldest sacred texts in India (1500–500 BCE), say, according to Anodea Judith, “The original meaning of the word *chakra* as ‘wheel’ refers to the chariot wheels of the rulers, called *cakravartins*. (The correct spelling is *cakra*, though pronounced with a *ch* as in church.) The word was also a metaphor for the sun, which ‘traverses the world like the triumphant chariot of a *cakravartin* and denotes the eternal wheel of time called the *kalacakra* which represents celestial order and balance.’ ”²¹ *Celestial order and balance*—remember that phrase.

The word *chakra* denotes a “wheel” in Sanskrit, though these wheels are invisible energy, not mechanical ones. *Chakra* energy is said to spin in a clockwise direction as it generates energy out of the body and into the invisible energy field around us. It spins counterclockwise to pull energy from our external world (and the people in it) into our body. The frequency state of our *chakras* determines the direction that our energy will flow, either outward releasing or inward receiving. This information comes from texts: the *Sat-Cakra-Nirupana*, written by an Indian pundit in 1577, and the *Padaka-Pancaka*, written in the tenth century. They both contain descriptions of the energy centers and related practices, forming the basis of our understanding of *chakra* theory and *Kundalini yoga* today.²²

The *chakras* are present in what has been called the *subtle body*, which houses these seven energy centers, and they, in turn, are connected to the seven nerve ganglia located along the spinal column. Without these nerve centers, the body cannot move or function.^{24, 23}

It is important to see how the energy is directly related to the nervous system in the human body.



Balancing Chakras

It's likely that you already have an understanding of the chakras and their associations. Just to be sure, here is a brief summary.

1. Root Chakra

Let us begin with the root chakra, located at the tailbone or base of the spine. It is connected to the color red and is associated with security, grounding, physical activity, confidence, and self-identity. This is the center of our physical and energetic foundation.

Physical: The root chakra regulates the adrenal glands, spine, blood, and reproductive organs.

Unbalanced: Symptoms are instability, an inability to sit still, restlessness, obesity or eating disorders, constipation, cramps, flatulence, and sluggishness.

Emotional Issues: Our survival instinct is threatened; issues of financial independence/money; sustenance and food are at stake.

Overactive: The person may be fear-filled, nervous, insecure, greedy, or resistant to change.

Underactive: The person may be codependent, unable to connect with their body, or insecure about everything or have fears of abandonment.

2. Sacral Chakra

The sacral chakra is located in the lower abdomen, two inches below the navel, and is associated with the color orange. This chakra is connected to sexuality, connection with others, passion, and personal power.

Physical: The sacral chakra regulates the kidneys, ovaries, testes, and uterus.

Unbalanced: The person may experience lower back pain, urinary complications, stiffness, kidney pain, infertility, or impotence.

Emotional Issues: A person's sense of prosperity and abundance, well-being, pleasure, enjoyment, and sexuality is held here.

Overactive: The person may love drama, overstep personal boundaries, or be highly emotional, clingy, and moody.

Underactive: The person may have no self-worth, choose abusive relationships, or be stiff, unemotional, closed off to others, and lacking in self-esteem.

3. Solar Plexus Chakra

The solar plexus chakra is located in the upper abdomen in the stomach area. It is the center of deep breath and is associated with the color yellow. This chakra is related to self-confidence, courage, honor, compassion, and responsibility with and for others.

Physical: The solar plexus chakra regulates the central nervous system, endocrine glands, liver, pancreas, and metabolic system.

Unbalanced: The person could suffer from ulcers, gas, nausea, digestive problems, eating disorders, asthma, nerve pain, infection in the liver or kidneys, or fibromyalgia.

Emotional Issues: Centered in this chakra are issues of self-worth, self-confidence, and self-esteem.

Overactive: The person could be domineering, a know-it-all, aggressive, easily angered, perfectionist, and hypercritical of themselves and others.

Underactive: The person could lack self-control and be passive, indecisive, and timid.

4. Heart Chakra

The heart chakra is located at the center of the chest, just above the heart, and is connected to the colors pink and green. With an open heart, healing can begin immediately. This is the portal of spiritual essence and the center of joy.

Physical: The heart chakra regulates the thymus gland, immune system, heart, lungs, breasts, arms, and hands.

Unbalanced: The person could experience heart and circulatory problems (including high blood pressure, heart palpitations, atrial fibrillation, heart attacks, cardiovascular disease, and

poor circulation), asthma, respiratory ailments, breast cancer, stiff joints, hand pain, or dexterity problems.

Emotional Issues: Personal love, joy, happiness, and inner peace issues are at stake.

Overactive: The person could be clingy and suffocating, lose themselves in relationships, say yes to everything, lack personal boundaries, and be indiscriminate.

Underactive: The person could be cold and distant, refuse to open up to people, hold grudges, and be a curmudgeon.

5. Throat Chakra

The throat chakra is just above the collarbone at the throat area and is connected to the color blue. It is linked to truth, the ability to communicate, honesty, integrity, intention, and pure self-expression.

Physical: The throat chakra is connected to issues with the thyroid, neck, shoulders, ears, and mouth.

Unbalanced: The person could harbor stiffness, especially in the neck and shoulders, and experience hoarseness, sore throat, laryngitis, earaches, ear infections, dental issues, and thyroid imbalances.

Emotional Issues: Communication, self-expression, and your feelings about your expression of truth.

Overactive: The person could be overly chatty, unable to listen, highly critical, verbally abusive, bullying, or condescending.

Underactive: The person could be introverted, shy, and reclusive; unable to express themselves; deny their personal needs; and be unable to speak the truth.

6. Third Eye Chakra

The third eye (brow) chakra is located in between and just above the eyebrows. The color associated with this chakra is purple. Clairvoyance originates here.

Physical: This chakra affects the pituitary, eyes, brows, and the base of the skull.

Unbalanced: The person could experience vision problems, headaches, migraines, insomnia, sleep disorders, seizures, and nightmares.

Emotional Issues: Of importance here are intuition, imagination, and wisdom, which affect thinking and decision-making.

Overactive: The person could be spacey or out of touch with reality, lack sound judgment, experience hallucinations, or have their head in the clouds.

Underactive: The person could be rigid, closed to suggestions or new ideas, disconnected, or distrustful; rely on authority; cling to the past; fear the future; lack imagination; or have anxiety.

7. Crown Chakra

The crown chakra is located at the very top of the head and is connected to the colors white and violet. It is the center of grace.

Physical: The crown chakra affects the pineal gland, brain, hypothalamus, cerebral cortex, and central nervous system.

Unbalanced: The person may be prone to dizziness, confusion, neurological disorders, nerve pain, schizophrenia, confusion, or mental fog.

Emotional Issues: The concern here is with inner and outer beauty, deep connection, spirituality, meditation, and the quest for bliss.

Overactive: The person may have trouble controlling their emotions, be addicted to spiritual things, or overlook the needs of their physical body.

Underactive: The person may be closed to anything spiritual in nature, lack direction, or be unable to set goals and follow through.

You will be able to identify the imbalances in yourself or your clients by simply going through these checklists and identifying what rings true for the person. Once you know the areas of imbalance, you can begin to help heal yourself or another by putting those imbalances back into harmony and alignment using crystals and color.

Going even deeper, each chakra is linked to a specific nerve network and a major glandular center. Each chakra is also linked to a spiritual and emotional state. In this way, the chakras—spinning wheels of light and color—are keyholes that allow us to look into ourselves and observe why we feel or behave the way we do. Chakras are full of information about what makes us behave, think, and feel in certain ways. Balancing them provides us with a more harmonious relationship to ourselves, the divine, and others.

Healing Through Opposites

Many healers approach balancing the chakras by placing the same color of crystal(s) on the chakra that corresponds to that color. This may be expedient and logical and seem like the correct thing to do, but this placement does nothing to correct, heal, or balance the lack or excess caused by the imbalance. It's like putting a car in neutral and expecting it to move forward. The car will just sit there and do nothing. That's what happens when you use the same color of stone with the matching chakra point: the energy cancels itself out.

Instead, you want to do the opposite and use colors and stones that enhance the qualities of the chakra that you wish to support or decrease. By doing so, you awaken the healing yin-yang balance of the chakra energies. The best way to balance the chakras is to assess what is either excessive or lacking and then shore up those imbalances with stones or crystals that represent the energies you want to foster.

For example, if the root chakra is out of balance, first you need to determine why. Make notes of what you find. (See the illustration of my sample notes.) If there is a weight issue or feelings of sluggishness or nervousness, then there may be a correction and balance needed.

You wouldn't put red stones on this chakra, because that would only exacerbate the problem you want to alleviate. Instead, you would place nothing *on* the root chakra, but a clear quartz crystal would be placed in the hands, along with stones that will calm and ground the nervousness and fill the chakra with self-confidence and self-love: black tourmaline for grounding and rose quartz for self-love. Those two stones may be the balancing energies you need. After using those stones, check the treated chakra for balance and see if that has helped you regain balance. (See my method later in this chapter.) If not, try different stones until you get the root chakra balanced. Maybe the second balancing would involve jade for heart activation and red jasper for courage and self-esteem. A stone of the color that matches the balanced chakra should only be used as a benediction or as a closing to seal the chakra and should not be used to balance the chakra. (We'll look at some of these benediction stones later in this chapter.)

How to Test a Chakra

If you are new to chakra balancing, I can share with you the method I use. It involves a pendulum. I hold the pendulum three to four inches above the person's chakra points, one at a time. I grasp the pendulum with my thumb, index finger, and middle finger and ask it to show me the energy coming from the chakra. The pendulum will show me the direction in which the wheel of energy is flowing. It will also show me the intensity. If there is no movement, that tells me the chakra is blocked. If there is erratic movement, that lets me know the chakra is out of balance. Often I will ask the pendulum to show me the balance between the outflow and the intake of energy from the chakra point. Based on the directions in which the pendulum moves and the intensity of movement, I can determine which chakras need opening up, which ones need calming down, and which ones need to be balanced. I keep working with the stones' opposite balancing stones until I get an even pendulum swing in each direction that is smooth, constant, and equally energetically balanced in each direction.

NOTES: wants to lose weight.
Seems nervous, has many negative thoughts about self, feels alone and unloved. wants romance and to feel more confident.

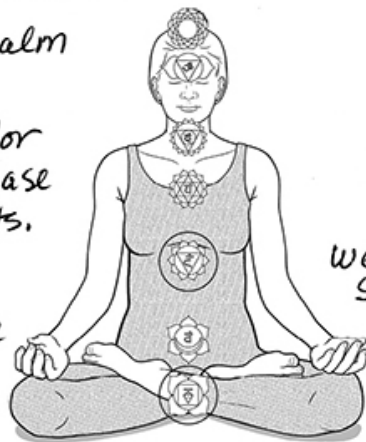
Stones to enhance:

Clear quartz to calm nerves

Black tourmaline for grounding and release of negative thoughts.

Rose quartz for increased self-love

Selenite to strengthen root



Observations:

weak. needs strengthening

very weak.

Benediction Stones at end:

3rd Chakra Citrine

1st Chakra Red Jasper

4th Chakra Green Jade

Sample Chakra Notes

You can also use the vibrations contained in color to balance the chakras. Let's explore the meaning of color and its effect on the energetic and emotional (chakra) body.

Overview of Color

To understand the concept of the energies contained within color, let's review Einstein's theory. He taught that all material objects, including our bodies, consist of energy suspended in a timeless, flowing field. He proved that all matter is composed of quanta, the smallest possible units of any physical property, energy, or matter, which in turn are made of invisible vibrations. Therefore, we are, and everything else is, pure energy, just like crystals. We emit

our own electromagnetic waves or vibrations, which can be measured using appropriate instruments. Valerie Hunt at UCLA made a career of measuring the vibrations of chakras.

Color is nothing but pure energy. When the sun's rays are propelled through space in the form of electromagnetic energy, we perceive them as light. When those light waves bounce off the things and people around us, our earthly universe comes alive with vibrations that our eyes perceive as color.

A single ray of sunshine contains all the colors of the spectrum, which vibrate at seven measurably different frequencies. These seven frequencies have been found to correspond exactly to frequencies emanating from specific energy centers in the body. So in a sense we're made up of vibrating waves of color.

Each of the seven key centers of the body harbors an energetic color presence. We know *chakra* means "spinning wheel of light." Each chakra represents a different spectrum of light or vibrational wave. It stands to reason that if we are filled with vibrations and give off color, then we must respond to the vibrations of color inside as well as outside of our bodies. Chakras both give out and receive energy.

We can easily learn to "feed" our energy centers, nurture them, realign them, and address specific issues by using the vibrational remedies of color and the energies they each possess. We can systematically unblock our lives through the strategic placement and use of color.

The following is an overview of colors and the effect color has on our human experience. Using crystals from this spectrum produces subconscious reactions in our bodies, minds, and souls.

Red

The color red is associated with fire, the regenerative process of the species. It correlates with the first (root) chakra. It is a source of vitality, leadership, courage, roots, belonging, and family, and this is the strong primal energy that connects us to all other people. It is the center of our primal force as a living being. Red activates increased appetite, physical strength, passion, dynamic action, tenacity, and excitement. If this color is in balance, you feel a strong connection to your body, your family, your community, and the world. You feel protected and confident and know that your basic needs will be met. When this color is out of balance—too much or too little fire—you feel disconnected, alienated, threatened, and fearful about belonging and about your survival in general. You could balance the qualities associated with the color red by using colors of the emotions (orange), the heart (green or pink), and the mind (clear, white, purple, or violet).

Orange

Orange is the color of emotions. It correlates with the second (sacral) chakra. It is a mixture of red and yellow, so it governs instincts, desires, sexuality, feelings, and creative expression. It is the very seat of our emotions and intuition. This color allows us to form partnerships and relate to a community outside of our immediate family. Because this color is the source of sensuality

and self-expression, when it is in balance, we feel exuberant about life and excited. When it is blocked, we can feel sexually insecure, be manipulative or needy, or express anger inappropriately. Orange activates optimism, expansiveness, confidence, enthusiasm, warmheartedness, and a sense of connection to community. You might balance the color orange by using colors of communication (blue), red (family), and yellow (a sense of self.)

Yellow

Yellow is an intellectual color and activates the intellect, communication, attention to detail, academic achievement, expression, freedom, sincerity, and a sense of self. It correlates with the third (solar plexus) chakra. This is our command center, where our intentions take shape and our thoughts and opinions are formed. This is the color from which we move toward the fulfillment of our desires and goals. It is the secondary intuitive color, following orange, and serves as the rudder in our life course. Yellow in balance allows our self-esteem to grow and flourish. It encourages us to trust our own instincts while giving us a sense of power and confidence. This color out of balance causes us to be drained by others. Yellow helps us reevaluate the leaks and take appropriate action to conserve what is ours. It is possible to balance the color yellow using the colors of grounding and connection (red), communication and exchange (blue), and self-awareness and individuality (orange).

Green

Green is the color of the heart. It correlates with the fourth (heart) chakra. This color links the frequencies of the upper body (heaven) and the lower body (earth); the heart center balances the flow between the two. This is where matter and spirit merge. When this color is balanced in our lives, we feel safe, trusting, able to give and receive unconditional love to other people, and also more able to love ourselves. This green energy is about connection: me to you, you to me, them to us, matter to spirit, heaven to earth. It is the color that relates to health, vibrant life, feeding and nourishing oneself, and growth. The green energy harmonizes, connects, and banishes feelings of isolation and loneliness. Green aids the most in personal transformation. It is the color of health, which, after all, is the one thing that keeps us vibrant, active, and able to connect to others. If there is a lack of green, you may be holding onto grief, hurt, or anger. This color helps to banish those negative and destructive emotions. Green activates balance, harmony, healing, growth, hope, abundance, and replenishment. It is the color of forgiveness. Through the energy of forgiveness, we connect more fully to others, to ourselves, and to the divine—which takes us right back to the heart, the place where forgiveness dwells and thrives. To bring the color green into balance, you might use colors of high spiritual connection (white, violet, or purple), self-confidence and connection (red and orange), and change of mind (yellow).

Blue

The meaning of blue is self-expression and communication married to knowledge and wisdom. It correlates with the fifth (throat) chakra. It is where we hold our highest potential and manifest our dreams. It is the color of the element of water and needs a vessel formed and shaped by thought and matter to contain its essence. This is the color that helps you live up to your own ideals and keeps you connected to your principles. Principles contain the power of water. Blue keeps you in your truth. Blue activates inspiration, inner peace, spiritual understanding, faith, devotion, patience, composure, and contentment. It is a soothing, “everything’s going to be all right” color. It is the messenger of communication between the divine and the world. Speak your word and demonstrate your intentions with this color. With blue, dreams become reality. The conscious meets the unconscious in the realms of blue. It is possible to balance the color blue using the colors of heart-centered love (green), highest connection (white or purple), and mental clarity (yellow).

Purple

Purple is the color of the third eye and the crown chakra connection between body and spirit. It correlates with the sixth (third eye) and seventh (crown) chakras. Through this color, we experience and see the magic of our lives and how everything in our lives is symbolic and has meaning beyond the physical. This color is knowledge and wisdom, and it opens the pathway between our conscious and our unconscious. Through this color, we receive information from our divine source. Violet insists that you connect to spirit. In this color are detachment, objectivity, and an overview of what is or isn’t working in your life. Feel your inner power with this color and connect to your highest good and your highest self. Purple activates calmness, intuition, and psychic awareness. It is soothing and provides spiritual perspective. If purple is out of balance, you will be opinionated, stuck in matters of the world, anxious, and drained. You might balance the color purple by using colors of conscious choice (yellow), inner power (orange), and communication (blue). The addition of red or black for grounding might be needed to connect the person to the earth.

White

White is all color or a non-color, as it contains all elements of the other colors in the spectrum in its vibration. It correlates with the seventh (crown) chakra. It claims to be the highest of vibratory wavelengths and stimulates a connected oneness with the universe. With white, we achieve complete and total union, and our connectedness is felt by all around us. We find compassion and inspiration and we retain our youth. If white is unbalanced, we lack inspiration, become confused, or feel depressed and alienated. White is a cleansing color. It clears away and rids the psyche of debris that is not serving us. When balanced, it activates purification, humility, purity, expansiveness, balance, and divine love and allows the glory of you to be in relationship with the universe fully and completely. Too much white can be sterile. White in balance is key. The color white can be balanced with the higher self (purple or violet),

with the love center (green), and with the strength of our intentions (yellow). Of course, black serves as a good regulator, too.

Black

The color black is at the end of the spectrum. It is an absorbing color. When added to the other colors, it tones down and deepens them. Black is part of every color except white. It is the yang and white is the yin. Together, they sustain the perfect balance of universal vibrations. Alone, they are too extreme. Black grounds, but it also activates the mysterious, the unknown, stillness, and the inner realms. Too much black can cause depression, while too little can create spaciness.

Color	Amethyst	Black	Blue	Gold	Green	Indigo
Key Word(s)	Creativity	(Yang) Mystery	Trust	Success, enthusiasm	Renewal, growth	Wisdom
Other Qualities	Self-knowledge, perception, discernment, originality, self-esteem, insight, poetry	Power, fear, unknown, authority, aggression, stillness, inner realms, absorbing, death, balance to white	Respect, compassion, honor, acceptance, patience, recovery, belief, prophecy, grace, purification	Fame, power, adventure, excitement, happiness, influence, confidence, satisfaction, authority	Birth, health, good fortune, idealism, safety, fertility, spiritual development, survival, prosperity	Long life, maturity, truth, experience, dignity, virtue

Color	Olive	Orange	Purple	Red	White	Yellow
Key Word(s)	Awakening	Joy	Nobility	Energy, courage	(Yin) Union	Intellect
Other Qualities	Change, meaning, learning, independence, receptiveness, intelligence, exuberance	Loyalty, friendship, family, fulfillment, pleasure, hospitality, community, belonging, home	Power, devotion, peace, mystical, knowledge, wisdom, objectivity, highest good, inner power, psychic	Passion, harvest, glory, mature love, drive, tenacity, inner strength, sensuality, romance	Connection, cleansing, purification, expansive, divine love, purity, balance to black	Freedom, expression, logic, concentration, creativity, sincerity, self-esteem, confidence, detail
Color Key Words and Qualities						

Knowing about the subtlety of color can enhance your interactions with crystals and stones by utilizing their colors to give them a deeper purpose and more profound healing effect. Using the elevating color of white can create a balance, as can purple (inspiration) and yellow (intentions). All seven colors used at once can balance black.

How to Use Color in Healing with Crystals

Color can be a powerful partner to crystal healing. When you choose a crystal for its healing properties as well as its color vibration, you can accomplish two things at once. From the descriptions of the colors that you just read, you can use those qualities in healing sessions for yourself or others. Recall the descriptions of what the colors represent as you read about the color(s) associated with each chakra. Learn what each chakra represents and the color it should be when fully balanced.

1. Root Chakra: Red; crystals are red jasper and black tourmaline
2. Sacral Chakra: Orange; crystals are citrine and carnelian
3. Solar Plexus Chakra: Yellow; crystals are yellow jade and citrine
4. Heart Chakra: Pink and green; crystals are rose quartz and green jade
5. Throat Chakra: Blue; crystals are lapis lazuli and turquoise

6. Third Eye Chakra: Purple; crystals are amethyst, purple fluorite, purple or lavender jade, and fluorite

7. Crown Chakra: White and violet; crystals are light amethyst, selenite, and clear quartz

Teach yourself what each color represents and how the human psyche reacts to each color. Make your own lists of the qualities associated with each color. The following table has some lists to get you started.

How to Conduct a Chakra Healing Session with Crystals

In the next section I'll give you a detailed example of a crystal healing session, but first, here is a simple overview of the steps involved.

1. Conduct a thorough dialogue or an intake session to determine where you or your client has imbalances in the chakras. Use a pendulum held over each chakra to see which way the energy is moving or if the energy is moving at all.

2. Identify the excesses you or your client has, and note what is lacking in each chakra.

3. Create an intake chart and label the findings with a color remedy. (Refer to the illustration of my *Sample Chakra Notes* earlier in this chapter.)

4. Determine what color is needed to offset the overactive or underactive quality of the chakra. It will be a different color than the color of the actual chakra. Balance the excesses with a crystal that is the *opposite* color of the chakra. Do the same for what the chakra lacks: use a crystal that is the *opposite* color. Increase what the chakra needs by using the color of crystal associated with the quality.

5. You can place the crystals chosen for healing in your hands or your client's hands, or if you are experienced, you can do a full-body layout, placing the chosen healing crystals on the unbalanced chakra.

6. When you have finished and you determine (using your pendulum) that balance has been achieved, you may seal the session using the color of crystal associated with the chakra. Once in balance, the chakra color crystal will receive and settle the balance achieved.

7. After any excesses or deficiencies have been balanced, close the session by performing a benediction using crystals associated with the chakras in balance, including those in this table.

Chakra	Crystals	Enhances	Weakens
First (Root)	Black tourmaline, red jasper	2nd, 7th	3rd
Second (Sacral)	Citrine, carnelian	5th	4th
Third (Solar plexus)	Yellow jade, citrine	7th, 4th	5th
Fourth (Heart)	Rose quartz, green jade	1st, 2nd, 7th	6th
Fifth (Throat)	Lapis lazuli, turquoise	3rd	2nd
Sixth (Third eye)	Amethyst, purple fluorite, purple or lavender jade	1st, 7th	3rd
Seventh (Crown)	Amethyst, selenite, clear quartz	2nd, 3rd	1st
Crystals and the Corresponding Chakras			

An Example of a Color and Crystal Healing Session

The results of a crystal healing session may look something like the sample notes in the illustration on the next page. As you can see, I use a handy little chart for my clients. On one side, I make notes of what is bothering them according to each chakra—their “complaints.” On the other side, I make notes as to how I want to correct those imbalances with colors and crystals—“corrections.” Here is an example.

Complaint

A client came to me with discontent about his life. He wasn’t sleeping very well, and he was frustrated because he couldn’t seem to make everyone happy, or keep them that way. His thoughts were jumbled when it came to making decisions. He avoided conflict, so he mostly stayed in his office and didn’t possess the self-confidence to ask for a raise or promotion, although he’d been with the company for ten years. He just didn’t feel he was worth it, because he’d been married three times and each marriage had failed. He felt he was the cause, although he wasn’t specific. He constantly felt broke and blamed himself for the mess he was in.

I checked his chakras to see what was in balance and what was not.

I allow my clients to rest on a massage table or on a padded mat on the floor, depending on their preference and comfort. One by one, I check each chakra. I do this in two ways. I always get permission from the person to access their chakras. I show them a chart and let them know I will not be touching them, only hovering over the chakra points. Next, I hold the

pendulum in my right hand three to four inches above each chakra, starting with the first chakra. I ask it to please measure the energy for me. (I am experienced with pendulum energy, so I have good communication with the pendulum and we work as a team. If you are new to pendulums, you may want to practice working with one ahead of time.)

My pendulum swings clockwise to indicate balance and counterclockwise to indicate imbalance. I check each chakra to learn what is in balance (flowing easily through the wheel) and what may be blocked. If there are constant, steady, even circles of the pendulum, then the chakra is open and flowing. If there is a restriction, blockage, or another issue, the pendulum may swing erratically, weakly, or not at all. Once I have checked all of the chakras and I know which chakras are open and which are blocked, I begin my charting while the client rests and listens to music. It takes me about five to ten minutes to chart the information.

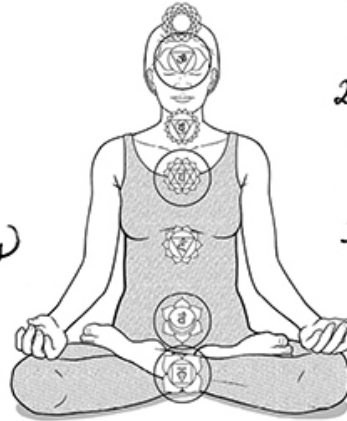
Sure enough, this client's first (root) chakra was very weak. His sixth (third eye) chakra showed some impairment, his second (sacral) chakra was overly stimulated, and his fourth (heart) chakra was erratic and not showing much power.

Client Notes:

not sleeping well, unhappy relationships, low self-confidence, failed marriages, broke, confused

Complaint:

1. insomnia
2. lack of clarity
3. failed marriages
4. lacks self-confidence
5. no self-esteem
6. broke



Color Solution:

1. Purple, Blue
Amethyst, Lapis L.
2. Black, Yellow
Black Tourmaline, Citrine
3. Green, Red
Green Jade, Red Jasper
4. Pink, Green
Rose quartz, jade
5. Orange, Blue
Carnelian, Turquoise
6. Blue, Pink, Green
Lapis L. Rose quartz
Green jade

Sample Notes on Client Complaints and Crystal Healing Solutions

Corrections

1. Insomnia. Because he was having trouble sleeping and was maybe clenching his teeth at night, I chose the colors purple and blue, represented by amethyst and lapis lazuli. The purple was to connect his body and spirit and open the channels between his mind and body; it was to bring him rest, tranquility, and inspiration. The lapis was chosen to represent blue, the color of inner peace and the unconscious. Lapis brings the healing of the Medicine Buddha and promotes the inner strength of self-knowledge. It was also chosen to bring forth his inner truth.

2. Lack of clarity. To offset the client's lack of clarity, I wanted to use yellow to give him self-esteem and a sense of power and black to give him a perfect balance of all the colors plus grounding. I used citrine for his mind and his mental fog. I chose black tourmaline to bring in some balance and stability and to ground him and give him a sense of connection to himself.

3. Failed marriages. With three failed marriages, he did not have a strong sense of himself as a man. I chose a repeat of green and red, using green jade and red jasper plus carnelian to boost his sexual identity and increase his personal power. Jade was meant to open his heart and strengthen his sense of self and his manhood. At the end of the session, I confirmed the balance by placing stones matching the colors of the chakras on each of his chakra points.

4. Lacks self-confidence. As a people-pleaser, this client generally put himself last. I selected pink and green to strengthen his sense of self and to help him learn to love himself more (green) and nurture his own needs (pink). The stones that represent those colors are rose quartz and jade. Rose quartz brings love and forgiveness, so he could forgive himself for not meeting his own high standards. Jade is a nurturing stone and would bring him courage in an uplifting and subtle way.

5. Low self-esteem. To address his lack of self-esteem and back pain, I choose orange and blue as the healing colors for stones. Carnelian represents the physical healing of the body, brings fertility and longevity, and increases yang energy, so it was perfect to heal his sense of lack and replace it with vibrations of strength and courage. Turquoise was the blue stone I selected because it is filled with the energy of communication and giving and receiving. It also brings creativity for solving problems, finding solutions, and building bonds.

6. Broke. The client's finances were in disarray. He was paying out so much money every month to keep the ex-wives happy that he had very little left over for himself. He was living in a trailer, while the exes all had houses. He felt defeated and poor. I chose blue for some inspiration and elevation out of negative thinking (Buddha medicine), pink for self-love, and green to strengthen his heart center for loving himself and others. Lapis lazuli is a blue stone of inspiration and the higher mind. Rose quartz represented the pink for loving himself more and appreciating all the good he was doing. Green jade was for bolstering his heart energy and bringing in renewed health and natural energy to stimulate the incoming and outgoing energy of love. Jade was also for the energy of abundance, which he needed in all areas of his life.

You may find different ways to use the strengths of the colors and crystals in your own healing sessions. Trust your intuition. Follow your inner guidance. Branch out. Only you will instinctively know what your clients need to balance the excesses and weaknesses of their chakras. As long as you work from your heart with the intention of healing, spirit will never allow you to harm anyone with your work.

The best way to remember the qualities of the colors and the crystals is to think of them as yin and yang: opposites to enhance what is lacking and suppressors to quell what is excessive. At the very end of the session, you can seal the balance with the color that matches the chakra, but use it only when the chakra has come back into balance. Otherwise, you will be spinning your own wheels and accomplish nothing energy-wise. I hope this balance of opposites makes sense to you, because it is the most effective way to use stones and colors for healing.

When you combine the energy and power of the chakras with the healing qualities of colors and crystals, you will find that the chakras resonate to the healing vibrations on several levels.

First, the human psyche reacts to the color of the crystal, and second, it reacts to the atomic composition and (lattice) structure and shape of the stone. The chakra isn't threatened or challenged by these elements, but is soothed and comforted, and in this state of ease, it is encouraged to relax and shift back into balance.

The subtle nature of colors and crystals facilitates healing by allowing the energy centers of the body to feel relaxed and accepting. I have seen some miraculous recoveries occur when the chakras open and are comforted and nurtured. They often respond to the slightest hint. It's more like a whisper and a gentle reminder of what they need to adjust to be back in balance.

Just as the body's greatest desire is to heal, so is a chakra's deepest longing to be in balance—to spin smoothly and to give out and receive stable and reciprocal energy impulses from the world and the cosmos. You can help anyone's chakras stay in balance by using colors and crystals.

[contents]

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20. Sadhguru, "The 7 Chakras and Their Significance to Your Life."
 21. Anodea Judith, "History of the Chakra System."
 22. Anodea Judith, "History of the Chakra System."
 23. William J. D. Doran, "The Chakras System, Our Seven Life-Force Energy Centers."

CHAPTER 4

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Pairing Crystals with Essential Oils

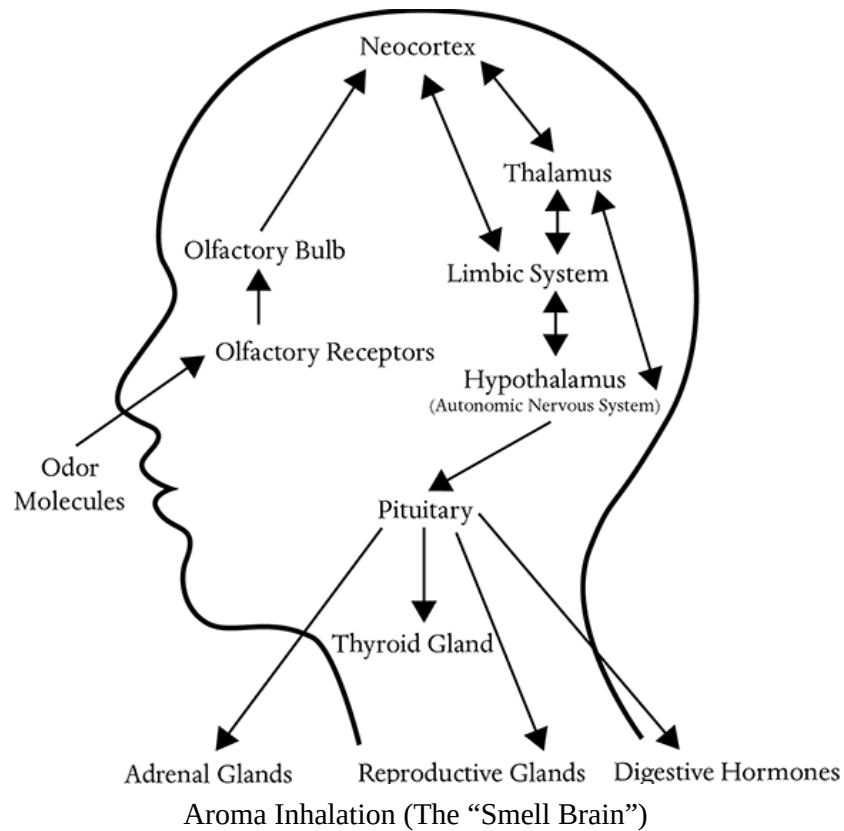
Some of the best work I've ever done is when I've used crystals and essential oils together. The body is receptive to the vibrations that the crystals impart when it has also been opened by the aromas of certain essential oils. This chapter will explore those combinations and how healing can be amplified when you use them together.

Crystals and essential oils come from Mother Earth. They are harvested and picked by hand and brought into our lives for a purpose. Crystals and essential oils are alive, vibrate, and breathe. All of them can help us heal. When combined, they can heighten and enrich the healing process.

Each essential oil is made from a plant or tree and embodies the essence and core vibration of that living plant. When the oil is extracted from the plant, it retains its original aroma as well as its chemistry.

When we inhale the aroma of an essential oil, it moves into the body, crossing the blood-brain barrier and entering the bloodstream. The aroma lands in the limbic system, or "smell brain," and stimulates the area in the temporal lobe of the brain that governs memory function and the emotions connected to memory. Essential oils heal because they interact in the bloodstream with other molecules and hormones and assist in bringing them back into proper balance. The essential oils in an actual plant protect the

plant from viruses, bacteria, and invaders. When essential oils are used in the human body, they have the properties to do much the same for us.



When we use crystals and essential oils together, we align them vibrationally and physically. We already discussed how crystals hold, carry, transfer, regulate, and balance the movement of electromagnetic energy. The nervous system picks up those energy signals and carries them to the brain, which in turn activates a biochemical response in the body. This biochemical response translates into the stimulation of emotions and hormones and parasympathetic responses that we can feel, measure, and pinpoint.

Crystals are a powerful tool for balancing and rebalancing those same energies in the vibrational field of a human being. The brain receives these sensations and directs them to the rest of the body in the form of electrical impulses. Every system within the human being is responsive to this electromagnetic vibration.

Pairing these two powerful external brain stimulators results in a remarkable combination of two healing modalities that produces powerful electromagnetic shifts in the physical body.

You can use essential oils diluted in a diffuser, as bodily applications or poultices, in baths, for massage, and for ceremonial and ritual purposes. They can enhance the work you are doing with crystals. Hold a crystal in your hand while you diffuse the essential oil that is compatible with the purpose you want to accomplish. Wear a crystal stone with a dab of the diluted essential oil behind your ears or on your wrists, or even on the crystal if you wish.

Here is a table of the twelve healing crystals and their corresponding essential oils and chakras.

Crystal	Essential Oil	Chakra
Clear quartz	Peppermint	Crown
Amethyst	Lavender	Third eye
Citrine	Lemon	Solar plexus
Rose quartz	Rose absolute/rose otto	Heart
Fluorite	Spikenard	Heart
Black tourmaline	Sandalwood	Root
Jade	Neroli	Heart
Turquoise	Roman chamomile	Throat
Red jasper	Patchouli	Root
Carnelian	Ginger	Sacral
Lapis lazuli	Rosemary	Third eye
Selenite	Melissa	Third eye/crown
Crystals and the Corresponding Essential Oils and Chakras		

Choose how you wish to use the essential oil that is most beneficial to you. If you want to find relief for insomnia, you might put a few drops of lavender essential oil on a cotton ball and put it in a small mesh jewelry bag placed under your pillow at night for better sleep or to relieve grief and sadness. If you are looking to balance the male-female energies within, you could wear a lapis lazuli pendant and place diluted rosemary essential oil on your wrists, behind your ears, and on your heart chakra. Maybe you are looking for success and abundance. If so, then place a citrine crystal in the room where you do your work and diffuse lemon essential oil. This will double your power of attraction. How you use essential oils is a matter of

personal preference; combining crystals and essential oils is where the co-creative and healing power

Here is a summary of the properties of the essential oils and why they work with their compatible crystal partner.

1. Clear Quartz and Peppermint

Clear quartz is the stone of power, energy, and clarity and is known as the master healer and teacher. It represents new beginnings, enthusiasm, and success. Peppermint essential oil (analgesic, antispasmodic, stimulant, carminative, tonic) boosts energy, quells the appetite, calms the stomach, and reduces aches and pains. Peppermint is a strong life-giver and energy-rouser. It calls forth the leader in all of us and is a cheerful companion for moving forward with zest.

2. Amethyst and Lavender

Amethyst is the artist's stone and the master healer for the arts. Amethyst connects human beings to the heavens, aids in telepathy and clairvoyance, provides protection, and is helpful in overcoming grief. Lavender essential oil (antimicrobial, antibacterial, antifungal, anticonvulsive, relaxant, anti-inflammatory) is a wonderful aid for insomnia, cuts and bruises, anxiety, fatigue, and other energy-draining ailments. Lavender has a pleasant aroma that calms, relaxes, and balances moods. It can help with rebuilding a depleted immune system as well as a depleted emotional one. Together, amethyst and lavender bring balance, inspiration, and soothing to the physical and the emotional body.

3. Citrine and Lemon

Citrine is the crystal for success, abundance, and personal power. It balances group energy, is sunny, brings warmth, and cannot hold negative energy. Paired with lemon essential oil (astringent, antiseptic, detoxifier, hypotensive, antimicrobial, antibacterial, antifungal), which is both

stimulating and calming as well as refreshing, it can reduce headaches and tension and improve circulation. Together they can create a feeling of personal power and a sense of well-being, internal emotional strength, and confidence.

4. Rose Quartz and Rose Absolute

Rose quartz is a stone of love, balance, and forgiveness. It can be used to transmute sorrow into joy and expand the core of self-love. Rose quartz can dissolve fear, dissipate grudges, and open the heart to a reciprocal exchange of love. When coupled with rose absolute essential oil (antidepressant, antiseptic, antispasmodic, antiviral, aphrodisiac, astringent, bactericidal), the mind is calmed, stress is reduced, and general feelings of happiness and euphoria fill the body. Rose relieves tension, anger, nervousness, and anxiety, bringing the body into a state of balanced, natural relaxation.

5. Fluorite and Spikenard

Fluorite brings clarity and purpose and effortlessly brings about order because of its own internal structure. Fluorite stabilizes, creates impartiality, and encourages the unique energy identified with a pyramid shape. Fluorite clears the mind and opens up the pathways of intuition. Spikenard essential oil (antibacterial, antifungal, anti-inflammatory, analgesic, antirheumatic) is a great companion to fluorite because it's a healer of wounds on the skin and in the heart. Whatever may be blocked in the emotional sphere, spikenard can open and release. When these two are used together, channels open, bodily fluids flow more freely, and important connections are increased.

6. Black Tourmaline and Sandalwood

Black tourmaline brings us grounding, protection, and stability. It is famous for keeping the balance, holding its own, and providing strength. It provides high spirits in the face of doom and gloom and has the power to repel evil

spirits and dark energy. The perfect companion for this stone is sandalwood essential oil (astringent, disinfectant, stimulant, tonic, antidepressant, antibacterial, antiviral, an immune stimulant), which is rooted in the earth and also brings grounding, stabilizing, sacred, and aphrodisiac qualities to the mix. Together they supply the foundation we all need to endure life's challenges, and they give us the security and confidence to forge ahead.

7. Jade and Neroli

Jade fosters abundance, love, and balance. It is known as the dreamer's stone and opens the heart to love and the gates to prosperity. Jade fosters emotional healing and is a powerful stone for healers of all types, ranging from metaphysicians to physicians, surgeons, psychologists, and teachers. Paired with neroli essential oil (antiparasitic, digestive, antidepressive, hypotensive, bactericide, disinfectant, antispasmodic, sedative), which adds calm, balance, and regeneration, it has been used to calm hysteria and trauma and even out ragged emotions, which are distressing to the heart.

8. Turquoise and Roman Chamomile

Turquoise provides serenity, energy, and protection. It enhances the ability to communicate, solidifies friendships, encourages devotion, and enhances freedom of the spirit. Roman chamomile essential oil (anti-inflammatory, analgesic, nervine, relaxant, sedative) brings with it a natural serenity of body and spirit. It is a general healer that has been used by some of the most powerful people in history. Roman chamomile is full of legend and lore and, just like turquoise, has been used for everything from a good night's sleep to battle fatigue and protection against foes.

9. Red Jasper and Patchouli

Red jasper provides strength, courage, and healing and is known as the supreme nurturer. It provides the wearer with insight as well as shamanic wisdom. It has been known to settle conflicts and provide comfort. This is a

warrior stone used for fortification in battle. When used in conjunction with patchouli essential oil, it grounds the body, mind, and soul against the slings and arrows of outrageous misfortune and the everyday challenges of life. Patchouli essential oil (relaxant, digestive, anti-inflammatory, antifungal, antimicrobial, insecticidal) is earthy and rooted in the vibrations of emotional grounding, the earth, and strength. It puts us in touch with our feelings and integrates emotions with the physical body. It can also uplift the soul. Patchouli essential oil and red jasper can ready kings for battle and us mere mortals for handling life's everyday challenges.

10. Carnelian and Ginger

Carnelian is another stone that embodies courage, creativity, and assistance. It is one of the oldest known crystals and has been the chosen stone of nobility for thousands of years. It protects us from evil forces and assists in our bodily functions. Ginger essential oil (anti-inflammatory, anticoagulant, digestive, expectorant, anesthetic, antifungal, stimulant) also aids the body in performing its functions and is a potent digestive. It controls nausea and peeps up the body where it is lagging. Carnelian used with ginger essential oil prepares the body to be fit for life.

11. Lapis Lazuli and Rosemary

Lapis lazuli is the stone of truth, inner power, and organization and provides a connection between the earthly and heavenly realms. It provides the personal wisdom needed to guide the human mind into altered states and back again. It was the stone of the Medicine Buddha and King Solomon. Lapis balances male and female energies and creates a harmonic yin-yang exchange. When lapis is coupled with rosemary essential oil (astringent, analgesic, carminative, diuretic, detoxifier, memory enhancer, antirheumatic, tonic, stimulant), the earth and skies are balanced. Rosemary essential oil brings both the grounding and the stimulation needed for the journey with lapis lazuli. This essential oil rejuvenates, reduces pain, perks

up the memory cells in the brain, and purifies the body. The best choice for rosemary essential oil is the 1,8-cineole chemotype. This is the version of rosemary essential oil that promotes mental focus.

12. Selenite and Melissa

Selenite is the stone of mental clarity, angels, and the psychic realms. It is associated with the moon, tends to uncover hidden truths, and supports not only mental clarity but also truth and honesty. Selenite holds the energy of angels, so it gently brings the mind into clarity and realization on wings and whispers. When selenite is paired with melissa essential oil (antidepressant, nervine, sedative, antispasmodic, stomachic, antibacterial, hypotensive, tonic), depression is lifted, the mind becomes clear, and anger and aggression recede. The heart and soul flourish under this pairing, and signs of fatigue and melancholy fade away. This coupling prepares the body for restoration.

If you are using a crystal for healing, you may want to pair it with its corresponding essential oil. You can diffuse the essential oil, apply it to the body, or use it in a bath, as a poultice, in incense, or in ceremonial or ritual use. Be sure to dilute the essential oil properly and use it safely. This will increase the potency of the healing. The essential oil serves as the punctuation mark for what you want to accomplish, and its intrinsic properties will heighten the end result.

If a client came to me complaining of lethargy, indecision, and an overall lack of enthusiasm, I would most likely pair ginger essential oil with carnelian. I would want to lift their energy level and spirits and open the channels of creativity. My process would include checking their chakras with a pendulum to find out where exactly the blockages and imbalances are, and I would use carnelian at the *heart* chakra to stimulate love and thereby increase the client's creativity and drive. I would make sure we balanced the second chakra, and I would use the ginger to pep them up, activate the digestive system, and get them empowered and moving again

physically and emotionally. Carnelian and ginger paired will open up the pathways of the creative juices, and the second chakra, when energized, will jump-start the emotional drive for success. Included in this process would be affirmations for self-confidence, self-appreciation, courage, risk, and emotional satisfaction.

[contents]

CHAPTER 5

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Combining Crystals with the Laws of Karma

The word *karma* means “action,” and the first traces of it appeared in the Rigveda, the Hindu text written before 1500 BCE. Karma was also written about in the Upanishad in 800 BCE, and the public formed concepts and practiced rituals that revolved around the idea that for every action there is an equal and opposite reaction, similar to what we know today as Newton’s third law of physics. The concept of karma is deeply embedded in Hinduism, Buddhism, and Jainism and is thought to be able to be evaded through right action and proper thoughts and deeds.

To the Western mind, karma can be a confusing subject. In defining karma, we use phrases like “What goes around comes around,” “You reap what you sow,” “You get what you give,” and the ever-popular “Karma’s a bitch,” the latter having the connotation that karma (whatever it is) dishes out punishment and retribution like *schadenfreude*, which it does not. We may be most familiar with the term *karma* as the cosmic arena where cause and effect play out.

Karma is a cycle. It is a movement of energy through many lifetimes or experiences by which we can learn, change, improve, grow, and heal. Karma is an acknowledgment of our personal power to manage our lives and establish the quotient of happiness we are prepared to receive.

It is unknown exactly when or how the twelve laws of karma came into being, but someone compiled them into a handy list to make the understanding clearer and the journey more effective. The goal of working with the twelve karmic laws is to reach the Supreme Abode (Jainism), Nirvana/Samsara (Buddhism), Bhava Loka or Swarga Loka (Hinduism), Seven Heavens (Judaism), or Heaven (Christian). The twelve laws must have been written by a student or a monk who wanted to organize karmic law into easy-to-understand steps for the average person. They have been adopted by many religious leaders across several religions and taught as the keys to living a righteous life.

The laws of karma teach us to look inside, to probe our motivations, to purify negative thinking, to rearrange our thoughts, and to start thinking and acting with good intentions and charitable deeds. It is not a punishment at all, but an educational tool. Each of us is a walking schoolhouse.

This practice does not mean giving up all material possessions and moving into a cave; it means that if we want to experience the good of life, we must extend good with no expectation of return. The twelve laws of karma guide us through this purification process and allow us to gently move into a higher way of living and having free choice about everything we think and do.

The laws of karma were originally found in the Sanskrit language and in the traditions of Vedic writings in 1500 BCE. Later they became part of the teachings of the Buddha in 500 BCE. These laws are embodied in the teachings of Jainism, Taoism, Hinduism, and Sikhism as well as modern Buddhism.

According to historian and scholar Ashutosh Jain, the *Brihadaranyaka Upanishad* (700 BCE) puts forth this explanation of karma: “You are what your deep, driving desire is. As your desire is, so is your will. As your will is, so is your deed (Karma). As your deed (Karma) is, so is your destiny.”²⁴

The main principle of karma is that everything in life is governed by an invisible system of exchange. Karma is an exact science, just as the laws of

gravity are exact. What you sow, you shall reap, only magnified.

The basic tenet of the twelve laws of karma is that every decision and action in life happens because of actions in past lifetimes. What we do in every moment has an effect on future lifetimes. This is how we arrive at the concept that karma is a wheel that rolls in and through every incarnation that we experience. It is the circular movement that we experience from birth to death to birth again. This is true not only for succeeding lifetimes but for the succession of events in our lives as well. You don't have to believe in reincarnation to understand karma, but it helps.

Why should we use the twelve laws of karma to heal ourselves? Because they are a wonderful, ancient, clear vehicle that can transport us through the geography of our experiences and consciousness. They can help us change the way we think about people, things, and situations. They can help us give a new color palette to old beliefs and change them from black and white to technicolor in an instant. These laws can cast fresh light on old wounds and thereby heal them in the process.

When you understand that at some time in your life you created the consequences of your actions, you stop blaming others or outside circumstances. You take responsibility and put on a cloak of humility and begin to change your future by using this conscious awareness to wake up and direct your mind and actions in the direction of your own choosing. The same goes for all the good in your life that you have created. You take responsibility equally for the desirable and the undesirable aspects of your life. You created them both. Within this new awareness, you begin to create more of what you want and discard the thoughts and actions that created what you no longer choose to have in your life.

These karmic laws can provide a release from the bonds of the past and send you on a path to experience heaven on earth—or, in other words, happiness.

The 12 Laws of Karma

Here are brief descriptions of the twelve laws of karma. We'll get to more detailed explanations of them in the next section when we look at combining these laws with crystals.

1. The Law of Creation: Life does not happen by itself; our thoughts create our reality and life requires our full participation.

2. The Great Law: What we give out in our words, actions, and thoughts returns to us in kind.

3. The Law of Connection: Nothing is separate. Everything in the past, present, and future is connected.

4. The Law of Growth: We must move in a forward direction. *Nothing changes until we do.*

5. The Law of Humility: It is the way it is; it is *the* way. To change it, one must accept it and surrender to its reality.

96 6. The Law of Responsibility: In order to move forward, we must take responsibility for what is in our lives.

7. The Law of Significance and Inspiration: The rewards we experience are a direct result of the energy and effort we put into life.

8. The Law of Giving and Receiving: Our behavior should match our thoughts and actions, and vice versa.

9. The Law of Here and Now: We must be present in the moment. We cannot be present if we are looking backward or too far forward.

10. The Law of Focus: Where our attention is, there is our life. We cannot concentrate on two separate things at the same time.

11. The Law of Patience and Reward: To everything there is a season. Patience ultimately provides.

12. The Law of Change: Nothing changes until we do.

The beauty of these laws is their simplicity and purity. They are easy to understand and their lessons are clear. In the next section, we will combine these twelve laws with crystals and use them to heal the unresolved roadblocks that may be in our way. Check each karmic law to see where

you might be resisting them. Which ones offer a challenge for you? Do you need help mastering some of them? What is your emotional reaction to these laws? What do they trigger in you? Do they make you smile? Do any of them anger you? Make a list of how you react to each karmic law. See where you are delighted or upset. Are they helpful? Do you agree with them? You can use this questioning technique for yourself or others. The work you do with the laws of karma will add richness to your understanding of the world and change your life forever, especially if you use them as a daily practice and a reminder of where you are headed on your human journey.

Combining the Laws of Karma with Crystals

In my work with the twelve laws of karma, I have come to assign each karmic law with a crystal featuring properties that support the emotional and spiritual work associated with that law (see table). The vibrational attunement of the crystal and its qualities and innate power determine which karmic law it is best associated with. As we move through the list of the twelve laws, you will be able to see what you want to heal and use the chosen crystal and healing technique for that specific law.

Crystal	Law of Karma
Amethyst	<p>The Great Law: <i>What we give out in our words, actions, and thoughts returns to us in kind.</i></p>
Clear quartz	<p>The Law of Creation: <i>Life does not happen by itself; our thoughts create our reality and life requires our full participation.</i></p>
Fluorite	<p>The Law of Humility: <i>It is the way it is; it is the way. To change it, one must accept it and surrender to its reality.</i></p>
Rose quartz	<p>The Law of Growth: <i>We must move in a forward direction. Nothing changes until we do.</i></p>
Black tourmaline	<p>The Law of Responsibility: <i>In order to move forward, we must take responsibility for what is in our lives.</i></p>
Citrine	<p>The Law of Connection: <i>Nothing is separate. Everything in the past, present, and future is connected.</i></p>
Carnelian	<p>The Law of Focus: <i>Where our attention is, there is our life. We cannot concentrate on two separate things at the same time.</i></p>
Turquoise	<p>The Law of Giving and Receiving: <i>Our behavior should match our thoughts and actions, and vice versa.</i></p>

Crystal	Law of Karma
Selenite	The Law of Change: <i>Nothing changes until we do.</i>
Red jasper	The Law of Here and Now: <i>We must be present in the moment. We cannot be present if we are looking backward or too far forward.</i>
Lapis lazuli	The Law of Patience and Reward: <i>To everything there is a season. Patience ultimately provides.</i>
Green jade	The Law of Significance and Inspiration: <i>The rewards we experience are a direct result of the energy and effort we put into life.</i>
Crystals and the Corresponding Laws of Karma	

Each law of karma brings a unique layer of awareness. In some cases, it may take several cleansing processes to enhance the vibration of a law using the crystal to implant it in your conscious awareness. Often you can simply be in the presence of the crystal and the alignment will occur naturally, provided you focus on the karmic law that the crystal represents. Your intuition will tell you when the law is healed within you. Simply believing in karma will have no effect. That would be as useful as believing in health food but not changing your diet to include it. Karma needs to be actively worked day in and day out. The first step is understanding the karmic laws. The second step is working with them to apply the principles held within the laws. This process is your key to happiness and fulfillment.

1. The Great Law and Amethyst

The Great Law is the Law of Cause and Effect: *As you sow, so shall you reap.* This karmic law is invariable, and it is as true for the philanthropist as

it is for the thief. What we give out into the world, we will receive back a hundredfold. It is an unending chain reaction that binds every living human being to their deeds.

The return you receive may not happen in the same lifetime or in the same circumstances. The *super-soul*, that which endures beyond lifetimes, carries the memory and the residual balance sheet from lifetime to lifetime—yet another example of the cyclical wheel of karma.

If you are frustrated and can't seem to find peace of mind, then what are you putting out into the world? Are you interacting with others from a state of calm and peace? Or are you distrustful, suspicious, and always expecting the worst? Like a boomerang, what you toss out comes right back to you, increased in intensity.

You can no longer be a victim when you understand and practice this karmic law. What you put out creates a reciprocal energy in the vibrational field that is returned back to you. Our freedom lies in the fact that we can change the way we think and act and therefore change what is returned to us.

No one else can use this karmic law for you; you must use it for yourself. It's absolutely possible for you to give up your power and become a victim. Powerless, you can go through life allowing things to happen to you. You can wail and protest and complain and not change a thing. You can stay in your rut, or you can wake up, rethink your actions, and change your life patterns. You are doomed to repeat what you do not recognize or change.

Whatever you want and desire, if you are having the experience of the opposite, then you are out of balance with this karmic law. Like a car with a bumpy tire, you are out of alignment. It will not be a smooth ride. Recognize this and change it. If you're not experiencing what you want, then change the way you think about it and act differently.

Whatever you have done in the past is the past; you are not bound by it. You can change it and make the future anything you choose it to be. If you want to heal the karma of this law, here are some things you could do.

Stop, think, and evaluate before you act. You need to consciously create a new practice to become aware of every thought, emotion, and action. You need to pause before you react. Change your reaction to a *response*—which requires a break, a breath, and inner reflection—instead of reacting automatically to a person or situation. This requires practice. You must learn to pull back on the reins and take a moment to assess what you want the outcome to be. Your mind has the ability and the power to recognize this imbalance and correct it from within.

Ask yourself: What do I want as the result of this interaction? Do I want hostility, confrontation, and attack? Or do I want a peaceful solution? If you desire a peaceful outcome, you must choose to be kind, generous, and allowing in your response. Even if the other party attacks you, respond in kindness. Respond from a place of peace and centeredness within yourself. Respond with what you wish to receive. Become what you want to receive.

What are the consequences of your actions? How will they be received? What will you gain from the way you respond? How will your choice of action foster happiness and bring a benefit to all?

When you make a positive choice from your heart, nothing is ever lost, but only gained.

Modify your knee-jerk reactions to responses and have those responses match your desire for positive karmic outcome. The more you practice this skill, the more successful you will become, until one day, it will be automatic. That is the day you live in peace and happiness.

According to the first law of karma, you create peace and happiness within by making the choice to act in peace and with kindness. You connect your soul's desire with your heart and consciously choose to create a state of peace and thereby live surrounded by nothing but peace, happiness, and love. We fall into habits and we must work to break them, or we will continue to repeat them.

Crystal: The crystal associated with the Great Law is amethyst, which brings protection, temperance, and psychic ability. A common term used to describe this stone is *sobriety*. Amethyst is said to manage addictions,

obsessions, and imbalances and return the power to the individual, surmounting any physical cravings. Sobriety means we are in control of our human desires and cravings. Amethyst balances, soothes, calms, and amplifies courage and strength to overcome temptations. It also brings insight and the power to heal. Amethyst is the stone of healers, poets, and artists and can restore vibrancy to ailing systems. It brings clarity to the mind, balance to the body, and composure to the person using it.

Amethyst embodies the connection between heaven and earth and connects purpose to action, which is exactly what this first law of karma teaches.

Practice: Use amethyst to center with your heart. Hold the amethyst in your hand as you practice pausing, thinking, weighing the outcome, and making a choice. Hone in on the power in your hand and the power you have at your center. If this is not easy for you, then meditation can be a wonderful way to connect the desires of the mind and the actions of the heart. Listen to meditations concerning right thinking, right action, and responsibility.

Bring into your mind an incident from the recent past that brought you a negative result. Don't dwell on this moment or blame yourself. Just remember what you were thinking and notice how your actions played out. If you did not like the results of this encounter, reimagine it. What could you have thought in your mind that would have changed how you reacted? How could you have reacted with more kindness? Can you see the good intention of the other person? Can you give them the benefit of the doubt? Are you able to feel how your heart is softening as your thoughts shift? If you were to repeat this moment all over again and change your thoughts and actions, what would the outcome be? Redesign it.

Practice this exercise as many times as you can to reimagine how the situation would have played out differently if you had thought differently.

It's like watching characters in a play: based on what they think and do, certain plot actions occur. What if you were to rewrite your own script and change the way the scene turned out?

While holding the amethyst, say affirmations about the Great Law:

Today I will sow seeds of peace. I hold peaceful thoughts in my mind and in my heart. I become, on this day, the peace I seek.

Today, every decision I make comes from my heart. I am an ambassador of kindness, and every action I take emanates from the center of my serenity.

Use your amethyst in these exercises. Implant the new outcome in the crystal. Ask it to remember the new thinking, the new action, and the new outcome. Use the crystal as your memory backup and carry it with you. Keep it close so you can touch it and connect to it when you need a reminder of your new intentions.

Notice how your reactions become responses that are rethought, redirected, and filled with heart the next time you encounter a similar situation.

This is how we heal the first law of karma with our beautiful, peace-filled amethyst crystal.

2. The Law of Creation and Clear Quartz

Clear quartz reminds you that you are the co-creator of your life. It takes you out of the passenger/victim seat and puts you in the driver's seat of your life. This law is filled with the energy of life, or *qi*. Every ancient civilization had a name and place of honor for it. The Greeks called it *pneuma*, the Hawaiians *mana*, the Romans *spiritus*, and the Hebrews *Ruach*. By whatever name it is called, it is the center of creation and life itself.

This karmic law tells us that life does not happen without our participation. Where you direct your energy, that is what will show up. Another way of saying this is that energy flows where your attention goes.

You know from past life experiences that when you *put your mind* to something, it usually happens. We can put our attention on studying or

learning a new skill or we can put our attention on unproductive or even criminal activities. Wherever we place our attention, our life moves in that direction.

You must take the time to know what you truly want to accomplish. You must put in the time and effort to ask yourself what your heart truly desires and what your purpose in life is. If you don't know, then ask yourself: What do I have my attention on? Where is my focus? What takes up most of my conscious thoughts? If you don't like what you see, you have the power to change your focus if it's not where you want it aimed.

This second law of karma awakens you to your awareness and the power held in your mind. You design your life by participating in the process of creating it. By the way, if you do not consciously participate in the process of creation, life will keep creating for you by default. Why would you want to live a life without having a say?

You must choose. You must become aware of the enormous power inside you that can form your life as easily as clay in your hands. As children, we have no problem taking that moist clay and making a shape. We can do the same thing as adults, and as adults, we can form the clay into what we desire.

Crystal: The crystal associated with the Law of Creation is clear quartz. This is the master healer, the leader of the crystal family and the holder of divine cosmic energy. It brings power, energy, and clarity to the work.

Clear quartz is the most receptive crystal formation in the universe and therefore is the most programmable for our affirmations and intentions. It gives us energy for new beginnings, clear thinking, and dreams, as well as enthusiasm for life and manifesting success. Whatever it is you want, clear quartz will help you achieve it.

Practice: Sit with clear quartz in meditation, with a journal at hand. Take time to calm your mind and allow your thoughts to settle into a state of peace and tranquility. When you have succeeded in stilling your mind from the business of the day, begin to write in your journal. Ask yourself: What do I really want? What am I good at? Make a list of your talents. Ask

yourself what you desire in the areas of love, work, health, and achievement. Be specific. Write down your answers and you'll be one step closer to putting the second law of karma into action.

Repeat this process until you are sure that you have stated everything that you want and desire.

While holding your crystal, repeat these affirmations:

Today I see that my power lies in my mind. As I think, I create. I fill my mind with my true desires, and I feel them happening as I speak.

I see my future clearly as it unfolds according to my desires. I have the energy and commitment to follow through. Each step I take moves me closer to my goal. I have achieved my success.

Now engage your energy. Begin to visualize yourself achieving these goals. See yourself in the love relationship you want or picture yourself working at what you enjoy doing. See yourself as vibrantly active and healthy and envision yourself receiving all of the accolades of achievement. Activate this visioning while holding on to your clear quartz crystal. You will have programmed it for your future. It is now your assistant, reminding you of your goals and nudging you if you get off track.

Create a habit of meditation with this crystal. Allow it to be present when you set your goals. Tune into it as you focus your attention on what you seek. You are in this mission together. Rely on each other for clarity and a reminder of where you are headed. Use the power of creation to create something new every day. Keep your crystal handy.

3. The Law of Humility and Fluorite

Humility shouldn't scare you. It does not mean wearing sackcloth and parading through the streets begging for alms. It simply means acceptance. We may see a humble person as being weak, but humility means standing

strong in our beliefs and also accepting that something or someone is as they are. “It is what it is” is the meaning of the Law of Humility. If we accept that, we will have a much easier life. If we do not accept something or someone at face value, we will struggle.

If, however, we accept what is given to us and move through the experience without blame, we will be in the flow of life. We cannot stand in the middle of a raging stream and deflect the current with our palms raised; it will knock us over and take us with it as it races to the cliff. We have a better chance if we stay in the flow and, better yet, grab a boat so we can float along with the current and steer our vessel. There may be bumps on this ride, but there is also pleasure and thrill in the journey.

Blocking and resisting has repercussions. It results in health problems and frustrations, and we miss out on the joy life has to offer. We can't have things go our way all the time, so why not choose to experience whatever is going on and pretend we thought it up in the first place?

One of my mentors explained it to me like this early on: “If you want to be happy,” he said, “choose rain.” What he meant by that is that if you wake up in the morning and it's raining and you were looking forward to sunshine, you could be angry that it is not sunny. Instead, choose the rain. That way, you will be happy it's raining and get on with your day minus any resistance. It's really as simple as that. Choose whatever is going on in your life, make peace with it, and work on changing the future by creating new thoughts, new directions, and new intentions. Always go with the flow, and you will be happier than if you try to resist what's happening.

Crystal: The crystal for healing the Law of Humility is fluorite. Fluorite brings clarity, purpose, and order as we heal this third karmic law of humility and acceptance. It is referred to as the gemstone of discernment. Fluorite promotes impartiality and grounds energy. It guides us from confusion and chaos into the realm of balance and stability. It clears up mental fog and brings clarity to a given situation. It can unearth the true meaning behind something using intuition as a guide. Fluorite brings order and wholeness to any path or spiritual awakening. It will allow you to see

the matter for what it is and put you at ease with the reality. You become compatible with the situation instead of at odds with it. Fluorite is like the sides of a pyramid: equal and balanced.

Practice: With fluorite in your hand, sit down with your journal and ask yourself these questions: What am I strongly objecting to? What am I resisting in my life? What am I fighting against? Why am I fighting it? What do I expect to accomplish? Is this battle important? Is it worth the price I'm paying?

Facing the truth takes a great deal of courage. This karmic law allows humility to enter the scene and bring acceptance with it. Sometimes we are sitting in the dark and cannot see what is hidden. This law brings in the light. The poet Rumi said, "The wound is the place where the Light enters you." ²⁵ Think about that. By resisting the wound, you are blocking your own enlightenment.

Heading back to your journal, ask yourself these questions: What is inside of me that is yearning to be born? What can I give life to? When you have the answers to these questions, you will know how to overcome the fear of the present and your resistance to what is.

Holding your fluorite crystal, reflect on the experience of your day. How would you rate the quality of the day on a scale of one to ten? What might you have done differently to make it a ten (if it wasn't a ten)? If you can set aside time at the end of each day to sit with your fluorite crystal in hand, you will begin to see a pattern emerge that you can recognize and change. This is where the light comes in and shows you where you can alter your perceptions. When you see the light, make your changes.

While holding the fluorite crystal in your hand, say these affirmations:

Today I lower my gates and allow the truth of the moment to reach me. I am calm and centered and have the strength to accept what is.

I no longer resist the path I am on. I accept it, I bless it, and I am eager to create what I want while recognizing all

that I have.

Today I take back my power and enthusiastically go with the flow.

You will be making changes from a place of inner strength and wisdom. No longer will you be tossed on surly seas; you will be the captain of your own ship.

4. The Law of Growth and Rose Quartz

Here is a great example of the Law of Growth. When the musical comedy *The Book of Mormon* opened on Broadway in 2011, it could have been received by the Mormon Church as a negative attack on their religion. Instead, the LDS elders cleverly turned it around. They came out with a billboard that read, “You’ve seen the play ... now read the book.” They diffused all the negativity and turned it into a positive win. How many people saw the ad and read the book as a result of the challenge? It was ingenious of them to embrace the situation with good-natured humor. It was an opportunity for growth, and they seized it. The play was a record-breaking success, and I believe church membership grew as well. That’s growth in action.

When we seek happiness outside of ourselves, we end up frustrated and hollow. When we turn inside, we discover a treasure trove of riches. When we fill our emotional holes with retail shopping, food, alcohol, and myriad other external indulgences, we end up with dissatisfaction, addiction, and credit card debt, none of which satiates our internal hunger. We do not grow; we mark time. When we seek happiness and contentment outside of ourselves, we will always be chasing a mirage.

Growth is inevitable. We are either growing or dying. This is one of the main principles of life. Do you want to be a decision-maker in how that growth takes place, or do you want to be an observer, with no say in the matter? It’s your choice. Growth happens with or without your consent.

Turning our attention inward reveals the light within and the star that burns brightly in everyone. At the center is illumination and the ability to distinguish between the demons and the shadows. Demons challenge us; wounds step into the inner light so we can identify them and heal them. Our center is a place of safety and self-acceptance and the foundation of love. In this inner sanctum, we can choose good above all else. Joy, peace, and happiness emerge as the products of this self-acceptance and personal growth.

Let us set out to nurture a positive affirmation for our lives. Let us embark upon the quest with anchored intentions of our deepest dreams and desires. Let us chart our course from the truth that is in our heart. Only then will we be on the purpose-driven path.

Crystal: The crystal associated with the Law of Growth is rose quartz, the stone of the heart. It comes to us bearing the gifts of love, balance, and forgiveness. It allows us to make changes in the spirit from a place of heart-centered self-love and by employing forgiveness as a tool to build inner peace and contentment. From this center of love, strength emerges and supports our forward movement. Rose quartz is also the foundation of physical energy and spiritual dynamics in the body. It neutralizes anger and resentment and promotes meditation and reflection. Rose quartz harmonizes emotional imbalances and encourages trust. Where there is anger, call on rose quartz. Rose quartz teaches us to be gentle. In gentleness, there is strength and conviction. Rose quartz is in it for the long haul; it has endurance and is fueled by the power of universal love. It is the perfect tool for encouraging healthy growth.

Practice: Return to your journal and answer these questions: What am I not accepting in my life? What do I need to release in order to recognize my own magnificence? Why am I afraid to experience how magnificent I truly am? Who or what do I need to forgive to release me from self-doubt? Do I need to forgive myself first? Is there anything that is blocking my expansion and growth? Who or what am I feeding? And what am I feeding them?

Keep your crystal in your hand as you meditate on and journal these questions. If you need to release or forgive, release the negative energy that is pulling you down and away from your path. Let the rose quartz help you center deep within your heart and resonate with love. Love is the only way out of the muck. Let the rose quartz lift you into a higher place.

With the rose quartz in your hand, say these affirmations:

Today I recognize the power of universal love. I am protected, I am loved, and I have all the strength I need to participate in this thing called life.

Every day I grow closer and closer to my ideal perfection. I am supported in this vision and encouraged to move even closer to the light.

I embody all that is good, whole, perfect, and expanding. I keep growing with the blessings of the universe, relying on its powerful strength to hold my hand on this journey toward greater love.

Not only can I do this, I AM doing this. And I love it.

From this place of love and goodness, you can make all the changes you want. You can shift away from the darkness and face the light. The light comes from within, and as you become more willing to accept this truth, you will naturally gravitate toward the ultimate energy of growing more and more toward enlightenment. Everyone and everything grows, so why not decide exactly how that growth manifests in your life and in which direction? Become the master of your garden and grow only the things you choose to live with, work with, increase, and enjoy.

5. The Law of Responsibility and Black Tourmaline

The Law of Responsibility does not say you have to take on even more responsibility than you already have. This law says that you are the only one who is responsible for what happens in your life. You don't have to face

a court of justice here; you just need to know that if there is something you don't like about your life, you have the power to change it.

The Law of Responsibility is mental and begins with your thinking. Your external life is a byproduct of your thoughts and actions. If you believe that people will cheat you in business, they will. If you believe your lover will leave you for another, then you make that happen by your thinking. Thinking makes things so. Change what you are thinking, and your life will mirror those new thoughts.

The moment you understand this karmic law, you stop blaming others. You own up to your outcomes. The beauty of this process is that when you own up to the consequences of your actions, life actually gets easier. You can see that your parents are not to blame; they did the best they could in the circumstances they created with the thoughts they had in their minds at the time. You can't blame the authorities, because all they did was follow the law. You cannot blame your partner, because they are just living their life according to the way they think. The only one you can look to for accountability is yourself.

A client of mine was having a terrible time at work. Her boss was micromanaging her work, and she felt angry, belittled, and frustrated. She was curt in her responses to her boss, who would then get her hackles up and micromanage her even more. The cycle continued until my client had bleeding ulcers. I asked her what she wanted to achieve by resisting her boss. I asked her to clearly state what she wanted the outcome of her interactions with her boss to be. She said she wanted to be able to work in peace and not be treated like she was a child. I then asked her, "What does your boss want?" Her answer was, "Things done her way." Okay. We had our solution. "How hard would it be to do things *her* way?" I asked. The obvious solution was right in front of her all the time. She just needed to take responsibility for changing her reactions. If she could set aside her defensiveness and do the work in the style and manner her boss wanted, there would be peace in the workplace. My client was following a

traditional style of work that had served her for many years, but faced with a new boss and a new situation, she needed to accommodate a new matrix.

Taking responsibility in this case was fairly simple and produced a positive outcome. Taking responsibility for our thoughts and actions is a learned skill. Often we act irresponsibly as an act of rebellion, but that doesn't get us very far. Taking charge of our life moves us forward, upward, and toward our goals. When we change the way we think about things and take responsibility, we change the way they turn out.

If you were to hold up a mirror to your life, what would you see? Would you see someone who is living up to their full potential? Someone who is filled with positive thoughts, appreciating life, and making an effort to create a wonderful life every day? Or would you see something different? Would you see someone oppressed by a job, stuck in a relationship that is not working, beleaguered by debt, unhappy and overweight, addicted to alcohol, or on the road to destruction?

Crystal: With the power held in this karmic law, all of that can change. The crystal for the Law of Responsibility is black tourmaline. This stone provides you with stability, grounding, and protection. It is also known as *schorl* and is able to store large amounts of energy without breaking. Black tourmaline means business. It's all about providing a stable base for you to operate from. It eliminates toxins, absorbs negativity so you don't have to, and encourages you to be generous simply because you can. You are strong, determined, and centered with this stone, and you can accomplish anything you want. Change is not a problem for black tourmaline. It encourages life to *bring it on*. Black tourmaline is your partner in taking responsibility, because it is grounded in the truth of who you are and in the knowledge of the power you have in your mind. You say you want to change the way you think about something, and black tourmaline says, "Let's do it." With black tourmaline in your corner, you have no excuse not to make the changes in your thinking that will manifest the life you want.

Practice: Using your journal, ask yourself these questions: Is my life the way I want it to be? What don't I have now that I want to have, do, or be?

How do I need to change the way I think about my life in order for those changes to happen? Do I need help in transforming my old thought patterns into new ones? Where do I feel inadequate? Who am I secretly blaming for my failures or lack? If I want different results, what do I need to change? If everything in my life is hunky-dory, how can I make it even bigger and grander? How can I share my exuberant and perfect life with others?

Once you have answered these questions and spent a few moments pondering this karmic law, take your black tourmaline in your hand and fill it with the energy of responsibility and accountability. See this law as giving you a key to success and a free ticket to more expansion and growth. The more things you take responsibility for, the bigger your world can grow. Remember that black tourmaline can hold all of the energy you send to it. Power it up with your most powerful thoughts.

Say these affirmations as you hold the black tourmaline crystal in your hand:

Today I accept everything in my life as a product of my thinking. I embrace it, I bless it, and I am grateful for the manifestations that have occurred thus far.

On this day, in this moment, I take full responsibility for my life, and I now create more _____ (love, money, success, partnerships, generosity, acceptance, charitable deeds, studies, etc.).

I eagerly await the manifestation of this new life. I am proud that it comes forth from the fruits of my positive thinking and design for my life. I embrace the new creation that is mine.

If you are expecting the Law of Responsibility to weigh you down, you will be surprised. Taking responsibility for your life is remarkably uplifting, enlightening, and freeing. Using this karmic law, you can fly higher than you ever thought you could, and you can accomplish more than you ever

thought you might. Put it to use as often as you can and stay tuned for excellent results.

6. The Law of Connection and Citrine

The Law of Connection says that nothing you do in your life is unrelated or unconnected to your life or the lives of others. Nothing. And nothing you do in your life is unconnected to your past or future. Everything you do affects everything and everyone in your life. If you doubt that, then you need to bone up on chaos theory.

Chaos theory states that the power to cause a hurricane in China by the flapping of a butterfly's wings in Mexico is real. It may take a long time to occur, but if the butterfly flaps its wings at an exact time and in a specific place, the small changes in conditions could lead to a drastic change across the world. This is known as a *fractal*, an image of a dynamic situation, and is accepted by the scientific community as an explanation of chaos. This connection—one thought to another, one event to another—creates the momentum for the present and leads directly to the future. Your choices and actions are living fractals.

Another connection to keep in mind is that when you take responsibility for your life (as in the fifth karmic law, the Law of Responsibility), you also accept accountability for connecting the dots of the cumulative results of your thoughts and actions.

As you accept responsibility for your life, you also accept the charge of creating your personal karmic history and sorting out the past. It's the frosting on the cake in a more global approach to accepting responsibility.

Crystal: You're not alone in the task of taking responsibility. You have the help of citrine, the crystal of personal power, abundance, and success. Its cheery yellow hues connote clarity, confidence, and happiness. Citrine can diminish self-doubt and increase emotional power. Perhaps its greatest feature is that it is self-cleansing. It cannot hold negative vibrations. It is a stone of exceptional intelligence and wisdom. It is the stone associated with

business, because it promotes productivity and can keep the yin-yang energy of a situation or person balanced. The energy of connection is present in this stone, because the transactions between merchant and customer are the energy of exchange. One is dependent upon and related to the other.

Practice: If you want to work with the Law of Connection within yourself, take your citrine crystal with you into a session or two of introspection. Using the crystal's energy for clarity, take a deep and honest look at the series of events leading up to the present. Meditation is a wonderful way to open your mind and search your memories. Use your journal to make notes of your observations. What actions, choices, and reactions on your part brought you to the present moment? You didn't get here by accident; a series of events, linked to one another, got you to this place. Are there patterns you can recognize? Are there decisions you made that influenced certain events? Could the events have taken a different direction?

Are you pleased with the results? What you learn in this self-examination can help you design your future. If you don't like what you are experiencing, you can change the way you think about it and the way in which you move forward. Perhaps you need to change jobs, partners, or locations. Perhaps you need to go back and refresh your mind about the second karmic law, the Law of Creation. In every new moment, you can create what you desire. Thinking makes it so. Reframe your old way of thinking and let citrine help you design a fresh approach. You really do know what to do. Trust that inner wisdom and use citrine to remind you that everything old is new again in the present moment. You get the opportunity for a do-over in every new moment you are alive.

While holding your citrine crystal, say the following affirmations:

Everything I have ever done or said has led me to this moment. I am not bound by the past. I am free to create a new beginning in each and every moment.

With each breath I take, I consciously create the future I want to experience. I live in the moment as the powerful creator of my future, one thought and one action at a time.

I am connected to everyone and everything in this universe. My life is the sum total of our collective decisions. I accept that. I have the courage to fashion tomorrow as I see and feel it.

I accept the perfection of my life thus far, and I eagerly embrace the perfect future that I create today.

Citrine is often given as a gift to a newborn. It encourages health, wisdom, happiness, curiosity, wonder, confidence, and inner wisdom as the child grows into an adult. Seize this day as your rebirth day and allow citrine to help you grow into your life as a creative and powerful adult.

7. The Law of Focus and Carnelian

Multitaskers beware: the Law of Focus states you can't do five things at once; the mind cannot hold more than one complete thought at a time. Spoiler alert: *multitasking* is a myth. When you attempt to do more than one thing at a time, it is called *side-tasking*.

Recent research has discovered that when we switch from one task to another, it takes a toll on our overall productivity. Chronic side-tasking can impair cognitive ability and increase levels of cortisol, which can lead to damage in the memory section of the brain. In other words, doing too many things at once can break your brain.

Besides keeping the brain healthy, the Law of Focus gives you incredible control of your life. Where do you choose to focus your energy? The seventh karmic law actually delivers to you what you concentrate on. It's like a pizza delivery. You make the call and describe what you want, and it is delivered to your door. If we had the same specific focus on what we want in our lives as we do when we choose what to have on our pizza, we

all would be seeing the results of a perfect life. Why do we make it so complicated?

Whatever you focus on will expand. If you focus on the positive, you will receive the manifestations of positive outcomes in your life. Focus on the negative, and guess what: you'll have the negative returned to you. Focus on someone's faults, and you'll experience more of them. It isn't personal. It's karmic law.

I love the story of the rabbi who was visited by a member of his congregation. "I want a divorce, Rabbi," the man said. "My wife makes me crazy and I want out."

The rabbi looked at him and said, "I want you to do an experiment for me, will you?"

The man agreed to try. The rabbi told him, "Go home tonight and give only compliments to your wife. Compliment her on the dinner, on how nice the house looks, her appearance, her smile. Find things about her that you can honestly appreciate and then tell her how you feel. Do this for a week and then come back to see me. If you still want a divorce, we'll file the papers."

A week passed and the rabbi did not hear from the man. A month went by and he ran into the man in the street. The rabbi said, "Do you still want that divorce?"

The man looked at him with surprise and said, "What, and leave the most incredible and wonderful woman in the world?"

Crystal: What you focus on, you get. To help you focus your mind on one thing at a time, you have carnelian. It is one of the oldest recorded gemstones and increases passion and courage. Warriors wore it into battle to keep them strong and focused on the task at hand. Many nobles and political leaders wore it to symbolize their rank and to keep their cool during times of distraction and challenge. Carnelian detoxifies and purifies the mind, clearing away the debris hindering clear thinking.

Meditation can help you learn the art of single focus. It is as much a gift as it is a discipline. Focus brings strength to the person who seeks it. By

meditating and clearing the mind, single purpose can arise and shed light on confusion, foggy, and lack of purpose.

Practice: Take a carnelian with you into meditation. Allow your mind to disavow itself of daily concerns and focus on just one thing, such as your breath, a candle flame, or a gong. Let all other thoughts pass by to create the space for the one main idea to surface. Soon you will master the art of focus in meditation and beyond.

Keep asking yourself: What is the one thing I want today? If I could make one thing come true, what would it be? How do I feel now that I have created ____ in my life?

Visualize, visualize, visualize! See yourself as having what you want, and experience living that dream. Keep the carnelian with you to program it toward this end. Let it help you carry out your mission.

Holding the carnelian in your hand, say this:

Today I create the life I want. I am focused on the one thing I want to achieve.

I have ordered my pizza with all the toppings I prefer, and I expect prompt delivery.

Nothing prevents me from manifesting what I want. I am clear, specific, and confident that it will be given to me as I ask.

One of the many benefits carnelian brings is protection. Your choices, your universal order, are protected by this gemstone, and you will experience an influx of vitality from having done this exercise with this amazing stone. To the creator come the spoils. You have just inherited the fruits of focus.

8. The Law of Giving and Receiving and Turquoise

The beauty of the Law of Giving and Receiving is that it is the same thing in both directions: giving and receiving are the identical action because they

complete each other. If you want to receive more, you have to give more.

Giving and receiving are the opposite ends of the same action. This is a dynamic interchange where one action cannot happen without the other. This dynamic exchange keeps the universe running and is the physical embodiment of the forces of yin and yang in action. There can be no yin without yang, as there cannot be giving without receiving. Giving has no place to land without someone or something receiving it, and if something or someone is receiving something, they have nothing to receive unless that thing is offered. This never-ending cycle creates energy, and the resulting exchange drives the life force forward.

Isaac Newton developed his third law of action and reaction in a laboratory. It states that when two particles interact, the force each exerts on the other is equal in magnitude and opposite in direction, the result of which is motion. Simply put, the law means that for every action, there is an equal and opposite reaction. This is the matrix for the dynamic Law of Giving and Receiving. You can't have one without the other.

The act of giving and the act of receiving are important to human development. How do we give and how do we receive? With what intentions? To progress in the laws of karma, we must choose to give with kindness and compassion from the heart. If something is given with feelings of resentment, duty, or hostility, it creates a negative component in the receiving, and those resultant forces create damage and destruction.

Receiving carries the same weight. If something is received with resentment, anger, or entitlement in the heart, the gift is voided. To keep the right energy flowing, the gift must be given in the spirit of love and received in the same manner. A gift will boomerang back to the sender with the same fruits of the heart with which it was sent.

When giving and receiving is in its highest form, both the giver and the receiver hold the highest good of the opposite party in mind. The actions are pure, selfless, and full of kindness and compassion. When giving and receiving operate on this high plane, the spiral of life grows upward.

Visualize the Law of Giving and Receiving as a seesaw: one side is giving and the other receiving. The seesaw tilts with the balance and dynamics of the exchange. Both are part of the same board, and all motion hinges on the action and reaction of the other.

Crystal: The gemstone to help you master the Law of Giving and Receiving and grow in the experience of even exchange is turquoise. It is the stone of balance, friendship, and the give-and-take of an active relationship. It brings the energy of serenity and protection while you are working with this law.

Turquoise enhances the clarity and strength of your purpose. It helps to cleanse your energy centers of negative energy and exchanges that energy with encouragement and appreciation. It fosters honest communication from the heart. It is a calming stone and strengthens the bond between two entities. Turquoise helps us honor the divine within and for centuries has been known as the stone of purification—purification of mind and right intention.

Work with this stone when you want to make sure your giving is aligned with your heart's intention. Give from a place of balance and generosity. Give from the seat of abundance in your center knowing that there is always more. Turquoise helps you understand the tools of the creative act. The Law of Giving and Receiving is an important lesson to grasp and master. Never give from a heavy or restricted heart; give only when you are open and kind. Turquoise helps you get there and keep your emotions in check.

Use your journal to reach inside of yourself. If you are feeling restricted, resentful, or bitter about giving, ask yourself why. Do you not clearly understand the Law of Giving and Receiving? Have you not experienced the power of this karmic law in action? Do you fear not having enough? What is the emotion behind the feeling? Seeking the truth will help you break the bonds that keep you from giving with a pure heart. Write in your journal until you have seen the light and understand how to move through this barrier with a clean slate and as an open channel.

Practice: Hold the turquoise in your hand as you activate the flow of the energy of giving and receiving. Speak these affirmations and accept them. Your turquoise will assist you.

On this day, I am renewed in the knowledge of this magnificent Law of Giving and Receiving. I put this law into action by giving something to someone today. I welcome the process of exchange circulating joy, prosperity, and love in the lives of others.

Today I am wide open to receive any gifts that come my way. I receive them in the spirit of love, joy, and reciprocation. My heart is open and happy.

Today I will find gifts in nature. I will hear the birds singing in a new way. I will experience everyone who crosses my path as a gift, and I will treat them as such.

Everything that is given to me today comes to me with love and kindness. I receive all of it in gratitude and appreciation for the honor of the gift.

Turquoise is the stone of friendship. Be your own best friend. Give and accept what is given with a spirit free of judgment or valuation. Accept and rejoice in it all.

Even when you think you have nothing to give, there is always a blessing you can bestow. You can bless anyone you choose, any person or situation, and send them love. There is no cost to a blessing, but the reward is priceless. Your intention is the most important part of the gift. Giving a blessing with a pure heart, full of love and kindness, is the best gift on earth.

9. The Law of Change and Selenite

For many, the Law of Change is the hardest karmic law of all. Change is not something most of us are comfortable with. We like the status quo, we

enjoy what we are used to, and we like to be able to count on things staying as they are. But guess what? You wouldn't be here if it weren't for change. Once you were an embryo, and now you are a whole person—that's change. It's obvious that the seasons change, seeds are planted, crops grow, birthdays pass, and our hair turns gray.

The Law of Change encourages you to become detached from the past and the outcome you expected. Instead, remain open to possibility and the inevitable shift of plans. Energy is neither created nor destroyed; it is simply moved around. That's change. Energy shifts patterns, reverses itself, and even creates chaos in the process. Change is part of the package of being alive. It would be great if life came with a set of instructions and big, bold letters that said "Change Will Happen. Don't Fight It." If we learned that early enough, we would be more flexible and have less resistance, and we would put everything in our lives on wheels—the wheels of change.

My feng shui mentor Terah Kathryn Collins told us in class one day the story of how her husband, Brian, went to the hardware store and bought twenty-four pairs of casters. He put everything on wheels—dressers, tables, armoires—so that when she decided to rearrange the furniture in a room, all he would have to do is push it from one place to another and not have to break his back lifting heavy objects. The practicality was brilliant, but so was the intention behind it. He wanted to make her happy and stay open to the changes she wanted to make in their living space, but without putting his body in peril. He solved all of these issues with wheels.

What if we put all of the things we are attached to on wheels? Everything is always in motion, so why not put "wheels" on life and let it move with the changes, easily and effortlessly? Just as Brian did in his house, a bedroom could become a living room, or a living room could become a dining room, all within minutes and with a few nudges of the furniture pieces on wheels.

Change becomes an ally when we have wheels. We no longer fight the incoming changes because we know we can easily relocate in an instant. We can move out of the way of an oncoming truck and we can dodge a

punch. Wheels give us the freedom to navigate change and not be afraid of it. Wheels give us the power and dexterity to move with the choreography of change.

With change comes improvement, new experiences, new perspectives, and enjoyment of life. You wouldn't want to miss out on that, would you? Just put a set of wheels on your mind and roll with the changes. Give up the fight and attach your wheels, because the rewards of change outweigh stubbornness. You might as well enjoy the change, because it's going to happen anyway, whether you like it or not. Wheels are your best bet.

Crystal: The gemstone to help you work with the Law of Change is one that embodies change itself: selenite. This crystal is known as the stone of the moon, which brings us the grace of change as she makes her nighttime romp around the earth. The moon is a model for change, because she moves through eight phases in 29.5 days to complete one lunar cycle. She is always changing right before our eyes. Selenite brings us the comfort of knowing that change is good. It brings healing, growth, nurturing, and tides. Without change, we would be a stagnant swamp. Change is what keeps us alive and functioning. Selenite brings the ease and rhythm of change into our lives. It supports expansion of the spirit and clarity of the mind and neutralizes hesitation of the soul. Selenite dispels anger and fear and replaces it with fluid movement and a connection to the angelic realms. When selenite is in the room, you have no worries. It connects you to the higher realms, where strength and awareness are the order of the day.

If you are having difficulty accepting change, take selenite with you into meditation. Ask for its help and then open your journal. You'll want to seek answers from your inner self. What are you resisting? Why are you holding onto the past? What are you afraid will happen when change occurs? Where is your doubt? Selenite will help you dissolve your resistance to change.

Practice: When you have finished your journaling, bring selenite close to you and say:

Change is my friend. I open my mind and heart so the benefits of change can enter, and I have the strength to move with the winds of change.

From today on, I put wheels on any thoughts of resistance I may have, and I release all limitations to my future. I envision my life developing into something wonderful, even more than I could have ever expected.

I now trust the future and go forth with the clarity of knowing that change is the only thing that will allow me to be the best person I can be. I jump into the arms of change and say, "Let's go!"

Whenever I feel myself resisting or questioning, I picture wheels and I know I am transported easily and effortlessly into a new day and a new and better way of being.

Selenite gives you courage when your knees go weak. It is the stone of the angels, and it lifts you into the realms of heaven. Here you have insight, clarity, and flexibility. Heaven is where the wheels are manufactured.

10. The Law of Here and Now and Red Jasper

As if we needed to be reminded that now is the moment of power! It takes the Law of Focus and the Law of Here and Now to keep us present in the moment. When we have had the experience of being fully present in the moment, totally immersed in the now, we remember it well.

The other part of being present in the here and now is that you have to work at it. You cannot be present in the moment if you are bound by the past or obsessed with the future. Mastering the Law of Change helps you to be more present in the here and now. It takes away the fear and allows you to move through your life with less worry. Worry is a huge barrier, a wheelbarrow of distraction keeping you from being fully in the moment. Worry reveals that your attention is hooked on the past or the future.

To rid yourself of an obsession with the past or the future, get out your journal and answer these questions: Why is the past so alive in my thoughts and feelings? In what way has the past benefitted me? What lessons have I learned from the experiences I've had? What do I need to close the door on for good? What do I need to revise with respect to my thinking about something in the past? Is there a behavioral pattern I need to revise? What are the ways I can bless the past, forgive, and move into my magnificent future? The same questions can apply to a future focus.

Crystal: Red jasper comes to you for the Law of Here and Now. It is the stone known as the supreme nurturer. It clears away negative energy (the past) and brings peace and relaxation to the moment. It settles conflicts (past, present, and future) and was used by kings and emperors as a symbol of the strength of their powers. Red jasper provides the strength, courage, and wisdom to be fully present in the moment. It helps banish concerns about the past and gives power for the now. It is the stone bearing deep, grounding energy that you can rely on to help you stay present and focused on the here and now. You may want to bring in carnelian to help strengthen your focus if you are in need of additional help with staying present.

Red jasper represents the life force. There is nothing more alive than the present moment. When you are present in the here and now, you are the most alive you can be.

Practice: While holding your red jasper, repeat the following affirmations:

In this moment I recognize that now is the moment of my greatest power.

The past serves me for the lessons it has brought, and the future unfolds according to what I am thinking in the here and now.

Did you hear the click? That was me closing the door on my past. I am free.

The power is in the now. I embrace it and revel in the magnificence of the moment.

I choose to focus my attention on the here and now. The past is done. The future awaits like a lotus flower ready to unfold. I pause to reflect and bow to the greatness in the moment.

From the power of the here and now, I set my future in motion. Let my thoughts be clear and my intentions pure, and may joy wrap its arms around my life.

People who are out of balance with this karmic law move from one drama to the next, creating one after the other and never settling on the good of the moment. You can never go wrong by being present in the moment. The only thing you will miss is the angst of the past or the fear of the future. And frankly, who needs that?

11. The Law of Patience and Reward and Lapis Lazuli

Patience is a virtue. Slow and steady wins the race. To everything there is a season. All good things come to those who wait. How often have you heard those sayings? Instant gratification has no place in this karmic law. But allowing the lotus to open, to reveal its beauty one petal at a time—that is a reward in itself.

The unfolding of the lotus flower is a metaphor for discovering our true path, the one that leads to fulfillment, passion, and, ultimately, energy. The Law of Patience and Reward does not suggest that you sit idly by and observe the process. On the contrary, it suggests that you must actively participate in the process of patience in order to experience the reward. This karmic law requires that you feed the virtue of patience with positive thought, blessings, and active watching.

The Law of Patience and Reward can be explained by carrot planting. Carrots are notoriously slow to grow. It can take up to three months to produce a carrot from a seed. Many a gardener has rushed the process and,

lured by the lush green tops, pulled out a carrot too early and ended up with an orange string connected to the verdant, bushy top instead of a mature carrot. In this act of premature anticipation, the carrot has been destroyed. It will never mature or become fare for the gardener's table. We will never know what that seed would have become as an adult carrot.

The immature carrots that the gardener didn't pull are left to grow and mature. The gardener will continue to participate in their growth by watering them and keeping the rabbits from eating them. She will tend her garden and actively participate in its maturation. When the carrots have reached their due date, she will be able to pry them from their earthen bed and take them to her kitchen. Patience will have paid off for her, with the delicious carrots her reward.

What is it in your life that you tend to rush? Is there something you've learned from rushing a process in the past and ending up with the equivalent of an orange string?

The Law of Patience and Reward also asks us to be patient with the unfolding of one another. We cannot rush another's development any more than we can rush our own. Patience requires that we be generous of heart and spirit and put our ego aside while the natural evolution of something or someone takes place. To think we can rush or hurry nature is flawed thinking; to walk alongside with encouragement and support—that is divinely inspired. And that is how you practice this karmic law.

Crystal: If you wish to work on the Law of Patience and Reward, you will want to approach it with lapis lazuli in hand. Lapis is the stone that is said to have existed before time began; it watched patiently as the earth was formed and humans evolved upon it. Lapis provides us with the connection between the physical kingdom and the celestial one. As such, it brings with it answers to the mysteries of all times, because it witnessed it all develop. King Solomon was known for his wisdom, and he was given a lapis ring by an angel to guide his thoughts. Lapis lazuli also balances the male and female energies, so it brings with it a unique balance of heavenly and

earthly energies. Lapis lazuli is often flecked with gold to remind us that it is of two worlds and divinely inspired.

Take out your journal and place the lapis lazuli next to it. Ask yourself these questions: What have I rushed in the past that didn't serve my purpose? Was there something humorous that happened because I rushed the ending? Did I rush something because I lost faith that it was going to happen? Thinking back over my life, what are some of the rewards I have reaped from waiting for an event to complete itself? Have I ever rushed love? Was there ever a time when I should have waited in a relationship? Who has been my best model for patience and perseverance? In my life today, where do I need to hold back and wait for the results? Is there anything I can do to assist the process without rushing it? Define the difference between rushing something and actively supporting it.

Practice: Take a lapis lazuli stone in your hand and repeat these affirmations:

I understand the subtle difference between patience and passive waiting. I choose to actively engage in the act of patience while trusting in the outcome.

Today I am cultivating the virtue of patience, knowing that it is like yeast rising to make my bread. I can already smell and taste the rewards.

I will name my stone Patience so it will remind me to take a breath and keep watching as I await the results of my intentions and actions and the intentions and actions of others.

My growth and personal fulfillment depend on my skill of patience. Today I feel success in my bones.

Lapis lazuli came into your life to help you manage this very important karmic law. Like unripe fruit, it is bitter, juiceless, and unrewarding when it is picked too early. Allow the trees you have planted in your orchard to

grow and bloom so the fruits of your labors will be nothing but rewarding. (Remember to water them.)

12. The Law of Significance and Inspiration and Jade

Karma is a lifestyle. When you were born, your soul was already connected to the good, love, and light of the world. The path of karma promotes the continuance of positive thoughts and positive actions while teaching the benefits of self-reflection, growth, and change. The karmic path shows you how you can be happy every day of your life by simply changing the way you see things.

Whenever you contribute to something in the world, it creates a flow of energy, and that energy causes a ripple effect that is felt around the world. The beauty of these karmic laws lies in the simple truth that only you can put them to work. No one else can do it for you, create your own happiness, or make you into a finished work of art. Only you can do that.

The Law of Significance and Inspiration dictates that what you put into something you get back. The part where the significance comes in is *how* you do something. Inspiration is *where* you get your energy to do something or to think something into reality. This is the karmic law that wants you to put your heart and soul into everything you do.

Crystal: Jade is the stone of the heart and of health. It is called the dreamer's stone because it makes real what we dream about. Jade brings clear insight to the present by healing emotional hurts from the past. Jade assists the healer in healing by supporting the clear intention to heal. It also brings grace, purity, and beauty to the party. Jade possesses a quality for balance and thus is the perfect stone to represent putting out and getting back. Jade cleanses the body and the mind of toxins and keeps all of our systems healthy and on track.

When you want to work on the Law of Significance and Inspiration, take your green jade stone with you as you write in your journal. Pose these questions: Is my life measuring up to my dreams? Am I putting out what I

want to get back? Am I supporting my dreams with energy and direction? Am I living with a *que sera, sera* attitude, or am I actively engaging in making choices every day? Do I formulate my ideas and sculpt my thinking to match what I want to have and experience? Am I being lazy about my life, or am I actively pursuing what I say I want?

When you have answered those questions honestly, you can move on to the affirmations.

Practice: While holding jade in your hand, say:

Today I am ready to accept abundance in all areas of my life. I set in motion the rotors toward manifestation and acceptance of everything I have put out into the universe.

This is the day when it all comes together. I receive what I have given out, and I am grateful for the way this law works each and every time.

Whatever I want, I can have. I need only state my claim and wait for it to manifest. Like a homing pigeon, what I send out comes home to roost.

I am grateful for the knowledge of the twelve karmic laws, especially the twelfth, and I wholeheartedly embrace the divine action of that law in my life.

Final Practices for Karma and Crystals

Karma is not meant to scare you, but to empower you. Karma recognizes that you are powerful, and it invites you to participate fully in the experiment that belief in the power of your choice is ultimately the only thing that matters in life. Everything else is just background noise.

To heal any karmic law, you can use either of the two following practices while holding the crystal associated with the law in your hand. Or collect all of the stones together for ultimate connection and power.

Practice Loving-Kindness in Meditation

Loving-kindness meditation is also known as *metta*, and the task is centered in the activity of blessing. *Blessing* is both a noun and a verb. Think about your actions as a verb and your words as a noun. Center yourself in your breath, allow your body to relax, and drop down into meditation. Call to mind a person near and dear to you. Picture them in front of you and repeat the following in your mind:

*May you feel safe. May you feel content. May you feel strong.
May you live with ease.*

Bring to mind another person you love. Imagine them close to you and wish the following for them:

*May you feel safe. May you feel content. May you feel strong.
May you live with ease.*

Now think about a person you know but is not in your inner circle. Bring them into your mind and say to them:

*May you feel safe. May you feel content. May you feel strong.
May you live with ease.*

Consider strangers now, people you have never met. Bring them to mind and say:

*May you feel safe. May you feel content. May you feel strong.
May you live with ease.*

The last task is to bring into your mind someone with whom you have had discord. Picture them in your mind's eye and say:

*May you feel safe. May you feel content. May you feel strong.
May you live with ease.*

Lastly say:

*May all of us everywhere feel safe and content and strong and
live with ease.*

As you open your eyes, allow yourself to feel how the world around you has changed and shifted toward the good because it has been blessed by you.

Practice Active Sending and Receiving

Active sending and receiving is known in the Buddhist tradition as *Tonglen* meditation. For this activity, do the following.

Sit quietly and drop into a state of meditation. Relax your mind, body, and soul by focusing on your breath. Allow your breath to soften and become rhythmic. Empty your mind. When you are in a relaxed state, begin to breathe in feelings of built-up pressure, darkness, and heaviness—a sense of imprisonment. On the exhale, breathe out feelings of expansion, brightness, and freedom. Exhale freshness. Continue to breathe in completely, taking in any negative energy through all the pores of your body. Transform it in your mind. When you breathe out, radiate positive energy through all the pores of your body. Send out the same energy you breathed in, now transformed into good and positive energy. Repeat this process until your visualization is synchronized with your in-breaths and out-breaths.

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You can also put the twelve laws of karma into practice by volunteering for social causes, giving without seeking credit, expressing love wherever there is a need, forgiving and letting people off the hook, cultivating patience, allowing people to go ahead of you, showing kindness on the highways, expressing gratitude, and showing appreciation for all you have and are given. You can make the world a better place by your attention to these twelve karmic laws.

The twelve laws of karma are always working. They are always in action. They are always responding to what you are putting into them. If you don't get on the train, it will leave the station without you and you will miss the adventure, the journey, and the surprises that come along the way. It's your

life, so buy a ticket and take the ride. After all, the joy of life is in making what you want of it and creating who you want to be in it. You can design your life any way you want, even when challenges arise and it has the appearance of tragedy. At the center, there is always an opportunity to put the twelve laws of karma into action and redesign your life.

[contents]

24. Ashutosh Jain, “The Law of Karma—Made Easy.”

25. Cathy Chester, “A Path to Healing: The Wound Is the Place Where the Light Enters You.”

CHAPTER 6

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Combining Crystals with Archetypes

You do not have to be a psychotherapist to practice healing work using the twelve archetypes of the human condition. Carl Jung organized twelve primary types of the human personality that motivate us into action. He chose twelve common mythic character types that reside in the human consciousness. The roots of the word *archetype* come from the Greek *archein*, which means “original or old,” and *typos*, which means “pattern, model, or type.” When you put them together, you see it translates to an original pattern that can be identified as similar in other people. This is not typecasting, but merely a system for identifying certain patterns and traits that may be common to all.

By using the twelve common archetypes, we can identify with and heal our inner emotional wounds by recognizing our tendencies and setting on a course to align the imbalances. We are all composed of bits of these twelve soul archetypes. We are not necessarily all one archetype and not another, although we will tend to possess in our personality more of the qualities of one than another. The same is true for our flawed aspects.

The twelve archetypes we work with are the Ruler, Creator, Innocent, Sage, Explorer, Revolutionary, Magician, Hero, Lover, Jester, Everyperson, and Caregiver. Each human being has a piece of each one of these characteristic archetypes (or symbols) within them. There is nothing “good”

or “bad” about an archetype; it is merely a description of a type and highlights tendencies that we possess and can use to garner knowledge of ourselves and our very human nature.

Archetypes are not categories or labels; they are sources of insight and understanding. Each archetype has a set of positive and negative traits in its description. Think of these traits as the yin and the yang of the personality. We can pair crystals with the twelve archetypes for healing work in the same way we used them with chakras and the twelve laws of karma. We use the opposite energy to bring about balance in the imbalances we find.

In using the archetype descriptions and patterns to identify what needs to be healed, I have organized a chart that pairs each archetype (personality pattern) with a crystal and the chakra that it resides in. Each archetype lines up beautifully with a crystal and a chakra, as shown in this table.

Archetype	Crystal	Chakra
Ruler	Red jasper	Root
Creator	Clear quartz	Crown
Innocent	Amethyst	Third eye
Sage	Lapis lazuli	Third eye
Explorer	Jade	Heart
Revolutionary	Carnelian	Sacral
Magician	Selenite	Third eye
Hero	Citrine	Solar plexus
Lover	Rose quartz	Heart
Jester	Black tourmaline	Root
Everyperson	Fluorite	Heart
Caregiver	Turquoise	Throat
Crystals and the Corresponding Archetypes and Chakras		

Nothing is ever black or white; we must delve deep into the meanings of these archetypes to figure out what they represent to us and how we fit into each one. What attributes or what negative traits does each archetype represent, and which qualities abound? Which ones resonate the most with you? Which ones don't? Narrow down the options until you come up with one to three archetypes that seem to fit your personality and leanings best. Make a list as you go through the descriptions to identify your main archetype. Ideally, we want to have a little bit of each to have an evenly balanced personality.

The Ruler Archetype and Red Jasper

We've all known rulers who are wicked and evil and those who are beneficent and just. Think Julius Caesar, Queen Elizabeth, and Mussolini. The same is true for an archetype: there are two sides to every coin. The Ruler archetype is the symbol of the leader, the one with the ultimate power. How a ruler uses their power determines their character and the balance of the symbol. If the despot in us is harsh and punitive, the archetype is out of balance. If the ruler in us is merciful, understanding, beneficent, and compassionate, we might call that in balance. But what if this goodness creates havoc? What if it's too much of a good thing? The perfectly balanced ruler is one who governs with awareness, has a sense of justice for all, and takes action when necessary. Sometimes that action may be seen as negative, but if the ruler is focused on the good of all, they may be making a correct decision for the longer term. The Ruler archetype means we have to take responsibility for our actions, creating order and structure in our lives.

Virtuous Traits: Personal responsibility, comfortable taking the wheel, is the sovereign over their life.

Pitfall Traits: Rigid, overly controlling, feels entitled, acts elitist and snobbish.

Crystal: Red jasper is a stone that is a born nurturer and brings forth strength, courage, and healing, along with justice and fairness. This powerful stone lends emotional support in crises and triggers thoughtful, positive behavior instead of negative reactions.

The Creator Archetype and Clear Quartz

We all create. In each moment, we are creating something. Every thought we have creates a form of reality. All we need to do is look at what we have in our lives to realize that we have created it all on some level, visible or invisible, positive or negative. Think Albert Einstein, Henry Ford, Temple Grandin, and Georgia O'Keeffe.

Our creative energy is just like the invisible creative energy of the universe. It is only a potential until we think it into action. Through our thoughts, reality manifests and becomes something real.

What kind of a creator are you? Do you create powerful, wonderful, positive things? Or do you have a life filled with struggle, lack, and pain? It doesn't matter what life hands you or what cards you are dealt; being a creator is a matter of how you play the game.

Virtuous Traits: Knows their power; is imaginative, creative, and artistically expressive; sees the big picture.

Pitfall Traits: Self-indulgent, poverty-stricken, creates drama and behaves like a diva.

Crystal: Clear quartz is the universal healer. It is full of divine and cosmic power and supports fresh energy, enthusiasm for life, dreams, achievements, success, and every effort put forth to create something out of an idea.

The Innocent Archetype and Amethyst

This archetype has nothing to do with being guilty or innocent. The Innocent refers to the blank slate we all are when we come into the world. Think babies, kittens, or fawns. We are born dependent on other humans for our food and shelter. As we grow, we become more independent and self-reliant. How we handle that self-reliance, or if we stay dependent, determines our state of innocence.

The Innocent is blemish-free, blameless, and in a learning, growing mode. They are unsophisticated and unworldly. They grow into that and either cling to the ways of the learner and remain a baby or use that innocence to mature. At which phase of the Innocent are you or your client? Is there an unwillingness to embrace the ways of the adult, or is there a tendency to remain dependent and somewhat powerless over your life? Every human must continue to grow, expand, and become self-reliant. They

must fulfill their purpose and destiny. Where are you or your client still clinging to mama's apron strings or daddy's checkbook?

Virtuous Traits: Optimistic, trusting, hopeful, enjoys simplicity, is eager and energetic.

Pitfall Traits: Is full of naiveté, childishness, dependence, cluelessness, and silliness.

Crystal: Amethyst, the psychic stone of temperance and protection, embodies the connection between heaven and earth. It connects purpose to action and enhances serenity and composure. It opens the channels of clairvoyance and telepathy and celebrates purity and spirituality.

The Sage Archetype and Lapis Lazuli

You might think of the Sage as the Crone, the wise woman, if you are familiar with Celtic mythology. Sometimes the Sage is our teacher, religious leader, parent, office know-it-all, or ancestor. The Sage is the archetype of the seeker of truth, the one in search of enlightenment. Think Mahatma Gandhi, Socrates, or Dumbledore in the Harry Potter series. We all have that in us. We can mentor the younger generation. We have an appetite for honesty, clarity, and truth. The Sage in us knows the difference between truth and lies. It's an inner knowing we get with our spiritual DNA. The true Sage seeks clarity at all times in all matters.

Virtuous Traits: Possesses wisdom, practices nonattachment, has knowledge and healthy skepticism.

Pitfall Traits: Is extremely critical, judgmental, pompous, impractical, and lacking in empathy for others.

Crystal: Lapis lazuli is a stone of truth, inner power, and equilibrium. It is a stone for spiritual awakening and provides insights into complex situations. Lapis stimulates the reasoning process while enhancing wisdom and clarity.

The Explorer Archetype and Jade

The Explorer can emulate the personalities of Lewis and Clark, who whacked their way through the wilderness with knives and machetes, or they can be the intellectual who enjoys watching the stars at night through a telescope. Also think Captain Cook, Marco Polo, and Amelia Earhart. Whether you set sail to discover new countries or float paper boats in your backyard, the spirit remains the same: that of a seeker. Some explorers travel all their lives and never settle down, always on the go looking for greener pastures. Others reach out, explore, and then come back to nest. The healthiest version of the Explorer ventures out on journeys and then returns to their kin.

Virtuous Traits: Displays autonomy, inspiration, and ambition and has an expanded view of possibilities.

Pitfall Traits: Is unable to commit, a chronic disappointment, alienated, adrift, and generally lonely.

Crystal: Jade brings abundance, love, and balance to this archetype. It supports dreams and dreamers, stimulates prosperity, attracts health, and aids healers in their work. Jade supports the journey of the heart. It brings calm to a situation and also cleanses all who enter its realm.

The Revolutionary Archetype and Carnelian

The Revolutionary archetype is a rebel with a cause. Think Martin Luther King, Che Guevara, and Joan of Arc. Revolution is about change. The change does not always have to be a violent overthrow; it can be quiet, whispered, and powerful.

The Revolutionary rides in on a white horse and saves the day. Winning is the name of the game. Revolutionaries choose their takeovers wisely and use courage to stay in the game.

Virtuous Traits: Courage, discipline, determination, and skill; sees the overview.

Pitfall Traits: Ruthless, fear of losing, arrogance, believes that the end justifies the means.

Crystal: Carnelian is the stone of motivation and creativity. It is believed to increase passion and courage. At the core of this stone is noble leadership and righteous purpose. It stimulates the mind toward heroic purpose. The Revolutionary needs this passion and courage

The Magician Archetype and Selenite

The Magician is the master of trickery and disguise. Think Harry Houdini or Harry Blackstone. They can take the world by surprise, create illusion, and dazzle spectators. They can turn dross into gold and perform miraculous feats. They endeavor to master the laws of science and physics for the purpose of transforming situations. The Magician transforms, and enjoys significant power in doing so. The deeper goal is to research who they are and then transform themselves into a higher place of consciousness and existence. The Magician employs many dazzling techniques to achieve their goals.

Virtuous Traits: Demonstrates personal power and the ability to research; is transformative and a healing catalyst.

Pitfall Traits: Utilizes manipulation and seduction; shows a disconnection with reality and has a guru complex.

Crystal: Once again, selenite is the direct connection to lunar patterns of illusion and the cosmic realms of waxing and waning, hiding and appearing. It brings in universal nurturing, truth, and honesty and fosters a potent alignment with the higher self.

The Hero Archetype and Citrine

One of the favorite stars of movies and books is the Hero. They start off with humble beginnings and, through a series of life challenges, are put on the main stage to perform feats of daring and save the world. They face trials and tribulations, and when they pass the tests, they are exalted. The Hero is sometimes endowed with supernatural powers, but always uses them to right the wrongs of an evildoer. Some famous contemporary Heroes

include the Terminator, Wonder Woman, Captain Sullenberger, Nelson Mandela, Karen Silkwood, Erin Brockovich, and tragic figures such as Oedipus and Hamlet. Often the Hero has issues with their mother or father, which play out in their drama.

Virtuous Traits: Is naive, a dragon-slayer, struggles, overcomes the odds, is loyal and caring, wins contests, excels at everything.

Pitfall Traits: Gives up easily, is unmotivated, throws in the towel, cares only for themselves, is self-involved and usually cowardly.

Crystal: Citrine is the stone of the mind and has connective abilities. It encourages personal power and turns anxiety into success and negativity into positivity. It is self-cleansing and remains pure. Groups are united with this stone and cheerfulness abounds. The Hero is celebrated under this sunny stone.

The Lover Archetype and Rose Quartz

The Lover archetype includes all types of love, including parent-child, friend-friend, spiritual love, and romantic love. Think Romeo and Juliet, Lancelot and Guinevere, Thelma and Louise, and Butch and Sundance. We all seek to love and be loved. It is the quest for longing and belonging that haunts us throughout our lifetime and sometimes drives us into dramatic situations. The Lover seeks the fruits of flawless love and the image of the perfect couple. We can seek to wipe away our inadequacies by finding the right partner, or we can indulge our excesses the same way in partnership. True love, or love that is whole, is mutual and reciprocal. The lover and the beloved pursue each other with the same intensity, passion, and interest. They give and receive in equal measure and stand as one in the same light of day or night. True lovers do not keep their light under a bushel, but spread it throughout the universe to light the way for all humankind.

Virtuous Traits: Possesses passion, commitment, enthusiasm, sexual pleasure, and genuine love and concern for others.

Pitfall Traits: Objectifies others; displays sex addiction, manipulation, dishonesty, narcissism, and the loss of self.

Crystal: Rose quartz offers us love and forgiveness, the heartbeat of creation, and is the glue of the universe. The heart is supported with this stone because it is a universal healer for all matters of love, both personal and impersonal. Its vibration of attraction ushers out negativity and escorts in gentleness and love.

The Jester Archetype and Black Tourmaline

The Jester archetype is a reminder for us to enjoy our lives, have fun, and goof around. Think Jim Carrey, Lucille Ball, and Eddie Murphy. Playing frees the soul, and the Jester cautions us to do just that as a balance to our hard work and diligence. When we play, we open the creative valves and let the juices flow. The Jester wants to make everything fun. They wear a permanent smile and a silly hat and love to laugh and joke. They excel at not taking anything personally or seriously. They are more than just the class clown; they are lively, enthusiastic, sunny, bright, and affable.

Virtuous Traits: Trusts in the process, lives freely and in the moment, sustains unbridled joy.

Pitfall Traits: Debauchery, depression, irresponsibility, sadistic humor; often is a con artist.

Crystal: Black tourmaline is the stone of protection and a repellent of negativity. This stone brings balance, clear transmission, stability, and balance. As a stabilizer and holder of energy, it can help increase overall well-being and equilibrium. It brings the outrageous back into balance.

The Everyperson Archetype and Fluorite

This archetype used to be called the Everyman, but hey, girls and women are people and archetypes, too. Think Mister Rogers, Doris Day, and Ray Romano. The Everyperson is just what it sounds like: the field leveler, the common ground, the connection to the whole. They have ordinary, solid

virtues and a common touch. They are always down-to-earth, unpretentious, realistic, empathic, ordinary, connected, and democratic in their behavior. Among the twelve archetypes, there is none more centered than the Everyperson. This is the definition of the person next door, the approachable one, the one who is welcoming, friendly, and always on your side. The Everyperson is the dream neighbor and best friend.

Virtuous Traits: Honesty, strong values, trustworthy, neighborliness, helpful, kind, solidly grounded in goodness.

Pitfall Traits: Thief, pretender, betrayer, without a conscience, careless, a classic sociopath.

Crystal: Fluorite is the stone of clarity and discernment. It stabilizes energies and brings order out of chaos by keeping the mental plane balanced with spiritual intention. It is very effective at neutralizing negative energies and keeping everything on the same level and on even ground.

The Caregiver Archetype and Turquoise

The classic Caregiver might show up as Florence Nightingale, Hippocrates, or your great aunt Rose. This is the one who is altruistic and prone to martyrdom and enabling behaviors, as well as helpful and selfless. Our inner Caregiver helps us raise our children, mend skinned knees, and adopt rescue animals. The Caregiver wants to help people and creatures in need. They are the ones who put the oxygen mask on their seatmate first before themselves. The risk taken goes against the rules of self-care. Many Caregivers are confused and many are genuine, although this archetype can lead to self-destruction if not monitored diligently.

Virtuous Traits: Giving without seeking anything in return, compassion for others, generosity and nurturing, elevated community-consciousness.

Pitfall Traits: Enabling others, codependence, guilt-tripping, martyrdom, a self-saboteur.

Crystal: Turquoise is the stone that symbolizes our actions matching our thoughts. Because it is the stone of purification, it helps keep those two in

line. It is the stone of friendship, relationship, and communication. It is a stone of maturity and adult behaviors.

Your Archetypal Crystal Healing Session

Now that you have read through the descriptions of the twelve archetypes and have a knowledge of color, chakras, essential oils, and karmic law healing methods, it's time for you to try your hand at healing using archetypes. The toolbox of crystals, colors, chakras, essential oils, and karmic laws is at your disposal. These tools can assist you in discovering what you or another person may need to balance the findings you uncover. You can use them all in combination, or you use the ones that call to you. Your intuitive sense of healing will guide you as to what tool(s) to use for each situation.

First Step: Do an intake with yourself or your client. During the intake, review all of the archetypes and ask questions pertaining to your or their personality type. What parts of you resonate to a particular archetype and why? What virtuous traits do you recognize? What pitfalls sound familiar?

Step Two: Make notes and create a list of the virtues and pitfalls as you discover them, then take a few moments of quiet time to figure out which crystal or essential oil (or both) you would use to strengthen or inhibit the traits you have uncovered.

Step Three: Create your own healing session. Design it the way you would like to be managed, and see what you come up with. Use a friend or relative as your first guinea pig and see what you discover. You can choose the essential oils to match the qualities of the archetype you wish to embody or the scents of pitfall traits you would like to be rid of. Design what feels right to you after reviewing all twelve archetypes.

Create a chart for yourself (or your client) with these three headings: Archetype, Virtues, and Pitfalls.

Go through each archetype and make a checkmark for the ones you identify with in the Virtues and Pitfalls columns. At the end of your session,

count up how many you have in each category and you'll see which archetypes you have the most in common with. You will know which virtues you embody and which pitfalls may be causing blocks or problems in your life. With this information, you can begin to heal them. Ideally, we want to have more virtues to offset the tendencies of the pitfalls. We want to strengthen the virtues and overcome the pitfalls. You may identify with more than one archetype. That's fine. You can work with one, two, or three. If you feel you are imbalanced in one or two areas, look to strengthen the positive qualities that could overshadow the negative ones that are pulling you down.

Sample Archetypal Healing Session

One of the archetypal healing sessions I held involved a woman client who was a workaholic, was married to her job, and had rescue cats and dogs as her best friends. She displayed prominent Ruler and Caregiver archetypes. There is nothing wrong with any of that, but she was feeling more and more alone as the years ticked by. Once I tested her for a potential allergic response to rose absolute and found that she wasn't sensitive and didn't react negatively to it, I used a diffuser to fill the room with a light aroma of rose.

During the intake conversation, we discovered that she did not feel she was capable of having a lasting romantic relationship because her parents' marriage had been a sham. She'd had a few relationships in her lifetime, but none had lasted long because something always got in the way. She was feeling exhausted from all the travel associated with her work, and she had always lacked a mother figure and presence in her life. There was a definite lack of nurturing for her. She was in need of encouraging the Lover archetype in her life. Her second (sacral) chakra was lacking creative expression and a loving partnership.

This client did not enjoy bodywork, so she lay back on the sofa while I asked her to hold the healing crystals one by one. As you will recall from

previous chapters, we heal by filling the gaps and treating the shortfalls with more energy or quelling the excesses by reducing them.

I began the session with her own words, blessing them: “I’m ready for a change.” Change became our focus and mantra.

To set the tone, I dimmed the lights, put on some soft music, and rang my little tinkly bell.

For this session, I chose a string of lapis lazuli for the client to hold. I wanted to ignite her inner Sage, who might temper the strict Ruler. I asked her to think of the questions she had about her life and to keep them in her mind. Then I asked her to allow the energies of the lapis lazuli to reach deep into her mind. I asked her to think of what the solution(s) might be. This is third eye (sixth) chakra work. What would heal the situation? I asked her to tap into her intuition using the lapis as a channel to guide her. Was there more than one solution? What needed to shift to allow these changes to occur? We stayed with this line of questioning for about ten minutes.

Then I asked her to hold some carnelian, which represents the karmic Law of Focus and the Revolutionary archetype. It also strengthens the second (sacral) chakra. Because we cannot serve two masters, I asked her what was most important in her life. Was this change she wanted more important than holding on to the past routine? Was she willing to revolutionize her life to have what she wanted? What needed to shift? We spent about seven minutes here.

The next stone was red jasper. I wanted her to be in touch with her inner Ruler, to let her decisions come from her first (root) chakra and bubble up into the rest of her awareness. I wanted to renew her passion, power, and vitality to make the change. I could see that this was a bit difficult for her, because she liked to follow the rules. This was first chakra stuff.

Next, I asked her to hold rose quartz. I wanted the channel of the Lover archetype to open up in her heart chakra, so she could feel she deserved mutual and reciprocal love and nothing less. Rose quartz energizes the love juices and calms the soul of old hurts, rage, and wounds. We were activating the Lover archetype here. Her issues of being an emotionally

motherless child were brought to the surface as she felt the pain from her mother's neglect. Rose quartz would help to bridge that gap and fill in the open wounds.

We moved on to jade, the stone of heaven and of abundance and the heart. She could have what she wanted with jade energy, and she could use the archetype of the Explorer to search for new pathways into a different life. Jade is cool, smooth, and soothing and brings feelings of ease and health for the journey.

Finally, I brought out turquoise. She needed strength to face the future, energy to communicate her desires, and a trigger for spontaneous whimsy as she set off to create a new world for herself. Turquoise always brings a sense of joy and represents the Caregiver archetype, so that she could learn to care for herself in new ways. We needed to bring the self-nurturing love of the Caregiver into her second chakra. We wanted to balance her compassion for animals with empathy for herself.

I ended the session with a blessing and the sound of the tinkling fairy bell.

I always allow my clients to take one of the crystals from the session with them. I suggest they choose the one that produced the most powerful feelings for them. This client chose to borrow the rose quartz. I thought that was an excellent choice. Off she went with her new insights and the crystal that represents the Lover archetype.

Four months later, this client summoned the courage to engage on an online dating site. After a series of trial encounters, she found a steady beau and is now considering making it more permanent. The results of a session are not always that swift or dramatic, but this client was ready. She identified with the archetypes. They made great sense to her, and she was already emotionally primed to make a change before we began. The archetypes allowed her to objectify and process her feelings as different parts of herself. She was able to use them as a method to enhance and amplify her gifts and rid herself of useless traits that no longer served what was in her heart.

For this client, the archetypes were an easy way to look at her life, pinpoint what felt right, and move in a direction that she was called—truly a Hero's journey.

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Archetypes are a powerful way to recognize strengths and weaknesses in our character and personality. Working in tandem with crystals and chakras, we can see where we need enhancing and where we need redirecting. As you go through the descriptions of the twelve archetypes, make a list of characteristics that you feel you have in common with a specific profile. You will probably discover that you have a little of this and a lot of that, and you may want to work on increasing the qualities of a particular archetype that pleases you and you wish to identify with. The descriptions can help you recognize and focus on what you'd like to develop within yourself or for your clients. I personally enjoy the objectivity of the collection of archetypal traits. There is something almost anonymous in using these archetypes for healing and creating change for a new future.

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CHAPTER 7

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Connecting Crystals with Astrological Signs

There is so much more to astrology than just a birth chart and a sun sign. There are hidden energies, influences, and subtle configurations at work for each person. If you enjoy using the astrological signs in your personal development process or if you are an astrologer who uses charts to work with your clients, then know that you can use crystals along with the sun, moon, and rising signs to heal past wounds and plan a new path for the future.

On the following page is a list of the twelve astrological signs and their corresponding crystals. Note that these crystals are *not* birthstones; they are crystalline energies associated with each sun sign.

You may want to consider using crystals to work with the positive and negative traits of yourself or your clients in much the same way that we have used them with the chakras, essential oils, karmic laws, and archetypes.

Aries

Beneficial Traits

Active, demanding, determined, effective, courageous, ambitious, confident, enthusiastic, passionate, fiery, frank, exciting, energetic, curious, and competitive.

Challenging Traits

Arrogant, impatient, domineering, easily bored, argumentative, impulsive, prefers to lead rather than be led.

Astrological Sign	Crystal
Aries	Carnelian
Taurus	Turquoise
Gemini	Selenite
Cancer	Moonstone or selenite
Leo	Citrine
Virgo	Jade
Libra	Rose quartz
Scorpio	Red jasper
Sagittarius	Lapis lazuli
Capricorn	Black tourmaline
Aquarius	Amethyst
Pisces	Fluorite
* Clear quartz can always be substituted for any of the colored stones, as clear quartz is the universal healer.	
Crystals and the Corresponding Astrological Signs	

Crystal

Carnelian is the stone of motivation and creativity. It is believed to increase passion and courage. At the core of the stone is noble leadership and righteous purpose. It stimulates the mind toward heroic purpose.

Taurus

Beneficial Traits

Steady and strong, appreciative of beauty, patient, long-suffering, kind, gentle, and reliable.

Challenging Traits

Jealousy, greed, possessiveness, materialistic, opinionated, and stubborn.

Crystal

Turquoise is the stone symbolizing our actions matching our thoughts. Because it is the stone of purification, it helps keep those two in line. It is the stone of friendship, relationship, and communication able to help solidify the strong bonds created by Taurus.

Gemini

Beneficial Traits

Lively, adaptable, problem-solver, can see both sides, communicative, intelligent, inquisitive, duality, sense of humor with a highly strung nervous system.

Challenging Traits

Indecisive, needs to control mental activity, superficial, changeable, quick to lose temper, inconsistent moods usually unreliable.

Crystal

Selenite is the stone of mental clarity and the phases of rising to power and retreating. It is the healthy balance of yin and yang and allows one to see deeper into universal mysteries. Clarity is brought to the forefront by this stone.

Cancer

Beneficial Traits

Caring, nurturing, mothering, supportive, diplomatic, sustaining, emotional, sensitive, sympathetic, affectionate, and intuitive.

Challenging Traits

Moody, sluggish, can't separate feelings from thoughts, impulsive, overly sensitive, clingy, intense, and possessive.

Crystal

Moonstone and selenite provide a direct connection to the moon and the cosmic realms. They bring in universal nurturing, truth, and honesty, and foster a potent alignment with the higher self.

Leo

Beneficial Traits

Self-confident, warm, generous, faithful, magnetic, enthusiastic, extroverted, loves to entertain, loving, and outgoing.

Challenging Traits

Bossy, dominating, needs to learn to delegate, egotistical, possessive, impatient, and patronizing.

Crystal

Citrine is the stone of the mind and has connective abilities. Groups are united with this stone and cheerfulness abounds. Citrine encourages personal power and turns anxiety into success, negativity into positivity. It is self-cleansing and remains pure.

Virgo

Beneficial Traits

Intelligent, down-to-earth, discriminating, detail-oriented, responsible, true friend, loyal, healer, in service to others, shy, homebody, reflective, thoughtful, and helpful.

Challenging Traits

High-strung nervous system, perfectionist, overly critical, insecure, skeptical, cold, and inflexible.

Crystal

Jade brings abundance, love, and balance to this sign. It supports dreams and dreamers, stimulates prosperity, attracts health, and aids healers in their work. Jade brings calm to a situation and cleanses all who enter its realm.

Libra

Beneficial Traits

Charming, romantic, diplomatic, compassionate, good friend, great lover, even-handed; wants peace at any price; loves justice, harmony, and balance.

Challenging Traits

Indecisive, uncommitted, people-pleaser, self-centered, lazy, and unfocused.

Crystal

Rose quartz offers us love and forgiveness, the heartbeat of creation, and is the glue of the universe. The heart is supported with this stone because it is a universal healer for all matters of love, both personal and impersonal. Its vibration ushers out negativity and brings in gentleness and love.

Scorpio

Beneficial Traits

Creative, resourceful, passionate, perceptive, loyal, intense, emotional, deep, sensual, mysterious, and cathartic.

Challenging Traits

Manipulative, possessive, controlling, unforgiving, strong-willed; has the sting of a scorpion; needs to learn cooperation and stability in relationships.

Crystal

Red jasper is a stone that is a born nurturer and brings forth strength, courage, and healing, along with justice and fairness. This powerful stone lends emotional support in crises and triggers positive behavior instead of negative reactions.

Sagittarius

Beneficial Traits

Philosophical, idealistic, fun-loving, adventurous, freedom-lover, independent, natural entertainer, friendly, optimistic; has innate understanding of people; is forthright, intelligent, and an excellent communicator.

Challenging Traits

Impatient, tactless, impulsive, pushy due to extroverted ways, extravagant, impractical, irresponsible, often speaks without thinking.

Crystal

Lapis lazuli is the stone of truth, inner power, and equilibrium. It is a stone for spiritual awakening and provides insights into complex situations. Lapis stimulates the reasoning process while enhancing wisdom and clarity.

Capricorn

Beneficial Traits

Logical, ambitious, social, hard worker, traditional, strong maternal ties, successful, leader, persistent, loyal friend, and a sense of humor.

Challenging Traits

Loner, materialistic, cold, bossy, goal-focused, grudge-bearing, jealous, possessive, and dismissive of other's feelings.

Crystal

Black tourmaline is a stone of protection and a resister of negativity. This stone brings balance, clear transmission, and stability. It can help increase overall well-being and equilibrium.

Aquarius

Beneficial Traits

Liberal, idealistic, friendly, kind, people-lover, humanitarian, futurist, intellectual, original, and creative.

Challenging Traits

Independent, eccentric, impersonal, rebellious, unpredictable, opinionated, fixed, rigid, stubborn, tactless, hates disagreement, always needs to be right.

Crystal

Amethyst, the psychic stone of temperance and protection, embodies the connection between heaven and earth. It connects purpose to action and enhances serenity and composure. It opens the channels of clairvoyance and telepathy.

Pisces

Beneficial Traits

Psychic, very intuitive, spiritual, sensitive, easygoing, dreamer, creative, artistic, vivid imagination, empathetic, compassionate, gentle, kind, and patient.

Challenging Traits

Wishy-washy, lazy, impractical, easily disillusioned, persuadable, moody, and depressive.

Crystal

Fluorite is the stone of clarity and discernment. It stabilizes energies and brings order out of chaos by keeping the mental plane balanced with spiritual intention. It is very effective at neutralizing negative energies.

How to Use Crystals and Astrological Signs to Heal Yourself

Here is a self-healing process using crystals and astrological signs that you can use for yourself or clients.

1. Find a crystal that is associated with your personal astrology: your (1) sun sign, (2) moon sign, or (3) rising sign. Choose whatever crystal you feel represents each one best and whatever you are most familiar with. Using crystals that represent each of these three signs makes for a powerful grouping.

2. Cleanse your chosen crystal thoroughly.

3. Set an intention for the crystal to provide you with insight and guidance about the sign and to heal you.

4. Ask the crystal to attract the wisdom you need to help heal you.

5. Bless the crystal and bring it to your healing session.

6. When the session is complete, say a little benediction and thank the crystal for its service.

7. If you're working on someone else, you may want to give the crystal to the client as a gift, or perhaps ask them to travel around with it for a week between sessions. You may want to give it to them along with their birth chart and reading if this is a one-appointment session, since it contains the vibration and the intention of healing for the client.

8. If you want to be super efficient and cover all the bases, collect crystals that represent your or your client's sun sign, moon sign, and rising sign and keep the trio with you during the session.

The first thing you want to do is have your birth chart done or use a service online to find out your signs. You may already know your sun sign, but do you also know your rising sign and moon sign? In your journal, write down your astrological signs and note the beneficial and challenging traits of each one. Using the examples in the following sample session with a client, create an affirmation for anything you want to increase, strengthen, or improve. Create a second set of affirmations for the solution to anything you want to release, decrease, or disappear. Use those affirmations along with your crystals to enhance the process of using the energies inherent in your astrological signs to create the best possible version of yourself.

Sample Session with a Client

I was working with a man who has a Taurus sun sign and a Scorpio moon. He demonstrated a lot of the positive Taurean qualities and pitfalls. He was a builder of television shows and was driven by a lot of passion. His passion was mostly for himself, though, and he indulged in extensive matters of the flesh. He was a gambler, a risk taker, a foodie, a womanizer, charming, and extremely moody. His staff had to make excuses for him when he didn't show up to meetings or delayed production because of his tardiness. He also had a habit of dating women for a short time, making promises he never intended to keep and yet wondering why he was still single. Over time, he was unable to keep a lot of talented people on his staff because they left his company out of frustration and distrust. He came to me when he had lost his last contract for a series and wondered why he was alone and feeling depressed.

I didn't want to get into his psychological profile, although I could sense he was a narcissist, according to the clinical definition of the term. He seemed to have no respect for anyone but himself and believed people were

disposable commodities. “Easy come, easy go,” he repeated several times. When his staff would come to him with a problem, he had a one-word response: “replaceable.” And yet, on the turn of a dime, he could be as charming as they come.

He came to me because he wanted to explore the world of metaphysics. He thought it would get him more dates if he was conversant in this field. Being an eternal optimist, I was hoping something positive would rub off on him and he would begin to trust the process and personally grow from it. He didn’t like essential oils because he thought they made him sneeze, so we didn’t use them.

He was proud of being a Taurus, and I made the choice to use his astrological signs as healing tools for his session because I thought he might respond to something personal yet not too probing. I chose turquoise for his Taurus sun and red jasper for his Scorpio moon. I asked him to hold the stones in his hands, red jasper in the left hand (female side) and turquoise in his right (male side), while I read to him the qualities (positive and negative) for each sign.

I told him, “Taurus is an earth sign, grounded and realistic. It is a sign ruled by Venus and is good with money.” I continued that the Taurus part of him not only loved material possessions and craved tranquility but also appreciated the luxuries of life, such as beauty and art. Venus brings a love of the finer things in life, and Taurus loves to stay in its comfort zone and be deeply caring, supportive, and understanding of others.

“Every sign has a yin-yang balance to it,” I explained. “For every positive trait, there is a negative one that can show up if not monitored and managed. The negative possibilities for Taurus are jealousy, laziness, and being stuck in one’s ways, overly materialistic, possessive, and self-focused. To overcome the negative side, we need to balance it with the opposite energy.” He nodded his head in agreement. We said affirmations that accentuated the positive and reduced the power of the negative:

My heart knows what is right. There is more than enough for everyone. I am due my ample share of abundant, overflowing prosperity.

I feel generous in my heart and soul. I know there is no room for suspicion or doubt. I affirm that all my relationships are built on mutual love and trust.

I invite generosity, patience, and understanding into my heart, and I allow any jealousy or possessiveness to be overtaken by kindness and love.

Kindness is seeing two sides to every coin and respecting opinions or thoughts that may not be in line with mine. There is no harm in being open to and allowing alternative ideas and viewpoints.

When I open my mind and heart to polar opposites, I broaden my understanding and experience of life. I cannot be harmed by words or thoughts.

His moon sign was Scorpio. “This is a water sign,” I explained, “and is ruled by Mars and Pluto.” The moon in this sign brought him the challenges of passion, jealousy, and indulgence, but it also gave him intuition, emotional expression, and intensity. “The moon represents the darker, internal, and emotional side of us,” I continued. “It stands to reason that you enjoy alone time and solitude.” I knew that Scorpio is a complex sign and a powerful one that represented his emotional personality. Pluto brings about change and can also mean destruction. Mars adds the drive for action, energy, and survival, topped with desire. Everything about this moon sign doubles and intensifies the negative traits of Taurus. I told him that we needed to work on amplifying the positive sides of both signs, because their negative traits amplified each other. We spoke about “fate,” and I reminded him that these were just possibilities, and knowing about them, bringing the negatives to light, gives us the opportunity to override them. The positive traits of both signs gave him the strength, power, focus, bravery, and

stability to reach new heights. Plus, with the added drive of Scorpio and its rulers (Mars and Pluto) behind him, he could reach any level of success he chose.

I told him that when we have powerful signs in our horoscope, it means that we can handle what we are given, and the deeper the complexity, the more interesting we are. He liked that concept, and we continued with a few more affirmations:

I use the inner mystical gifts of my moon sign to lead me into the truth and deeper revelations about any given situation. I have rich vision, and I use it to my advantage.

Success is mine to choose and achieve. My natural gifts empower me every day toward the goals I set and pursue.

I achieve much more through understanding and kindness than through force or a command. My natural and inner warmth attracts to me everything I need to be successful.

When I express my emotions and feelings in a loving way, people cannot do enough to help me succeed.

My purpose is connected to my heart. I approach everything with concern, care, and tolerance for myself and others.

The purpose of placing the crystals in his hands was to reinforce the energies we were creating with our affirmations, through mental and spiritual declarations. Using the information and traits of his sun and moon signs, I was able to focus on what he would relate to emotionally, since he was familiar with those traits. I wanted to shore up the pitfalls of his signs that I had observed were present. By offsetting some of the pitfalls and enhancing the positive traits, we were able to shift his energy upward.

I saw this client for years. He came to me as a birthday present he gave to himself each year. He felt it was beneficial to look at both sides and do an energetic checkup for the year ahead. The first session was to become more conversant in these areas, but after he began to feel a shift or two, he told me he liked the positive results. As our sessions continued, our affirmations

became more personal and specific to his goals. He ended up creating a relationship that has worked for over twenty years, and when he was diagnosed with cancer, he had the strength, perseverance, drive, passion, and companionship to overcome it. He did the work with the crystals, and I believe it paid off for him in the long run. He mentioned in a recent conversations that the affirmations were some of his favorite memories. Something must have worked on the subtle level, because positive changes were visible in his life.

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This self-healing process is a wonderful way to enhance the strengths of your personality and downplay the qualities that are less desirable. Having the crystals near you increases the frequency of the affirmative statements you make and the choices you articulate. The crystals retain the energy of your positive desires and go to work manifesting what you have claimed for yourself. Be sure your statements are clear, positive, complimentary, and enhancing for your life. If you do this for yourself every day for a month, you will see a bouquet of changes flourish.

If you follow the lunar cycles and want to refresh your personal affirmations on the new moon, that will add a continuing boost to what you are trying to accomplish. I like to add in the stone of the astrological month we are currently in to access those energies, along with the stones of my sun sign, moon sign, and rising sign. (The lunar calendar is readily available online and on many wall calendars. See the recommended resources section.)

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CHAPTER 8

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Using Crystals and Goddess Energy

The word *goddess* means different things to different people. Some immediately think of ancient cultures with pagan deity worship and a pantheon of diverse feminine entities. Others think of the divine feminine (the power in each of us, male and female alike) as nurturing, supportive, healing, and loving energy. If you are somewhere in between, then this may be the chapter that brings you a fresh perspective.

In this book, we are working with different types of potent energies. Goddess energy is all that and more. Much more than a definition, it is a force representing the receptive yin energy of the world: the receding, flowing, caring, nurturing, quiet strength of inner knowing, earth wisdom, self-knowing, ego-managed, intuitive, cosmic connection to the invisible principles of life. Goddess energy is connected to the silent power of the lunar cycle, with a pull strong enough to corral the seas into tidal patterns that govern earth and ocean life. It is the mysterious, hidden truth that lies beneath the conscious world and our sentient universe. Goddess energy is not meant to be seen; it is meant to be experienced.

You could use goddess-healing techniques when you are feeling dissatisfied, unbalanced, out of sorts, angry, controlling, distrustful, filled with self-doubt, vengeful, uncentered, distrustful, or empty. There are times when we all feel like a fire-breathing, sword-wielding figure or a gentle

comforter of pain and sorrow. To attend to all types of emotional impulses, I have paired the twelve healing crystals with different goddess energies.

Goddess	Crystal
Diana	Amethyst
Gaea	Black tourmaline
Sekhmet	Carnelian
Persephone	Citrine
Isis	Clear quartz
Minerva	Fluorite
Brigid	Green jade
Nuit (Nut)	Lapis lazuli
Vesta	Red jasper
Aphrodite	Rose quartz
Hathor	Turquoise
Selene	Selenite
Crystals and the Corresponding Goddesses	

The goddesses also represent archetypal patterns. They are not real beings and never were. They were imagined and used to convey principles, lessons, and explanations of the human condition using the vehicle of character and parable. There are parts of every goddess that we can identify with. In so doing, we begin to understand our own psyche and, above all, our personal power. These goddesses live as metaphors in the consciousness of the world, so that we can learn, heal, and understand the facets of their complex nature dwelling inside of us. By identifying with the

characteristics of the goddesses, we comprehend our own magnificence and define our personal parable. You will be able to find meaning in these goddesses and healing in the crystal work associated with each of them. Each goddess represents actual human qualities. (For more information about the goddesses in this chapter, see the recommended resources section.)

Goddess energy helps you restore your power, connect with the renewing energy of the seasons, and synchronize with the lunar cycles and the daily energetic pull of the tides, while falling into rhythm with the power of nature that surrounds and sustains us all. When we work with goddess energy, we feel free, powerful, and wise. We can choose to emulate the qualities of the goddesses, identify with them, and embody them. We can also overcome them, or reject or ignore them. Goddess energy is present within all of us. It is the deep, mystical, spiritual, invisible part of us that makes us who we are. You do not need a throne or a kingdom to be a goddess; you just need to welcome those unseen parts and strengths into your daily life.

To be a goddess in action, you need only surround yourself with beauty, connect with nature, nourish your dreams, express your uniqueness, exercise your personal power, indulge in private time to recharge, realize that all behaviors and reactions create the life we have, and know that nothing is permanent; everything changes constantly. These truths are the source of your power and effectiveness in expressing formidable goddess energy.

Diana and Amethyst

The first crystal is amethyst. It is associated with the goddess Diana. She is known as the goddess of the hunt, the open sky, children and childbirth, fertility, chastity, the woods, and the moon. Her followers believed she had the power to talk directly to animals and to control their behavior.

Diana was born fully grown and was highly intelligent. She controlled the movements of the moon from her chariot and was famous for her moodiness and acts of vengeance. Perhaps these mood swings netted her the title of *Triple Goddess*, depicted in statues bearing three heads: that of a dog, a boar, and a horse. Diana was complex and not easily swayed. She was fully capable of taking care of herself and was athletic and even hunted her own food. She was also a patron of the enslaved and protected them from harm. She is a wonderful example of feminine power and standing your ground in the world.

The goddess Diana addresses personal power, intelligence, strategy, self-sufficiency, the power to choose, connection with the animal world, and compassion for others. If you are seeking help in strengthening these qualities, you will want to bring in the energy of Diana.

Practice: Hold the amethyst in your hand and summon the positive qualities of Diana. Drop into meditation and see Diana living your life. What would she do when confronted with the challenges you face? How would she handle it? What power animal would she bring in to consult? Would she seek counsel from the bear, the dog, or the horse? The bear represents courage, the dog represents awareness, and the horse represents freedom and power. Where in your life could you use those helpers?

Diana's power over the path of the moon might signal that you need to be more in rhythm with nature or that you need a deeper connection to water and to cycles. Your healing takes place with amethyst because it represents restraint, temperance, connection to purpose and action, increased intelligence, shrewdness in business, inner strength, and protection. Amethyst brings flexibility, peace, happiness, and protection from enemies. You have all the qualities you need in this stone to call in the example of Diana. Her energy plus amethyst will help you settle your angst, find your power, compose your strategy, and commune with nature and your guides for comfort and advice.

Amethyst was a maiden that Diana turned into a white stone to protect her from a drunken, lustful Dionysus. His tears of remorse mixed with his

wine and turned the white stone purple. Diana and amethyst are linked forever as partners for protection and healing.

Gaea and Black Tourmaline

In our goddess healing, the second crystal is black tourmaline. It is associated with Gaea (Gaia), the primordial Mother Earth. Gaea is the ancestral mother of all life, the ancient Mother Earth goddess. First there was the void and darkness. From the void, Gaea was created as earth, and from her sprung the stars, skies, mountains, plains, and seas. Gaea is the bringer of dreams, the giver of life, and the great destroyer. She is also the source of death and rebirth.

Gaea presided over all marriages and oaths and is said to have had temples built to her in all the major cities in ancient Greece. She is reputed to have birthed 3,000 sons and as many daughters. Nobody got away with anything under the watchful gaze of Gaea. If you crossed her, she would gather her children and overthrow your regime. In the ancient world, Gaea was the center of the world, and you'd better know that.

If your life requires an overhaul, black tourmaline and Gaea are the ones to turn to. Black tourmaline represents the earth, grounding, and the storage of power. Black tourmaline demands that you take responsibility for your life. Gaea will help you do that. If you want to enhance your marriage, find more personal stability at work, rise out of doom and gloom into higher spirits, become physically more vital, or increase your overall well-being both physically and emotionally, Gaea and black tourmaline are your tools. If you want to reverse a spell and return it to the sender, this is your power duo.

Practice: To bring more Gaea energy into your life, place your black tourmaline in your hand and picture the creation of the world from the void into the formation of the earth and watch the seas, mountains, and land masses animate. That is the Gaea energy coming alive. Bring the creation energy into your heart. Plant it. Knowing what you have learned about

Gaea, how would she face the issues in your life? What would she do? What pairings of people or things would she put together for a power base? Whom or what would she link together? Let Gaea and black tourmaline absorb your negative energy and transform it into a creative thrust. Look to create, not destroy, and see what you can make or mend in your world.

Gaea reminds us that there is a season for everything, and things will grow and mature, fall away and die in their own time. You can tune in to that rhythm and relax. Gaea energy is at the center of all this movement. Feel her power within you. She represents birth, death, and timing.

Sekhmet and Carnelian

The third stone for goddess-centered healing is carnelian. It is one of the oldest stones in the world and dates back over 6,000 years. Carnelian represents passion and courage and has been worn into battle by warriors for six millennia. For this reason, we unite carnelian with Sekhmet, the Egyptian goddess of war and healing. She is the goddess of the hot noontime sun. She is fierce and intense, and she was given a mission by her father to rain plagues upon a disobedient mankind. She did that. She was also capable of immense love and compassion. She could send out a plague or stop it in an instant. She became the protector of healers and physicians because she could stop the advance of a pandemic.

Carnelian, the stone of power and courage, pairs with Sekhmet and her warrior-esque abilities. Sometimes we need to engage in dramatic action to solve a problem or put an end to a situation. The coupled Sekhmet and carnelian energies do that for you. Carnelian hones and perfects personal drive and protects against anyone or anything that would deter you. Carnelian also stabilizes the emotions of power and rage.

Practice: Place carnelian in your hand as you bring into your vision the area in your life that needs a powerful overhaul. What action do you need to take to stop a certain trend or overthrow? What is out of control that you need to rein in? What is threatening your personal power? Are you prepared

to take a stand and defend your rights? Allow the confident and powerful energies of Sekhmet to come through to you via the carnelian stone. Feel the powerful vibrations as this goddess enters your life force. Carnelian balances her fierceness and tames her anger. You can channel her passion into an area of your life that needs an upheaval. Carnelian will help you figure out if a major coup is needed or just a minor shakeup. When Sekhmet and carnelian are summoned, change will definitely happen, and you will be in the power seat controlling the outcome.

Persephone and Citrine

The fourth crystal is citrine, and it is represented by Persephone, the queen of the underworld. This goddess also signifies spring, which is found in the golden color of citrine. Citrine reflects the sun coming out of hiding in the winter, warming the frozen earth with its glow. Persephone's story is every parent's nightmare. She was out playing with the flowers in a field when the earth opened up and she was carried off into the underworld by Hades. Her mother, Demeter, was beside herself and caused much destruction as a result of this abduction. The earth froze and there was no growth. Massive negotiations took place between her father, Zeus, and the king of the underworld, Hades, and an arrangement was finally agreed upon. Persephone would spend half her time with Hades in the underworld and half her time with her mother on earth. The fall and winter represent her time with Hades, while her time on earth results in the spring thaw and the summer abundance of crops.

Citrine clears negative energy and is self-cleaning. It transforms fear and negativity into productivity and also controls the abuse of power. It balances the yin and yang of situations and stabilizes unbalanced emotions. It improves clarity and transforms negative thinking into positive energy automatically. It can change poverty consciousness into prosperity thinking in a heartbeat. It is the perfect stone to represent the journey of Persephone, because it represents the choices we must learn to live with. No matter what

they are, we can turn them into a positive experience by thinking about them differently.

Practice: When there is something in your life that feels like a burden, bring in Persephone and citrine. They will help you turn your task into a pleasant experience instead of a cruel sentence. There are benefits to Persephone's reappearance on earth every spring. As in your life, many things can grow in what appears to be desolation. Citrine will bring you through it with a renewed attitude and perhaps even a smile on your face.

As you sit with citrine in your grasp, bring to mind the journey of Persephone and how she handled the duality of her life. Citrine is the stone of the mind, so it emulates the power of creative thought as it fashions our lives. Bring to mind anything that you have in your life that isn't as you would like it. Use citrine to bring in the inspiration for how to handle it. Can you change the situation? Can you negotiate for better terms? If you cannot change it right now, how can you adjust your thinking to be more at peace with the reality? How can you endure and survive your winters as well as fully enjoy your spring? What must you put in place as a coping mechanism that can replace despair with joy? Believe in the power of your thinking to create a happy life. You can transmute these conditions using the power of citrine and the transformational energy of Persephone.

Isis and Clear Quartz

The fifth stone is clear quartz. This is the universal healer and the ultimate gift of Mother Nature. It is imbued with the properties of the master healer and beloved teacher. Considered a deity itself, clear quartz is represented by the goddess Isis, who had an enormous following in ancient Egypt and Rome. She was believed to be the incarnation of the divine feminine. The *Book of the Dead* describes her as having given birth to heaven and earth and suggests she is kind to all, just and powerful. Clear quartz is known as the universal stone, and Isis is known as the one who is all. They are paired perfectly.

Clear quartz enhances communication between the earthly and heavenly realms. It is believed to carry with it wisdom and secrets from past civilizations, bridging the gap between the present and the past. It is known for being the universal healer and is easily programmable.

There was gossip in the land about Isis marrying her brother and having a child (Horus), and then her husband, Osiris, being executed by the emperor. She found him thrown in the river and dismembered. She gathered his parts, reassembled his whole body, and then granted him entrance into the afterlife. From then on, she was noted for guiding people into the afterlife and of being one of the judges of the dead. She was most famous for knowing the secret name of Ra. In those times, if you knew someone's secret name, you were said to have power over them, their life and death. Isis had the power, and she used it.

There is a crystal shape made from clear quartz and named for Isis. The *Isis crystal* has a five-sided symmetrical face and is used for balancing and bringing a divided person into wholeness. (See the illustration of an Isis crystal in chapter 1.) Just like the goddess Isis, who searched for different limbs of her brother and reassembled them into one body, we use these crystals to bring the separated parts of ourselves back together and into alignment.

Practice: If you are feeling out of balance and sense there is too much unbalanced male or female energy circulating, this crystal and the goddess Isis are your tickets to balancing and harmonizing the different parts of yourself. If you feel disconnected between the earth and the cosmos, this is the crystal and goddess energy for you. This pair creates unity between opposing forces and brings healing about through the act of unification.

Use the physic power of this clear quartz, or Isis crystal, to focus on yourself. Envision the parts that seem fragmented as coming together. Just as Isis gathered the separated parts of Osiris, you can assign Isis and clear quartz to find your missing pieces. She will look for the disparate parts and successfully return them to you. Allow Isis to gather what has strayed and return it to your central location.

Once your pieces have been reassembled, you are granted a full life now and hereafter by the power of the goddess Isis. You can claim the same power she has and gather missing pieces for yourself and others. If there is a need to help another transition between this life and the next, you have the power and the grace to help in the passage. Isis will keep your secret name until you no longer need it. The question becomes, what is the secret name of Isis? Do you know it? (Could it be your name?) If you do know it, you will have power over her life and death. How will you use it?

Minerva and Fluorite

The sixth stone is fluorite, which has stabilizing energies that bring order out of chaos by neutralizing negative energy. It enhances a person's inner world and is represented by the goddess Minerva. This goddess had a good mind for strategy and possessed the sensitivity of an artist. She was represented by an owl, symbolizing wisdom, and also by a spear, suggesting that no nonsense would be tolerated. She was born from the head of Jupiter, in full armor and ready for war. Her mother created that for her when she was being formed in the mind of Jupiter. Minerva was born wise and ready for life. She carried a spear (war) and an olive branch (peace) for balance. She is the goddess of the arts, music, poetry, commerce, weaving, medicine, and physicians. She is known as "the goddess of a thousand works." She was also commemorated on the face of Roman coins.

Fluorite is a wonderful partner because it is both balanced and balancing. It brings mental clarity and the ability to focus on a situation. It features the trio of purpose, clarity, and order. It is a wide-ranging crystal, just as Minerva is a multifaceted goddess. Together they can help you to see your life's purpose with clear vision and bring order to it.

Practice: If you are torn in your life between one thing and another, Minerva and fluorite will help you sort it out. Sit with fluorite in your hand and bring in the mighty Minerva. Breathe in her wisdom and let her magic owl sit on your shoulder. Minerva will help you figure things out through

poetry and music as healers, or she will formulate a battle plan for you to conquer whatever threatens you. If your battle is between two metaphysical entities, fluorite will bridge the gap. If you need concrete solutions, Minerva is up to the task. Ask yourself what you need to solve the issue at hand. If you don't know, ask Minerva to create a plan with you. The Minerva energy brings magical thinking into the mundane and practical world. Fluorite stabilizes the environment so clear thinking can occur. Fluorite also provides protection for creative juices to flow. Ask questions.

Minerva brings you a respite from worry and time to weave the pieces of your life together. She wants you to tap into the creative part of your soul and express yourself through music, art, and poetry. She wants you to feel free to be who you are in all aspects and to venture forth into the unknown. She's here to help you, and fluorite is here for balance and clarity. Whatever you want to take a chance on in life, you have the freedom and support to do it. Where will you set your focus? What do you need to express? What vehicle will you use for your expression? What if you have an exceptional artist residing inside of you? Minerva gives you the courage to show it to the world. Fluorite enhances your intuition and adds flourish to your expression. Sit in meditation with these two energies and make a plan. How will you do this? What will you do and when will you begin?

Brigid and Green Jade

The seventh stone is green jade. This gemstone is associated with the goddess Brigid, not just because of its Irish green color but also because of its symbolism and properties. Brigid was the daughter of a poet and a Druid chieftain. Brigid became one of the most significant goddesses of the Celts. She represents inner healing and vital energy. She was such a revered goddess that three rivers in Ireland were named after her. She is the goddess of healing, poetry, and smith-craft, which includes the making of weapons and jewelry.

Brigid represented spring, that joyful season that follows the dreaded winter. In agrarian societies, winter meant life or death for the humans and the cattle. If there was not enough food for both during the winter months, they all might not survive. The cows produced milk and cheese and offspring to feed the family. The family cared for their own welfare and for that of the cows in their care as well. At Brigid's feast, called Imbolc, fires were lit and purification ceremonies were held with well water to usher in the new year. In those times, the new year began with spring.

Brigid symbols include the cloak, a symbol of protection; the hawthorn, a symbol of fertility; and the oak flower, a blossom from the tree of wisdom. She has other symbols that are similar to those of Minerva and Isis. Brigid was honored on her feast day with small dolls carried by maidens in procession. Each doll was dressed in white, with a crystal placed on her chest.

Being the patron of smithcraft was significant. The job of a smithy was considered sacred because it required taming the element of fire. To this day, there are perpetual Brigid fires in Kildare that have existed from pre-Christian times. The fires are believed to protect the crops and farmers. The flame is tended by nuns.

Brigid transitioned into becoming a goddess of the law. She made sure the rights of women were protected and championed. Brigid was the goddess of peace and unity who invented the term and act of *keening*, a combination of weeping and singing, when her son was killed by an enemy. She is also credited with inventing the whistle as a safety measure for night travel. The shamrock is one of her symbols, honoring her status as a triple goddess. Her cult extended into Europe as well as Ireland.

Probably one of the most noteworthy achievements for Brigid was her transition into Christian lore. As a pagan goddess, she was merged into Christian beliefs and worship. She earned the term of *unifier* because of this blending of beliefs.

Green jade is the stone associated with Brigid. It is durable, ancient, and honored internationally. Jade supports dreams and dreamers and is the stone

of healers. Like Brigid, jade stabilizes emotions and assists physicians, teachers, and lawyers in their work. Jade is a stone of deep wisdom. It encourages a person to look inside to find inner truth. Like the cloak of Brigid, jade brings protection to wrap ourselves up in. Jade is a perpetual stone, like the perpetual fires of Brigid. Jade sheds light on our process and invites us to open up and become who we really are. Jade encourages truth and honesty. It is a stone of interconnection and, like Brigid, morphs across civilizations and becomes part of them. From ancient times, green has always represented the coming of spring. Jade and Brigid hold hands as they welcome in the new year for us, according to ancient practices.

Practice: What is coming to you in the new year? What do you desire to conquer or nurture? How will you emerge into spring? The energy of Brigid is both that of beginner (maiden) and sage (wise mother). Call upon her for help in the area you need to move beyond. In this exercise, gaze deep into the jade stone. Regulate your breath so it is even. Take about five to ten minutes to study the green jade stone. When you are connected with the soul of the stone, connect with the energy of Brigid. Ask for her protection and seek her guidance. Where do you need a champion? Is there passion that needs to be relit for you? Brigid can do it. Remember, she is the triple goddess of inspiration, hearth, and forge. Her fires will regenerate your passion, warm your heart, give you courage, and light your way.

Nuit and Lapis Lazuli

The eighth stone is lapis lazuli and is associated with Nuit (Nut), goddess of the night sky and stars. This stone is said to have existed before time began and can help us access sacred scripture and ancient texts. Lapis lazuli connects the heaven and earth energies, so it is a perfect stone to be associated with this goddess.

Lapis has been a treasured gemstone in many forms. Ground into a powder, it has been used as makeup and for body adornment. In the Middle Ages, it was used to color paint the rich blue of priceless canvasses. Lapis

lazuli is the stone of inspiration, used by King Solomon when he built his temple. It balances the female-male, yin-yang energies. This stone connects with the cycles of day and night as embodied in the metaphor of Nuit, who controls the night and allows the day to dawn.

Other names for Nuit include *she who bore the gods*, because she gives birth to the main Egyptian gods and goddesses and to Ra at the beginning of each day. She is the mother of Isis and Osiris and had to overcome a curse from Ra in order to birth her children. The story goes that she sought the help of the god Thoth, who agreed to trick the moon into adding five extra days to the year for Nuit to give birth. Thoth won the game for which the prize was additional cycles of the moon's light. He turned his prize into five extra days of moonlight, during which Nuit gave birth to her children. Nuit is depicted as a sylph-like woman whose arched body touches the earth with only the tips of her fingers and toes. Her star-studded body forms the heavens suspended like a canopy above the earth. Nuit's fingers and toes were believed to connect to the four cardinal points of north, south, east, and west. She became the goddess of the funerary because she controlled the night sky.

It is believed that lapis lazuli protects journalists, executives, and psychologists by bringing wisdom, good judgment, and problem-solving into the mix. It activates the higher mind and enhances the intellect. It stimulates a desire for truth and knowledge. Lapis lazuli is a calming, balancing, and loving stone. It often has flecks of pyrite that make it look like stars in the night sky. It blankets the earth with an array of diamond lights. King Tutankhamun's tomb is lavishly decorated with lapis lazuli in stone form and wall paint.

When you hold lapis lazuli in your hand, you will feel the protection of the vast night sky. It is recommended to connect with the goddess Nuit at night. This is when the lapis lazuli will come alive to help you go inward and seek your personal truth and inner wisdom. This stone and goddess are for times when you require deep introspection. Call in lapis lazuli and Nuit when you want answers about your life's true purpose, path, journey, and

legacy. If you reach a time in your life where things are no longer making sense, or your life feels purposeless or insignificant, you will want to bring in the energies of lapis lazuli and Nuit. Your life is studded with stars and bright spots, just like the night sky. You may have to seek the wisdom of Nuit to see them for yourself.

Practice: Prepare a longer healing session for this connection with lapis lazuli and Nuit. It will take some time to delve into the deepest realms of your inner self. Have faith and trust in the energies that will accompany you on this descent into yourself. Listen and be open to what you will learn. Ask these questions: Am I on the right path? How can I find a feeling of purpose and fulfillment? Is there a shift or change coming? Why do I feel alone in this life? How can I bring my thoughts and feelings together? Where do I feel I need more protection? What needs to come together so I feel more on track? Request Nuit to bring those elements to you. Ask her to show you the bright spots in your life. Allow her to cheer you up, restore your confidence, and revive your spirit. If you need extra time, remember that Nuit has a good connection to the moon, and she can bring you additional light if you need it. Never hesitate to ask the goddess Nuit and the stone lapis lazuli for this gift.

Vesta and Red Jasper

The ninth stone is red jasper and is linked to Vesta, goddess of the home and fire. She is also the goddess with a cadre of vestal virgins who served to keep the eternal flame burning at her temple. The vestal virgins were a serious part of Vesta's mythological legacy. If one of the maidens in her service did not keep the thirty-year oath of virginity, they were buried alive. Symbolically, the vestal virgins represent purity, loyalty, and duty from which one must not waiver in the service of home and hearth. If they failed in their oath or duty, it was considered a betrayal of the qualities they embodied. Their death was the only way to redemption. Because of this tradition, only select virgins made the team.

Red jasper is associated with the fire of hearth and home. It is central to cooking, warmth, and family sanctity. The Latin word for hearth is *focus*, which, of course, means a center or activity of interest. This gemstone is also the color of blood: the blood of family and the color of a heart. It is a powerful stone, having the qualities of stability, deep grounding energy, strength, wisdom, protection, and courage. Red jasper represents the supreme nurturer, which also translates as the heart or the home where care begins. Red jasper is a perfect match with Vesta because it also brings peace and comfort to the place of dwelling. In ancient days, when someone left home for war or a pilgrimage, they took a piece of the hearth fire with them to stay close to loved ones. Vesta is regarded as one of the twelve most honored deities of ancient Rome. Red jasper is one of our twelve healing stones, too. Red jasper represents the life force, the blood, and the source of passion and healing.

Once a year for a few days in June, the temple of Vesta was closed and swept clean. It was considered a time of bad luck and unfavorable omens until the temple sweepings were disposed of in the Tiber River. It was a time to sweep out the old and welcome in the new. This became the ritual known as spring-cleaning in the West. Red jasper is the stone of cleansing and replacing old or negative energy with good and fresh energy.

The message this duo brings into your life is one of renewal and fresh beginnings. Vesta and red jasper each carry the power to replace the bad with the good and the strength to break bad habits that no longer serve your main purpose. Red jasper triggers positive action and bestows the courage to help with the transition. Kings, emperors, and shamans used red jasper to give them strength when they needed it, and they wore it as a symbol of their power. Now it is handed down to you to use when you need it most.

Practice: Hold the red jasper close to your heart while you meditate and ask the questions that will lead to transformation: What old beliefs should be put to death in order for new beginnings to emerge? In what part of your life could you use more strength and power? What do you need to clean out of your life? Where do you need a burst of courage to spring-clean an

aspect of your life? Can you identify the cobwebs that are holding you back? Who or what needs to help you sweep out the old patterns of your life, dump them in the river, and welcome in the new season?

Ancient Romans believed the extinction of the fire could bring terrible luck and misfortune to the empire, so their guardianship was very important for the protection of the city. Vesta's fires burned for over a thousand years, until they were extinguished in 394 CE by the Christian emperor Theodosius I, who forbade the worship of pagan entities and closed all the schools and temples related to the ancient gods and goddesses. However, we can keep the fires of Vesta burning in our hearts by using red jasper to kindle the flames in our hearts and minds and keep them alive so our lives can benefit from the purification and the warmth of the fires.

Aphrodite and Rose Quartz

The tenth stone is rose quartz and is associated with Aphrodite, the Greek goddess of love. In Roman lore, she was known as Venus. Aphrodite was on the dais with twelve other extraordinary gods and goddesses. Together they formed the band known as the Olympians. The pairing of rose quartz and the goddess Aphrodite is legendary, forming a circle of perfect love.

Aphrodite was beautiful and universally desired and shared her love with many of the gods. Far from promiscuous, this mythical goddess represents romantic love and the powers of attraction. She had such remarkable beauty that her father was afraid it would start a war, so he married her to an ugly man. The breathtaking Aphrodite was not pleased by this union and continued to share her unconditional love with her many suitors.

Aphrodite extended her love of beauty to all phases of her life. She traveled in a carriage drawn by swans. Her symbol, the dove, was symbolic of peace-making. Aphrodite possessed the qualities of love, beauty, pleasure, passion, and proliferation. She had many temples built to her all over Greece. She was awarded the golden apple, meaning she was acknowledged as the most beautiful goddess on Mount Olympus. Of

course, Hera and Athena were annoyed, and the upset within the trio over the golden apple award led to the ten-year Trojan War.

Rose quartz is the most desirable stone for carvings, spheres, and ornaments because it brings love into the space. It transmutes negativity into optimism, just like Aphrodite did within the confines of her arranged marriage. Rose quartz encourages us to turn inward, discover the center of self-love, and express our love outward, just as Aphrodite did. This crystal allows disagreements to be dissolved and deflects malicious gossip. It encourages self-

forgiveness and calls in love to stabilize and enhance romantic relationships. Rose quartz supports heart-centered living and choices and deepens spiritual growth. Rose quartz forces the holder to become authentic and live from a place of self-love and true personal identity.

Practice: When you want to bring more love into your life, call on rose quartz and Aphrodite. You can have platonic love or romantic love using Aphrodite. She knows the difference. Each of these forms of love comes from the same place in the heart, but is only expressed differently. Hold the rose quartz stone in your hand and center your focus on your heart. Allow your breathing to find a rhythm that syncs with your heartbeat. Focus deeply on this and connect to your heart center of love. When you are there, ask Aphrodite to help you find or attract what you desire most in your life. Aphrodite can put you on track to find a romantic partner and a lasting relationship as easily as she can put you on a course to find a friend or a new pet who will love you back.

The most important part of this connection is that you are not alone. You have Aphrodite and the power of rose quartz to help you on this trajectory. They will build inner peace and contentment for you, along with an external attraction of love. Using this pair, you will soon find yourself surrounded by love (and lovers, if you wish), and your life will take on the rosy color of amour. Ask this crystal and love goddess for their wisdom and assistance, and tell them your secrets, your goals, and wishes. Allow them to share their innate love with you and bring you what your heart seeks.

Creating love may be a lot easier than you think with these two lovmakers and heart workers. Rose quartz and Aphrodite are your tickets to success in love.

Hathor and Turquoise

The eleventh stone is turquoise. It is the stone of friendship, purification, protection, energy, and serenity. It comes with Hathor, the goddess of joy and fertility and a goddess of many names. More festivals were dedicated to her and more children were named after her than any other god or goddess in the history of ancient Egypt. Following a botched assignment from Ra, the sun god, to rain havoc on the people, Hathor was renamed and became the goddess of love and happiness. Apparently, the lapse in her firestorming abilities had to do with too much beer. The sun god and Hathor were good friends, and history recounts a few times when they came to the other's assistance. At times Hathor was his daughter, and other times his wife. It all depended on who was telling the story and in what dynasty. Hathor was also linked in friendship to Isis and to Sekhmet.

Ancient turquoise mines were found in Sinai at Wadi Maghara and Serabit el-Khadim. At the latter, better-known site, a Middle Kingdom temple (c. 2030–1650 BCE) is dedicated to the goddess Hathor, who is often referred to as the lady or the mistress of turquoise. Hathor was also known as the Lady of the Southern Sycamore. The sycamore tree was a rarity in the south, and anyone, living or dead, would welcome the shade of a tree from the hot desert sun. Hathor is credited with protecting and helping the dead make the transition into the afterlife. She was the goddess of joy, love, romance, perfume, dance, music, and alcohol. She was also the mistress of the skies and mistress of the stars. Being all of these things to everybody made her one busy lady in those ancient times.

Turquoise has been used since ancient times because it fosters communication and connection from the heart. Turquoise represents the sky and the water bonding heaven to earth. That's why it works well in

restoring friendships and reuniting those who have parted. Turquoise helps us view our personality traits—the positive and the negative—in a clear light and brings them together to make the whole complete. Turquoise unifies and purifies the past to make way for a brighter future.

Practice: When you are seeking to repair a close friendship that has fallen on rocky times, call upon the powers of Hathor and turquoise. They will help you find a way to extend your hand at the right time and in the right place. If you have lost your sense of joy and happiness, Hathor and turquoise will help you rediscover it. Whatever you have parted from, be it a person, a thing, or an emotional state, Hathor and turquoise can bring it back to you, purified and ready for a second chance. During her life, Hathor was given many second chances, and it is her pleasure to share that with you.

Using the purification powers of turquoise and the second chance from Hathor, what would you like to change, repair, or revisit? Is there a person you would like to bring back into your life? Is there something that needs correcting, mending, or making right? Hathor and turquoise can help you discover the right way to approach the healing. No other pairing of goddess and stone has this unique power to reunite. If they can bring the sky and the earth together, it isn't likely they will find your request difficult to solve. When you have time to sit quietly with your turquoise stone, call out to Hathor. Ask her to join you. When you are comfortable, relaxed, and feeling open, ask her for assistance. Tell her the who, what, when, and where of your request and follow her guidance. The turquoise stone will remind you of her advice and keep you strong. There is nothing that can't be brought back together with Hathor and turquoise. Well, maybe Humpty Dumpty, but that would be the only one. Everything else can be mended, healed and repaired. You will have the strength, courage, and purification to make it right using the powers of turquoise and Hathor.

Selene and Selenite

The twelfth crystal stone is selenite. This stone was named after the moon goddess Selene. Hecate and Artemis were also called moon goddesses, but Selene was the moon itself. She is said to be the one who drives the moon chariot. This heavenly vehicle was powered by white horses, and when it rose in the sky in the evening, it drifted across the earth, providing the dark night with illumination.

Selenite provides mental clarity, psychic ability, and angels to help and inspire. This crystal assists in awakening the seeker within and not only illuminates the spiritual path but also accelerates it. Selenite provides insight and clarity for dream interpretation and uncovers true desires. Like the path of the moon, it moves from total darkness into full light. This stone reveals truth to us in stages while at the same time providing clarity for understanding the meaning behind things. It has been known to reveal the mysteries hidden in universal truths.

To understand selenite and the goddess energy of Selene, it is best to understand the cycles of the moon. Physically and symbolically, the moon represents the cyclical passing of time through its cycles of waxing and waning. It shows us the outside of things, while holding onto its secrets within. It represents the interrelationship between light and dark, birth and death, abundance and lack. Moon rituals and meditations help us to integrate the lunar part of our being and our consciousness. Through this integration and honoring of both sides, we create harmony. When harmony is present, there is balance and health and we are happier because all of our facets are honored and integrated. The moon represents the ultimate sense of relationship between mother-father, sister-brother, and husband-wife, because it is always in relationship to something else: the sun. The moon has no light of its own but reflects the light from the sun as a mirror of that light. Part of the moon is always fleeing, while the other part is always in pursuit.

The moon has both phases and positions. There are two main energies of lunar influence: waxing and waning. A *waxing* moon supplies, takes in, builds up, absorbs, breathes in, stores energy, gathers strength, and is

conducive to rest and recovery. When the moon waxes, it grows fuller. A *waning* moon washes out, detoxifies, removes, sweats out, breathes out, hardens, dries, and is conducive to action and the expenditure of energy. When the moon wanes, it grows smaller. These energies are important to understand because they indicate to us how our healing under the goddess and selenite stone will occur. If we want to build up or gather something, we do it during the waxing moon. If we want to be rid or divest of something, we do that during the waning moon. It is best to use the energy of the moon when seeking help from selenite or Selene. The results will be stronger and more effective for you.

A lunation cycle is approximately 29.5 days. There are eight phases the moon moves through in the lunation cycle:

1. New Moon: The moon's unilluminated side is facing the earth. The moon is not visible (except during a solar eclipse).

2. Waxing Crescent: The moon appears to be partly but less than one-half illuminated by direct sunlight. The fraction of the moon's disk that is illuminated is increasing.

3. First Quarter: One-half of the moon appears to be illuminated by direct sunlight. The fraction of the moon's disk that is illuminated is increasing.

4. Waxing Gibbous: The moon appears to be more than one-half but not fully illuminated by direct sunlight. The fraction of the moon's disk that is illuminated is increasing.

5. Full Moon: The moon's illuminated side is facing the earth. The moon appears to be completely illuminated by direct sunlight.

6. Waning Gibbous: The moon appears to be more than one-half but not fully illuminated by direct sunlight. The fraction of the moon's disk that is illuminated is decreasing.

7. Last Quarter: One-half of the moon appears to be illuminated by direct sunlight. The fraction of the moon's disk that is illuminated is decreasing.

8. Waning Crescent: The moon appears to be partly but less than one-half illuminated by direct sunlight. The fraction of the moon's disk that is illuminated is decreasing.

If you have concerns about which path to take or are unsure of your path, you would approach Selene and selenite during the waxing moon to seek more information. If you want to break a habit, you would approach them during the waning cycle of the moon. Lunar calendars are available. See the recommended resources section. Add your location and find the phases of the moon.

Selene was the moon incarnate. She drove her chariot of winged white steeds across the night sky to bring illumination to the earth below. Her assignment is that of shedding light on dark situations or mental thoughts. During the night, secrets lurk, and with Selene's light, all can be clearly seen. The fact that she also brings the gift of clear thinking adds to the power of her energy. Not only are things brought to light, but they can be understood clearly and interpreted. When things are lit up, they are seldom scary. It is the shadows in the dark that petrify us.

Selenite allows you to delve deep into a mystery and come out with a new interpretation. It has special properties that keep anger and fear at bay while you are uncovering and discovering new truths. When you go through a process with Selene and selenite, you come through it with a better understanding of the situation and greater attunement to your higher self.

Practice: Make a list of the questions you have in your life. Are they ones that need input, or are they toxic and require flushing out? Whatever your situation, choose the phase of the moon that coincides with your needs. On the lunar phase that aligns with your questions or needs, reach out to Selene while holding your selenite in your hand. It is wise to do this process in a quiet space, preferably at night and best in view of the moon. If the moon is occluded, it will be okay, because its energy reaches down through the clouds when you seek its counsel.

Choose a waxing moon cycle for this process if your questions are something like this: Where is my next spiritual path? What am I missing in my life? What is pulling me down when I wish to rise up? Is there a secret I need to learn more about? What is being hidden from me? Why am I resistant to change?

Choose a waning moon cycle for this process if your questions are something like this: What do I need to excise from my life to move forward? What do I need to rid my life of? Is there something or someone who is toxic in my life and needs to leave? What am I holding onto that I need to let go of? What thought, situation, or circumstance do I need to disengage from?

When you have selected the compatible time for your work with Selene and selenite, light a candle. Bring in their energies with your breath and gently tune into their subtle movement. Tune into the moon, connect with the current lunar phase, and then ask Selene to unleash the lunar energies for you and light up the answers to the questions you seek. Allow the vibrations of the selenite in your hand to move into your body. Together, selenite and Selene will uncover the answers you seek. Remember not to rush this process. The moon reveals the light slowly, and it may take several days or weeks for all of the answers to come into your consciousness. But come they will. This is the power that Selene and her stone, selenite, bring with them.

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The twelve stones and twelve goddesses cover the gamut of personalities, vibrations, and associations. You can go back to them repeatedly. As our lives progress, the goddesses and stones remain constant. We can revisit them anytime we wish. You may end up with a favorite or two, and they would be your go-to combinations. Over the course of a lifetime, you will be able to explore all of the goddess energies and the properties of the stones paired with them. Once you have sought their counsel, I am quite sure you will be back for more. Goddess energy is lovely, and paired with

their crystals and stones, their power is unlimited. I wish you joy as you repeatedly explore their depths and rewards.

[contents]

CHAPTER 9

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Step-by-Step Crystal Healing Session

It is valuable to continually remind ourselves that everything is alive, breathes, and vibrates. Healing is merely the return to a harmonious balance that naturally occurs when we connect with the electromagnetic signatures contained in our energetic bodies.

Crystals can return us to harmonic balance because they vibrate with electromagnetic energy that our bodies and brains respond to. Electromagnetic energy is distributed throughout the earth and cosmos. Stones hold, carry, transfer, regulate, and balance the movement of electromagnetic energy. The body, specifically the nervous system, picks up these energy signals and carries them to the brain, which in turn triggers a biochemical response in the body. These responses are the electromagnetic signatures that define who we are on the physical plane. This chain of electrical commands triggers emotions, hormones, and parasympathetic responses that we can feel and experience.

Crystals are power tools that we can use to balance and rebalance energies in the vibrational field of a human being. Every internal system is responsive to the dynamic magnetism of vibration.

When you're feeling like you need a healing—after a traumatic incident, a loss, a letdown, a disappointment, a breakup, or any number of challenges life hands us—or when you feel negativity building up inside, you can create your own healing session using twenty-one easy steps. I've laid out the process for you here, including prayers and directions that you can modify to fit your personal preferences.

You can follow the guidelines below to create a healing session with crystal energy. If you have something specific you want to work on, state your clear intention at the beginning of the session. If you just want a general, overall clearing and energy balancing, use the twenty-one steps described here. If you want to work on specific areas using chakras, essential oils, the laws of karma, archetypes, astrological signs, or goddess energy, they can also be incorporated. You can use these instructions to create an energetic experience for yourself or another. It's up to you to use whatever you feel called

to. It's best to use only one or two pairings. You could pair your crystals with chakras and essential oils, for example, or perhaps with astrology and essential oils, or with archetypes and essential oils. Choose whatever feels most comfortable and compatible to you.

A 21-Step Process for a Crystal Healing Session

1. Create a special time and space for your healing session. Make sure you, as the artist-healer, are not exhausted and have enough personal energy to facilitate the session. Hydrate your body with pure water.

2. A quiet place is desirable, either inside your home or studio or out in nature. Designate your workspace as sacred.

3. You may choose to put on soothing and comforting music as a background. It should be neutral-sounding and not overstimulating.

4. Make sure you have cleansed and prepared your crystals for the session. Select the stones like an artist would choose their colors, specifically the ones that are naturally attuned to healing what you want to heal in yourself or your client. Choose the essential oil(s) that you will use in this session, and select a means of healing by using chakras, astrology, the laws of karma, archetypes, goddesses, colors ... whatever method suits your healing purpose.

5. Open your crystal journal and jot down the date and what you intend to heal, alter, balance, initiate, access, shift, or change and how you plan to approach the healing.

Crystal	Chakra	Essential Oil	Archetype	Karmic Law	Astrological Sign	Goddess
Quartz	7th	Peppermint	Creator	Creation	All signs	Isis
Amethyst	3rd	Lavender	Innocent	Great	Aquarius	Diana
Citrine	3rd	Lemon	Hero	Connection	Leo	Persephone
Rose quartz	4th	Rose absolute	Lover	Growth	Libra	Aphrodite
Fluorite	4th	Spikenard	Every-person	Humility	Pisces	Minerva
Black tourmaline	1st	Sandalwood	Jester	Responsibility	Capricorn	Gaea
Jade	4th	Neroli	Explorer	Significance and inspiration	Virgo	Brigid
Turquoise	5th	Roman chamomile	Caregiver	Give and receive	Taurus	Hathor
Red jasper	1st	Patchouli	Ruler	Here and now	Scorpio	Vesta
Carnelian	2nd	Ginger	Revolutionary	Focus	Aries	Sekhmet
Lapis lazuli	6th	Rosemary	Sage	Patience	Sagittarius	Nuit (Nut)
Selenite	6th	Melissa	Magician	Change	Gemini/ Cancer	Selene

Full Table of Crystals and the Corresponding Chakras, Essential Oils, Archetypes, Karmic Laws, Astrological Signs, and Goddesses

6. Take a few moments to bring yourself into a meditative state. Allow your personal qi energy to come forth. Put all thoughts of the day aside and focus on being right here now. Light a candle to focus your intentions and your mind, if that helps you center. Use a diffuser with a vibrationally compatible essential oil and fill the room with the scent. You can choose from several types of diffusers. Some are water-based and others are

nebulizers. Try not to use candle or heat-based diffusers, as they can damage the essential oils and possibly turn them toxic. (Make sure you or your clients aren't allergic or sensitive to the aroma.)

7. Open the healing session with a small invocation, prayer, or saying, such as this one:

This time has been designated as a time for healing. All the information and inspiration I need comes to me from the many varied sources of wisdom in the universe. I welcome them, I invite them in, and I open my mind and heart to their insights and assistance.

8. Picture in your mind what you want to change. Select your mode and use a process involving chakras, color, essential oils, the laws of karma, archetypes, astrological signs, or goddesses, keeping in mind the power of yin-yang healing and opposites. Take a moment to clearly envision in your mind that your issue is healed.

9. Awaken the invisible crystal energy in your hands. Feel the qi energy come into you from your sacred spot in the universe. Allow that energy to fill you, and feel the electromagnetic sensations enliven and warm up your hands.

10. When you feel aglow with this energy, take the pre-selected crystals in your hands and ask them to accept this energy from you and the cosmos.

11. When you feel that the crystals have responded, ask them to begin the healing. Tell them specifically what you want to heal using the modality of your choice. Ask them to use their energies to accomplish this.

12. Wait. Feel. Intake. Sense. Allow the change to biochemically percolate within. Picture in your mind the completed change. Visualize it clearly and with as much sensory detail as you can. The clearer you can envision the change as real and the deeper you can experience the living result of the change, the more effective the healing will be.

13. If you need to amplify the energy, do so. Use your highest intuition to sense what is needed, and turn up the invisible dial until you feel the vibration throughout your body.

14. When you feel the energy begin to wane, the process may be finished. Check in to see if this is so. If it is, then continue on to the next step.

15. Place the crystal on a table or stand. Allow a few moments for the fresh energy to distribute throughout your body. If you need more time, continue until you feel complete. Take as long as you need. Do not hurry this process.

16. When you are ready, bring the session to a close with a gesture, benediction, or prayer of your choosing, or use the one below. (You could use the *Namaste* or *Om* word, bow, put your hands in front of your chest in prayer position, or pinch the index finger and thumb together on your lap. You can use any ritualistic gesture you want.) Say a

closing sentence and be sure to thank all of the forces, entities, energies, and guides who have helped you complete this healing session.

In deepest gratitude, I thank all of the cosmic lights and forces who have joined me this day to help me heal and grow. I am grateful for all the help that has been generously given to empower me and assist in the healing that has just occurred.

17. Blow out your candles, put your crystals away (cleanse them again first, if you prefer), and leave the room.
18. Allow everyone and everything to rest.
19. Make a notation of this session in your crystal healing journal and write down your feelings, impressions, and comments.
20. Close the sacred space and the session with a prayer or blessing.
21. Make a statement of gratitude for this sacred time, healing, and connection.

It is helpful to see each healing session as a valuable learning experience. No two sessions are ever alike, and each one brings with it a new richness and vibrational pattern. Keep a journal on these sessions. Note not just the outcomes and successes but also details about the process and the feelings and emotions that occurred during this sacred session.

Session Notes for Three Clients

In this section I want to share some examples of how crystals can be used to heal. I have used them for many years in my healing practice, and I want to give you several examples of cases and show you how they can work even with the most challenging of situations. Crystals are made to transmute energy from negative to positive and can even help us break lifelong patterns and establish a fresh path.

Client 1: Facing the Truth

A young woman came to see me complaining of depression and anxiety. She didn't know if she wanted to stay with her husband or not. She thought being with him might be causing her depression. She had a thirteen-year-old and a three-month-old child with this man. She felt misunderstood and "raped" by him every time they made love. The intake session lasted a long time because I needed to determine if this was a criminal case of rape that needed to be reported or if this was something she felt but wasn't actual rape. We determined it was conjugal and consensual, but the feelings were still active and present. During the intake, I learned that she had a close male friend outside of the marriage. They had consummated their relationship when she was separated from her

husband during a six-month reevaluation period. There was even a concern that her newborn was his and not her husband's. It was a complex situation.

The first thing I wanted to do was read her chakras. I used a crystal wheel with a central, pointed crystal and protruding spokes of crystals representing the seven chakras. As I held the wheel over each of her chakra areas, it became physically hot in my hand when a chakra was unbalanced. I told her what I had discovered and asked if she wanted me to balance those chakras. (I always ask permission to proceed.) She said yes.

I went about my pendulum chakra-balancing process, and at the end of the session it was clear to her that she was not feeling depressed; she was feeling guilty.

I worked with her using different colored crystals. We cleansed each of her chakras, one by one.

Holding a pendulum, I use a counterclockwise motion to take away any negative energy held in the chakra. I use words like this:

I hereby remove and transform any negative energies, blocks, or energetic locks or holds on this chakra. I pull out anything that is not beneficial, and I allow it to transform into the ethers as a positive force going forth to do good in the world.

I use a clockwise motion with the pendulum to input positive energy, strength, and qi, using words like this:

With this motion, I place new energy inside this chakra, I balance it, and I infuse it with strength, balance, and positive qi for the benefit of _____ and for the world. Anything previously negative or withholding has been replaced by new, fresh, invigorating energy, and it is blessed.

As a result of this work on all seven of her chakras, my client was able to release pent-up guilt and anxiety. Her inner strength returned. She felt a hundred percent better and looked at least ten years younger. Darkness had been lifted, and she said she felt a lot lighter.

The crystals led us into the depths of her truth. She felt comfortable with the crystal energy helping her face her truth and the feelings she was harboring. They had been eating away at her, depleting her body of nutrients, and because she was nursing, she was passing these feelings along to her newborn. I believe that revelation alone made the healing work even more important to her. She didn't want to pass on anything negative to her baby.

She was a person who was clearly torn in half. She had gone back to her husband after a trial separation of a year, but not fully. She was still holding back her feelings because of her relationship with the other man.

In a second session, we created a circle of courage for her to address the second man and explore a potential life with him. We used citrine crystals to increase her clarity, green jade to strengthen her heart chakra and to give her insights, and turquoise to help her articulate her needs with each man. She was going to explore her future and choose to be with the man who honored her the most, accepted her to the greatest degree, and could help provide a strong family life for her children. She was fortified, enhanced, and empowered, and her clarity of thought and action was amplified. The crystals, plus her openness, did that for her.

Client 2: Extreme Healing

Another client of mine was separated from his wife. She had gotten a restraining order against him and filed for divorce, citing domestic abuse. He was beside himself with grief, sorrow, humiliation, and disbelief that he could be capable of violence against someone he loved. I was intrigued by the complexity of his feelings. My remedies are always vibrational in nature, and it is my challenge to discover what is required to change, elevate, or transform the energy of my client.

For a healing session with a client, I create a circle on the floor with my healing crystals. I place a padded yoga mat in the middle of the circle. These healing crystals have been purchased from my travels around the world, including Arkansas, Argentina, Brazil, Tibet, and Hawaii. Some come from sacred sites and some from local mines. I have programmed all of them for healing, transformation, and release. I place all the crystals with their points facing the same direction around the circle.

Once the circle of crystals has been formed, I close the circle and walk around the crystal ring a few times in a clockwise direction. Each crystal is pointed forward. Once I sense the crystals have come alive, I turn one or two of the crystals away from the ring and ask the client to step inside the doorway I have created and lie down on the mat. Once the client is lying down comfortably, I ask them to close their eyes. I replace the temporary crystal doorway and go to work charging up the ring once again.

This is an advanced technique and one you could use when you become familiar with crystal energy or work on others. When you lay out crystals like this, you create a powerful circle of potent energy. Experiment with it to make sure you and your client can handle this amount of energy. I save this technique for deeply transformational work.

Usually the crystals are raring to go. They like the energy flowing in a circle as I walk around at a rapid pace conjuring more energy. I sweep over the crystals with my hands, creating a slight breeze and encouraging them to amp up even more. When I feel they are swirling and generating energy and warmth, I gently step aside to observe the energetic pattern. When I sense they are at full power, I invite the client to open their sensors and

try to feel the energies circling around them. I ask them to breathe, to fall into a trance and allow the energies to carry them into a safe place when they can look deeper and deeper inside. I ask them to envision the good behavior they want to emulate. I ask them to see themselves whole and healed, strong and confident.

They spend a few minutes, or longer as needed, as I coach them through the healing process. I ask them to release anything they don't want or that no longer serves them. I ask them to invite in the qualities and feelings they do want. I ask them to focus on results and picture the new reality they want to embody.

In this particular case, I watched some dark energy flow out of my client and the circle. It went up and out and dissipated like smoke in the wind. I had never seen dark energy so visible before. It was gone before I had a chance to catch it and prevent it from going elsewhere and doing harm. I believe it neutralized in the strong energy of the crystals.

After session one, I told my client to take very good care of his body temple. I asked him to refrain from alcohol, tobacco, sugar, and anything radically spicy, hot, or cold. I wanted him to remain as neutral as he could for the next week.

During session two, he said he felt better. He started to say that he felt weak but corrected himself to say "lighter" instead. He admitted that staying away from cigarettes and alcohol was not a big deal. It was easy for him. I knew the energy would show up in the circle if he had swayed.

He had been to a meeting with his wife and lawyer, and his wife noticed something different about him, he said. She reacted with more ease in his presence and was much less hostile and aggressive. Their dealings were almost pleasant.

Our second energy circle was not as dramatic an energetic release as the first one. It was a powerful circle, and my client relaxed into the flow this time faster and easier than before. He said it felt like a swirl of cotton candy around him. He left the circle feeling and looking brighter.

In each subsequent week, we worked on more releasing of the past. We worked on forgiving his parents for some cruelty he felt had been dealt to him. We offered forgiveness to a sibling who had cheated him out of some money, and we granted forgiveness to his wife for the names she had called him and the emotional hurt he felt from her verbal attacks. One week there were tears. One week a small whimper. Most weeks were silent.

By week six, I felt we had made progress. He was less domineering and exacting. He was lighter in his step and seemed more confident from an internal place. He was gentler, kinder, and more thoughtful. He had softened his hard edges.

In the final session, we did a universal release of anything and everything holding him back from being the person he wanted to be. I asked him to paint a very clear picture of

who he saw himself as and to step into that portrait. He was an artist and a painter, so the image was perfect for him. He became what he painted: the perfect image of his new self.

At that point, I didn't feel we needed any further crystal healing sessions. He selected some crystals for himself, which he carried in his pocket.

A few months later, he told me over the phone that he had gone to court with his wife, and in the midst of the hearing, he turned to the judge and told him to give her everything. He wanted nothing. She deserved it all. The judge, he said, was dumbfounded and asked him if he was sure that was what he wanted. He said, "Yes, it is." His wife burst into tears and declared it was not fair and he must keep some things for himself, at which point she jotted down a list of things she wanted him to have. The judge put his head in his hands and said, "This is beautiful." They walked out of the court hand in hand, he said, and he felt the best he'd felt in decades.

I heard he went on to rent a place by the sea and continue his life as a painter. A few years later, I heard through the family that he and his wife were getting back together. I do know, if that happened, that they both came back to the relationship transformed in a positive way. They were no longer the same people who lived in a dysfunctional marriage. They were stronger and more individualized, choosing each other freely.

This is why we work with crystals. We use their innate powers to help us enhance the work we do. We combine our talents and produce transformational results. Using crystal energy, we can undertake even the most seemingly impossible healing situations. This was an intense case, but the crystals were able to transform the dark, solid energies into light.

Client 3: Unburdening Guilt

This client came to me with grief and anxiety. During the intake session, I learned that he felt he had not done enough for a dear friend who had passed away. The friend had died in the hospital, but my client was sure that if he had been there, he could have prevented his death. He was also friends with the man's wife, but for some reason the wife could not find his number until three weeks after her husband's passing. My client was beside himself. He could not sleep or keep any food down and was losing weight. He felt responsible for his friend's death and punished himself with thoughts of "What if?" and "Why wasn't I there?" until he was so distraught that he came to me in tears.

The first thing we did was sit quietly and open our souls to a healing. It was important that he accept the healing and not be attached to hanging onto the emotion as a permanent wound. I asked him during a short meditation if he would accept a healing, and his answer was affirmative.

I continued with a check of his chakras, using my pendulum and testing for balance. Three chakras were unbalanced, and the pendulum became warm to the touch at chakras three, four, and five, the solar plexus, the heart, and the throat.

At each of the three chakras, I used black tourmaline to pull out the negativity and neutralize it. Into the client's right hand I placed a fluorite stone and a turquoise stone, fluorite for stabilizing energy and promoting impartiality and turquoise for friendship and communication. Into his left hand I placed green jade, for emotional healing of past hurts, and jasper, for cleansing negativity and calming nerves. Those stones were to infuse him with positive qualities while I removed the negative charges with the black tourmaline.

I observed his body relax and his breathing calm. I took my chakra wheel and went over his chakras again after the process. The wheel did not become warm. I removed the stones from his hands and used quartz crystal, the universal healer, to seal the process. I placed clear quartz discs on all seven of his chakras to close the session and seal the balanced energy within the chakras. I used a selenite wand to gently tap each disc and activate their energies. I told them their job was to seal this healing and keep the chakras as stabilized as they were in that moment. I waited ten to fifteen minutes while he integrated this energy. Then I removed the crystal discs and we said a closing prayer, sealing the session with a tinkling fairy bell. (See the recommended resources section for purchase information.)

This client reported that he felt much better. The anxiety had dissipated and he felt more at peace. I asked him to choose a stone from among a selection I have for clients. It was to represent his friend who had passed. It turned out that they had the same birthday and were the same age. He chose his (their) birthstone, and I suggested he find a wire pendant cage and put the stone in it so he could wear or carry it with him when he felt the need to be close to his friend.

We were able to heal his anxiety, fear, and guilt in one session because he was open to the healing and believed the stones I chose for him would alleviate his emotional pain. He comes to work with me a few times each year now to clear out any blockages in his energy system and replenish it with positive and supporting energy as generated by the crystals.

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Conclusion

As you have read this book, I hope you have gained new insights and ideas for working crystals into your life and healing. They can, if we let them, make a huge difference in the way we live our lives. They are wonderful partners for our earthly journey.

During the first experiences I had with crystals, I was mostly on the receiving end of their energy, power, and generosity. I wanted what they could give to calm me, soothe me, or connect me to another world. They did all that and more. I always felt better in their presence. I noticed a difference in my body when I was around them, and I could feel their presence when I walked into a room.

For years I carried them with me, I gave them away as gifts, and I used them for healing sessions. I admit I had a very one-sided relationship with these stones. They were put in this earth to help me, or so I believed.

Until, one magical day, I was dusting one of them and a little voice cried out to me, "Love me!" *Love who?* I thought. And then I saw the crystal for the very first time as something very much alive. I stood in my living room gobsmacked at the revelation that these were living, breathing crystals with individual spirits that I had completely overlooked. I had taken energy from them for years, and I realized in that moment that it was time to give back. It was a revelation.

That day changed my life and my relationship to the mineral and crystal world. It needed to be reciprocal. There was to be a give-and-take, not just a

take, and I was to love them back as much as they loved me. I had never thought about it that way before, but that is the way it should be.

Your story may be similar to mine in how you discovered crystals, began working with them, and were amazed when you discovered the power they contain. We share a common journey, and in this book I hope you have discovered some new ways of using crystals and have been exposed to fresh ways of harnessing the energies they have to offer.

You can use crystals to help heal our world, too. In your meditations and spiritual practices, use your crystals to reach out to the stones I left in Egypt. The one in the King's Chamber in the Great Pyramid of Giza has power and wisdom to connect to and create more of the same. It contains inner wisdom and ancient energy. Use it to increase connectivity and global unity. The one buried beneath the left paw of the Sphinx is the external crystal connected to earth energies and universal thinking. Use it to spread the word of peace.

With this compilation of different modalities to use crystals for healing, my wish for you is continued expansion and sharing of these forms of healing. I hope you will expand your work and share these methods to uncover subconscious pain and heal lives.

I send you love, light, and abundant crystal healing. I have now officially passed along what I have learned and created in the world of crystals and vibrational healing with gems and minerals. I hope you will continue the work and expand the processes. Let us walk through this doorway to the future together. Namaste.

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APPENDIX

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Potentially Toxic Minerals

Please be safe when using crystals. Do extensive research on your crystals before using them, especially if you are making a gem elixir and the crystal-infused elixir (water) will be ingested. Only make an elixir using a glass jar in the center of the crystals. Never allow the stones to soak in the water you will consume. When working with minerals, be sure to check for potential toxic materials. You may have allergies or sensitivities to some and not others. Review these lists and always take care when handling stones. Here are some resources where you can check for potentially toxic materials:

- Crystal Guidance, “Crystal Caution List,”
<https://www.crystalguidance.com/articles/crystalcautionlist.html>
- Crystal Healing for Women, “Crystal Precautions, A List of Potentially Toxic Minerals,” <https://www.crystalhealingforwomen.com/crystal-precautions-a-list-of-potentially-toxic-minerals/>
- Hibiscus Moon, “Toxic Crystals and Stones,”
<https://hibiscusmooncrystalacademy.com/resources/toxic-crystals-stones/>
- The Witchipedia, “Toxic Minerals and Crystals,”
<https://witchipedia.com/book-of-shadows/minerals/toxic-minerals-and-crystals/>

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Glossary

analgesic: Pain-relieving

anesthetic: A substance that induces insensitivity to pain

antibacterial: Inhibits bacterial growth

anticoagulant: Prevents blood clotting

anticonvulsive: Helps control convulsions

antidepressant: Helps counteract depression and lift the mood

antifungal: Inhibits the growth and spread of fungus

anti-inflammatory: Reduces inflammation

antimicrobial: Resists and diminishes microbes

antiparasitic: Inhibits and diminishes parasites

antirheumatic: Helps combat rheumatism

antiseptic: Helps control infection

antispasmodic: Reduces spasms; relaxes cramps

antiviral: Counteracts and inhibits viruses

astringent: Causes skin tissue to contract

bactericidal: Destroys bacteria

carminative: Settles the digestive system; reduces gas

detoxifier: Combats impurities in the blood and body

digestive: Aids digestion

disinfectant: Destroys bacteria

diuretic: Promotes the flow of urine

expectorant: Helps expel mucus from the lungs
hypotensive: Lowers blood pressure
immune stimulant: Invigorates the immune system
nervine: Supports and tones nerves and the nervous system
relaxant: Promotes relaxation and reduces tension
stimulant: Provides invigorating action
stomachic: Helps improve digestion and appetite
tonic: Provides a feeling of vigor
vulnerary: Helps wounds heal

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Recommended Resources

Fairy Bell Balls

Sarah Dole, “Fairy Bells,” <https://www.sarahdole.com/fairy-bells/>

Gem and Mineral Shows

Tucson

Tucson Gem, Mineral & Fossil Showcase,

<https://www.visittucson.org/visit/events/featured-tucson/tucson-gem-mineral-fossil-showcase>

Quartzsite, Arizona

DesertUSA, “Quartzsite, Arizona: A Rockhound’s Paradise,” <https://www.desertusa.com/cities/az/quartzsite.html>

International and Local

Here is a master list of rock and mineral shows internationally:

XPOpress, “Search Gem Shows,” <https://xpopress.com/show/exposearch>

If you search for “gem and mineral hunting or digging,” you’ll find a list of places where you can go to mine your own. Also search for “gem and mineral shows in my area.”

Goddesses

Aphrodite

Search for “Aphrodite goddess” or use this link:

Greek Gods & Goddesses, “Aphrodite,” <https://greekgodsandgoddesses.net/goddesses/aphrodite/>

Brigid

Search for “Brigid goddess” or use this link:

Order of Bards, Ovates & Druids, “Brigid: Survival of a Goddess,” <https://druidry.org/resources/brigid-survival-of-a-goddess>

Diana

Search for “Diana goddess” or use these links:

Encyclopaedia Britannica, “Diana,” <https://www.britannica.com/topic/Diana-Roman-religion>

Greek Gods & Goddesses, “Diana,” <https://greekgodsandgoddesses.net/goddesses/diana/>

Gaea

Search for “Gaea goddess” or use this link:

Greek Gods & Goddesses, “Gaea,” <https://greekgodsandgoddesses.net/goddesses/gaea/>

Hathor

Search for “Hathor goddess” or use this link:

Ancient Egypt Online, “Hathor,” <https://www.ancientegyptonline.co.uk/hathor.html>

Isis

Search for “Isis goddess” or use this link:

Ancient Egypt Online, “Isis,” <https://www.ancientegyptonline.co.uk/isis.html>

Minerva

Search for “Minerva goddess” or use this link:

Greek Gods & Goddesses, “Minerva,”

<https://greekgodsandgoddesses.net/goddesses/minerva/>

Nuit (Nut)

Search for “Nuit (or Nut) goddess” or use these links:

Ancient Egypt Online, “Nut,”

<https://www.ancientegyptonline.co.uk/nut.html>

Goddess-Guide.com, “The Egyptian Goddess Nut,” <https://www.goddess-guide.com/egyptian-goddess-nut.html>

Persephone

Search for “Persephone goddess” or use these links:

Greek Gods & Goddesses, “Persephone,”

<https://greekgodsandgoddesses.net/goddesses/persephone/>

Theoi Project, “Persephone,”

<https://www.theoi.com/Khthonios/Persephone.html>

Sekhmet

Search for “Sekhmet goddess” or use this link:

Ancient Egypt Online, “Sekhmet,”

<https://www.ancientegyptonline.co.uk/sekhmet.html>

Selene

Search for “Selene goddess” or use this link:

Greek Gods & Goddesses, “Selene,”

<https://greekgodsandgoddesses.net/goddesses/selene/>

Vesta

Search for “Vesta goddess” or use this link:

Ancient History Encyclopedia, “Vesta,” <https://www.ancient.eu/Vesta/>

Lunar Charts

Search for “moon phases charts” or use this link:

Time and Date AS, “Moon Phases 2020—Lunar Calendar,”
<https://www.timeanddate.com/moon/phases>

Pyramid Research

The Hieronimus & Co. Newsletter #15–16: “On Secrets and Cover-Ups in Egypt,”

https://www.bibliotecapleyades.net/piramides/esp_piramide_3.htm

Live Science, “Pyramids of Giza & the Sphinx,” by Owen Jarus,

<https://www.livescience.com/22621-pyramids-giza-sphinx.html>

White Crow Books, “Pyramids and Pyramid Energy,” by George Moss,

http://whitecrowbooks.com/features/page/pyramids_and_pyramid_energy_by_george_moss

Wands of Horus

Valery M. Uvarov, “What Are the Wands of Horus?”

<https://wandstore.ru/wandsofhorus-eng>

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<https://www.crystalvaults.com/crystal-encyclopedia/jade>.

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