

# Some thoughts on Crystals and Their Uses

**For many thousands of years, mankind has valued and cherished crystals especially for their inherent beauty, their physical, astrological and esoteric properties. They have been regarded with awe by Wise men and Shamans from primeval times and throughout most ancient and modern civilizations. Crystals were being used for healing and other purposes long before recorded history, stretching back in time to the days of Lemuria and Atlantis.**

After the downfall of Atlantis some members of the Atlantean priesthood fled to what is now northern Europe and here they reverted to the simplest form of the Atlantean faith, setting up crude stone formations to serve as their temples. With the passage of time, their occult knowledge was passed from initiate to initiate resulting in what is known today as the Druidic cult of Great Britain and Northern France.

Their knowledge of the harmony between the Heavens and the Earth led them to erect the megalithic structures, stone barrows and cairns which so puzzle many people today. All such constructions served as conductors of the earth energy – known as “ley power” – which they carried over the countryside, aiding the propagation of crops. This power was also utilized within their fertility rites, enacted within the megalithic circles which were in themselves, points of great magnetic power. Following a great deal of scientific study it has been ascertained that the majority of these sites are located close to known geological fault lines, and all minerals located in the vicinity of such faults are subject to a great deal of pressure from time to time.

Among the many mineral located throughout the world is silicon dioxide- or quartz- which is known to be piezoelectric, emitting an electrical charge when pressure is applied to it. Large quantities of quartz crystals are found in the substrata of the Earth beneath all of the known megalithic sites.

The stone circles which were erected at places such as Stonehenge in the United Kingdom became places of great magnetic power, for the Druids divined that when lintels were placed upon upright stones, the electrical energies were transferred to the next upright and so on, thereby caging immense forces within those circles. This energy was then utilized in many – still secret- ways, but it

is known that it enabled the priests to perform healing miracles and to commune with spirits.

Reference to the healing by using crystals is among the most ancient of all known therapies, and references to their use can be found in the Old Testament, as well as among the ancient Egyptian hieroglyphs. Millions of years old, crystals' extraordinary beauty has been a source of wonder and mystery throughout the centuries. Crystals have been used in numerous civilizations for a myriad of purposes, from amulets, symbols of authority, and notably for their healing powers.

Crystals can assist us to use our ability to focus our mental energy for healing and telepathy; to communicate with our spiritual being, increasing our inner vibrations, amplifying and stimulating all our mental abilities; thus enabling us to heal ourselves, others and the Earth, our home.

Due to their perfect molecular structure, crystals vibrate at a constant rate. It is this priority that makes them ideal components for many modern technological developments, from quartz watches to the fastest of computers. And it is this unique quality that makes crystal the ideal tools for balancing and harmonizing the body, thus allowing the body's natural healing abilities to work more effectively.

The vibrations of crystals and stones are subtly powerful electromagnetic frequencies that affect body, mind and spirit in diverse ways. The harmonic resonance of various crystal and stones act as frequency modulators, enhancers, transmutators, energizers and transformers when placed in the human energy field.

All beings have an energy field, or aura, and this includes minerals, so by introducing the very specific vibration of a crystal's energy field into our own aura, profound changes in our energy field are implemented.

Clear quartz in particular has the ability to amplify and transmit subtle vibrations, containing the four elements of creation. Fire (its piezo electric qualities); Earth (of which it was born), Water (contained within its structure) and Air (because of its clarity it allows the passage of light, as does the air).... And it is beautiful as in the world in which we live.

Quartz is a crystal of diverse uses and properties. Technically the modern world makes use of its piezo electric properties, and its abilities to vibrate at very precise frequencies (used in oscillators), modification of energy (in capacitors), energy transmission, control and storage. It also assists in the purification of air by absorbing positive ions and emitting negative ions.

Quartz crystals are considered to be all purpose in their use, powerful tools for healing – in reality the rebalancing of spiritual energies at all levels of consciousness. Even without our conscious awareness, association with quartz crystals assist the development and integration of our entire being, bringing the white light within us. Reflecting white light the crystals bring the gift of more light and positive energies to the aware, facilitating the growth of awareness in the unawakening mind.

Quartz crystals assist us to amplify, focus, direct, transmit and store our bodily, mental and spiritual energies. Quartz can help us to extend our aura, giving extra protection against negative energies and also the debilitating effects of electrical currents, be they from fluorescent lights, computers, televisions, microwaves, mobile phones, coffee pots or any other source of uncontrolled electromagnetic fields.

There are many ways to use crystals. Here we suggest but a few. They are not necessarily the right way for you. In your association with crystals, trust your own instincts and senses. Choose what you feel is right (only you yourself knows this). Follow your own intuition about the path to follow. Do not blindly follow the instruction of another. Unless it brings you peace and happiness, then it is not the right choice for you.

Truth is multi faceted and only a small part of the truth can be seen at one time. Truth is not absolute and can vary with time, with people and place. Listen to your inner self and allow crystals to bring you awareness. Crystals can come in many different natural forms.

The energies they carry can be intensified, modified and enhanced by careful, sympathetic and thoughtful treatment by way of cutting and polishing into various artifacts and jewellery. Today people around the world have attuned to their cultural heritage of crystalline resonance and reconnected with the transcendent qualities of crystals and stones. They wear them as necklaces, bracelets and

earrings. They hold crystals during meditation and put them in bath water. They place them in their pockets and all around both in their working and living environments. They use them to heal themselves and others.

## **PYRAMIDS**

*Quartz cut into pyramid forms has special properties. They blend into a perfect energy form or a harmonious conjunction of resonating energies.* The spiral growth of quartz (51 degrees as is the side angle of the Cheops pyramid) causes energy to flow out of it in a spiral, while the shape of the pyramid focuses energy through the apex thus giving a tight spiral beam of energy which can more easily be focused. Care must, however, be taken when working with quartz pyramids as the combined energy of the crystal and the pyramid needs a considerable amount of spiritual attunement and balance. Pyramids are energy accumulators and transmitters. They can assist you in coming to greater awareness of past life memories, so that you may benefit from previous learning experience and growth. Pyramids are an important meditational aid enabling one to balance the chakras and activate dormant energies by utilization of the pyramidal energy dynamics. Increased rate so spiritual attunement and transformation are also made possible.

Crystals and stones consistently radiate coherence because of their symmetrical molecular matrixes, acting as a soothing, energetic balm for the human aura. The resonant organizing power of crystals and stones in any form can be utilized to assist in the manifestation of seed wishes, dream weavings, blessings of all kinds, and prosperity empowerments. The vibrational resonance of crystals and stones interacts with the vibratory resonance of mind, body and spirit in a wholesome way that facilitates necessary adjustments by speeding up, slowing down or changing and modulation the tonal qualities of personal colour band frequencies. Where there are congestive energy blocks, infusions of white light and color will help to dissolve and transmutate them. This results in the restoration of energetic equilibrium and the opening of new doorways into previously unexplored realms of knowledge and wisdom.

## **SPHERES: THE SYMBOL of OCCULT WISDOM THROUGHOUT the AGES**

They are available tool for healers and for meditation. Also they are particularly useful for developing psychic and intuitive abilities. For instance the intuitive

reading of the perceived energy patterns of the human aura can give much valuable information concerning the physical and spiritual health of a person. Used in healing, the sphere can center, draw together and absorb negative energies and emotions, transmuting them and reflecting them back to help the person experiencing mental and physical discomfort. In meditation the quartz sphere can bring to the user greater spiritual clarity, centering and focusing energies which in turn lead to greater insight into ones problems and their root causes.

## **OBELISKS**

*These possess the same energy field as the human aura.* Using an obelisk for meditation increases awareness of your own auric field. Focusing of this awareness will teach greater control of the aura, giving an increased capacity in the ability to expand, contract and intensify it, thus giving greater physical and spiritual protection.

## **GENERATOR CRYSTALS**

*These are generally clear but may have a cloudy base.* They can be as small as a quarter inch or hundreds of times this size. The dimensions are irrelevant as they are power tools.

Smaller ones are obviously easier to carry on you and are not necessarily less powerful than larger ones. The beautiful geometry of their crystal form assists in the focusing and channeling of energies both in meditation and in healing. They can be used in layout to direct energy flows and recharge the chakras. They can be of any type and colour of quartz and may contain rainbows, phantoms or inclusions. It may be helpful if the base has been ground or sawn flat so their upright beauty may more fully be displayed.

## **RAINBOWS**

*There are the dance of the light across the heavens.*

They are a gift to protect us from the evil we may meet. If you are lucky you may find a crystal containing flaws or water inclusions that will fill the interior of the crystal with a fantasy of light and rainbow colours. Even more rarely you

may find one with a silver pool that expands and contracts as you hold the crystal. Cherish these for they can uplift grief and increase the healing powers of the host crystal.

## **PHANTOMS**

*These are ghosts of past lives, milestones in the development of the crystal which has encompassed very many years in the evolution of the earth and of mankind. They are useful in meditation for regaining knowledge of the past experiences of your soul and the many facets of your present existence. They are to be used with great respect and proper preparation.*

## **DOUBLE TERMINATED CRYSTALS**

*These are crystals which have been fortunate enough to have developed in an environment where terminations at both ends of the crystals were able to form. They have the ability to recirculate energy through either end of the crystal by drawing in and projecting energy at both terminations. They symbolize the blending of the spiritual and the physical and can be of great assistance to those who are spiritually or mentally out of balance by bringing calmness and relaxation. They are a valuable protection as they absorb negative energies and transmute them, re-energizing and harmonizing the chakras. Double terminated crystals are also useful for the practice of telepathy. Many of these special crystals have multiple terminations at one end. This is useful for harmonizing and integrating a number of different energies through their multiple end and harmoniously reducing them to a single blend or chord which is emitted at the single terminated end.*

## **TUBULAR CRYSTALS**

*These are extremely vibrant flat quartz crystals. They are a rare occurrence but well worth acquiring as they are strong and powerful. They are useful for bridging and balancing energies between two people, places, chakras or elements. In healing they can be used for integrating the energies of different centers. They help balance the spiritual and physical consciousness and are useful bridges between different levels of awareness in your development, between you and your higher self.*

## **CRYSTAL CLUSTERS**

*These are groups of single crystals sharing a common base or “home” in harmony, each member reflecting energy and light to other members making the whole a very powerful unit. The aura around such a group is very strong. This makes an ideal tool for purifying an area of negative energies. It can also be used for re-energizing and cleansing crystals and stones used for healing.*

In general, clusters can create an atmosphere of great harmony around themselves, which is of great value in group meditation or in any living space or work area. Since quartz crystals can arouse dormant energies they can be used to stimulate the chakras and enhance the healing abilities by placing the hands within the electromagnetic field surrounding the group, before engaging in healing practice.

## **WINDOW CRYSTALS**

*These are uncommon. They have a large diamond shaped facet in the centre front of the crystal. They symbolize the integration of the spiritual and the physical. They are like a window to the soul. Reflecting not only love and light but also the insecurities and fears hidden deep within us. They force us to face ourselves and are thus a powerful personal crystal especially useful for meditation.*

To use one you must be prepared to yourself and ready to find your true life’s purpose. They can also be useful in preparing for the experience of death and spiritual rebirth which is in reality just part of the journey in the cycle of life.; an arrival rather than a departure.

## **SELF HEALED CRYSTALS**

*At first glance these seem to have one broken end but on close examination it will be seen that they have at some stage of their lives been damaged or dislocated from their original habitat. They have learned to heal themselves by forming many tiny terminations on the broken end. This gives the appearance of a lustrous lacy surface which if examined more carefully can be seen to be a multitude of tiny pyramid terminations. These crystals demonstrate that self healing is possible even in the most devastating circumstances.*

## **SPACESHIPS**

*These are a crystalline form of crystal that is used for meditation. When the structure is held in the hands during meditation you will be guided deep down within your being to the very core of your existence. Through the symbols and emotions you may experience, your being and awareness is expanded and the deciphering of your visions lead to greater spiritual growth.*

## **RECORD KEEPERS**

*These are crystals which it is believed were originally mined by the advanced races of beings who visited the earth and their direct descendants, the atlanteans and lemurians who inhabited the earth.*

When these people became aware of the impending destruction of their continents they programmed their knowledge into certain crystals which were then marked with symbols. The symbols are one or more small pyramids which give the appearance of having been etched into the faces of these crystals. Such crystals were then concealed and only make their presence known to a suitable caretaker.

Their knowledge will only be revealed to the pure of heart, who will use the knowledge for the good of mankind. However, it is not necessary to be a re-incarnated Atlantean or Lemurian if the other criteria are met. In the age that is now dawning, we shall begin to see the use of this knowledge, leading us to further enlightenment here on earth.

## **WANDS**

*Both natural and enhanced types are used for healing, light projection, meditation and learning. Some authorities have stated that the Beta type of quartz found in Brazil is superior in many respects to the Alpha type, of which Arkansas is one of the main sources. Wands should only be shaped after proper consideration has been given to the innate properties of the quartz. Wands are useful for projection of protective force fields. Laser wand crystals often have a rather rustic appearance. They have a distinctly different "feel" to them. They are long and slender, normally tapering to small faced crystal terminations. The surface is often etched and these marking resemble hieroglyphic or cuneiform inscriptions.*

The crystals are supposed to have come from ancient Lemuria and have been concealed beneath the earth's surface, mainly in South America, before the destruction of the ancient civilization of Lemuria. These crystals have uniquely curved sides. The faces at the terminal angles are straight. This is very effective for the very rapid transmission of energy. While the termination is able to precisely focus this power making a very desirable tool.

## **CRYSTAL BALLS**

*Known as the "mirror of the Seer", crystal balls have long been known to possess the ability to reflect visionary patterns for those who are gifted in this way. They are in fact a derivative of the crystal mirrors once used in Atlantis, where flat mirrors carved from the purest crystal were utilized by the temple virgins.*

## **SMOKEY QUARTZ**

*This is a very powerful form of rock quartz, and great care should be exercised when handling it. All quartz formations absorb within their structure the energies which are present in their environment during their grown period. Within certain subterranean regions of this planet there exists naturally occurring radio-active materials which greatly affect the structure of minerals such as rock quartz. The close proximity of such materials results in an intensified energy field, whilst its original clarity is lost, as it takes on a grey/brown hue.*

Exposure to smokey quartz will therefore, result in a similar level of intensification within the subtle bodies of mankind. In turn this will prove to be of great benefit to those who seriously desire to acquire full fourth-dimensional awareness or to attune to their Greater Self.

Within the dense physical form, these stimulating energies will aid the release of all mental and emotional tensions, making this a powerful healing stone when handled wisely. Single crystals of the smokey quartz variety project a potent force; indeed tests have shown them to generate a greater energy than many medium-sized clusters of quartz crystals.

They should therefore, be utilized only in situations which call for powerful stimulus, such as when energy levels are greatly depleted following surgery. In such cases, a single smokey quartz crystal should be placed at the feet of the

individual concerned whilst a healing treatment is carried out. The energies projected by this irradiate variety of quartz are often overpowering, resulting in reactions which range from powerful pressure upon the chakra points, to palpitations of the heart. Where the latter condition is noted, it is advisable to remove the smokey quartz crystal from the immediate vicinity.

## **AMETHYST QUARTZ**

*Amethyst quartz crystals are much prized due to their great beauty, but possess potent energies which make them indispensable to stone healers and therapists.* When placed within the treatment room, such clusters will emit a powerful purifying energy, stimulating to both healer and the individual in need of treatment. Although the energy fields of such clusters may appear to be less potent than those projected by similarly sized clusters of rock quartz, the benefits that accrue from the use of amethyst quartz in healing treatments is immeasurable. In particular, the energy generated by such clusters has a beneficial effect upon the nervous system, providing healing therapists with a positive aid when endeavoring to treat related conditions.

When suffering from irritating skin disorders, an amethyst cluster placed (point downward) upon the affected region, will soon bring relief; for those who experience painful eye conditions, the cluster held an inch or two from the eyes will – when stimulated by a thought pattern of “love” – result in the release of a laser-like ray of healing energy, which in turn will ease the tension within the eyes.

The amethyst hue of this variety of quartz reflects the purest aspect of the violet ray, one of several shades of colour which will greatly influence mental and spiritual outgrowth. The amethyst shade of colour is extremely powerful, containing as it does all other colours of the spectrum within its make-up, but being such a pure shade, its energies are capable of permeating matter. The healer will therefore, find amethyst quartz an invaluable aid when endeavoring to counteract the effects of negative thought patterns, such as fear or apprehension. When working in close proximity to clusters of amethyst quartz for any length of time, the energy they emit will lead to the stimulation of one’s Crown Chakra – that point within one’s energy field where spiritual inspiration is received as a kaleidoscope of constantly changing colour and symbols. Those using such mineral specimens must therefore, be prepared to undergo a measure of painful

activity within the upper regions of the head, pain which, although beneficial in the long term, can prove to be a somewhat uncomfortable experience. Where the resulting level of pain prevents one from fulfilling everyday tasks, it is suggested that a feminine or milky quartz crystal be held above the Crown Chakra, and the left hand placed in the vicinity of the Thyroid Chakra, whilst the mind projects a thought pattern of “love” to the crystal elemental,. The gentle energies of the feminine crystal will swiftly calm any over-activity stimulated by the amethyst quartz, permitting resumption of routine talks.

Finally due to the purifying effect of its energy field, an amethyst cluster may be utilized to cleanse rock crystals of the negative vibrations they absorb when they play a part within the healing act. At day’s end, place the crystals upon the amethyst cluster and leave overnight. Next morning they may be used once more in one’s healing ministrations, their structure now free of all disharmonious vibrations.

At least once a week, physically clean your amethyst cluster of the accumulation of dust and whatever vibrations it may have absorbed in the course of such tasks. Place it in a saline solution overnight, rinsing the following morning in warm water, before gently placing it, up-ended, to drain. Your cluster will once more be bright, shining and ready to continue its role on your behalf. Do remember that the indwelling inhabitants of your cluster will readily respond to the projection of love coupled with the sound of gently music, resulting in a positive outflow of vibrant electromagnetic energy.

## **A word of caution**

*These stones are just lights; just signs in your experience of life. They are as a candle that one will not stumble in the dark. “Worship not the light of the candle; rather worship that to which it may guide thee in they service”. So whether you are guided by the vibrations of numbers, of metals or of stones, these are merely to become the necessary influences to make you in attune with the Creative Forces.*

*“Just as the pitch of a song of praise is neither the song nor the message therein, but is a helpmeet for those that would find strength in the service of the Lord.” Use them to attune yourself. Use them rather as stepping-stones and not*

those things upon which the activities in a mental and spiritual plane would be built. They are steps rather than foundations.

In other words the ultimate function of gems and stones, crystals and metals in our lives is to *aid us in finding the Way to our Lord*. We can never assume that once we are in possession of the right gem, a metal or a rock we have a direct pipeline to heaven and may do as we please. It is always our own responsibility to use these influences correctly if we want to find the Christ way for our lives.

## **The Constructive Use of Gemstones**

The following information may prove to be of interest to those who are interested in the constructive uses of various gemstones for meditation, for the improvement of mental and physical health or kindred purposes.

### **For Attunements**

<i>To healing forces:</i>	amethyst, bloodstone, chrysolite, pearl
<i>To infinity:</i>	diamond, lapis lazuli, ruby
<i>To creative vibrations:</i>	bloodstone, pearl
<i>For developing psychic abilities:</i>	lapis linguis (Azurite)
<i>For meditation:</i>	lapis linguis (Azurite)
<i>For receptiveness:</i>	agate, beryl, copper

### **For Specific physical or mental Conditions**

<i>General Protection:</i>	beryl, lapis ligurius (Malachite)
<i>Protection from colds:</i>	carbon steel
<i>Prevention of personal anger:</i>	opal pearl, amethyst
<i>Influencing the mental choices:</i>	bloodstone, sardonyx
<i>Increasing abilities during exertion:</i>	agate, amethyst
<i>Strengthening the body:</i>	lapis lazuli, bloodstone, moonstone, pearl, topaz
<i>Gaining self-assurance:</i>	lapis lazuli

## OTHER CRYSTALS

If you wish to absorb the cosmic forces around you, wear and use gemstones for their reputed powers and influences, each type of gemstone has different properties.

See the article “Healing Crystals and Gemstones” also available on the website for a list of crystals and gemstones and their healing or helping properties.

### **Choosing, Clearing & Energizing your crystals and gemstones**

When choosing a crystal for oneself, firstly clear your mind; breathe deeply and feel yourself balanced. Centre in your mind the purpose for which you need the gemstone. Then look at all the available crystals briefly and allow yourself to be attracted to one of them. You will automatically be drawn to a crystal that is resonating at the correct level for your present purpose.

Having chosen your gemstone you then need to cleanse it of any negative vibrations that it has picked up on its travels to reach you. First the gem should be washed carefully in water (with a little soap if necessary), then rinsed and gently dried. The gemstone can then be cleared in one of the following ways, whichever seem right to you:

1. By soaking in a saline solution over night.
2. By covering with sea salt overnight.
3. Smudging. Light some dried sage or cedar, blow out the flame and hold the crystal in the smoke, turning it to ensure all surfaces are smudged. This is an ancient Native American method.
4. Burying the crystal in the earth for one or more days.
5. Visualization. Visualize a pure white light filling and flowing through the crystal, clearing all negative vibrations.

This cleansing can be repeated as often as needed; the crystal can also be rested on an amethyst crystal cluster between use to remove any negativity. Having cleansed the crystal you may wish to energize or programme the crystal for a specific purpose. This can be accomplished by various methods, according

to what type of energies are needed. The crystal can be energized by resting in the sun or the moon for a more feminine receptive energy. It can be held in a fast running stream or waterfall. Visualization is also used. Your intent and purpose is very important especially with the visualization method. The crystal will work for you by enhancing your own magnetic field or aura, by transforming an amplifying energy, increasing your awareness and raising the level at which you resonate.

*Disclaimer: The information contained in these papers are not intended for diagnosing illness, prescription or advice and should not replace proper medical treatment. Consult your doctor or other health care practitioner regarding health issues.*