

# Crystal Power

by: Phyllis Galde

**Crystals** have a history of capturing people's imaginations. The crystal structures are aesthetically pleasing as well as precise, implying an order to the universe that is reassuring to the pattern-seeking human mind. But crystals are more than beautiful examples of the order of the universe. Crystal power amplifies universal forces that can be used to modify, accumulate and direct the powerful mental, psychic and material energies of being.

What you think is what you get. You're probably familiar with most of the positive thinking procedures and how they apply to your life. They always work. The only difference is how fast or how slowly they work.

## **Atlantean Power Rod**

The first tool you can learn to make is an "Atlantean Power Rod." One of the most valuable uses for this type of rod is in healing, where the energy from the rod is used to remove energy blockages in the bio magnetic field of the body. This provides a balanced flow of the body's life-force energy. Removing the energy blocks provides a balance, while the body actually does the healing itself. This type of healing is easily done with plants, animals and people.

Anyone can learn to construct an Atlantean Power Rod in a short time with some simple materials. The energy used is natural and basic to life; the technique of operation is simple.

Very likely people will need to take responsibility for self-healing and for solving problems in the near future. Many people are already taking constructive action regarding their own health. After all, we're breathing poisonous gas for air, drinking impure water, and eating contaminated food as a result of our present society. Many people are suffering from mental, emotional, spiritual, and physical disorders and diseases. This is even more disturbing when we realize that most of the disorders come from a social order and environment that we have created ourselves.

In the area of health and healing, all diseases become curable. The use of these wands employing crystal energy is actually a simple process that allows the balance of the body to be restored. The affected organism heals itself.

The Atlantean Power Rod contains the very essence of ancient advanced science. The basic rod is a hollow copper tube with a copper cap at one end. At the other end is a quartz crystal, which is about 3¼" to 1" in diameter. It is about 1 1¼" to 3" long. The tip of the crystal should have clear, unchipped facets at its point (the six-sided point of the crystal). The outer covering or insulation is leather, wrapped in a flat spiral. Some healing wands have quartz crystal in both ends and others have just one crystal with a copper end cap at the other end.

The copper tube acts as an energy accumulator, or funnel; the leather is an insulator, and the quartz crystal acts as an energy transducer, capacitor, and

focus for the beam of energy. The only thing that moves through an energy wand is energy. It operates in the exact degree of power and efficiency as the operator it is attuned to. As soon as construction is complete, it begins functioning in the passive mode, radiating energy in all directions from the crystal. Picked up by the operator, it continues to function in this manner. When the operator focuses it by pointing and thinking/visualizing, a blue-white ray of energy beams in that direction from the point of the quartz crystal at the end. Thought switches the device from passive radiating energy to an active energy beam. Intensity and distance of the beam are determined by a combination of thoughts amplified by the emotions of the individual operator.

These machines are capable of delivering a large amount of accurately focused energy at short or long distances with little or no time delay involved. The operator does not have to move or travel to affect its usage. These crystal energy tools, in the hands of an experienced operator, have the ability to reach out through space and time, trans-forming both energy and matter on a subatomic level. Transforming radioactive substances into harmless elements is now possible, as is removing other harmful substances like poison chemicals, dirty air, contaminated food and water, even the Earth itself. These transmutations are completely natural processes. The Earth will disperse, transform, and purify itself over a long period of time; these devices merely speed up normal processes.

The Crystal Power Rod is in actuality a miniature linear accelerator. It is a 12" long subatomic particle beam generator. These are just smaller versions of the most powerful machines ever constructed. Many sub-atomic particles travel at nearly the speed of light. They also travel through all materials: Earth, wood, metal, concrete, and deep space.

Many people feel an intuitive familiarity with these energy wands. Some say it may be from a previous incarnation in one of the ancient civilizations of Earth, or even another lifetime on another planet. It may be from references in ancient writings, or even present day UFO reports. Many engineers and researchers agree that as advances in sophistication are made, machines become simpler instead of more complex. This is obviously the case with crystal devices, and mind/particle machines. They are in balance with universal laws and physics, being both sensible and practical. The fundamental application is balance and healing, whether applied to people, plants, animals, poisoned air, polluted foods, contaminated water, or our chemically and radioactively suffering Earth Mother. Overall balance and total healing is a top priority for many of us in this lifetime.

### **Atlantean Crystal Headband**

Another incredible crystal device to make is an Atlantean Crystal Headband. The Headband is a relatively simple device with no moving parts. It is composed of a copper band with a silver disc and a clear-tipped quartz crystal on top of the silver disc.

The Atlantean Crystal is regarded as a device with the ability to amplify thoughts. It focuses and beams these thoughts to a specific destination,

depending on the wishes of the operator. The quartz crystal, in conjunction with the copper band and silver disc, acts as a capacitor for storing the energy and a transducer for changing its form. Thoughts and images are converted at the speed of light into beams, which are sent to a receiver at some distance or time. The receiver converts the stream of particles back into images, thoughts and emotions.

This is similar to the principles involved in radio and television, except the machine is simpler and more sophisticated, with an increased number of the energy workings dependent on the individual and naturally occurring particle fields.

This device augments psychic impressions. In many cases, this can be extremely helpful. A few things to be aware of are that it will amplify all emotions and thoughts inside you. Some of these may not be the thoughts you had planned on using, so until you become adept at its use, make sure you adopt a very positive attitude when using the Crystal Headband. It is helpful to have your thoughts focused and be in a pleasing frame of mind when first learning to use this device.

### **Crystal Space / Time Communications Generator**

A group of people are sitting in a circle in a living room. In the middle of the circle on the carpet is a shiny copper disc, about one foot in diameter. Centered on the disc is a large quartz crystal, nearly seven inches high, four inches in diameter, and mounted in a round copper cylinder like a cup. The sharp point of the crystal is almost clear as it reflects light like a prism, breaking it into the colors of the rainbow.

The people sit quietly, connecting the circle by joining hands and visualizing a blue-white light beacon emanating from the tip of the power crystal, beaming out into space. Their project is to attempt to communicate with star people, and in the process they are learning much about themselves. You, too, can work with other like-minded people to communicate with helpful beings from other spaces and times with this crystal communications generator.

Not only is this unit an attractive looking display unit to adorn your home, but it can be mentally programmed to project a blue-white light force-field dome over and around your house. After it's set in place, think of it radiating energy in all directions, and visualize the energy dome forming. Charge it with a desire for protection of your home, and leave it as such for as long as you want.

### **Home and Garden Field Projector**

The Home and Garden Field Projector will protect your home and land from unwanted thought influences, UHF and VHF waves, etc., which can disturb your peace of mind. It will also keep insects and unwanted visitors away from your garden. This crystal instrument is simple and economical to build and use. It can be constructed from materials left over from earlier experiments. See Crystal Power for complete instructions and list of supplies needed.

A double terminated quartz crystal can be used as an energy shield. Remember that a quartz crystal is a transducer and capacitor for energy. It will store and change energy from one kind to another. By keeping a double terminated crystal close to your body over a period of time, it will tune itself to your conscious and bio magnetic field. You can speed up this process by thinking about and visualizing a white circle of protection around yourself, and emotionally charging the crystal to the best of your ability. Keep your crystal close to you at all times. Keep it in your pocket, your purse, or at least in your house. When you travel, it should go with you.

This type of quartz crystal should have clear points with un chipped facets. It has a six-sided point at each end or termination. Size can vary from an inch to several inches long. Try to find one that is clear and perfectly formed. This Energy Shield Crystal will augment your blue-white light shield, and protect you against any unwholesome thought influences and vibrations coming at you.

### **Double Terminated Quartz Crystal Shield**

The Double Terminated Quartz Crystal Shield can protect you 24 hours a day. In an average day an unprotected person is subjected to all types of radiation (from nuclear to electronic), from electrical systems, germ warfare, toxic agents, radio waves, microwaves, solar and stellar radiation, low frequency waves used by governments, and more. We live in a vast sea of radiation of all types. Sensitive people sometimes find this to be disturbing and offensive. This double terminated quartz is a useful tool for people who need to work calmly and undisturbed in their daily lives.

Unfortunately, we are presently living in a world of chaos. As this chaos increases (since it's composed of electromagnetic disturbances), psionic subatomic machines are easier to use. As the Earth's fields become more disturbed, these crystal machines work more quickly. The harder it becomes for obsolete systems to work, the easier it becomes for the new systems to operate. Use of crystals will become popular and necessary. If you haven't experimented with crystal power and crystal energy already, you are missing out on some valuable assistance from our friends in the mineral kingdom. You owe it to yourself to become acquainted with this simple, inexpensive form of energy.

## **Uses of Crystals**

by: Phyllis Galde

Perhaps the greatest value of crystals is their use in healing. They have long been known for their curative effects when used in the preparation of tinctures; for their protective characteristics when worn as amulets and talismans; and for their ability to enhance the energy fields of the body as they emit uniform vibrations. They have the power of a living stone.

The energy field of this quartz, called piezoelectricity, is a major contributor to our communication systems. Computers, sonar, watches, radio stations—all use this amazing and constant, undeviating energy field. The piezo-electrical

property of crystals means that they are capable of holding an electrical charge, and because of this quality, these minerals amplify healing work or meditation, which in turn speeds up the process. Quartz is the most economical source of this energy. To reduce the cost even further, laboratories are growing quartz from a slice of the real thing. It has been found that the laboratory grown specimens are the preferred kind. They are better because they are more uniform, clearer, and of a higher quality.

Crystals store and conduct energy. They can even absorb one kind of energy and emit another when squeezed, heated or cooled. Quartz crystal absorbs both magnetism from the Earth's core and radiation from the Sun, and then emits that energy. Kirlian photography has recorded this energy emission, which appears in photographs as a white-light aura radiating from a blue star center. The energy radiant from clear quartz and other crystals is resonant with the human aura; this is its healing attribute.

The resonance occurs rapidly, within a few moments of holding a crystal or gemstone in the hand. Energy from crystals passes through and penetrates all matter, even into human cells. Crystal energy transmission has a magnetic polarity similar to the natural aura polarity used in laying on of hands. Its strong ability to match aura energy and resonate with it makes crystal a powerful healing tool. Clear quartz contains the greatest human resonance and the ability to transmit any color, to focus a chosen strand of its rainbow white light spectrum and use it to transmit, store, duplicate and magnify color and aura polarity.

An interesting phenomenon happens when you begin to work with crystals—for whatever reason. You will start becoming aware of an energy or force greater than what you presently contain. This force has been called your Higher Self, and it encompasses "that which you are capable of becoming." It is your perfected self. Quartz crystals, in their wonderfully helpful way, will help you tune in to this higher aspect of yourself.

A positive act is to give a friend a quartz crystal. This helps form a link between you and him/her. It helps you to communicate psychically with that person. It is also a wonderful way to send healing energies to someone, especially if you both have similar crystals. A gift of a crystal instills a beneficial impact in the receiver.

### **Crystals in Healing**

Noted healers have demonstrated that crystals can be used to accelerate bone and wound healing, relieve pain, and bring catastrophic illness into remission. Although it is said by some that there are no powers whatsoever in the crystal because it is a neutral object, its inner structure exhibits a state of perfection and balance. When a crystal is cut to the proper form, and the human mind enters into a relationship with its structural perfection, the crystal emits a vibration which extends and amplifies the powers of the healer's mind. Like a laser, it radiates energy in a coherent, highly concentrated form, and this energy may be transmitted into objects or people at will.

When people become emotionally distressed, a weakness forms in their subtle energy body, and disease may soon follow. With a properly attuned crystal, a healer can help release negative patterns in the energy body, allowing the physical body to return to a state of wholeness.

When healers attune their minds lovingly with a crystal, they become one with the Divine Mind, which has imprinted its consciousness in the precise, geometrical form of that structure.

Healers use crystals because the crystal is the most perfectly organized state of matter existing in nature. It is precise, regular, and free from imperfections and impurities. If people tune in to the perfection of the crystal, they can become perfect themselves.

One method of crystal healing is to tune in to the energy field of the crystal lovingly, projecting your energy into the crystal, resonating in harmony with the crystal. When you (the healer) feel the crystal is charged, scan the body of the person, being sensitive to areas of obvious imbalance where healing energies should be directed. A good focal point is the heart chakra, where through visualization the problems intuitively felt can be brought to awareness. Then snap the crystal, like a whip cracking (by flicking the wrist and hand holding the crystal), releasing the negativity that was held in the subtle body.

The crystal can take the feeling of love in the healer's heart and amplify it so a concentrated stream of energy is emitted from the crystal for use in healing. This amplified energy field can help persons dislodge inhibitions which block the flow for their higher life energies.

The crystal works in much the same way that a laser does: It takes scattered rays of energy and focuses them. It makes the energy field coherent and unidirectional so that a tremendous force is generated. When used with love, the crystal unites the energies of the mind. It brings these energies into a pattern, exactly fitting the life energies of the person seeking to be healed, and then amplifies them for the healing.

To use the crystal effectively, it is necessary to turn off the rational mind, so you may enter a right-brain meditative state and intuitively tune into the energies focused by the crystal transmitter.

There are many methods of uses for crystal healing. Perhaps the best advice to follow is to listen to your own intuition. Use what works best for you. Practice on yourself and people close to you. Meditate and listen to what the voice within gently suggests to you.

The general size of crystal to use for healing is whatever fits comfortably in the palm of your hand, or, what you are attracted to use. Its size is not so important as the feel or essence of it. It isn't necessary to have a large piece of quartz; a small piece will suffice in most cases.

Some possible methods for healing are to place crystals or gemstones on the

seven main chakra points. Place a crystal anywhere on the body where there is a pain or discomfort. Also, a crystal can be held near the source of pain and rotated in a clockwise motion to draw out the problem. Snap the crystal to get rid of the unwelcome vibrations. Single crystals can be placed near the soles of the feet and the palms of the hands to draw out blocks and balance energies.

Crystals are excellent biofeedback tools, and work well with creative visualization for mood and body changes. When feeling cold or chilled, hold a crystal in the left hand and draw warmth. Do this in a color meditation with deep breathing, drawing in the energy—visualized as the color red—

through the left side of the body, in a circuit coursing through the body that releases it from the right side to the Earth or sky. Continue doing this for several minutes until you feel warm. This works for cooling with blue as well.

For cheering, draw yellow in the same way; for calming, draw violet or indigo. Body metabolism and heart rate can be raised or lowered by this, an effect already familiar to those who have used deep breathing.

Use crystals in visualizations, affirmations, and rituals to amplify and intensify what is being done. Generally, use a crystal in the left hand to receive energy, and in the right hand to send it, but this can be opposite in some people. Experiment and learn what works best.

Crystals can relieve pain almost magickally. In another self-healing exercise, hold a crystal in the left hand, feel the energy polarity build from it; place the right hand gently on a pain area and hold it there. The pain is usually gone within half an hour.

A different method recommends that you set the crystal directly on the pain area; hold it flat in the palm of the hand with the thumb; or grip it between the fingers, pointing downward. When you remove the crystal, the pain goes away.

Crystals can be used effectively in aura reading and aura healing. Hold a crystal in whichever hand feels correct, and scan the aura of the person from the head down to the toes. Feel for heat, tingling, cold, resistance. When you encounter these, rotate the crystal counterclockwise and touch the tip to the area. This energizes the aura. A clockwise motion takes energy out. After you have gone down the front and the back of the person, brush down the aura to cleanse and seal the chakras.

## Quartz Crystals

by: Phyllis Galde

Why use quartz crystals? What is it about them above all other stones that makes them so special?

Quartz crystals have been used since ancient times as powerful healing objects and meditation tools, and to make medicinal elixirs. Wise adepts have long known about their qualities and have used **crystals** for powerful talismans and amulets. Throughout history people have valued the beauty of quartz crystals and have used them for ornamental decoration. References to crystals are found in both the Old and New Testament, and in many other sacred teachings throughout the world.

How can minerals or stones have any influence or value? It is because there is a consciousness inherent in all forms of matter. Even rocks have their own consciousness! We use these crystals of the mineral kingdom to aid us in attunement with different aspects of ourselves.

**Crystals** have their own particular vibration of a precise and measurable intensity. This vibration attunes itself to human vibration better than any other gem or mineral. Quartz crystal is used to amplify, clarify and store energy. When you create a thought, you can amplify and clarify it by using a crystal. Quartz has long been recognized for its ability to produce electrical impulses. (Pressure on quartz crystal generates a minute electrical charge called piezoelectricity.)

You can learn how to handle and work with crystals to heal yourself, others, and the Earth. Crystals have long been revered for use in magick, for psychic development, and to see into the "hidden dimensions" that permeate physical reality. It is said that crystal has the ability to rebroadcast energy from the Universal Mind so your "inner self" can pick it up, granting you heightened perception. A crystal is a focus for this knowledge and help, and it magnifies and transmits psychic energies and healing powers.

Crystals have a hexagonal, symmetrical shape. This is a basic form in geometry, physics and atomic theory, and is a universal, perfect form in the structure of matter. The energy that radiates from clear quartz, the piezoelectric effect, amplifies healing abilities.

As a rose has been called the most perfect representation of beauty in the plant kingdom, the quartz crystal is the essence of perfection in the mineral kingdom.

The use of any form of quartz crystal will benefit you. What can you do with these gemstones and crystals to help yourself? Meditate with them. Place them on a part of your body that needs healing. Carry them around in your pocket. Wear them as jewelry or use them as a keychain. Sleep with them under your pillow. Put them on your desk, kitchen table, coffee table, anywhere that you will be near them and enjoy the benefits of their vibrations. They are just like a good friend—one whose companionship you delight in. Love them. Look at them. Enjoy them. They help you by their very presence. It's a gift they freely and lovingly give to you.



## Historical Uses for Crystals

Stories of the powers and uses of crystals and gems have come down to us from the beginning of time. Legends have it that crystal forces "set" the electromagnetic field of the Earth so that human souls could incarnate. The most popular stories dealing with the use of crystals date back to Atlantis. There, it is said, large crystals were used to generate power for cities, and it was the abuse of these energies that eventually caused the destruction of this great civilization. Edgar Cayce stated that the largest crystal generator is buried under the Atlantic Ocean near the Devil's Triangle, and this massive shift of unfocused electromagnetic energy is what causes ships and planes to go astray.

It is said that crystals were harnessed in Atlantis for power and surgery. In ancient Egypt they were the force that enabled the huge sandstone blocks to be positioned in building the pyramids. Built atop granite, the immense pressure of these stones activated the crystals found naturally in this granite, creating a gigantic generator.

Crystals were used to light the inner tunnels and chambers while the pyramids and Mystery Temples were under construction. Ancient civilizations, particularly Atlantis, used giant crystals to focus laser light. Crystals were used to fly aircraft, light homes, heal, for agriculture, and to focus beams of energy between pyramids, obelisks, temples, stone monuments and all grid points. Each pyramid amplified the energies to "light" Earth. Crystals were used to control weather, to attune initiates, and in radio waves for communicating with home bases in space (the orbiting Mother ships).

Crystals were used to generate energy, which was focused in various ways, not all of which were positive. The Atlanteans used an advanced form of hypnosis in which complex detailed visuals were projected into a person's brain, either knowingly or not. By doing this, thoughts could be influenced, as could memory banks. Near the decline of Atlantis, the dark priesthood was involved in control over others. They used crystal power to create pestilences and diseases to kill people by projecting holographically the images, fears, concepts, etc., they wanted to impress on people. They experimented on the populace. Scientists manipulated embryos to create subhuman forms to be used as slaves. Embryo development was arrested with crystal energy and hypnotic suggestion caused the embryos to stay more reptilian, scale-like. (Some people today are concerned that genetic engineering could be used for control and manipulation).

Crystal generators were built which Edgar Cayce called the "terrible crystals." Many Cayce readings refer to the use of crystals in Atlantis, both for positive and negative uses.

Long ago it was learned that much good could be accomplished in the blood and nervous systems. In Atlantis and other ancient civilizations, the Earth grid system or energy ley lines were understood and utilized. Crystals were employed to accentuate this energy grid system. Crystal energy was used as a focus for other purposes also. Atlantis and Lemuria used ultrasound and other energy

forms. They used mind power by humming or "toning," and by doing so levitated rock. Crystal pyramids were used like a laser device because they could store and focus energy: sunlight energy. The crystals could encode information to a higher vibration and beam information into a person. The student could obtain the equivalent of a college education from crystal energy.

Lemurians used crystals underground to grow food because they were afraid of the giants living on the surface who were unfriendly and antagonistic. The Lemurians came to spend most of their time in caves, and so needed light energy to grow food. The stored energy from crystals was the source for this light.

In times past, crystals were used to balance harmonies in the body—to stabilize the flow of prana, to stimulate the chakras, to raise the kundalini energy. Facets of three, five, or seven were used for certain illnesses, while four- and eight-sided crystals were used to maintain balance. Crystals of various colors—red, green, blue, violet, white, etc., were used to heal various illnesses. Their healing properties restored eyesight to some in the hands of adept healers. Crystals were placed on the eyelids to draw in prana and heal organs inside the body. Much later in history, the American Indian shamans placed quartz crystals over their eyes to help them become more clairvoyant.

The ancient Greeks believed that quartz was "eternal ice" which came down from Mount Olympus, home of the Greek gods. The people used its natural magnifying power to focus the heat of the Sun's rays in order to start ceremonial fires. According to the famous Roman scholar Pliny, who wrote in the first century a.d., they used the focused crystal heat from the Sun to cauterize wounds.

The ancient Egyptians held quartz sacred, and carved drinking vessels from quartz. When they drank from these cups, the water became imbued with life-giving energy. They mined quartz, and along with many cultures began to carve it into jewelry and a variety of objects, both artistic and utilitarian.

### **The Crystal Ball**

This unique form of quartz found by archaeologists has been found in such distant areas as Peru, Siberia, Australia, Chaldea, Greece, Rome, Assyria, Persia, Japan, and China. The ancient Chinese and Japanese regarded quartz as the perfect gem. The artists who carved spheres were thought to be the most capable of spiritual and artistic purity. They considered the quartz crystal ball the heart or "essence of the dragon," symbolic of the highest powers of creation. The Chinese and Japanese shared the term *sui ching* for quartz, which means "water essence," the source of peace and power.

Tibetan monks called crystal balls the "windows of the gods," using them as holy objects of great power. The Taoists believed that looking into the crystal's clarity "crystallized" one's being, and they considered quartz the "gem of enlightenment." Buddhist altars included quartz spheres as an invocation of the "visible nothingness" that delineates the duality of the material and spiritual world.

Contemplation of this "visible nothingness" gave rise to crystal-gazing, which has been practiced since time immemorial. Crystal gazers use the spheres as windows to faraway places, the past and future.

### **American Indian Legend of Crystals**

In ancient times, people lived in harmony with Nature. They spoke the same language as the animals and plants. They hunted for food only to satisfy their hunger and needs, always offering a prayer of thanks for what they had taken from Nature.

As time went on, humans lost this innocence and harmony. They took more than they needed. They forgot their prayers of gratitude. They killed animals, and each other, for sport or pleasure.

The Bear Tribe, chief among the animals, called a meeting of all the animals. They decided that something had to be done. The Bears suggested that they shoot back when the humans shot at them, but the bow and arrow required too great a sacrifice, for one bear would have to give up his life so that his sinew could be used for the bowstring. The bear's claws were too long for shooting a bow anyway, and would become entangled on the string.

The Deer Tribe offered another method of dealing with the problem. One of their members said, "We will bring disease into the world. Each of us will be responsible for a different illness. When humans live out of balance with Nature, when they forget to give thanks for their food, they will get sick." And in fact the Deer did invoke rheumatism and arthritis; each animal then decided to invoke a different disease.

The Plant Tribe was more sympathetic and felt that this was too harsh a punishment, so they volunteered their help. They said that for every disease a human gets, one of them would be present to cure it. That way, if people used their intelligence, they would be able to cure their ailments and regain their balance.

All of Nature agreed to this strategy. One plant in particular spoke out. This was Tobacco, the chief of the plants. He said, "I will be the sacred herb. I will not cure any specific disease, but I will help people return to the sacred way of life, provided I am smoked or offered with prayers and ceremony. But if I am misused, if I am merely smoked for pleasure, I will cause cancer, the worst

disease of all."

The close friends of the Plant Tribe, the Rock Tribe and the Mineral Tribe, agreed to help. Each mineral would have a spiritual power, a subtle vibration that could be used to regain perfect health. The Ruby, worn as an amulet, would heal the heart; the Emerald would heal the liver and eyes, and so on. The chief of the mineral tribe, Quartz Crystal, was clear, like the light of Creation itself. Quartz put his arms around his brother Tobacco and said, "I will be the sacred mineral. I will heal the mind. I will help human beings see the origin of disease. I will help to bring wisdom and clarity in dreams. And I will record their spiritual history, including our meeting today, so that in the future, if humans gaze into me, they may see their origin and the way of harmony." And so it is today.

This is a Cherokee legend, but it has been told in almost every tribe in the Americas. It tells of an ancient time of peace, a mythical homeland known to every culture on Earth. The Native Americans call it the "old way" or the "original way."

### **Origin of Quartz Crystal**

A crystal is a beautiful, perfect form. It contains within it harmony, balance, clarity and perfection. A quartz crystal takes over 10,000 years to form. They come from deep within the Earth's core, and were formed when the Earth was evolving. Natural quartz crystals, often referred to by ancient traditions as the "veils of the earth," frozen water or frozen light, combine the elements silicon and water through a lengthy process involving heat and pressure. They are buried in the Earth, or sometimes in streambeds where they have washed down from higher ground after being dislodged. They are often found near gold. Varieties of quartz crystal, sometimes called rock crystal, are found all over the world. The largest numbers of crystals are mined in Arkansas and Brazil.

Ninety per cent of the Earth's crust is made up of the mineral group known as silicates, a combination of silicon and oxygen, plus other elements. The simplest silicate is silicon and oxygen—quartz crystal. Chemically, it is the oxide of the element silicon, and its chemical formula is  $\text{SiO}_2$ . It has a hardness of 7 on the Mohs scale. The crystal structure of quartz is hexagonal with void spaces in geometric trails throughout the crystal.

The name crystal comes from the Greek word *crystallos* meaning "clear ice," for the ancient Greeks thought that these transparent rock crystals were in fact frozen water turned into stone. Another legend has it that Holy Water was poured out of the Heavens by God and frozen to ice in outer space on its voyage to Earth. Angels petrified the "Holy Ice" to preserve it as a protective blessing for humanity.

Quartz is the most common mineral found on the Earth. In the world of gemstones, quartz supplies more different varieties than any other mineral. Gem quartzes can be divided into three main groups:

- crystallized quartz
- compact quartz
- cryptocrystalline quartz

Most crystals are formed by the repetitive addition of new matter to a growing crystalline mass. Some crystals have their origin in the magma or fiery gases of the Earth's interior or in the volcanic lava streams which reach the Earth's surface. These minerals, which include quartz, are called igneous. They are formed by the solidification of this molten mineral as it cools and hardens. As the molten rock mass cools, the atoms group together to form the essential regularity that determines the shape and composition of the crystal.

Some crystals grow from vapors in vents in volcanic regions. This type of crystal includes sulfur, and is condensed from hot mineralized gases into a solid state as the vapors are escaping from the inner Earth.

Some crystals form from water solutions or grow with the help of organisms on or near the Earth's surface. These crystals are known as sedimentary minerals, and are formed through the process of mechanical or chemical weathering. Air, water, wind and ice are the main erosion factors involved in dissolving the Earth's materials that will eventually be cemented together and occasionally crystallize.

Also, new minerals are formed by the recrystallization of existing minerals under great pressure and high temperatures in the lower regions of the Earth's crust. These metamorphic minerals undergo structural and chemical changes after the original formation, reorganizing the atoms and creating different textures, compositions and crystals.

## **Crystals for Psychic/Spiritual Development**

by: Phyllis Galde

It is helpful to use quartz crystal as a tool for clear channeling of your higher self into your ordinary life. Recall that a crystal is an individual source of perfect form, each with its own frequency of vibration for focusing your positive thought-forms.

Crystals help us in becoming more complete, in taking more responsibility for our actions, and they guide our footsteps on the path to spiritual awakening. They lovingly help us build a greater harmony of mind and spirit to become the radiant beings that we all are.

The physical body is composed mostly of silica, and we all need supplements of this to make up for the silica which is depleted. Quartz crystal, remember, is composed of silicon dioxide. Silica equalizes psychic energy forces in the body so the kundalini energy may rise safely and open the third eye. The New Age person will need more silica in their form. They will need the stimulation

of the "sand crystals" in the pineal gland to better understand communications from the Forces of Light.

Meditation and prayer create powerful rays of White Light, which is like food for the soul. This White Light stimulates the pineal gland and the crystals of silica of which it is composed. Holding a crystal in the left hand during meditation steps up the frequencies and energies for the pineal gland (third eye). A small crystal taped on the forehead over the third eye is a powerful charger when meditating.

The silica found in our bodies is in the form of crystals. This silica in the connective tissues bind the body cells together. Silica is a prominent part of brain tissues also. The brain is filled with "dust" crystal. These infinitesimal dust crystals are found in all the brain cells, especially in the third eye area, the pineal gland.

Focused gazing or meditation on a quartz crystal can stimulate the pineal crystals, through the eye ray, bringing about development of clairvoyance, clairaudience, and clairsentience. To develop clairaudient perception, hold a crystal in your hand and combine its power with chanting. Each crystal holds within its structure a sacred code of sound peculiar to it alone. This sound can be discerned by chanting and focusing attention upon the crystal you have chosen.

In the great Temples of Initiation, the secret password was encoded in quartz crystal. The person seeking initiation would have to hear the password clairvoyantly from a spirit guardian before they would be able to enter. The right vibration or sound would automatically open the portal, much as our automatic door openers work now with light breaking a barrier.

Another way in which crystals help your spiritual progress is by their rainbow light. Attach a string to your crystal and hang it in the window so the sunlight shining through it will shower you with the colors of the rainbow. Sit in this prism of rainbow light if you can. Otherwise, visualize the light rays coming through your crystal. This light will stimulate your etheric body and increase your auric protection against adverse influences, and raise your level of consciousness.

Quartz crystals represent crystallized energies of Sun and light frequencies. An average person is like a walking crystal antenna who is out of tune! You can fine-tune your body and bloodstream, much like harmonizing a song or tuning a violin, using the energies of crystals.