

Gemstone attunement and the mandalas of crystal oversouls by; JoAnna Martz

Crystals are keys that open portals to numinous spots on our planet, allowing us access to their power. Energy vortex points around the world correspond to chakras on the human body. The earth's chakras link sacred sites around the globe through sacred geometry. Specific stones can connect us to sacred sites that contain similar crystals embedded in the bedrock at the site. When using crystals with sound, the effects are heightened and more tangible. The combination restores balance and releases stress, sometimes shattering the negative patterns that have accumulated in the individual's energy field. Sound waves trigger a release of energy from the stones according to each stone's unique structure. When stress is applied to a crystalline stone, it elicits a form of electrical energy, known as piezo electrical energy. This stress can be the simple pressure of someone holding it within the hand or the pressure of wave pulsations that occur with sound and music.

2675 Hz: "The crystal resonator" is a subharmonic of the frequency of quartz crystal. This frequency is extremely effective for charging and clearing quartz crystals. All crystals need purification before and after healing work. This can be done by holding them under running water, smudging them with sage or Palo Santo, or placing them in front of a speaker that is playing 2675 Hz. Placing them in sunlight or moonlight will charge them. The stones crystalline makeup actually stores light, similar to the way plants utilize sunlight for photosynthesis. Another way to cleanse and activate crystals is with Isochronic frequencies -one of the most powerful forms of brainwave entrainment. The website:

<http://www.brainwaveentrainmentstore.net/audio-crystal-therapy/> offers audio crystal therapy mp3's, with specific frequencies of crystals. Listen free on YouTube at: IsochiralMusic.

When working with any crystal, be clear about why you are working with the crystal and ensure that you are working for the highest good. To awaken or activate the crystal, hold the purified crystal in your hand and say, "I dedicate this crystal to the highest good of all and ask that its power be activated now to work in harmony with my own will and focused attention." To deactivate the crystal, cleanse it and hold it as you say, "I thank this crystal for its power, which is no longer needed at this time. I ask that its power be closed until reactivated." Then place it in a bag, box or drawer until you require its assistance again. Like humans, crystals can become exhausted so it is important re-empower them regularly. When doing a sound healing with crystals, you may place them directly on the person, on either the front or the back of the spine. You may also create a crystal grid, which is an arrangement of crystals on a specific geometric shape that focuses the Universal Life Force in a particular way for a particular purpose. Time and space have no effect on crystal consciousness. The unified resonance between crystals of the same type, no matter where they may be situated, facilitates communication between the crystals. It also enables them to communicate with us, regardless of their present location or where they were sourced. Learning to attune to the energy field of the crystal oversoul is a process of focusing your attention and intention. Each crystal oversoul contains a mandala of sacred geometry that when tapped into, allows one to communicate with the crystals, wherever they may be and hear their messages. Many of the photos I present are from the Crystal Oversoul attunement oracle cards by Michael Eastwood; chairman of the Affiliation of Crystal Healing. Each card is a photographic mandala featuring a different crystal that conveys messages directly into the consciousness of the viewer. I invite you to use the illustrations of these mandalas to project the energy of the crystals into your sound healings, with or without actual crystals; especially if you do not have the means to purchase them. You can also work with the crystals you have, as long as the colors of the stones are vibrationally aligned with the chakras.

Quartz has been discovered at virtually all sacred sites on earth. It vibrates at 786,000 pulses per millisecond. Its continuum moves faster than light. Its vibration, the axis of the universe. When struck or compressed, it creates an electrical discharge that is visible in the dark. Quartz also transmits sound, so simply clearing and charging any quartz crystals that are lying around your house will be of great benefit to any sound healing space. Part of our brains, our temporal lobes in particular, are very receptive to crystal power and to magnetic energies.

Clear Quartz: the “master healer” stone is made of silica - the most abundant element on earth and in the human body. An example of “as above so below,” silica is essential for healthy, well-oxygenated cells. It is one of the building blocks of the immune system and our planet. Quartz amplifies energy; optimizes health; fine tunes energy needed for healing or spiritual work; detoxifies the emotional field; re-attunes all chakras and the body’s inner vibrational structure and holds a dynamic hologram of the soul and universal knowledge.

Root Chakra: Smoky Quartz, Black Tourmaline (and all other red stones) [Grounding]

Smoky Quartz: removes fear; instills confidence; establishes trust in the universe; transmutes negative energies; blocks electromagnetic stress; detoxifies; energetically assists the body’s assimilation of minerals; Purifies the root chakra and channels energy from crown into root.

Black Obsidian: is a shamanic tool for removing debris from the past; it integrates shadow; Aids in past life healing; reframes the ancestral line and blocks psychic attack/harmful intentions.

Sacral Chakra: Carnelian, Citrine (and all other orange stones) [Kundalini Activation]

Citrine: is a stone of manifestation, imagination and personal will; it supports the endocrine system; smooths out family or group problems and promotes solutions and cohesiveness.

Orange Kyanite: energetically detaches hooks from past sexual encounters, facilitates operating from higher levels of creativity and programs your light body to operate in the everyday world with minimum effort and maximum effect- literally creating a new world.

Shiva Lingam stone: represents the union of opposites and non-duality; it brings the body to a higher level of energetic resonance and overcomes memories of abuse around sexual matters.

Solar plexus: Sunstone, Topaz (and all other yellow stones) [The Power of the Sun]

Golden or Imperial Topaz: embraces the ability to direct one’s own Universal energy into form; it generates abundance appropriate for one’s highest path; boosts faith and optimism; inspires generosity; stimulates feelings of peace and balances the left-brain.

Sunstone: reflects the qualities of light; it brings the willingness and ability to bestow blessings upon others; inspires the nurturing of self in order to be of service to others; stimulates self-healing powers; restores the enjoyment of life and provides a sense of abundance.

Heart Chakra: Rose Quartz, Tourmaline (and all other pink/green stones) [Universal/Self Love]

Watermelon Tourmaline: referred to as “the gateway to the inner self; it is a “super activator” of the heart and higher heart chakras; it increases empathy, sympathy, compassion and self-confidence and allows the meaning and purpose of one’s life to become clear.

Rose Quartz: is a stone of unconditional love; it can help children learn to love themselves and increase self-esteem and it fosters empathy, reconciliation, and forgiveness of others.

Moldavite: is known as the “Holy Grail Stone,”; it assists in creating change; stimulates highly beneficial occurrences of coincidence and synchronicities; raises the vibration of other stones in its vicinity and creates a healing response in the individual being worked on.

Higher Heart chakra (Thymus): Preseli Bluestone: gives us access to Celtic/Druidic wisdom & Stonehenge/Archetypal Merlin energy; its paramagnetic resonance creates an electromagnetic charge; it heightens awareness of crystal and sound frequencies; alleviates the effects of smog/light pollution and resonates at 110 Hz primary sound, band producing trancelike states.

Throat chakra: Turquoise, Tourmaline (and all other light blue stones) [Self-Expression]

Blue Tourmaline; is a crystal of spirit and peace; it embraces love of truth; increases one’s sense of responsibility for humanity and balances the left/right hemispheres of the brain.

Blue Kyanite: Places a protective shield around the healer; it protects one during astral projection; builds a telepathic bridge between two people and assists in dream re-call.

Aqua Aura: Enhances one’s ability to express emotions in a constructive/positive manner; it assists in channeling and inter-dimensional communication & opens gateways to angelic realms.

Third Eye Chakra: Lapis Lazuli, Sodalite, Fluorite (and all dark blue stones) [Clairvoyance]

Purple Fluorite: is known as the “genius stone”; it represents the highest state of mental achievement; increases one’s intuitive abilities and absorbs negative energies.

Blue Sodalite: the stone of awakening - stimulates the pineal gland; encourages self-discipline; releases old conditioning/programming of the past and promotes trust in one's own judgement.

Lapis lazuli: is a symbol of royalty and honor; excellent for enhancing memory; it stimulates enlightenment and desire for knowledge and assists in creating new ideas for inventors/writers.

Crown Chakra: Amethyst, Celestite, Clear Quartz [Connection to Spirit]

Amethyst: is purifying to the entire system; it awakens greater humility; stimulates metaphysical abilities; opens the higher crown chakras; invites the presence of archangels and ascended masters; facilitates spontaneous soul purification and releases emotional baggage.

Celestite: allows free flow of higher frequencies into the crown chakra; brings calm among chaos; alleviates stage fright; assists in maintaining inner peace and assists in dream recall.

Amethyst frequency video:

https://www.youtube.com/watch?v=riF6nEOLKFs&index=6&list=PLo8-bDMN5uOaGFZjiRrUMW_YJyjB4Kr6S

Cited References:

Crystals and sacred sites By; Judy Hall -Crystals and sacred landscapes page 7; How to use this book page 20, 24; A landscape set in stone page 16, 21; The diamond in the wilderness page 38; In the footsteps of the ancestors- page 86-87, 90-91; A metaphysical landscape page 113; Speaking with God page 126; Where spirituality and nature meet page 146-147 Sacred Sounds; by Ted Andrews -The magic in music page 30-47; Healing with sound and crystals page 206- 207

<http://www.lunarsight.com/freq.htm>

<http://www.psychicpulse.com/psychic-products/healing-crystals-with-isochronic-activation/>

<https://www.crystalvaults.com/crystal-grids>

https://www.healingcrystals.com/Clear_Quartz_Harmonizes_the_Chakras_Articles_12898.html
101 power crystals by; Judy Hall- pages 142, 146, 160, 164

https://www.healingcrystals.com/Smokey_Quartz_Helps_you_to_Stay_Hidden_Articles_14824.

https://www.healingcrystals.com/Black_Tourmaline_for_EMF_Shielding_Articles_14949.html

<https://www.crystalvaults.com/crystal-encyclopedia/sunstone>

https://www.healingcrystals.com/Citrine_Articles_116.html

<https://www.crystalvaults.com/crystal-encyclopedia/citrine>

<http://www.crystaldictionary.com/chakras/heart-4th/watermelon-tourmaline.html>

<http://www.healing-crystals-for-you.com/moldavite.html>
https://www.healingcrystals.com/Rose_Quartz_For_Children_Articles_13004.html
https://www.healingcrystals.com/Rose_Quartz_Articles_63.html
<https://www.crystalvaults.com/crystal-encyclopedia/tourmaline-blue>
https://www.healingcrystals.com/Fluorite_Supports_Students_Articles_14900.html
<https://www.crystalvaults.com/crystal-encyclopedia/aura-quartz>
<https://www.crystalvaults.com/crystal-encyclopedia/purple-fluorite>
https://www.healingcrystals.com/Sodalite_Articles_49.html
<https://www.crystalvaults.com/crystal-encyclopedia/lapis>
https://www.healingcrystals.com/Celestite__Celestine__Articles_119.html