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Ways Ancient and Modern Age Societies Have Benefited from Crystals and Minerals

The ways that crystals and minerals have been implemented and benefited from throughout history can easily tell the story of many discoveries of promising information, and recent studies have been clear on the implications of their modern day scientific discoveries and inventions.

As humans, we require certain minerals to survive, and there just so happens to be an abundance of minerals on our earth's surface to help us with that. An average human will intake over of 1.3 pounds of copper over their lifetime, and the average United States citizen consumed 16,000+ pounds of minerals in their lifetime. Mineral resources have shaped the way we are able to live the life we do. Where would we be without our radios, plates, toasters, refrigerators, cutlery, microwaves, stoves, clocks, magnets, boats, blackboards, or table salt? They all use different mixtures of minerals such as aluminum, copper, gold, iron, bronze, tin, clay, mica, nickel, and cobalt.

The main issue that we could face is the fact that these minerals take thousands of years to form if not millions. They are non-renewable and scientists have calculated just how many years the rest of our resources will last us.

Mineral	Uses	2010 Production (thousands of metric tons)	2010 Reserves (thousands of metric tons)	Estimated Life of Reserves (years)
Rare earths	catalysts, alloys, electronics, phosphors, magnets	130	110,000	846
Lithium	ceramics, glass, lithium-ion batteries in electronics and electric cars	25.3	13,000	514
Phosphate rock	fertilizer, animal feed supplement	176,000	65,000,000	369
Platinum Group	catalysts, electronics, glass, jewelry	0.4	66	178
Aluminum ore	Al cans, airplanes, building, electrical	211,000	28,000,000	133
Titanium minerals	white pigment, metal in airplanes and human joint replacements	6,300	690,000	110
Cobalt	airplane engines, metals, chemicals	88	7,300	83
Iron ore	main ingredient in steel	2,400,000	180,000,000	75
Nickel	important alloy in steel, electroplating	1,550	76,000	49
Manganese	important alloy in steel	13,000	630,000	48
Copper	electrical wire, electronics, pipes, ingredient in brass	16,200	630,000	39
Silver	industry, coins, jewelry, photography	22.2	510	23
Zinc	galvanized steel, alloys, brass	12,000	250,000	21
Lead	batteries	4,100	80,000	20
Tin	electrical, cans, construction,	261	5,200	20
Gold	jewelry, arts, electronics, dental	2.5	51	20

A crystal that moves at a precise frequency can be used in many different ways to benefit technology and create advances in them. Quartz is so precise in its frequency that it is used to make watches, time keeping equipment, and radio and television equipment. Crystal oscillators were developed in the 1920's and used throughout World War 2 for the military. The oscillators are now used to make clocks, radios, electronic sensors, scientific instruments, microscopes, electronic games, watches, specialized lenses, GPS equipment, televisions, computers, cell phones, windows, and more.

The ways that each of these pieces of equipment has shaped and help our society benefit from them is truly endless. From scientific advancements through the technology that is created, how our buildings are made, how we travel and navigate the world, to the way that we have communicated with each other through history with radios, clocks, cell phones and computer. We are fortunate to live on a planet whose main mineral on the surface is quartz. We use other crystals too such as salt and graphite in different essential functions from the ability to write on paper, to preserving and flavoring our food.

Shungite is a mineral that has remarkable properties such as neutralizing harmful containment's, providing antioxidants, eliminating odor, cell rejuvenation, detoxifying energy, balancing root and lower chakras, purifying water and air, and the list goes on. The mineral Shungite itself is around 2 billion years old and only come from one place in Russia, a town called Shunga in the Karelia, the Russia Federation. It was once the sea bottom in the Precambrian era, and has a high level of carbonization, and contains a unique component of fullerenes. The deposit is roughly 35 million tons and is called Zazhoginsky, which is on the shore of Onezhskoe Lake.

The mineral is also the only known mineral source of fullerenes from earth. Fullerenes are molecules that contain carbon atoms, and can be a replacement for activated carbon, and have a promising future in the health industry, because they have antiviral activity when made into drug form. Shungite can also be used in skincare by blending grounds with a carrier oil, taking advantage of its discovered benefits of cell rejuvenation, antibacterial/antioxidant properties, and improvement of the conductivity of nervous tissue. It's been discovered that Ancient civilizations indeed benefited from Shungite when they used it to purify the water they needed to survive.

Many ancient civilizations such as Native Americans(traced to Navajo, Sioux, Blackfeet, and Tlingit tribes), Buddhists, Traditional Chinese, Egyptians, Ancient Mexico, etc. have been known to use other crystals in gemstones in healing and daily life. To their knowledge, they both programmed and meditated with crystals in very similar ways, though putting the healing crystals on chakras developed in eastern tradition. They all used a variations of crystals to heal the mind and body.

The first beaded stones were amulets and made of amber, they date back at the latest, 30,000 years ago to 10,000 years ago. Crystals have been used throughout basically all of the ancient worlds. There are assigned and known meaning to all the crystals that exist, as well as intuitive ones, and also links between gemstones and astrology, which has been providing a way for humans to accumulate universal knowledge and stories since the beginning of time. Usually, crystals color is the main component which it's benefits are based off of, but each has it's own

unique metaphysical properties. We still benefit from the information that ancient civilizations history and knowledge has given us about crystals and minerals.

Ancient Sumerians are the civilization with the first recorded use of crystals. It was discovered they were using them in magic formulas. The Bible, Quran, and other texts also mentions the use of crystals. Greek soldiers wore bronze and used bronze weapons, and won battles because of it. Across the ancient and modern world, food was stored in brass and copper to reduce growth of pathogens. Coins were made of copper or alloy in the first days of trading and has made its way to our modern day as well. There are so many discoveries from the ancient world that proved to be reliant on crystals and minerals to benefit their society.

Ancient Egypt used crystals and minerals was not only through the pyramids themselves, but also through their own developed instruments. One creation used for healing was a cylinder shaped harmonizer which used the minerals of shungite and talkohlorit. Shungite is related to the lower chakras, the yin element, and the left hand, while talkohlorit was the opposite. Healing consisted of using them to achieve restoration to the humans energetic field, and reducing headaches, stress, and fatigue. The ancient Egyptians used a variety of crystals and minerals for protection, cosmetics, health, artistic, record-keeping, and spiritual purposes as well.

Although there is still more to be discovered about how we can better use our resources, and much about these ancient civilizations could have been using and benefiting from crystals and minerals. It is almost certain that our current society can continue to use crystals and minerals in different ways to aid with future discoveries and to better our planet during our lifetimes.

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Summary

My paper is about introducing the fact that crystals and minerals are important to our society to someone who has never realized it before. It is giving credibility to crystals and minerals through historical uses, modern day uses, and research articles/studies. There are specific examples to paint a picture for the reader. The information in this paper would be a great way to open the minds of others about crystal, minerals, their energy, and the power of the earth to produce it.