

Crystals are Alive with Wonder

“In a crystal we have the clear evidence of the existence of a formative Life-Principle, and though we cannot understand the life of a crystal, it is non-the less a living being. “ -Nikola Tesla-

I started off wanting to write my paper about how we can better learn to work with Source Field. I did weeks of research online, however, since I have a tendency to go off on tangents I instead took a cruise “Around the World Wide Web” in 21 days. LOL It all worked out for the best since in my travels I rediscovered the wonders of crystals. Most of us use them everyday: on our body, in our jewelry, for meditation, in our homes, on our computers, in our treatments & our treatment rooms, for our plants and in our gardens.

However, do we utilize them so often that we fail to remember they too are alive, grow from within the earth and are resonating with source field energy? Do we realize the support and assistance they provide for us on a daily basis? I thought I knew until I did some research on the subject.

"What is a Crystal? - made plain and simple:

1. A crystal is a mineral in its most stable form.
2. A crystal has a recognizable structure made up of repeating arrangements of atoms known as a crystal lattice.
3. Crystals are the most organized and stable matter in the universe.
4. Crystals only form from a gas or liquid solution at the correct temperature and pressure.

5. Once crystallized a mineral can remain unchanged for millions of years.

6. Crystals can grow to a huge size or appear too small to be seen by the naked human eye.

7. The word Crystal, in Greek 'Krystallos' means frozen in suspension.¹

"When we bring the crystal into our electromagnetic field, two things occur:

1. The electromagnetic frequencies carried by the stone will vibrate with related frequencies in our own energy field through the physical law of resonance, creating a third larger vibration field.

2. The nervous system is attuned to these shifts in energy and transmits this information to the brain. Here the frequencies stimulate biochemical shifts that affect the physical body and shift brain function."

Crystals resonate sympathetically with all aspects of our being, including our Physical body, our emotions, our mind, our spirit and our subtle bodies.²

Crystals are the most orderly structures that exist in Nature. Crystals are structured in a way that they respond to inputs of all different energies around them, leading them to oscillate and emit specific vibrational frequencies. Because the crystal lattice is so balanced and orderly, the energy it emits is consistent, and when dissonant energy is inputted, it is balanced and transformed into a harmonic energy. ³

Therefore, the reason these little beauties work so well is because they help balance and harmonize our resonant fields and absorb any negative energy and transform it for us. The mineral and/or chemical that helped create the crystals energy field aides in the properties and uses for healing.

Although there are a plethora of books on Crystals, many do not agree on a set standard of the healing properties or uses for each of the crystals. Most of us find

ourselves drawn to certain crystals just at the right time we may need assistance with which it can help. They just seem to show up along our path when needed. When this happens for me, I personally ask the crystal what it has come to help me with, after expressing my gratitude and grace.

New mineral crystals are always forming — at the surface and deep within the Earth. Crystals can even grow from vapors rich in mineral components. This happens most commonly in volcanic areas where hot gases encounter cool surroundings and deposit crystals. Most mineral crystals grow from molten rock deep within the Earth. As magma cools, many crystals form simultaneously and crowd into one another, producing irregular shapes. Crystals grow in Sacred Geometric shapes. They can grow quickly or slowly — or even stop — depending on changes in temperature. The atoms in a crystal occupy positions with definite geometrical relationships to each other. The structural arrangement of a crystal's atom is uniquely defined by the chemistry of the substance and determines the shape of the crystal.⁴

Now, considering our earth has a crystalline grid and has its own balancing resonant field that harmonizes it then it would seem to follow that all the crystals we possess are in tune with that field. Basically, we are not alone in our quest to harmonize and balance the energies of the earth and each other. We should remember, when we call upon their help, to give gratitude and grace for the assistance of our fellow vibrational workers, the crystals. In acknowledging that we are aiding in the harmonizing and balancing of the whole resonant field of our earth (As above, so below) by each of us doing our part, we realize each of us as an individual expression of consciousness working together can and do make a difference for the greater good of the whole.

Now with all the data and science out of the way, the question arises so how do we take care of our dear friends from the Crystal Kingdom?

There are several ways to cleanse our crystals. I believe it is a personal choice. I myself love to arrange my crystals once a month on a windowsill and ask the full moon to cleanse and charge my crystals. In between I do put the crystals in the bathtub with sea salt, baking soda and Epsom salt after I have had a soak myself. I figure if it cleanses and helps my body it will do the same for my crystals.

Here are several suggestions I found on the web to cleanse and detoxify your crystals:

- 1) sea salt
- 2) flower petals
- 3) rice
- 4) earth
- 5) smudge
- 6) natural spring water
- 7) sunlight and/or moonlight

For those of you who may not have previously considered making crystals an integral part of your practice, I hope I have peaked your interest enough to bring into your awareness the value of using them. For those of you who already use them in your daily practices, I hope I have inspired you to give your crystals some extra TLC.

- 1) www.conscious-connections.com
- 2) Simmons & Ahsian 2005, 28
- 3) www.themindunleashed.org
- 4) www.naturalhistory.si.edu