



THE
Magic
OF
Minerals
BY
Page Bryant

*In Light
and
Bryant*

THE MAGIC OF MINERALS

by
Page Bryant

Illustrations by Scott Guynup



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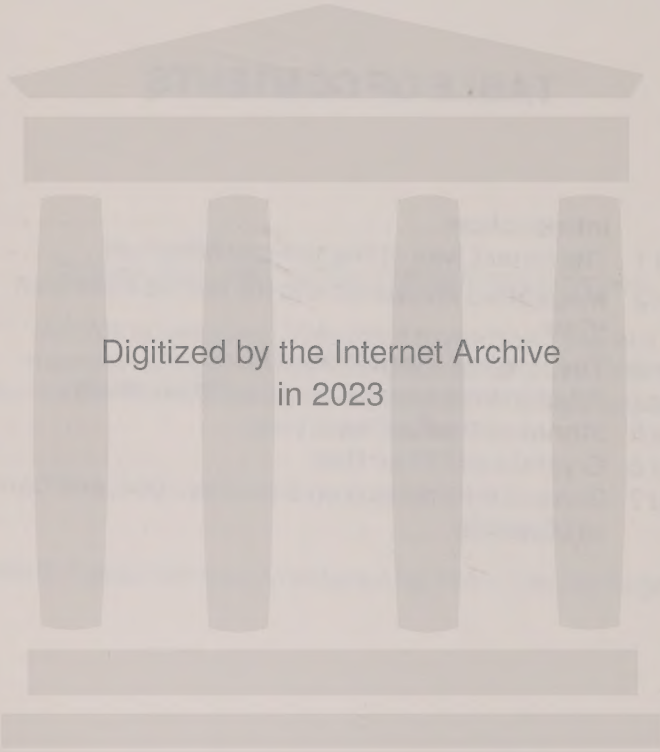
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**To Larry and Zelda Fortner
for their friendship and support**

INTRODUCTION

Modern man seems to have lost his spiritual connection with the Earth. In so doing, he has likewise lost his affinity for the mineral kingdom and its esoteric value. In today's high-tech world, minerals are regarded as valuable only in the sense of their financial worth, their use as fuel to heat our homes and run our industries, and as adornment for our bodies.

Mines to extract precious gemstones from the Earth exist worldwide. Gold, silver, diamonds, rubies, and the like, valued by men as status symbols and wealth, are pulled from the Earth with little regard. Vast areas of the continent of North America, particularly in the West, have been strip-mined for ore, coal, and uranium to be used for everything from fuel for warmth and electricity to the making of deadly weapons. With the advent of the industrial revolution came giant smokestacks, dotting the once pristine landscape with towers that now billow out choking black smoke and pollute the air we breathe to the danger point. This smoke is the residue of spent minerals, the body of the Earth.

The span of a human lifetime is very short compared to that of the Earth. Geological time is measured in millions of years, whereas man's life is measured in decades. As a result, man often cannot see the damaging results of his disruption and misuse of another kingdom, oftentimes until it is too late to reverse or repair the damage. The vile pollution from smokestacks of factories around the world, now a major source of air pollution, may be the price to pay

for mankind's dominion over other kingdoms of life on the Earth.

Turquoise mines in the American Southwest are being depleted of the beautiful blue minerals; they have been wantonly extracted for use in jewelry for tourists. Diamond mines in South Africa run dry, pushing the price of the sparkling gems even higher. Gold mines and silver mines have been abandoned all over the West, leaving gaping ugly scars on the face of our planet. In the middle of the last century, the great gold rushes to California and the Yukon uprooted men from safe, secure lives as they went in search of the Earth's treasures. "There's gold in them thar hills!" was a cry that excited the psyche of anyone with a desire for adventure and wealth. Little regard for future ecological consequences was taken, then or now.

Indian lands in the western United States, vast and desolate by most standards, have recently become the subject of political and ecological debate. This is due to the richness of the various ores and fossil fuels beneath their sun-parched surfaces. Land once given in treaties to the Navajos in northeastern Arizona, as well as other tracts of land, is having its soil stripped of precious minerals. Tribesmen stand mute and helpless, as factions from government and Tribal Councils squabble over land-use and ethics. Indians have long considered the Earth as "Mother". Many are saddened and outraged at the perils the planet is subjected to as a result of such raping and plundering of the natural resources that make up her sacred body. The fight goes on....in the name of need and progress.

Yet, there is another side to the story. Mankind once held an affinity with stones. Since the earliest days of recorded time humanity imprinted its history on

stones, which served as a canvas to primitive artists. Petroglyphs etched by the most ancient of men record the ceremonies and symbols that were important and sacred in his life. Celestial happenings, from the appearance of comets to the phases of the Moon, decorate cave walls worldwide. Rock paintings are often the only surviving evidence of long-forgotten people and their way of life. The mineral kingdom serves, in this way, not only as the geological "memory" of the Earth, but as the engraved memory of her offspring as well.

The at-one-ment that was shared in the ancient and not-so-ancient past of man indicates that he once recognized and honored the inherent "life" in all living forms, from the lowest to the highest -- from mineral to man. All was considered living, a manifestation of Deity. Everything -- had consciousness!

As of late we have witnessed, primarily in the United States, a rebirth of interest in the Native American way of life. Medicine men and women from various tribes have come forward to teach the "Old Ways" to people of all cultures. The knowledge of the "livingness" of the Earth and of all her kingdoms of life is being revitalized as a spiritual and literal truth. Now, as the Earth grows noticeably "sicker", this teaching is being widely received and many consider that its acceptance is our only real chance for survival -- of both humanity and its planet. It is not surprising that many of us are for the first time learning of the livingness of the Earth. The knowledge which has survived has been carefully preserved in sacred traditions among tribes of Native peoples and in the mystery schools of the ancient past. In addition to the Native American teachings, the Egyptians, Gnostics, Celts, Kabbalists, and cults of the East have given us pieces of the puzzle. Taking

these bits of information from man's spiritual history and piecing them together gives us a coherent picture of the true value, proper use, and at-one-ment that can be shared between man and other lifeforms.

This material has been designed to explore the old knowledge and to recognize its effect on contemporary life. Hopefully we can renew our understanding of our brothers in the mineral kingdom. Hopefully we can embrace not the material value, but the esoteric value of various stones, gems, and metals.

Perhaps the place to begin is to eliminate the terms "precious" and "semiprecious" from our vocabulary. All that is, has a unique and collective value spiritually. Regardless of how undetectable the consciousness inherent in another kingdom may be, it is alive and plays a role in the whole of things. What we must seek is recognition and understanding of the cosmic relationship between all forms of life. No longer need we struggle under the ignorant banner of separateness. We have long taken the stand that all the kingdoms were put on the Earth, even the Earth itself was created, to serve man alone. This must change! All life forms must obtain once again the status of equality. Let us say it is an idea whose time has not only come, but is long overdue! In order for us to change our attitude we must nurture understanding. We must begin by gaining an awareness of exactly what degree of consciousness is indwelling in the mineral kingdom, the first kingdom of life.

This book is the result of information gathered from many sources, as well as that channeled by my spiritual Teacher, Albion. Although modern material has come to light in recent years, I have tried to follow the traditional values of various minerals and their

uses, in so far as they are available. As with any psychic or spiritual undertaking, it is the responsibility of the user to determine and work with only information that seems right and comfortable. The very least one might expect to gain is a closer relationship with the mineral kingdom of life -- which, in and of itself, awakens progress along one's spiritual path.

Page Bryant
May 1985

THE INNER LIVES OF THE MINERAL KINGDOM

CHAPTER 1

THE INNER LIVES OF THE MINERAL KINGDOM

Each of Nature's kingdoms has its own individual expression of the Great Spirit, the Creator. Each kingdom has a physical body and a spirit body. It is very easy to see with our physical eyes the beauty and color and form of any kingdom. But to "see" the invisible energies, the souls that are inherent in another lifeform, requires a sight that goes beyond the physical. The inner and the outer are both valid, both an integral part of any form. All too often we stop short of looking within; whether it is within another lifeform or within our own selves. Over time this results in spiritual impotence that causes us to limit our view of the hidden side of things, the occult side. Separateness, lack of compassion, and lack of respect follow.

The spiritual or esoteric value of mineral life can be "seen" as the myriad of shapes and designs of the forms. An understanding of the geometry of form leads to an understanding of the geometry of its consciousness. For the basic task and purpose of the mineral kingdom, regardless of the individual bodies involved, is to build form. This is the principle that differentiates a diamond from a ruby, or a grain of sand from a boulder or sedimentary rock. As forms, these minerals tend to create a sort of "personality" or egoic structure. This can be experienced by holding a diamond in one hand and a jasper stone in the other. You will sense that each of these objects vibrates differently, thus shedding a different energy

which can be detected. Although they obviously differ in the physical sense, they also differ in their spiritual, or inner, implications.

What a wide diversity of minerals composes the body of our planet. It seems as if there is an unending process of form-building continually taking place, which develops and refines the quality of this kingdom. This refining and perfecting activity may also be the basis of its awareness and expansion of consciousness. The indwelling life is in control. The building of form is the underlying purpose of it all, continuous construction, perpetual creation. Mother Nature is a master at “recycling” her resources.

Perhaps easier to accept, if not to truly understand, is the concept that man is a part of the unfolding of a universal principle which we generally consider as God or the Creator, the Great Spirit. Even the more scientifically oriented of us will speak freely of this “source” as energy, preferring a less anthropomorphic and divine approach. Nonetheless, a “source” is recognized and believed to exist. Although this source may be expressed in a diversity of forms, it is essentially indivisible. Thus, the true at-one-ment all forms share. Man, mineral, plant, and animal are all a part of IT, yet none is in a loftier position than any other. Any variance from this basic spiritual truth brings suffering and destruction.

We can accept without too much hesitation that plants and animals are alive. But we have more trouble doing so with regard to minerals. “Deaf as a stone,” “hard/cold as a rock,” and “heart of stone” are expressions commonly used to indicate coldness and/or lifelessness. We can learn a great deal from the minerals if we but reassess our views and attitudes.

One approach may be to recognize that all of the energy or vitality at the disposal of and generated by the form-building process of the mineral kingdom is used in the process itself. Nothing is lost or wasted. Think of the huge amounts of energy and personal power human beings waste on a daily basis. Time spent in idle chatter alone is enormous. Wasted time or energy can never be regained. The power of minerals is spent exclusively on perpetuating their existence.

Another approach would be to understand the ability of minerals to attract to themselves the necessary "life force" to continue to live and grow indefinitely. They seem to have mastered the art of longevity. They draw to themselves various forms of magnetism from the Earth's atmosphere and become impregnated with different forms of sidereal forces from stars and other celestial bodies. Theory claims that this is what endows the minerals with forces that can have a positive and healing effect on the human body.

Minerals are also endowed with the ability to "restore" themselves. Many mines that are reentered after years of mining the ores show definite signs of new growth. Mineral growth is very, very slow, but sure. This seems to be another art, that of survival -- not only of the fittest, but of all. It makes one wonder how we can still consider men as the most highly evolved of all life forms in the universe! Minerals are stable, strong, and unrelenting in their process of survival. Man seems highly fragile by comparison.

We might be quick to say that even if we accept the reality of minerals being alive, we certainly don't see any real display of other humanlike qualities, such as emotion or mental activity: in short, they don't have feelings and they don't think. Granted, within the first

kingdom evidence of such activity may be limited. But it does exist. Stories down through history would seem to indicate that stones do have some form of awareness and consciousness. It has been said that some who mine for various ores and gold, for example, seem to be “led” directly to a pocket of nuggets or the vein of the motherlode. On the negative side, we have all heard stories of the ill effect some gemstones -- such as the infamous Hope diamond -- have had on their owners. People who are accustomed to carrying pearls or other minerals for luck or protection have spoken of their mysterious loss as though such talismans did not wish to be with those particular persons. Although none of these examples offers proof beyond a shadow of a doubt of the existence of mind or feelings in stones, they do suggest a relationship, albeit a subtle one, between man and minerals.

Most religions of the world teach a desire for “group” consciousness, a brotherhood of man in which all strive to live together in peace and harmony. To do so, man must overcome the separation caused by race, color, and creed, to say nothing of various social and cultural barriers construed by societies worldwide. Minerals don’t seem to have this problem. They are not compelled to engage in such a struggle -- one that has given rise to wars between men since man first appeared on the Earth. Minerals already live a sort of “communal” existence. Tens of thousands of rock species pleasantly coexist, ruffled only by the erosion and destruction of natural climatic elements, not by one another.

Whether one considers the mineral kingdom as the oldest or youngest kingdom -- esoterically or exoterically -- much may be learned by observing and interrelating with all forms of life. Nature is the parent of all. Nature does not neglect any of her offspring,

but rather attends to them all with equal vigor. The natural world, with the possible exception of man, lives in a perfect state of harmony.

MEGALITHIC MYSTERIES AND THE NATIVE AMERICAN VIEW

CHAPTER 2

MEGALITHIC MYSTERIES AND THE NATIVE AMERICAN VIEW

It is not always wise to ignore folklore, and there is much relating to stones in the common knowledge of our forebearers.

Manly P. Hall

Common stones have long played a role in the rituals and magic of early men. As stated earlier, man's first "books" and records, perhaps even his calendars, were rocks. Caves all over the world yield evidence of ancient art forms etched into stone walls. Sometimes an entire way of life and nature of the people who lived so long ago can be deciphered from these primitive figures and symbols.

Megalithic stone circles, particularly in Britain, Wales, New England, and the western part of the United States, stand as mute reminders of cultures so long lost to time as to be but food for thought to the minds of modern man. Aside from the availability of rocks for the purpose of marking ritualistic sites, another aspect must be considered. Legends in England, for example, speak of stones that walk, jump, and even speak! One common legend mentions stones that move, often at a crucial time such as noon, daybreak, or midnight. Their movement is said to be evoked by a need for water! Perhaps the most famous are those known as the Rollright Stones in Oxfordshire, England. Allegedly, they go down to a nearby spring for a drink on a fairly regular basis. The stones at Carnac, in northwest France, go to drink only on Christmas Eve. Other

moving stones are said to be found at Gloucestershire and Cotswold in England, as well as in Ireland and France.



Illustration A

As if that isn't enough, legends also speak of stones that dance! Music always seems to be involved. Oftentimes these dancing stones are referred to as "fairy stones".

Some stones are said to be able to heal. The Crick Stone in Cornwall is an example, reputed to heal rickets, lumbago, whooping cough, and rheumatism. Many such stones have a hole in them that remains from megalithic times. Oftentimes the stone is embraced by the person to receive its healing power.

Are these simply legends of a superstitious people? Did megalithic man have some sort of special relationship with the mineral kingdom that we have lost sight of or have simply never had? Stone monuments the world over stand mute to these questions. The most famous of all stone monuments, a circle still standing on the Earth, is Stonehenge on the Salisbury Plain of England. Believed to be older than the Great Pyramid of Egypt, Stonehenge is certainly one of the world's greatest mysteries. What kind of people built the circle? What sort of life did they lead? It is now believed that the ancient stone circle may have served not only as a place of ceremony and ritual, but also as a calendar, where celestial happenings were marked by members of the mineral kingdom which still serve the human purpose for which they were chosen. They and they alone hold the keys to the secrets of these long-lost people and their forgotten past.



Illustration B

It is amazing how many sacred places throughout the world are rocks. There is the Church Of The Dome Rock in Jerusalem, held sacred by three of the world's major religions -- Moslems, Jews, and Christians. It guards and protects a rock that

Abraham is said to have placed his son upon for sacrifice at the guidance of God. There is the sacred stone site of Big Horn Medicine Wheel in Wyoming. Believed to be a place of ritual, perhaps similar to Stonehenge, it is also thought to be a giant calendar of Native American people. From my own personal experience with Native people, I am certain that they considered every stone in the Wheel as sacred.

No doubt, stones were chosen as the building blocks of many of the most ancient of the sacred sites as a matter primarily of availability and convenience. However, quite a different picture emerges from some of the Indian tribes of this continent. Many of them have as one of their sacred ceremonies what is known as the "Sweat." The Sweat is a rite of purification, of healing. The Sioux of the Plains are perhaps the most well known for this ceremony. A structure called The Stone People's Lodge is constructed from willows bent to form a domelike hut which is traditionally covered with hides, more recently with tarps of plastic or heavy canvas. Inside, at the center of the lodge, a pit is dug to hold red-hot stones that are first heated in a fire pit outside the lodge in an eastern direction. As participants gather inside, rocks are placed in the inner pit and cold water is poured over them as prayers are made to the spirits and chants are sung. A most rewarding and extremely uplifting spiritual and physical experience is the end result. This is a wonderful sharing between man and minerals, with the rocks serving as vehicles of power to man.

Much has recently been brought to light through the new science of Archeoastronomy regarding the role played by minerals in the skylore of the American Indians. One such legend involves the ancient Navajo spirit called Black God, or sometimes Fire God, who created the stars. Curiously, he created

them out of a mineral, the quartz crystal. Black God carried a fawnskin pouch which held what the Navajos call "star rocks". He reached into his pouch and drew out the crystals one by one and carefully, deliberately placed them in the sky, moving in a clockwise direction from the East, to the South, then West and North. After he had formed the various star groups (constellations) he then sprinkled the heavens with a band of fine crystal chips which became the Milky Way.

The use of minerals for fetishes by Indians dates to pre-Columbian times. However, their use is as prevalent today as it was in the past. Perhaps this is due to man's desire to understand and control the forces that are beyond himself. Although all tribes in the American Southwest make and use fetishes, the Zúñi are the most skillful at carving them. The Zúñi are therefore looked to as a source for personal charms and amulets by members of many other tribes. Fetishes may be of almost any form or material. Shell, wood, plant or animal materials, and, of course, stones of all kinds are used. Each fetish contains a living power which, if treated properly, will give its owner help. A fetish may be owned by an individual, a clan, a secret society, or an entire tribe. Due to the power of the fetish as a living thing, it must be carefully tended and ceremonially fed with cornmeal. When not in use it is kept in a special fetish bowl made of crushed turquoise. The purposes for which fetishes are used vary: hunting, fishing, diagnosing and curing illness, gambling, war, protection against witchcraft, and detection of witches or bad spirits are among the most common. A fetish contains the power of the animal image from which it is designed. This practice involving the use of stones is a part of human heritage, a part of man's primitive and natural magic.



Illustration B 1

Many Native Americans also wear “medicine bags”. These pouches are fashioned from animal hides and most commonly worn about the neck -- at all times! Medicine “bundles” have also served as the special property of all members of a tribe. As a rule, contained in a personal medicine bag and even in the village bundle were stones or fetishes that were held sacred. They provided protection, links to spirits and the spirit world, healing, and perhaps other sources of power.

Sun Bear, a Chippewa medicine man who is currently sharing much of the sacred knowledge of his people by teaching and traveling worldwide, has revealed that his people believe that life is a big medicine wheel and that we are all born to a place upon the sacred hoop. Like the zodiac and astrology of earlier cultures, the medicine wheel has twelve divisions or signs. Each is assigned a sacred mineral. The following chart is from the popular book entitled **THE MEDICINE WHEEL: EARTH ASTROLOGY** by Sun Bear and Wabun of the Bear Tribe Medicine Society located in Spokane, Washington. It is said that the assigned mineral(s) has qualities and lessons to teach each human being born under that sign.

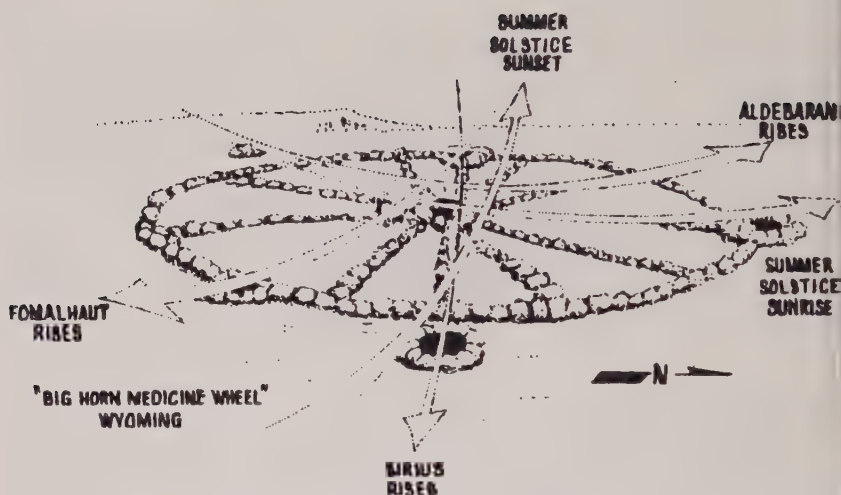


Illustration C

DATE

Dec 22-Jan 19
 Jan 20-Feb 18
 Feb 19-Mar 20
 Mar 21-Apr 19
 Apr 20-May 20
 May 21-June 20
 June 21-July 22
 July 23-Aug 22
 Aug 23-Sept 22
 Sept 23-Oct 23
 Oct 24-Nov 21
 Nov 22-Dec 21

MINERAL

Quartz
 Silver
 Turquoise
 Fire Opal
 Chrysocolla
 Moss Agate
 Carnelian Agate
 Garnet/Iron
 Amethyst
 Jasper
 Copper/Malachite
 Obsidian

It is important to keep in mind that this information is taken out of context of **The Medicine Wheel**, and that to gain full advantage of the knowledge involved one might wish to read the entire text. To be sure, there are distinct reasons why these specific minerals have been chosen as correspondent to each of the twelve zodiacal signs and positions on the wheel. Quartz crystal, attributed to the time of Capricorn, is to help those born at this time (called the Snowgoose people by the Chippewa) to learn about their own powers and to see more clearly. They cannot afford to be too hard, like the quartz, which is their natural tendency. The quartz can receive and transmit their energy as people must also learn to do. Holding and being with crystals can yield secrets that can come in no other way.

General descriptions of the properties of the other minerals on the medicine wheel are as follows:

SILVER (Aquarius; Otter): This mineral enhances the powers of the Moon, perception, intuition, and the proper flow of emotional energy.

TURQUOISE (Pisces; Cougar): Referred to as the “skystone” by some Indian people, the turquoise helps to build a bridge between worlds and bestows extraordinary psychic powers. It is also said to bring protection to the wearer.

FIRE OPAL (Aries; Red Hawk): This stone is connected with the powers of the Sun, the Moon, and fire. It is a symbol of hope. Opals fracture easily, and as a result lose their life vitality. This fire of the opal represents life force.

CHRYSOCOLLA (Taurus; Beaver): This stone contains the power of the Earth and sky. It represents

stability and brings a feeling of purity to all beings it touches.

MOSS AGATE (Gemini; Deer): This is a healing stone. It contains pieces of vegetation and is therefore considered to be a link between the mineral and plant kingdoms. It is also used in rain ceremonies.

CARNELIAN (Cancer; Flicker): Carnelian is a symbol of the heart and of love. It has also been associated with the blood and is said to stop bleeding and begin the healing process.

GARNET (RED) (Leo; Sturgeon): The red garnet is associated with the heart and blood. It is believed to warn its owner of danger and ensure a good and honorable life. Garnet is also believed to have the power to balance the sexual energies. Iron, one of the hardest of all minerals, is also attributed to Sturgeon people. It mixes well with other minerals and can be found in a variety of forms and settings.

AMETHYST (Virgo; Bear): This stone is a symbol of good judgment, justice, and courage. It can help its wearer achieve spiritual attunement, a balance between the physical and spiritual worlds.

JASPER (BLOODSTONE) (Libra; Raven): This stone gives forth the power and heat of the Sun. It offers power over bad spirits and allows one to cast spells over others. Its beneficial effects are enhanced when placed in water and left in the Sun.

COPPER/MALACHITE (Scorpio; Snake): Copper is said to purify the spirit and the blood. It conducts electricity and spreads heat evenly over a surface. Malachite has special spiritual powers, and is said to raise one's sensitivity to the voice of the spirit.

OBSIDIAN (Sagittarius; Elk): Known as volcanic glass, obsidian has the power to ground one to the Earth. It is also said to bestow clairvoyance upon its wearer and protect against evil spirits.

QUARTZ (Capricorn; Snow Goose): Powers of transformation in all ways, including consciousness, spiritual states, material states, etc.

In conclusion, we can see that the Native Americans did (and still do) regard minerals as their "brothers". Their part in the body of the Earth Mother no doubt gave rise to this at-one-ment. Perhaps no other group of people is as saddened or angered by wanton disregard for the planet as are the Indian people.

CHAPTER 3

THE HEALING PROPERTIES OF MINERALS

Early man seemed to attribute all kinds of mystical and magical values to stones. Some stones were considered to have a protective quality and to keep the wearer safe from harm, while others were held in esteem for their reputed healing capabilities. No doubt the seeking out and carrying of such stones reflected a special relationship between man and Nature.

It is said that gemstones were the first medium of exchange. Even today they are valued as symbols of love, wealth, and power. But in earliest times it was not the aesthetic or monetary value of a stone that mattered: it was the mineral's *psychic* essence. The psychic energy of stones was commonly treasured in the form of an "amulet". Amulets have been known to come from rocks, metals, herbs, even dead animals or their parts, such as a rabbit's foot for good luck. In order to understand the amulet's value and role in life, we must first consider that the ancients believed that everything possessed a living force, sometimes referred to as *mana*. This force could also be intensified and released by certain words of power, usually spoken in rituals or incantations. An amulet was of a rather general nature.

In addition to natural amulets, there were also manmade ones. The early Egyptians are recognized as the first makers of amulets. These were usually small replicas of animals (like the Zúñi fetishes), medallions, or even lockets containing sacred

inscriptions. Each amulet was chosen or made for the purpose of protection from harm -- from natural forces and/or predators -- as well as providing strength and power. Personal amulets were worn on the body, as a rule, while more general ones were placed in the center of town or in a designated sacred spot in order to protect an entire settlement.



Illustration D

One type of amulet is known as a talisman. A talisman is a more specific kind of amulet, designed for a particular purpose. Whereas an amulet was never used to generate negativity, a talisman *could* be designed to do so. In either case, the construction of an amulet involved a carefully guided ritual and specially chosen materials.

Certain natural minerals were sought as amulets for their special quality of healing. Nobody likes to be sick; yet illness has been a constant threat to man, a

fact of life. Long before the advent of modern medicine and its miracles, man had a need to generate healing powers from less scientific sources. Without a doubt, the most common and long-lived source of ancient healing came from the medicinal use of herbs and plants. However, the therapeutic use of minerals, usually as amulets, also played a prominent role in the doctoring process. Research shows that the first use of stones, primarily gemstones, for healing dates back to the earliest records of human history. The chosen stone was either worn on the body, usually over the ailing part, or crushed and taken internally after having been mixed with water or other liquids. For less serious problems the stone was simply held in the hand or placed in nearby proximity to the patient. This endures today in the placing of a stone under the pillow to promote sleep.



Illustration E

The shape and clarity of any chosen stone no doubt played a part in its being selected or in revealing its specific power. However, the color and brilliance was of greater importance. A green stone tended to be used for general healing, whereas red was for blood disorders, and blue for headaches and stress-related problems.

Due to the differing opinions of various practitioners, as well as to the passage of time, a contemporary study of the specific healing properties of different stones will reveal some divergence. When such a matter arises, the practitioner might experiment with the gemstone in question, trying the designated qualities one by one until a proper energy for use can be identified as being compatible with himself or herself. Others with a more well-defined sense of their own psychic sensitivities can tune into any given mineral and divine its energy -- and therefore its proper use -- without much difficulty.

Some of the more common gemstones and their inherent healing qualities are as follows:

AMETHYST: This gem's name derives from the Greek term meaning "without intoxication." The amethyst is a variety of quartz crystal, violet to purple in color, which promotes sobriety. Other uses of amethyst for healing include calming the nerves, improving poor circulation, and overcoming indigestion. It was believed to change or dull in color due to the presence of illness in its owner. Some sources regard this gem as a good stone for working with blood clots, an imbalance and threat to the circulation.

AQUAMARINE: This gem is said to help stomach, liver, and throat problems. A member of the beryl family, the aquamarine can be found in colors

ranging from a slight blue tint to a darker blue-green. Some say it positively affects the thymus gland.

BLOODSTONE: This stone is most well known for its ability to stop bleeding. Often used in battle in ancient times for this purpose, it is also believed to aid in controlling excessive bleeding during childbirth. More commonly it is used as an antidote for headaches, and for general body and chakra alignment, thereby enabling healing to occur. Bloodstone is a green chalcedony containing spots of red jasper. A popular legend tells that the red spots were created by the blood of Christ.

CARNELIAN: This is another stone used to promote good overall health. It is considered an effective antidote to poisons; and is reputed to cure laziness, or lethargy, as well as to stimulate and purify the liver.

CORAL (RED): Coral is said to help cure blood disorders, whooping cough, teething pains, and mental illness.

DIAMOND: This is perhaps the most valued and well-known of all minerals. The diamond is said to render poison harmless, and to cure gout, acidity, heart and circulation problems, and insanity. The diamond is the hardest of all gems. It is pure carbon.

EMERALD: This beautiful green beryl is said to heal eye diseases and restore weak sight. It is used for epilepsy, liver and stomach problems, childbirth pains, dysentery, and as an antidote to poisons and venomous stings. It is also known to strengthen the heart and aid in back problems.

GARNET: The healing of superficial wounds, snakebites, food poisoning, imbalanced hormones, and general heart problems are known qualities of

this stone. The garnet comes in many colors -- green, brown-green, yellow, and, the most familiar, red. It is a variety of carbuncle that is also reputed to help heal skin diseases.

JADE: A stone most precious to the Oriental people, jade is said to cure eye problems, epilepsy, as well as heart, kidney, and stomach ills. The Orientals considered jade to contain a general curing power. The most well-known jade is green, but it can also be lavender, blue, yellow, pink, cream, orange, and other colors.

JASPER: An opaque form of chalcedony, jasper is found in red, yellow, dark green, and a silvery or grayish blue. The stone is said to stop bleeding, aid in pregnancy, and cure stomach and dysentery ailments and nightmares. Said to have strong astringent qualities, jasper can be used to stop excessive mucous flow as well.

LAPIS LAZULI: Particularly revered by the ancient Egyptians, lapis lazuli is a stone of deep blue color, sometimes mixed with bits of gold or pyrite. It is used to heal the eyes, circulation, epilepsy, boils and sores, skin problems, melancholia, and also as a good purifier and cleanser for the body.

LODESTONE: This stone is said to help swelling, arthritis, rheumatism, and gout. A lodestone is virtually a magnet, and much has come to light recently about the possible healing qualities of these members of the mineral kingdom. It is also used to induce sleep.

MALACHITE: One of the basic ores of copper, malachite ranges in color from light to dark green. It is used to help cure insomnia, colic, cholera, and rheumatism.

MOONSTONE: Moonstone is a type of feldspar having a misty or milky opalescence. Some say the moonstone changes its hue in accordance with the lunar cycle, becoming brighter at the full moon and dulling during the waning moon. It is good for sexual organs, the female system, eyes, cancer (particularly female cancers), and some mental and emotional illnesses.

ONYX: Onyx is a type of chalcedony distinguishable by black and white bands. It is said to improve one's physical strength. It is also recommended for fighting infections, calming the nerves, and inducing restful sleep. Some sources claim it will prevent epilepsy.

OPAL: Opals range in color and variety. In addition to the so-called common opals, one can find black, precious, and the beautiful fire opals that display all the colors of the rainbow. The opal is said to help vision, relieve tension, and calm nerves. Some use this stone for all-around general health restoration.

PEARL: Pearls are used to cool fevers, calm hot tempers, and clean out the digestive system and all internal organs. They are said to generally improve the heart, lungs, and digestion. The pearl, like the coral, comes from marine life.

RUBY: The ancient Egyptians felt that no greater stone than the ruby could be used for general health restoration and maintenance. Others knew it to be good for relieving pain, as well as blood, eye, liver, heart, spleen, and gall bladder problems. It is also said to aid the flow of the blood, the building of red blood cells, and the purifying of the body, primarily blood. Perhaps the deep red color of this gemstone makes it compatible with blood in the body.

SAPPHIRE: Sapphires come in blue, black, white, gray, and also the beautiful star sapphire with a six-pointed star on its surface. Wiccans consider this gem a purifier. It is also said to help with nosebleeds and ulcers; to protect against poisons, plague, fevers, and skin diseases; and to safeguard eyes from injury during smallpox and chickenpox.

TOPAZ: The ancients often wore this stone as an amulet to combat chest and rheumatic problems. It is also said to cure gout and help with circulation, liver, kidneys, female problems, poor vision, teeth, and bones. In addition, it has been used for calming the emotions. Topaz is usually golden-yellow, but it is also found colorless, light blue, pink, and brown.

TURQUOISE: Turquoise ranges in color from blue to green. It is said to help heal mental disorders, fevers, eyes, headaches, and chest pains, as well as help with leg and bone problems. It is known to warn of poison by changing color.

In relationship to color alone, a Celtic source says that yellow stones, in general, help prevent liver disorders. Violet stones, on the other hand, are good to use with children to protect them from illness of any kind. Green stones are generally used for fertility and healing. Note that with minerals, as with any method of esoteric or psychic work, it is important to allow the stone's energies to flow through the person by applying it to the surface of the skin over problem areas (I don't recommend using stones internally), or by wearing it. The preceding healing qualities of the various gems is in no way intended to take the place of other medical treatments, but rather to serve as an additional aid in restoring proper physical balance.

One can readily see why many gemstones have each been accredited with the same curing powers. In

various times and cultures different people have tested their compatibility with different stones for specific purposes; thus we have been handed a well-compiled legacy of several of the stones having effect on the same ailment. Obviously, compatibility with the various stones must still be tested. If one will not work for you, perhaps another one will.

**PSYCHIC INFLUENCES CONTAINED
IN MINERALS**

CHAPTER 4

PSYCHIC INFLUENCES CONTAINED IN MINERALS

The mineral kingdom has lent itself to man not only for healing the physical organism, but also for its more subtle psychic benefits. The ever-popular practice of wearing the stones for protection includes protection from certain negative psychic influences, as well as the prescribed physical, emotional, or mental dangers.

Cultures in the past which have been particularly drawn to the use of amulets for such purposes found them easy and effective "symbols" to work with. In times of danger they were easily concealed, and could be carried from place to place with little difficulty. As tokens or symbols, stones conveyed happiness and confidence to the owner. They warned of coming events, bestowed psychic and spiritual powers, and inspired courage and faith. It is my conclusion that minerals have a capability of transmitting astral or psychic forces and vibrations which have given them great importance in the lives of individuals and entire cultures.

Even though the primary use of gems that has survived today concerns their monetary value, some of their esoteric values have also been passed down. A good example of this is the energy of love accredited to the diamond. The use of stones comes to us as an Eastern tradition. But, through the practice of Earth religions such as Wicca, it eventually found its way to the west. In the remote

past, such knowledge and its authenticity was kept mostly to the initiates. However, in recent years the information has become readily available to all. There is no doubt that in order to set up a proper relationship with minerals, one must be able to get in touch with the “soul” of things. Knowledge of the finer, more subtle forces will open up the consciousness of the seeker and avail him or her of new powers. The active power in such thought can only strengthen us in our aims and desires. Is there power behind a *symbol*? The answer becomes apparent as the wearer and the mineral form a relationship and join forces.

A proper selection process must be considered in order to secure the right stone for an amulet. You should feel “drawn” to the stone when you first find it. Many rock shops display a number of stones of a like kind all in one large container. In such an instance, you should pick up each stone that you are visually drawn to, one by one. Feeling the vibration or energy of each individual stone will give you an indication of which one is right for you. Never select one until you are comfortable and compatible with its color, feel, and psychic emanation. When an incorrect gem is selected, the wearer generally does not receive its benefit -- and often the stone will be lost.

When not being worn, stones should be stored properly. One of the best ways to ensure this is to allot a special container for this specific purpose. First wrap the stone in white fabric -- some prefer red for its ability to restore life force -- and then put it away. It is not a good idea to pass stones from person to person; each person should choose his or her own stone for any use.

Once your stone has been selected, it should not be

placed with another stone or metal. Setting gems into gold or silver will change the vibrations considerably. For example, it is an old Wiccan truth that gold will enhance the energies of a mineral, while silver will stabilize them. Iron also acts as a steadying influence. Should you choose to set your gemstone in a metal or alloy, it should first be tested by your own sensitivity. Observe to see what changes -- if any -- come about. Remember, they are apt to be very subtle differences.

AGATE: As stated earlier, agate is found in various colors. Red agate is said to drive away scorpions and spiders: Brown agate can bring victory in battle, protect against poisonous reptiles, give a lover favor with his lady, increase intelligence, and protect against the Evil Eye. Moss agate, worn on the planter's upper arm, is said to assure vegetation of the garden.

AMETHYST: No other stone, with the possible exception of the ruby or emerald, has been so widely used as an amulet. The amethyst was especially popular during the 15th century, when it was believed to control and ward off evil spirits. Soldiers often used them for protection against injury or death. The amethyst is also known as a gem of chastity. This stone was of special value to the ancient Egyptians, who carved it into jewelry, charms, and vases, and who were also inclined to use it for its ability to bestow spiritual insight. It was believed to protect its wearer from intruders and the home from vandalism. Amethyst was and still is valued by many cultures, not only for its great beauty, but as a stone of power, protection, peace, and spirituality.

AQUAMARINE: Known often as the stone of inspiration, the aquamarine makes a good amulet for travelers. It was frequently carried to protect its

owner from accidents. Others believed that this stone attracted wealth and also helped assure a happy marriage, bringing partners back together after they had separated.

BLOODSTONE: This desirable stone is one we might all like to have. It assured the owner a long life and fame! It is also said to induce one's ability to foretell the future. (The emerald is also credited with this quality). Another power of the bloodstone is its effect upon the weather. It is said to be capable of causing storms, including thunder and lightning.

CALCEDONUS: Usually worn around the neck, this stone guards against illusions. It is also said to aid the wearer in overcoming lawsuits.

CARBUNCLE: This stone inspires feelings of self-confidence, and is also used for general protection. It can be worn when having to be near those who are ill with contagious diseases.

CARNELIAN: Another stone considered to be a powerful talisman by the ancient Egyptians, Arabs, and Turks, this one is said to bring long life and good fortune. It is also credited with the power to give orators a good, loud tone of speech.

CORAL: This is a mineral that was frequently worn by children to protect them from the Evil Eye or, in more modern terms, to protect them from negativity and psychic attack. Coral, supposedly a good amulet for Taurus and Libra people, assures them of a happy marriage.

DIAMOND: Certainly the most famous and infamous of all gems, the diamond is known to be a protector against evil, demons, and wild beasts. Long touted as a symbol and amulet of love and fidelity in marriage,

it is still used today as an engagement stone. One attribute not so well known is this gem's power to promote fertility in barren women. (I, for one, find the diamond to be incompatible with my own personal energy, and the wearing of the gem seems to always bring me ill luck and financial distress. This is a good example of the need to test any gem's compatibility with his or her own energy.)

EMERALD: An emerald amulet can bring the wearer good fortune and good luck, as well as the ability to prophesy. The Egyptians believed this stone to have the power to induce the gift of prophecy: they would sometimes boil the gem and drink the liquid, or simply place the gem beneath the tongue, with the same result.

GARNET: This stone, placed under one's pillow, is said to keep away bad dreams.

JADE: According to the seventh-century sage, Khivan Ghung, the jade stone personifies all the virtues of man: polish, knowledge, firmness, righteousness, purity, endurance, morality, generosity, and virtuous action. Chinese businessmen today consider jade as a good business amulet. Others say it is a good stone for musicians, promoting their musical ability and harmony.

JASPER: This stone is of particular value in protecting against hallucinations and nightmares.

LAPIS LAZULI: This mineral has long been associated with the pharaohs of Egypt. It was often carved in the shapes of eyes, cats, and the heart. It was used to protect and help the dead on their journey. It is another stone said to promote the development of psychic powers.

MALACHITE: This is an excellent amulet for sea travelers, explorers, and, as of late, pilots. It is still used as the symbol of the Moslem religion.

MOONSTONE: This stone is considered the sacred stone of India. It is the bringer of good fortune and wealth.

PEARL: Pearls are known to inspire love. They are also recommended to those who wish to control their bad temper.

QUARTZ CRYSTAL: It is a good idea to place a carefully selected piece of quartz (clear) at each of the four boundaries of your garden. It is said to protect the garden from rodents and birds, as well as promote the growth of whatever has been planted. Others have spoken of burying a small piece of quartz in the soil of indoor plants to ensure good growth. Experiment with these ideas to determine their validity. (See Chapter 6 for more information).

RUBY: This gem is a good aid in helping one deal with grief. It also draws friends to its wearer. Like a personal health barometer, it is said to become dull when its wearer becomes ill.

SAPPHIRE: The sapphire is a good amulet for lovers. It is supposed to help promote a peaceful and happy life. According to Jewish lore, this gem was set in a ring worn by King Solomon. It is also the prayer stone of the Buddhists, and will invoke a prayerful mood in its wearer.

TURQUOISE: Turquoise is sometimes called the "stone of heaven". It is said to protect its owner from danger and misfortune. Also called the Venus stone, it is considered as a talisman of life. In the United States it is used as an amulet more often than any

other mineral. Its popularity among the Native Americans can still be seen today.

Many more members of the mineral kingdom could be described, but it would be impossible to do so here. A sufficient amount of time given to the gemstones and rocks mentioned should provide the interested reader with a good, solid foundation for study and practice. I encourage experimentation. Do not be afraid to contradict any of the meanings given in this text, as long as the contradiction is based on your own personal experimentation and experience. Allow the stones to speak to you. Let their energy flow to and through you. There is great joy in what one can receive from a closer attunement to the tranquil and beautiful world of the first kingdom of life.

STONES OF THE ZODIAC

CHAPTER 5

STONES OF THE ZODIAC

The twelve signs of the zodiac are familiar to us all. They can be traced back over five thousand years to the ancient Babylonians.

The zodiac itself is an imaginary belt in the heavens that extends for several degrees on either side of the path of the sun known as the ecliptic. The ecliptic is divided into twelve sections, or houses, of 30° each. Along this so-called belt the planets move and aspect one another. The sun passes through each of these divisions, taking one month to complete its course through each one.

Over the centuries, gemstones have been applied to each of the twelve zodiacal signs. These have survived down to the present day in the concept of “birthstones”. The stone(s) named for each sign is regarded as being compatible with persons born during that month, rather like human and mineral counterparts. Following is a generally accepted list of birthstones.

| MONTH | MINERAL |
|--------------|------------------------|
| January | Garnet |
| February | Amethyst |
| March | Aquamarine/Bloodstone |
| April | Diamond |
| May | Emerald |
| June | Pearl/Moonstone |
| July | Ruby |
| August | Peridot/Sardonyx |
| September | Sapphire |
| October | Opal/Tourmaline |
| November | Turquoise/Lapis Lazuli |
| December | Topaz |

CHAPTER 6

CRYSTALS AND THEIR USE

Crystallography is the study of crystals. It is a science with its roots buried in mineralogy, geology, physics, and chemistry. Crystal is from a Greek term, *krystallos*, which means "ice". It is also a term of perfection. Crystals express geometric regularity. There are seven basic forms in which all crystals can be classified. They are: cubic, hexagonal, tetragonal, orthorhombic, monoclinic, triclinic, and trigonal. Each describes a geometric design.

Remarkable regularity of faces, angles, etc. occurs in these specimens. By observing the shape of the different varieties we can begin to understand the way in which the world of crystals is divided into the seven systems. For example, a garnet is a specimen that is of the cubic system. The three axes are of equal length and at right angles to one another. The zircon, a tetragonal form, has two axes of equal length and a third unequal axis. Molecular arrangement is determined by the role each indwelling atom takes. This contributes to the specimen's individual state of consciousness.

It is the structure of the mineral, the way in which its external faces are shaped and related to one another, that defines it as a crystal. It is important to note that the crystal has symmetry. Any crystal can be rotated about a number of different axes in such a way that the same configuration of faces appears more than once during the course of the rotation. These are the axes of symmetry. There are also planes of symmetry

that would permit one to cut a crystal in half, whereby each half would reflect the other perfectly. There is also a center of symmetry in which the face of the crystal has a similar face lying parallel to it on the other side of the mineral. It is rare to find single crystals, for they usually occur in groups which have developed together in rock fissures, on flat surfaces known as druses, or in cavities known as geodes.



Illustration F

When the word crystal is spoken, it will often invoke a memory within the consciousness of those who have worked with crystals in the past. This is seen often with collectors and with those who work with crystals for various purposes. The atoms that make up the body of this mineral are “magnetic” in their vibration (as sensed by psychic abilities), thus endowing them with the ability to attract and magnetize energies and forces. The crystal can draw vibrations from other lifeforms as well. It can reach into the astral plane and other dimensions, too, and draw energies from those levels.

The crystal is one of the few lifeforms upon the planet that has the ability to penetrate from one dimension of existence into another. Were you to view the crystal with clairvoyant sight, you would see somewhat of a haze around it; this is the astral body of the crystal, which exists on the periphery, within the auric field. It is this astral body that has the attracting power. The physical body of the crystal simply acts as a battery, storing what has been attracted.

This particular attracting ability is currently an important tool, one that will become more and more common to the masses as time goes on. More information will be revealed in the future and could well be diverse, for crystals were used in various ways by several civilizations during the Atlantean era, often for specific purposes.

Consciousness within crystals can be compared to a trancelike state in human consciousness. There is no degree of self-awareness in the mineral kingdom, only the activity of creating and building form. It is that form which composes our planet Earth and every other material body in the solar system.

Although there is no intelligence or *self*-awareness in the mineral kingdom, it is still possible for humans to influence or harm its members. This is accomplished by interrupting the process of form-building, the karmic responsibilities of this kingdom. Mankind dynamites the side of a mountain to build a road, and removes or re-forms stones to construct homes and fences. He interrupts the natural process of form-building to build his own forms.

In the mineral kingdom, as in all kingdoms, each atom is composed of individual microscopic particles of existence; and each particle has

consciousness. Particles join together to create an atom, and atoms join to create the body or form. Within each fiber of the total structure exists consciousness. And each consciousness-containing subatomic particle is also endowed with the Divine Heritage of consciousness -- free will.

The free will of each kingdom has at some time been interrupted by another kingdom. As a result, the choice of behavior and manifestation of that kingdom is taken over by another kingdom of life. This type of imposition can have karmic repercussions. If a man pulls a carrot from the ground to nourish his body, he allows the plant kingdom to contribute its life force to the survival and perpetuation of the human kingdom, the imposing kingdom. On the other hand, if a man snatches a carrot from the Earth and uses it as part of a centerpiece to decorate his table, he has treated that kingdom with disrespect by not allowing it to make the type of contribution singular to its consciousness.

Minerals, particularly crystals, with their form-building consciousness, can be used in healing, in reforming manifestation. They can also be used for purposes of time travel and aura balancing. To reshape a crystal and wear it upon a chain around one's neck as ornamentation is blasphemy toward the mineral kingdom. A natural crystal used for healing, however, interrupts the free will of the mineral kingdom for the assistance of the human kingdom, a proper and karmically positive sacrifice and task. Correct use of the crystal creates atonement between the mineral and human kingdoms and their unique types of consciousness.

MEDITATION CRYSTALS

One variety of crystal useful for mental and spiritual balancing is the meditation crystal. This can be a crystal of any size. In choosing a crystal to work with you should feel "drawn" to the proper one for your use. In so doing, you will have allowed the energy of that particular crystal to come to you.

During quiet moments of thought and contemplation, hold the meditation crystal that you have selected. Eventually you will find that it will stir and activate your thought processes. However, as opposed to thoughts of material or emotional matters, these thoughts that come up are apt to be ones of the past -- such as past lives, the past in this life, and such thoughts that will activate certain of your chakras. You will also recall certain instances that are important to your growth and understanding instances that occurred long ago but have yet to be resolved in your own mind. The crystal will help the subconscious in formulating and storing the thoughts received and in holding them for future reference and use. This is a thought-form-building process and has proven extremely useful among those who use meditation as a tool or method of self-discovery and development. It is as if the crystal becomes a bit of an Akashic Record of its own accord; and as these revelations and positive thoughts come through in meditation, they are stored and used during other times.

During everyday living, when beset by erratic energy within or around you, or when contending with depression or grief or anger, you might pick up the meditation crystal that you have been storing with calming thoughts and vibrations. It can serve as a sort of tranquilizer by releasing thoughts that are more inspired and certainly more controlled. If

people would program a crystal for this use, there would be less use for chemicals.

This principle also guides the use in some cultures of the "worry stone". In this therapeutic transaction, an ordinary stone is rubbed, and therefore programmed, with one's "worry" thoughts and anxieties.

THE AMETHYST

Most of the material on crystals relates to the pure quartz crystal, a transparent mineral of geometric regularity. The amethyst, however, has special significance. This stone was used by the ancients for various purposes. Although it is found in shades of purple, lilac, and sometimes violet, research indicates that the amethyst is a form of quartz. It is found in many places around the world. The deep purple stones have the most monetary value. Some say that the amethyst stone is symbolic of good judgment, justice, and courage. It is known to help keep one sober and also to protect its wearer from black magic. Others believe that the stone is good for different areas of spiritual attunement.

My teacher Albion spoke of the amethyst in a unique way. "Over and over again, you that live in the material world are confronted with change. These changes occur in every area of your lives. You change friends, residences, jobs, even your personal appearances." He seemed intrigued with people who constantly change their hair coloring or their fashion. "They are trying to create an 'illusion' about themselves. One who does not seek so much physical change is one who is more open and more confident in himself. He is not so filled with fear. It is important to note that each time a change is made, no matter what sort of change it is, major or minor, a

new frequency is created. It presents a new energy to be dealt with in the environment and also in your consciousness. Each location on the Earth has its own frequency. Periods of readjustment must be gone through after change."

He also spoke of how people undergo various changes, particularly on the emotional level. Our relationships change. We form relationships of a personal, professional, even spiritual nature, making commitments that we sometimes expect to last forever. Several years down the road, sometimes fewer, the commitment ends, the relationship changes. Also, how many times do we encounter people who are going through major periods of growth in their lives due to a specific experience? They change. In short, human beings change, circumstances change, the planet itself changes. Nothing in the universe remains the same. There is a constant ebb and flow. Life itself is cyclic. The only thing that is absolute is Pure Spirit.

Albion stressed that he had brought these thoughts to our attention so that we would be in a frame of consciousness to realize that change is all around us and that it is natural to life and to the personality. "Change can be positive and it can be negative. It can be a disaster if we resist it. But, it is inevitable."

How many times during any given day do you see something or someone that makes you say, "I wish I could change that"? Perhaps you wish that you had not responded to another person in a certain manner. Maybe you would like to change a business or personal deal that you have become involved in. Think of how many times you have felt this way over the past ten or twenty-five years, even back into childhood. Time does not stop, and we cannot turn back the clock, but perhaps we can effect some

change upon things of the past and the present, after all.

Albion told us that the Lemurians and the Atlanteans used the amethyst stone for this purpose. They also used it for stability. It is a "change stone".

Here is how it will do its work. First, choose an amethyst that is as pure as possible and to your liking. Remember to allow the stone to come to you, paying close attention to the feeling of being drawn to certain ones. Do not choose one that has been polished or made into a piece of jewelry. Let it remain in its natural state. Its size does not matter. It can be one that you purchase or one that has been given to you. Hold the stone in your hand and designate it in your thoughts as a "change stone". You might say, "You are my Change Stone. I want you to work with me and help me to bring about the changes in my life and consciousness that are desirable to lead me toward a greater sense of progress upon my spiritual path. As I benefit, you will benefit. Your benefit will spread throughout the mineral kingdom."

Then, sit quietly and begin to slowly go back into time in your thoughts. It is important to proceed gradually, as you won't want to arouse the emotional body in a negative way by moving too quickly. You might want to choose a time in the last month or so when you had a disagreement with someone or a time in the more recent past when you may have made an error. Or you might choose to simply focus on some thoughts that you have been holding in your mind and would like to change. For example: perhaps you have had an argument with your mate or a close friend. The words have left you feeling sad and/or hurt. Hold the amethyst in your hand and remember the incident in your thoughts. Visualize it. You are likely to feel the negative emotions connected with it rise again

within yourself, most likely centered in the solar plexus. If you do not feel this, you probably don't have grief or remorse for what occurred and don't feel that you really need to change it. You cannot change that which you do not feel a need to change.

As the energy begins to rise in your abdomen, create a different scene in your mind. Replay the old scene and then create a new one, one that turns out very differently. You will be mentally constructing a new circumstance. Although this will not change what happened in a physical sense, it will change it in your thoughts. It changes it in your consciousness. And, as we know, thoughts are things. This process will telepathically send out the vibrations of this change to the other person involved. The mineral helps to transmit this power. It helps you recreate the scene and send out positive energies to a negative event that has occurred in your life.

The amethyst can also be used to change the physical body and emotional states as well. Maybe you know someone who is sad or afraid. The stone can then be used for changing these circumstances. You simply follow the same procedure. If the task is for healing, then visualize the person who is ill as whole and well. If it is for yourself, then hold the stone over the injured or diseased part of your body and ask for change that is right and positive for the condition.

We are basically talking about positive thinking -- along with the mineral, which lends its own force and stability. You can use it in any matter that you feel is necessary for change. Then, when not in use, the amethyst should be stored in a small silk bag or in a box. Don't store it with other stones. Keep it to itself.

All of life is played upon a "cosmic stage". When you recreate the circumstances in your consciousness

from negative to positive, you affect the entire universe and all the forms within it. The amethyst is a gift from the mineral kingdom to mankind. What a delightful way to use this kingdom for good. Rather than have it decorate one's fingers, let it decorate the consciousness!

CRYSTAL GAZING

The use of a piece of crystal for "seeing" images is a valid and ancient form of psychic work. It is probably one of the forms of psychic ability most familiar to the general public. Some of the resulting images or "visions" can reveal events of the past or the future. This art is known as **scrying**.

It is not difficult to develop the ability to use a crystal ball for purposes of psychic visions and development. It is most important, however, to be properly motivated before beginning such a project. One's psychic energy and ability is not something to experiment with without proper knowledge and preparation.

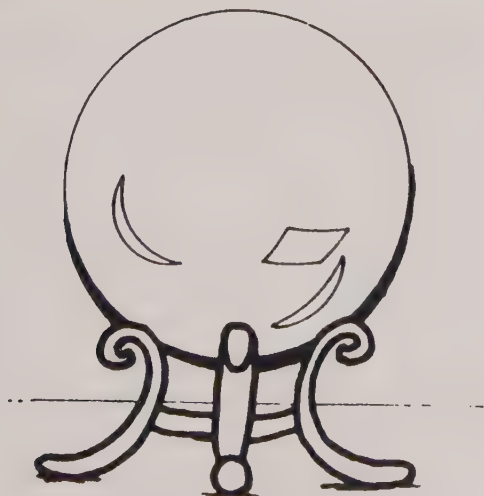


Illustration G

To prepare your consciousness for any form of

psychic or subconscious work, it is a good idea to go through a few minutes of physically relaxing exercises. I suggest sitting in a straight chair so that your body is sufficiently supported. Slumping or poor posture can inhibit the results. Start at the feet, silently commanding them to relax. Imagine that the stress and fatigue are flowing out of the soles of the feet, one at a time. You may wish to envision this as a stream of light or color. Move up to the calves, the upper legs and thighs or hips. Take your time.

Also, remember to “see” the stress energy flowing out so that the body can truly relax. As a beginner, never skip this part of your procedure, for it is just as important as the psychic work itself and can indeed determine your success. Go on up the entire length of the physical body until you have reached the top of the head. The exercise can be repeated if once is not enough to sufficiently relax you. Once the body is at ease, you will have slowed the heart rate and lowered the blood pressure as well. This produces a noticeable and desirable effect, which is the relaxed condition.

The next step is to spread a black or dark-colored cloth on a table in front of you. Choose a table that you can sit at comfortably. Pull your chair close to the table and sit down. Next, place your crystal ball on a stand or flat (most crystall balls have flattened edge) on the material that covers a portion of or the entirety of the table. The dark material serves to reduce the glare coming into the crystal from light in the room.

If you do not have a crystal ball, you can substitute a round, glass pie plate. Get one that is pure, clear glass with no writing on it. You may wish to fill it with water after it has been placed on the cloth. The water will help add depth to the plate and make it easier to work with.

The next step is to sit with your head slightly dropped so you can gaze into the crystal or plate on the table. If wayward or distracting thoughts enter your mind, gently push them aside and return to your concentration on the crystal.

You may have to sit several times before you get concrete results. I do not recommend sitting for more than fifteen minutes each time, once a day. Whatever time of day you choose to work, it is a good idea to choose the same time each day. The subconscious mind is more easily trained by repetition.

You will know you are on the road to success when the crystal begins to “cloud”. Once this stage has been reached, images will begin to emerge from the mist. I think it is best to allow the images to be spontaneous at first. As you become more adept at using the crystal, you can begin to ask for specific images of the past or the future.

If you should decide to continue using the crystal ball, then you should go about selecting one for purchase. Most crystals are of a fine quality of glass and relatively inexpensive. You would not want to make a big investment until you are certain of its purpose for you. Real crystal balls are hard to come by and can be very costly.

When making your purchase, here are a few points to keep in mind. The clearer the crystal, the better. Watch out for bubbles and glass grains, as they can diminish the value of the crystal itself and distract you from your images. Crystals should be selected by you personally whenever possible. It is not good to allow any other person to work with your personal crystal either. Keep it stored in black or dark material and in a safe place where it is not likely to fall, for it can break.

CHAPTER 7

GENERAL INFORMATION ON SELECTION, USE, AND CARE OF MINERALS

To round out the picture of the mineral kingdom, this chapter will touch upon my own observations and personal reflections. It will reveal additional aspects of working with stones, as well as the inherent responsibilities involved in this work.

First, what is meant by the “magnetic field” of minerals, and by the assertion in Chapter 3 that the lodestone is a virtual magnet? Tracing back through history to the early 16th century, we come upon Paracelsus, who was for several years employed by a famous mining concern known as Fuggers. During his work with them, the great Swiss physician spent much time studying and working with the magnetic fields of metals. His findings have contributed immensely to modern pharmacopoeia. He stated that all minerals have properties that are particularly evident in the lodestone. He realized that they attracted to themselves various forms of magnetism from the atmosphere, and became saturated with combinations of sidereal-type forces, including energies from the stars. We have come a long way since Paracelsus’ time and are now aware of many other types of celestial residents, such as quasars, black holes, pulsars, and other galaxies. It would seem logical to assume that minerals would absorb varying energies and forces from these objects as well. In the words of Manly P. Hall, “No mineral is valuable in medicine for its chemical content, but for the poles of energy which it sets up when it is

introduced into the human body." Experimentation today, in light of the advances and insights brought about by modern technology, might yield proof for and advancement of what the ancients sensed within various stones, herbs, and metals so long ago.

A relationship between celestial bodies and stones has long been suspected. Many times over the years, my spiritual Teacher Albion has suggested that certain minerals can be programmed to "absorb" the power of the Sun or Moon. In fact on Easter Sunday 1982, my husband Scott and I were instructed by Albion to go to the Grand Canyon for sunrise. This had always been a place of great spiritual power for us. Albion told us to select a piece of quartz crystal and, as the Sun rose that morning, to hold it in our hands, up toward the Sun's light, and program it to attract and store the light. From then on, he said, the crystal would continue to release the Sun's rays each time it was held. The Teacher implied that the solar rays of Easter carried the thought-form energy of renewal, rebirth, and new beginnings. We were asked to keep the Easter crystal, when not in use, in a pouch of our choosing. I still have the crystal. On another occasion we were asked to absorb, in the same way, the power of the Full Moon. Full Moon energies would promote growth and prosperity along our path, as well as convey the feminine powers of the Great Mother.

Investigating the planet-stone relationship also raises the question of the meteorite. Perhaps the meteorite does indeed have a quality that can be used for healing the human body. Manly P. Hall spoke of a doctor he once knew in New York who had successfully treated a heart patient with meteoritic iron! Although I personally have never used a meteorite particle for such a purpose, I have felt especially drawn to them and have collected them

over the years. I find that their particular energy is very powerful; and I have held them to attempt to attune to the Creation itself and to the early universe and solar system, of which they are fragments. I have enjoyed fairly good accuracy from this practice, which is known as psychometry. To me this is indicative of a mineral's ability to hold the energy of its past and of its experiences, and to release it to any who can perceive its presence. Thus, every stone can speak of its history.

People collect rocks from all over the world, especially from well-known places of power. I myself have gathered stones or pieces of stone from the Great Pyramid, the Sphinx, and other sacred places in Egypt. I have also been gifted with stones from Stonehenge, Big Horn Medicine Wheel, and many countries. Holding them, one can sense the power they have absorbed from the location of which they were a part. We must not remove a stone from its place, however, without first making sure that it is in agreement with being moved. One need only ask and listen to gain such permission. If you do remove a rock from its place, always leave an offering of sage or tobacco or something else of your choice. Unless a stone (or a plant) is properly removed from its place on the Earth, it will not stay with you; and in severe cases, it could set up a negative relationship between you and the mineral kingdom.

Many times I have been asked whether stones that are used for amulets or talismans or any other purpose should be polished and/or cut and set in metals and worn as jewelry. Albion has repeatedly stated that any such stone should be left in as natural a state as possible, not tumbled or polished or cut. If one is inclined to do otherwise, refer to Chapter 4 for information on mounting the stones upon other materials or minerals, and always exercise care and

consideration of the indwelling life. Other sources go quite a bit further, warning that the unnatural disturbance or removal of any mineral from its natural habitat is ill-advised.

The key note of the mineral kingdom is its stability and longevity, which are assured as long as it is alive. But minerals can die. When a stone is cut from a quarry, it is severed from its life source; and once it is used for a building or monument it will gradually die. Many temples and monuments worldwide show evidence of such death. The death of the mineral kingdom, I feel, would concern enormous quantities of rock rather than small amounts. I also have been informed by Albion that gems have a quality all their own amidst the mineral kingdom: they have evolved to a state of being able to hold on to and perpetuate their life force far longer than common rock. I would suggest if any gem you are using seems to be losing its power, it should be returned to the Earth and set free in as natural an environment as possible.

An interesting use of a piece of stone can be found in the “worry stone”, briefly mentioned in Chapter 6. I am not sure which culture or country originated this concept, but it has gained widespread use. The Tibetan Lama T. Lobsang Rampa often spoke of its value in his books. Perhaps any stone would serve effectively as a worry stone, although generally onyx is used. It should be carried with you at all times. When you encounter an event or time of great anxiety, or when something worrisome occupies your mind, the stone can be held in your hand and rubbed with the thumb, placing all your worries into it. A handy stress-reliever, indeed!

It can thus be concluded that minerals are alive! Their magnetic fields can be influenced to the advantage or disadvantage of mankind. Can we

afford to totally ignore folklore when so much can be learned from these ancient practices?

We must also consider that if minerals can absorb the influences from both celestial bodies and their natural environment, they must also take into themselves the thoughts -- positive or negative -- emotions, and health of their human wearers and owners. So, we each have a responsibility for the proper respect, care, and use of every mineral that comes into our life. This responsibility is pertinent to a greater at-one-ment and harmony with all of Nature's Kingdoms. And it promotes abiding gentleness and caring, desired virtues to be sure.

ABOUT THE AUTHOR

Page Bryant, internationally known psychic, lecturer, and radio personality, lives in Arizona. She is the author of **Earth Changes Survival Handbook** and **Crystals And Their Use**.

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