

How to be a Crystal Master

by Jim Fallon

Many books are written about crystals and what certain crystals do. Unfortunately, they are like dream books--no one agrees on what specific crystals are for. The wise crystal master plays it safe, and keeps a supply on hand of clear quartz crystals which can be used for anything.

Crystals act like little amplifiers for energy patterns. Through energy management, you can transfer the properties of, say, an amethyst crystal to a clear quartz crystal and get similar effects without having to have the amethyst crystal.

Crystals have their own physical energetic properties, such as Piezoelectricity. This property is the electric charge that accumulates in certain solid materials (such as crystals, certain ceramics, and biological matter such as bone, DNA and various proteins) in response to applied mechanical stress. The word "piezoelectricity" refers to electricity resulting from pressure and latent heat.

Piezoluminescence is a form of luminescence created by pressure upon certain solids. This phenomenon is characterized by recombination processes involving electrons, holes and impurity ion centers. Some piezoelectric crystals give off a certain amount of piezoluminescence when under pressure. In other words, crystals can generate electricity and light. One way to demonstrate this is to rapidly rub two quartz crystals together in a dark room. I would recommend, however, that you use rough crystals for this, and not nicely polished ones.

So, crystals have an energy of their own as well as containing, through their lattice structure, geometrical symbols, like a snowflake has. Crystal energy can also be concentrated and enhanced in combination with directed thought.

Cleansing your crystals

This is a simple process. Just take a deep breath and blow over the crystal, while imagining that you are clearing away negativities. The idea that "bad" energy can "stick" to the crystals is nonsense. Energy can't stick to anything, because it is not a physical substance.

Meditating with crystals

Pick a crystal that you want to work with and hold the crystal near

your navel. Use the pikopiko breathing technique and, as you breath out, imagine your breath is passing over the end of the crystal. Then, on the in breath, imagine your breath is entering through the crystal, directly into your navel. Continue this for a few rounds to build up a circuit of energy. Now imagine you are mentally entering the crystal, and try to imagine the structure and the energy of the crystal; what does it look like, such as the quality of light, and pay attention to any images that come to mind, and scenes or figures that surface. Don't analyze what you see, just let the imagery play out before your inner eyes.

Pay attention to what you may be feeling and what kind of thoughts you are having. Notice any sensations in your body. When you have finished, just sit for a few moments with your eyes closed and take some slow deep breaths, and when you feel ready, open your eyes.

Healing with crystals

Crystals will help direct the flow of healing energy, either towards the body or away from the body, depending on where the point of the crystal is pointing to.

For example, if you have an issue with a area of the body, place your left palm over that area of the body, and hold a quartz crystal in your right hand with its point facing away from the body, directed towards the earth. Perform pikopiko from these two points, the body area and the crystal and imagine all inharmonious energy is releasing from your body and passing out through the crystal into the earth. this is for removing energy patterns.

The reverse process can be used to install healing energies. Hold the quartz crystal in your right hand pointing in towards the area concerned. Hold your left hand up, palm facing upwards. As you breathe deeply, imagine healing energies from the universe up above passing though your left palm though the crystal into your body. You can even do the same process for another person.

Crystal Grids

A crystal grid is an arrangement of crystals in some type of geometric pattern with the intention of combining and focusing of energies to manifest a specific purpose.. You can cast multiple crystals asking for a pattern or symbol to have the effect you want. You can also make the pattern as simple or as complex as you want.

You can add to this pattern a central stone to help focus the grid to

help draw in or send energy out to the universe. Now activate the grid. This can be as simple as saying "This is what I want, make it happen make it so," and clap your hands together and shout out, "POW!!!"

You will know how long to leave the pattern in place and when its time to disassemble your grid. Either your intention as occurred, or you feel the power of the grid waning, as its job is done.

You have now learned some simple and effective techniques for working with crystals. You can use their energies to assist you in helping you in your daily life, in healing, or meditating with them or using a crystal grid to manifest intentions.