

Crystal Workshop
Introduction to Crystals, Minerals and Stones
By: Rev. Terri Heiman
terri@naturalforcesstudio.com

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A Native American holy man sits beneath the stars and prays for rain to relieve the terrible drought that has endangered his people. Chanting softly he pierces the skin of his forearm with a flake of stone, allowing drops of his blood to fall upon a small slab of precious turquoise on the offering to the Thunder Beings and persuade them to bring the storms.

An ancient gypsy woman leans over her sphere of clear quartz peering into the light of the ball seeking to divine the future fortunes of those who seek her wisdom.

An Aleut hunter sits before his home fire, carefully flaking shards of obsidian off a core to form a spear point. As he works the piece he prays to the spirit of the stone, asking it to protect him from harm as he hunts, and to speak to the spirits of those he kills, telling them of his thanks for their sacrifice.

(The Crystal Ally)

Crystals and stones have held mystical meaning for humans since before the dawn of history. For millennia tribal shamans and holy people from every culture and race have employed crystals and stones in their healing practices. Throughout history people have worn stones as talismans, and seers have utilized crystals for divination. Like herbs, which were used in curing illness, stones were considered to have a spirit or energy within, which could be called upon to aid the healer in his or her work. Stones were prescribed as antidotes curatives, balancing agents, and as spiritual teachers. In many of these cultures crystals and stones were considered to be living beings.

My own work with crystals started when my children (now teenagers) were young (6, 7). We began collecting stones as a family hobby.

Crystals are used today in all kinds of ways. We trust them with our computers. We depend upon them with our watches and time pieces. They are utilized in all kind of medical and industrial equipment... yet, we ponder and question their effect on us. Why? Is there really more to them than their beauty?

Crystals hold a certain beauty to them. Right. We ooouuu and awwwe over them. Sometimes we may be attracted to one while someone else is attracted to another... and then there is that one very special one.... That really does it for us.... Anyone know why that is?

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Well.. it has to do with its crystalline structure ...for we are all of a crystalline structure as is the crystal and the two talk to each other... on a cellular level.... And then we attract what it is that we need... so I may resonate to one crystal while you may resonate to another.

By adding Reiki one can access a higher level of vibration as well as focusing, projecting and magnifying their own work... on a physical level, a spiritual level and even a emotional level.

I've also been working with adding color to crystals. This combines the power and vibration of color with the properties of crystals and minerals which also creates a high vibrational energy that can magnify and project energy.

By learning a few basic techniques, you can begin to learn how to access this energy in more ways than just admiring its beauty.

(Crystal Formation. The Crystal Bible by Judy Hall)

A crystal is a solid body with a geometrically regular shape. Crystals were created as the earth formed and they have continued to metamorphose as the planet itself has changed. Crystals are the earth's DNA, a chemical imprint for evolution. They are miniature storehouses, containing the records of the development of the earth over millions of years, and bearing the indelible memory of the powerful forces that shaped it. Some have been subjected to enormous pressure, others grew in chambers deep underground, some were laid down in layers,, others dripped into being... all of which affects their properties and the way they function. Whatever form they take, their crystalline structure can absorb, conserve, focus, and emit energy, especially on the electromagnetic waveband.

The Great Mother Earth upon which we live is an incredibly complex entity. She reacts to the other beings around her, such as the sun, moon and planets. Her children are the four kingdoms of nature, [Anyone know the 4 kingdoms?](#) Mineral, Plant, Animal, and Human, all of which interact and depend upon one another for life.

It is the mineral kingdom which makes up the soil of the planet and fills the waters with rich nutrients. It is the mineral kingdom that gives sustenance to the plant kingdom, which in turn sustains the animal and human kingdoms. But the mineral kingdom does much more than simply feed the plants that we eat. Minerals also carry the most important ingredient for life on this planet.... ENERGY.

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The earth generates an incredible powerful energy field that surrounds and permeates everything upon the planet. This energy field acts as the “base note” upon which all life on Earth depends. In states of deep meditation our own energy fields begin to match the vibratory frequency of the Earth’s field.

And just as we have different organs within our bodies that perform different functions, the Earth contains many different minerals that vibrate in a rainbow of energetic frequencies. These minerals act in the same way... each working in harmony with each other to sustain this energy field of the Earth. Each having it’s own frequency of a particular type of mineral, the resulting vibrational field can initiate in us the experiences of physical and emotional healing, spiritual awakening, and higher states of consciousness.

First we will start with an attunement in which we will dedicate and honor the crystals. To each stone there is a diva... a spiritual guardian that holds the energy of that stone as it’s soul spirit. It is this soul spirit that we also honor and show our gratitude. So,,, open your pouch ... and just take a moment to look at your stones... what do you see.. what do you feel....?

Attunement...

Hold in hand...

To each we say thank you as we honor it’s presence in our life right now. We honor the place that it came from and are grateful for the distance it endured to reach us. We thank the Mother Earth for creating this beautiful stone and honor her work millions and billions year ago. We thank it’s guardian spirit and invite your presence into our space especially right now. We ask for your wisdom and trust in your guidance. We send Reiki out to you and ask for the highest good for all. Taking a breath in ... and releasing it onto the stone. Raise it up and then place it back down.

**Picking up the next stone... repeat.
(All stones can be done at once).**

Basic techniques –

Left hand – receiving energy... so if you want to know more about the energy of a stone hold it in your left and feel what happens... is it heavy.. is it light, are you spacey or are you focused.. what is happening. So holding it in your left hand helps to understand it better.

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And then, moving the energy through the body.... Open your feet... spread your toes... and imagine you are sending energy into the ground into the earth.... Then is very helpful if you feel a build up of energy... esp in the third eye center or at the back of the neck.

Dedicating, honoring and programming your crystals helps them to work more efficiently. As crystals are powerful beings in their own right, they need to be approached with respect. If you do this, they will be only too pleased to cooperate with you. I make it a habit to regularly cleanse and wash my crystals... kinda like group clean up.... This is very important! Crystals are efficient absorber sand transmitters of energy. One of their functions is to cleanse and transmute negative energies. If you leave your crystals to do this without regular cleansing, most become saturated and unable to do their work, though a few are self-cleaning.

Shapes:

Point – healing – directing energy – toward and away.

Double termination – balance – linking charkras and energy points.

Cluster – radiates energy – program them and other minerals – cleansing room

Geode – holds and amplifies energy... draws in and focuses – good for healing additions and addictive behavior

Phantom – crystal imprint – a crystal within- a ghost of it's self – an inner child - past into prespective

Sphere – moves energy in all directions – windows unto the past as well as the future – a glimpse of what is to come or what has been (scrying)

Square – consolidates energy – anchoring – transforming

Pyramid – enhances and focuses

Egg – confines and shares energy

Amorphous – no particular shape – energy flows rapidly – strong acting

Layered – working on many levels – helps to get to the bottom of issues

Tabular – flat – removes confusion, misinterpretation aid to communication – also activates other crystals

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