



Section 1 – Crystals in Creation

Blessed be the crystals that are on our Earth. During the formation of the density of the Earth from light & sound waves/sonic winds into dense matter, the crystals of this world were formed. The crystals (which were a compression of silica and water) trapped in the light wave and sound frequencies. These crystals were then used to stabilize the energies into a planet we call Earth.

As a result, crystals contain the blueprint of our world and help us to access through light and sound other dimensions and all that is. Just take a moment to absorb this statement, and feel the power of these words and how they sit with you.

1.1 Crystals used by the Ancients

Crystals have been used throughout time by many civilizations for healing, metaphysical pursuits, to connect with higher realms and for energy generation and transmission.

Crystals are mentioned in many holy books such as the Koran and the Bible and have been used by many holy people throughout time. Many early civilizations such as the Mayan, Egyptian, Aztec, Celtic, Chinese and Native American Indian's used crystals for ceremony and healing.

Aborigines

The Australian aborigines held great reverence for crystals and it was their medicine man or 'Kadaicha' which was the keeper of the stones. The crystals were used for healing, used in dream time ceremonies to contact spirits and align with nature.

Hebrew high priests

The Hebrew High Priests wore bejeweled amulets and breastplates which were 'oracles' from which advice was obtained. There were twelve stones set in gold, each resonating a certain energy when touched.

Lemurians

The Lemurians used crystals for healing as well as traveling between dimensions, communicating with other beings, stabilizing the Earth and for information storage. Many lemurian crystals are resurfacing in recent times to assist with both the Earth and our individual ascension process.

Atlanteans

The Atlanteans used crystals for healing, energy generation and transmission, communication, weather control and to store information. Vast libraries of information were stored in the crystals, called Record Keepers. The ability to control natural forces ultimately led to their demise.

American Indians

The American Indians adorned themselves in crystal jewellery and used crystals in ceremonies and for spirit guide connection. They used quartz to connect with their



ancestors and animal spirits. Quartz was used to access their light codings, to clearly see dis-ease in the physical body (and Etheric bodies) and hence change light vibrations to enable healing.

Egyptians

The pyramids were used as generators of energy working through the Earth's crystalline grid. The Egyptians used the light refraction of crystals for healing, as well as crushing crystals and using them as poultices for healing.

Mayans

The Mayan civilization used crystals for their divinative powers particularly in the arts. Ancient priests often consulted their visionary stones to be instructed in the arts of civilization.

1.2 Earths Crystalline Grid

The Earth is stabilised via a crystalline Grid. Leylines link up the Earth's crystals crossing at various portals/vortexes to connect mother Earth to our solar system and beyond.

In Earth's history, when the Earth's energy was unstable, star beings came to Earth (through Sirius and the Pleiades) and worked with the crystals to form an electro-magnetic grid linking inner and outer Earth and beyond. The electromagnetic energies formed a gravitational pull and linked other planets and the sun, stabilizing Earth's weather patterns and creating life as we know it.

The crystalline grid is also referred to as the Grid of Light. This grid of light is quintessentially the storehouse of the planet, its DNA, as it contains the knowledge of all that was, is and potentially can be. The Grid of Light directly connects with the Akashic records.

Leylines

Leylines are energy lines that link up portals/vortexes around the world. Just like we have energy meridians, Leylines are the Earth's energy meridians.

Portals

Portals are energy points. They are where the Leylines meet and are marked by very large crystalline energies. The energies at these points spiral both clockwise and anti-clockwise (like serpent energy, kundalini, charkas or acupuncture points). The portals are aligned to our solar system, our galaxy and beyond.

The energies at these portals help to stabilize and align Earth with the universe. The energies in the crystals maybe stored, amplified and transmitted to achieve this function.

As the Earth's energies are changing, new portals are being activated and inter-dimensional doorways to other worlds are opening.

Some of the major portals include – **Uluru** – Australia, **Giza Pyramids** – Egypt, **Stone Hedge** – England and **Macchu Picchu** – Peru.



1.3 Our Crystalline Matrix

Everything in creation in all the different dimensions vibrates, that is radiates energy. From the first dimensional minerals of the Earth, right through to the greater cosmos. Our own bodies (both physical and subtle) also vibrate at certain frequencies.

When you look at the definition of 'Crystal' from the Encarta World English Dictionary: Crystal - matter containing an internal pattern of atoms, molecules or ions that is regular, repeated and geometrically arranged. According to this definition, it means that 'all there is' must take on a crystalline form.

Given these findings (and the information provided in Crystal Light Healing III showing how sacred geometry creates all of reality) the physical and subtle bodies are crystalline in nature. That is, the bodies are made of regular geometric patterns, forming a crystallized matrix. In the physical body this would represent at the lowest level our DNA, whilst in the subtle bodies, weavings of crystallized light make up their structure.

Crystal Light Healing II discusses the structure of our crystalline matrix in detail, and how to perform hands on healing with crystals to raise vibrational frequencies to release disease in the body.

1.4 Our Crystalline Matrix and the Earths Crystalline Grid

As Crystal beings, our crystal matrixes form part of the Earth's crystalline grid. Another way of viewing this is that we are all part of the Earths consciousness. As we raise our vibrational frequencies we are thus raising the frequencies of the Earth, and creating much healing. Conversely as the Earth's frequencies are changing, our vibrations are also changing.

As we and the Earth are ascending into the fifth dimension, whilst remaining in 3D form, our resistance to the process will thus have major ramifications on the Earth as we are connected into the whole. We have seen changes in weather patterns, fire, tsunamis etc.. As we let go of fear, and release duality and come from a place of love, that is the one heart, we send much healing to humanity and the Earth at this time and our transition will be a peaceful one.

Lightworkers on the Earth at this time have a responsibility in the ascension process. Many are here to help others raise their vibratory crystalline matrix and connect into the whole, some are here to tap into the inner Earth crystals to stabilize and assist the Earths transitions, whilst others work more globally and are here to open portals/vortexes for assisting the Earth in realigning connections with the greater cosmos.

So what does all this mean ? The Earth at this time is opening her heart, her own light codings and bringing crystals to the fore of the Earths crust, such that we can help ourselves and our beloved Earth in the process of ascension.

None of us are here today by chance, we have been drawn to these loving energies to assist healing our selves and others.



1.5 Crystals – First Density

First Density/Dimension – are crystals. As wind and fire brought form to Earth and water, the Earth's crystals were formed trapping within them the Earth's light codings.

Second Density/Dimension – are the animals and plants.

Third Density/Dimension – are humans. Here we experience separation from the collective consciousness whilst still being a part of the whole.

Fourth Density/Dimension – Fairies and devas. Duality still exists in fourth dimension. It is a plane of compassion and understanding of the sorrows of third dimension. It is a plane striving towards wisdom or light. Duality still exists in fourth dimension.

Fifth Density/Dimension – Wisdom density, where we experience peace, love and the desire for unity as we merge with our higher self. We unify as a group but still maintain our individuality. We are now gradually becoming fifth dimensional as we move out of duality, fear and illusion.

Sixth Density/Dimension - This is the Christ or Buddha consciousness. We are all one at this level and work as a whole rather than the self.

Seventh Density/Dimension – We are one with the creator once again and prepare for moving into an infinite level of octaves.

Eight Density/Dimension – is the beginning of the next octave

1.6 Crystals and the Zodiac

Our solar system circles around the central sun called Alcyone, located in the constellation of Pleiades. This clockwise cyclic procession requires approx 26,000 years to make one complete orbit. Our present day sun, moon, and planets must twice pass through the photon belt during this time, that is, once to the North and once to the South.

During this cycle there are two periods of darkness and two periods of light. The periods of darkness, which constitute the vast majority of the rotation around the Central Sun, consist of two periods of approx 11,000 years each. Following each period of 11,000 years of darkness we then emerge into 2000 years of total light. These light periods are when we are in the Photon belt.

At this moment, we are now preparing to merge out of the dark and into 2000 years of light. We will be fully in the Photon belt of light in 2012 for the next 2000 years.

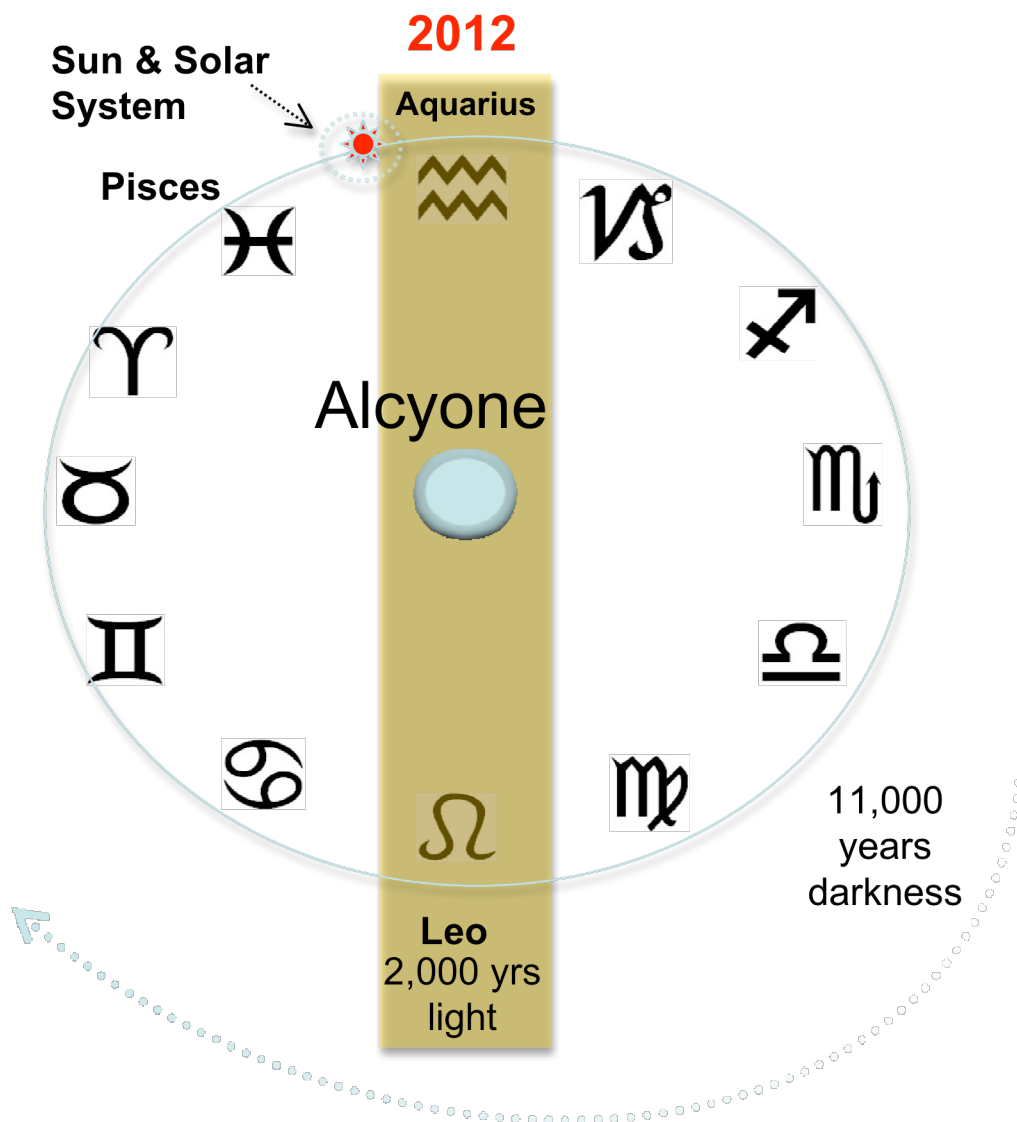
During the 26,000 year cycle we will spend time in every house in the zodiac, staying in each one for just over 2,000 years (refer to Appendix C).



Thus as we come into the Photon belt we are entering the Age of Aquarius (opposite Leo) thus having to make a great leap from fear to love. Learning to align with the one heart and living in harmony.

These are the cycles and changes of the Earth, but they are also the cycles and changes of us. We are one with all creation. If we align our hearts and welcome the changes the transition will be smooth, but if we connect with fear we will cause much destruction during this phase.

Our 26,000 year Cycle





Section 2 – The Subtle Bodies

First we will look at the energetic bodies, detail how these relate to our Crystalline Matrix.

Our subtle energetic bodies are made up of crystalline matrixes referred to as the human aura. Dis-ease occurs in the body when the vibratory frequencies of the subtle body's are ill-balanced/altered. If left unchecked this will eventually manifest in the physical body as illness.

Vibrational changes in the subtle bodies can occur due to many reasons such as karmic influences, conscious & subconscious beliefs, drugs, attachments etc... Thus the role of a crystal healer is to use the vibratory frequencies of crystals to re-establish homoeostasis in the energy fields to aid physical healing. In doing so the healer is re-aligning the soul with the Earth's grid and hence creation.

2.1 The Aura

The aura is the electromagnetic field which surrounds and interpenetrates a person's body and constantly changes colours and patterns in synchronicity with moods, thoughts, feelings and emotions. Auras show the physical well-being, mental and emotional state of a person.

The Planes and related energy fields which make up the body are as follows.

Physical Plane

- Etheric Body
- Emotional Body
- Mental Body

Astral Plane

- Astral Body

Spiritual Plane

- Etheric Template Body
- Celestial Body (emotional)
- Causal/Ketheric Template (mental)

In crystal healing we are essentially working down through the Spiritual planes and aligning the energies through the astral and into the physical planes.



2.2 Diagram – Three Planes & Seven Energy Fields

Ignoring the Physical body (which is included for comparison), there are seven formative energy fields of the body:

Physical Plane				Astral Plane	Spiritual Plane		
Physical Body	Etheric Body	Emotional Body	Mental Body	Astral Body	Etheric Template Body	Emotional Template Body (Celestial)	Ketheric Body
							

Source: *Hands of Light* – Barbara Brennan

2.3 The Subtle Bodies in Detail

There are seven subtle bodies, or layers, around the physical body, which create the auric body system (aura). It is commonly said that these layers are like an onion, and that when you peel one away, you'll reach the next, but this is not true. As you extend inward, the one before is also present within the next aura layer. For example, the outer most body is the causal, or Ketheric body. The next is layer is the celestial body, which contains itself and the causal body. As you go inward, towards the first layer (the etheric) it will be the densest because it holds all seven subtle bodies. And of course, there is the physical body, which is the densest of them all.

The seven subtle bodies can be broken down as follows: There are three physical plane bodies, three spiritual plane bodies and the astral body, which is the bridge between the lower and higher bodies (some teachings claim that the astral is the fourth in the spiritual bodies). The lower three bodies process energies dealing with the physical plane, whereas the upper three process energies from the spiritual planes. It is said that the energies from the higher planes must pass through the "fire of the heart" – the heart chakra-- to reach and be of full use by the lower bodies.

Each level of the aura has its own seven chakras, which are nested within the other auric chakras. As each layer extends outwards, the chakras vibrate at higher rates. So the seven chakras within the etheric body will be vibrating at a much lower frequency than the seven chakras within the causal body. So in actuality, the base chakra, for example, will have 7 major chakras, all vibrating at different frequencies. This way, energy can be transmuted between all bodies to all chakras.



First Layer (The Etheric Body)

This is the closest energy body to the physical. It is what is made evident through Kirlian photography. The etheric body extends one quarter to two inches beyond the physical body and pulsates at about 15-20 cycles per minute. The entire body, including organs, can be perceived but it is made of a bluish (emotional) or gray light (highly active).

Second Layer (The Emotional Body)

Since this is the emotional body, it is associated with feelings. It is more fluid in nature, and does not duplicate the body, as does the etheric body. This body is about one to three inches from the physical body. Unlike the etheric body, which is blue or grayish in nature, this is more like colored clouds that change color depending on what kind of emotions the person is going through. Love, joy, excitement, and even anger will result in very brilliant hues, whereas confused emotions will result in muddy tones. This body contains all the colors in the rainbow.

Third Layer (The Mental Body)

With an even more subtle composition, the mental body holds our thoughts and mental processes. It extends three to eight inches from the body, and generally has a yellow light, which radiates around the head and shoulders, and extends to the body below. This yellow will brighten if a person is deep in thought, or concentrating on mental activities. Although the color associated with this body is yellow, other colors are evident if there is an emotion associated with the thought (stemming from the emotional body).

Fourth Layer (The Astral level)

This is the true bridge to the spiritual plane! When we start to work with this plane, and above, our perception and abilities leap from the physical to the subtle. Here we will begin to perceive energies that are not of this vibrational frequency. The body of the astral is composed of gorgeous clouds of color, which extend six inches or one foot from the body. Not only does it have the same colors of the rainbow like the emotional body, but a pink, or rose hue is often present with these colors, especially if the person is a loving one. The astral plane is also called the "emotional" plane, which ties it strongly to the heart chakra and the second subtle body (the emotional body). Because it is so closely tied to the emotions, when people fall in love, great hues of pink can be seen shooting from their heart chakra. This is also why when we are in the astral, our emotions are greatly enhanced either way. When I am with my love in the astral, it is generally free of any lower body emotions, and our love is able to flow, without restriction.

The Fifth Layer (The Etheric Template Body)

This is what you would call a template for the lower template body (the first body referenced). This is the template that exists before the physical body is formed. Although this co-exists in a different dimension, it also extends one and one half to two feet from the body and can only be seen by clairvoyants and very advanced healers. This is an important layer in healing if the lower etheric body becomes disfigured as this is the true building block to the lower etheric. This template has a dark blue hue to it.



The Sixth Layer (The Emotional Template or Celestial Body)

This is the spiritual emotional plane where a person will feel things such as bliss, and spiritual ecstasy. When we reach the place of divine love, interconnectedness (generally through deep meditation) we are touching on this plane, which is felt through our celestial body. When we raise our level of awareness, or consciousness, to the sixth level of the aura, we have allowed a connection to happen from the heart chakra and the celestial chakra. Through this, we can love not only our fellow man (the heart chakra) but do so with divine love (celestial chakra). The colors of this body are very soft in nature (pastel) and glow softly from the body.

The Seventh Layer (The Ketheric Template or Causal Body)

This is the mental level of the spiritual plane (whereas the celestial body is the emotional level of the spiritual plane). This body contains all the other bodies within it and extends up to three and a half feet from the body, often in the shape of an egg. Its structure is made of a gold, or silvery-gold, and appears as a grid type structure, which is very durable. It pulsates and vibrates at a very high speed and within this level; we "know" we are one with God. This body also contains the main Kundalini force that runs up and down the body.

Now while the Ketheric body is the last auric level in the spiritual plane, there are other planes (such as the Monadic, Universal and Cosmic Planes) but they do not relate to the aura for they are beyond the aura and are the connection of our beings to all that is.

Section 3 – The Chakras

3.1 The Primary Chakras of the Bodies

Chakras (Sanskrit for spinning wheel) are energy centers, or vortexes through which energy flows in and out of the body. They open and close like flowers and spin like wheels. Our wheels of light need to spin freely to ensure a homeostasis on all levels. We can clear/unblock/strengthen these vortexes to assist in clearing the subtle bodies and achieve physical, emotional, mental and spiritual harmony.

When all charkas are flowing in harmony, we become the one body of light and strengthen our connection with source. The two way flow of energy connects matter with spirit and spirit with matter, thus a spiritual being in a physical body, hence the pathway of heaven on Earth.

Within each of the Seven Subtle bodies are seven primary charkas: Base, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown.

In each of the bodies, the charkas take on a certain hue as follows:



Primary Chakras & Subtle Bodies - Colour

	<i>Base</i>	<i>Sacral</i>	<i>S.Plexus</i>	<i>Heart</i>	<i>Throat</i>	<i>3rd Eye</i>	<i>Crown</i>
Physical Plane							
<i>Etheric body</i>	Blue/grey	Blue/grey	Blue/grey	Blue/grey	Blue/grey	Blue/grey	Blue/grey
<i>Emotional bdy</i>	Red	Orange	Yellow	Green	Sky Blue	Indigo	White
<i>Mental Body</i>	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Astral Plane							
<i>Astral Body</i>	Red	Orange	Yellow	Green/Pink	Sky Blue	Indigo	White
	(All charkas infused with pink, loving persons heart chakra radiates pink)						
Spiritual Plane							
<i>Etheric Body</i>	Blue/white	Blue/white	Blue/white	Blue/white	Blue/white	Blue/white	Blue/white
<i>Celestial Body</i>	Opalescent	Opalescent	Opalescent	Opalescent	Opalescent	Opalescent	Opalescent
<i>Ketheric body</i>	Gold light	Gold light	Gold light	Gold light	Gold light	Gold light	Gold light
	(All have a golden white hue)						

In the Ketheric body, the golden light matrix of light pulsates through every charka in each body level connecting every level through to the Earth Star and up through the Soul Star.

The following table details each of these charkas and crystals which assist with balancing their energy vortexes. Whilst the crystals below are a specific for use with these energy centers, (and is not an exhaustive list) use your intuition and guidance to choose what is appropriate for yourself or client. The crystals can be used in a number of ways to support these centers such as an essence/elixir, placed directly over the chakra, worn as jewellery etc...

Primary Chakras & Crystals

Chakra	Crystals
Base	Smokey quartz, garnet, ruby, bloodstone, onyx, tigers eye, Carnelian, Jasper, black tourmaline, agate, obsidian and hematite
Sacral	Diamond, peridot, ruby, jasper, amber, citrine, topaz, aventurine and moonstone
Solar Plexus	Yellow citrine, calcite, peridot, malachite, topaz, moonstone, pyrite and tourmaline in quartz
Heart	Emerald, rose quartz, lavender & rose quartz, watermelon tourmaline, jade, rhodochrosite, moonstone, coral, aventurine, ruby, chrysocolla and diamond
Throat	Lapis Lazuli, sodalite, aquamarine, turquoise, blue topaz and sapphire
Third Eye	Apophyllite, amethyst, azurite, pearl, fluorite, pyrite, clear quartz, chariot, malachite and pyrite
Crown	Diamond, clear quartz, celestite, amethyst, opal, sunstone, tektite, obsidian, fluorite and carnelian.



The following is a chart of the major seven charkas, their position in the body, what organs they govern and their relationship to the nervous and endocrine systems. The Nervous & Endocrine systems are the regulatory systems of the body and help bring about homeostasis:

Primary Chakras & the Physical Body

Chakra	Location	Organs	Nervous System	Endocrine System
Base	Base of spine	Adrenals & Kidneys	Coccygeal Plexus	Adrenals
Sacral	Below navel	Ovaries/Testes & Spleen	Prostatic Plexus	Ovaries/Testes
Solar Plexus	Centre of Diaphragm	Pancreas & Digestive Syst.	Solar Plexus	Pancreas
Heart	Centre of Chest	Heart & Thymus	Cardiac Plexus	Thymus Gland
Throat	Centre of Throat	Thyroid & Parathyroid	Laryngeal Plexus	Thyroid & Parathyroid
Third Eye	Just above mid point of eyes	Pineal gland	Cavernous Plexus	Pineal Gland (receives light)
Crown	Top of Head	Pituitary & Hypothalamus	Brain	Pituitary & Hypothalamus

The Secondary Chakras

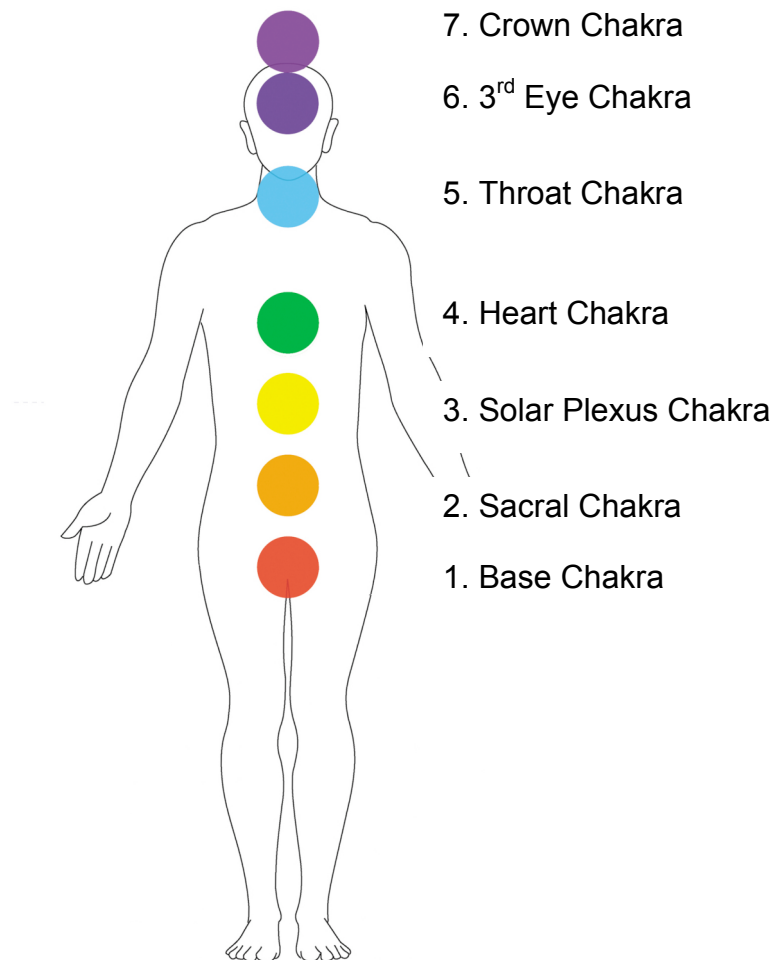
There are numerous secondary charkas in the bodies such as in the hands, feet, thymus, kidney etc.. These energy centers do not necessarily reflect one major colour, but rather reflect various colours of what is happening in the body/bodies.

Some of the major secondary charkas and associated crystals are as follows:

Chakra	Crystals
Feet	Hematite, Smokey Quartz, Black Tourmaline and Carnelian
Hands	Quartz, Rose quartz and moonstone
Kidneys	Carnelian, ruby, garnet, rose quartz
Thymus	Turquoise, Celestite, aquamarine, apophyllite



Diagram of the Primary Chakras





Section 4 - Our Crystalline Matrix

4.1 Crystalline Matrix and Chakras/Energy Centres

Now that we have done an overview of the subtle energy bodies and major chakras let's see how these relate to our Crystalline Matrix (CM).

Our Crystalline Matrix incorporates each of the subtle bodies and every chakra. The matrix is a three dimensional diamond structure and is made up of a complex weaving of diamonds within diamonds. Each of the platonic solids can be found within our crystalline matrix. (refer to diagram next for the structure of our CM).

Whilst the matrix is a diamond structure the glow of each of the subtle bodies emanating around the body gives the appearance of an aura with an 'egg like' or oval appearance.

For those gifted to see the subtle bodies and in particular the 'Ketheric Template' our outer body, the structure is a complex weaving of fine gold strands, in a crystalline array of harmony.

The centre of our diamond crosses at our Solar Plexus which is our connection with the spiritual and physical, ie as above so below, represented by the mirror image of the diamond. This is often referred to as Zero Point.

The top and bottom apexes of the diamond connect at our Soul Star and Earth Star points. Our connection with heaven here on Earth.

If you would like to learn more about how each of the Subtle Bodies fit within the Crystalline Matrix and how to access each of these layers for healing, then please refer to CLH II.

Soul Star

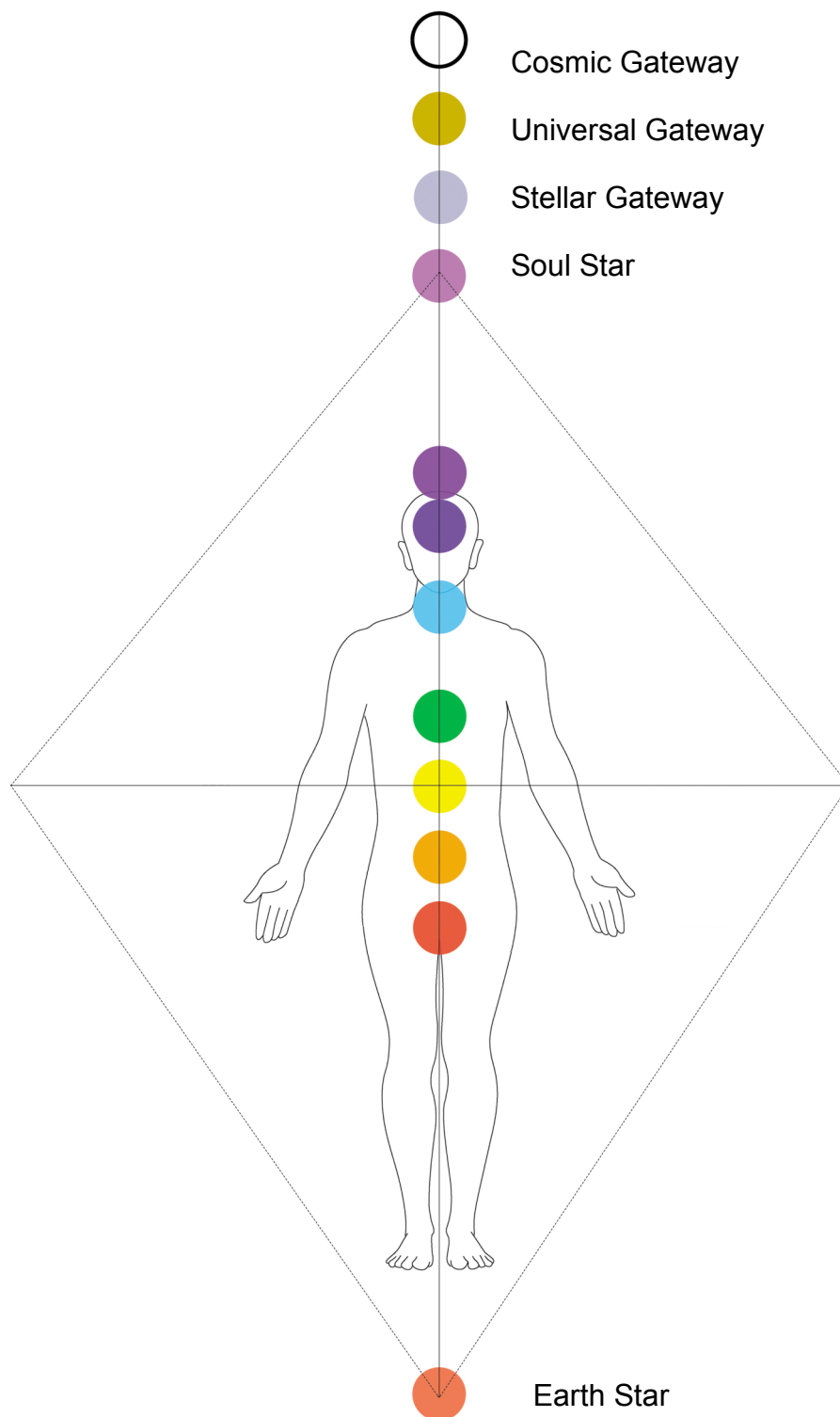
Is situated in the Ketheric template 75cm to 1metre from the Crown Chakra. It is at this point that energy is channeled through from source (down through the higher vibrational points, discussed next) and into the Ketheric template. Energy then flows down the Hara line, through all the bodies/chakras, through the base chakra and down through Earth Star. In a twisting (DNA type motion), picture a cork screw being wound into the cork and the cork winds its way up....energy flows back up through the bodies and released again through the soul star. This is often referred to as 'Kundalini Rising'.

The soul star is our quintessential integration point between the universe/cosmos and our body of light. It is at this point all your light body codings are activated. Our gifts, talents, Karmic influences from previous lifetimes are all held at this point, and it is here that our life review takes place when you die.

For healing, it is essential that this energy center be cleared to allow a two way flow of energy for healing on all levels. For anchoring & opening the Soul Star refer CLH II.



Crystalline Matrix – Ketheric Template Level & Higher Chakras





Earth Star

The Earth star chakra is situated in the Ketheric Template directly in line with the base chakra. When the Earth star is activated light energy from spirit can be brought through and grounded here on Earth. Thus creating a heaven on Earth. We cannot ascend until we are fully descended and grounded in our bodies. We cannot fully work with our top three chakras until our Earth star is fully activated. That is energy is brought in through soul star but soon dissipates and it is not grounded here on Earth.

The Earth star becomes blocked when there is separation/fear. Fear of death, financial, material etc.. When we are aligned with divine will there is nothing to fear, and light is free to pass from heaven to Earth as we are all one. For anchoring & opening the Earth Star refer CLH II.

Sky Chakra

This chakra lies in our astral body and is the central point of our top diamond (the diamond connecting the Soul Star and Crown Chakra). This is a powerful energy centre which is beginning to open to those who are here to be of service.

It will only be opened for those who are responsible to use the energies wisely. It allows us to bring forward our own gifts from Soul Star, and access the higher light octaves. Opening this chakra allows us to manifest and apply metaphysical principles as a natural course of life. Those from Atlantis and Lemuria had fully developed their Sky Chakra.

With its opening comes great responsibility, and you are accountable for your own actions. For opening the Sky Chakra refer CLH II.

4.2 The Higher Frequency Chakras

Outside of our CM are higher frequency chakras. These are in direct alignment with our Hara line and connect us with the higher octaves of light.

Stellar Gateway

The chakra is approx 15cm above the Soul Star. It contains sixth dimensional energies. This is the Christ/Buddha consciousness. We work as a whole at this level as we all are one. There is no separation, only unity in the one heart.

Universal Gateway

This chakra is approx 15cm above the Stellar Gateway. It contains seventh dimensional energies. We are one with the creator again and prepare for moving into infinite levels of octaves. We flow at one with the universe, for we are the universe. This is a unified state of being.

Cosmic Gateway

This chakra is approx 15cm above the Universal Gateway. It contains eighth dimensional energies. It is the void, worlds within worlds, it is the beginning of an infinite flow of higher octaves.