

## *PART ONE*

# **Working with Light and Crystals**

## **Basic Characteristics of Light**

“To understand crystals, first understand light.”

This quotation has been one of the promotional pieces of wisdom for the “Crystals’ Light” workshop—almost since the beginning. Crystals and light go hand-in-glove. Without light, crystals can have no effect. Without crystals, light is almost unaffected. Light will do the job it came to do—crystals or not. The significance is that light and not crystals does the work of enlightenment. Crystals are a significant help, but their role is to bring light to the place where the work of enlightenment can move forward. Crystals do not do the work of the light<sup>1</sup>.

## **The High-Low Sliding Scale**

To begin, **divine light frequencies** have high vibration and low vibration. On Earth, some light frequencies vibrate at the high end of the sliding vibrational scale, while other frequencies vibrate at the low end. High third dimensional frequencies exist near the threshold to the fourth dimension and could easily accelerate out of the third and into the fourth dimension. Enlightened

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<sup>1</sup> For the purposes of understanding crystals in this volume, this section, along with accompanying sections and information within the text of each crystal, is sufficient to provide clarity. If the reader wishes to delve further into the nature of divine light and light frequencies, *The Story of Light, Path to Enlightenment* and *The Story of Light, Through Heaven’s Gate* have much to offer.

masters work with the Earth's high light frequencies. Low third dimensional frequencies exist near the threshold to the second dimension. If their density increases, there is a very good chance that they will slip down into the second dimension. Third dimensional vibration is quite stable at this point in Earth's history, otherwise the highest and lowest physical objects would easily pass into the higher and lower dimensions respectively.

The high and low vibrational model can be applied to most scenarios involving light. The **chakras**, for example, work with high and low vibrations of light. First, the crown chakra works with the highest frequencies that the human body can assimilate. Although the crown works with all light frequencies in its role of light distribution, its range of activity also includes the assimilation of light from the highest levels of the higher-self. Frequencies of the higher-self vibrate at a rate slightly above the range that is within reach of the third eye. The third eye, therefore, works with a lower range than the highest frequencies coming through the crown chakra. The range of frequencies related to the throat chakra is below the vibration rate of the third eye, but above the vibration rate of the heart. The base chakra works with lower light frequencies than does the pelvic chakra. Each chakra from top to bottom works with a set range of frequencies that are progressively higher from the base chakra up.

The high-low scale can be applied to the chakras as a group, but can also be applied to individual chakras and to crystals. Within the frequencies for each chakra is a high and low range. For example, Rose Quartz works with the mid-range of heart chakra frequencies, while Rhodochrosite works with the high ranges of the heart. As another example, the second or pelvic chakra works with the vibrations of sex and anger. Sex is at the high end of the scale of vibrations within the second chakra, while anger is at the low end. Because Red Garnet resonates with the frequencies of anger, its range of activity is generally limited to the lowest frequencies in the second chakra.

The physical body itself reflects the ranges of the high and

low frequencies of the chakras. Because the chakras have a role in distributing light to adjacent **organs and body parts**, lower ranges of frequencies find their way to the body's lower organs and parts. For example, the second chakra distributes light to the bladder, kidneys, testes, ovaries, and reproductive system. Higher ranges of frequencies emanate from the upper chakras to those parts of the body that have higher vibration. The third eye chakra distributes light to the brain, nervous system, eyes, and ears.

Beyond the body and chakras, some **geographical locations** on Earth carry higher vibrations, while other locations carry lower vibrations. Numerous new age, shamanic, and religious sources refer to 'power places' on the planet. Mecca and Jerusalem are the centres of the Muslim, Jewish, and Christian faiths. The Hindi people look to the ashrams of their gurus as places of pilgrimage. Natural sites, such as Mount Shasta, Banff, and Sedona are celebrated as light stations<sup>2</sup> among the devotees of the new age. In contrast, there are numerous locations that vibrate at the low end of the scale. The Abu Ghraib and Lubyanka prisons, along with the Auschwitz death camp, are representative of stations of darkness.

Looking to the universe beyond the Earth, the vibration of **the solar system** can also be tagged to the sliding scale of high and low light vibration. The Earth, whose focus is primarily on the third dimension, is the lowest of the planetary vibrations within our solar system. Venus is somewhat higher, as its focus is currently in the fifth dimension, or two levels above the Earth's. Mercury might be compared to the crown chakra of the human body in the respect that its primary role involves light distribution<sup>3</sup>. As such,

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2 Chapter 12 of *The Story of Light, Through Heaven's Gate* is entitled: "Light Stations". It discusses light stations in detail from their inception and empowerment, along with how they serve the process of enlightenment.

3 Please see Chapter 10, "Expansion into our Solar System", section 10.1, "Mercury-Sun-Arcmedus Alignment", and Chapter 11, "Solar System's One Consciousness", section 11.1.02, "Mercury" in *The Story of Light, Through Heaven's Gate* for discussion on Mercury's role in

it works with the full range of frequencies common to our solar system. The light it sends to Mars carries much lower ranges of frequencies than the frequencies it sends to Jupiter or Saturn.

The principle that light vibration can be scaled as either high or low applies wherever light exists and in whatever circumstance. Crystals, then, work with light in the vibration range for which they were designed. Crystals that work with the frequencies of the high ranges are highly unlikely to work with the frequencies of the low ranges. Sugilite, which is purple and intimate with the soul, works with the third eye. It does not resonate with the throat, heart, or lower chakras. Red Garnet, as previously mentioned, works with the vibrations of anger in the second chakra, but not with the vibrations of love in the heart chakra.

The above section concerning the sliding scale of high and low light vibrations is indicative of the crystal user's need to be discerning. Not all crystals do the same job. Truly, few crystals work in ways that are similar to other crystals.

### **Individual Frequency Fragmentation**

The next section deals with the highs and lows of the individual light frequency. The model to envision is that an individual light frequency exists on many, if not all, dimensional levels. Light that was created within the Godhead and has come to Earth exists as vibration at all levels between the Earth and the Godhead. In comparison, a light frequency that was created on the 19th dimension, for example, and has also come to Earth, exists at all dimensional levels between the 19th dimension and Earth. Its vibration is not high enough to exist above the 19th dimension. Similarly, a frequency that has not descended to Earth remains in the heavens above Earth's level of vibration.

Light frequencies may not exist in a particular dimension because they are either too high or too low to be compatible with that dimension. Because Earth is at the bottom end of the vibra-

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the distribution of light throughout our local solar system.

tional scale of creation, most of the light in the vast universe cannot descend to take up a place on the physical plane. Its vibration is simply too high. Truly, only a very minute portion of the light of creation has any chance of assuming the extremely dense vibrations of the physical plane to be on Earth.

Even when an individual light frequency finds its way into physical density, the vast majority of the frequency's vibration is too high to come to the Earth. A tiny portion, which is invariably the lowest aspect of the frequency, enters the Earth's physical plane. Most of the frequency remains in the higher realms. The frequency actually splits apart or fragments, with only the lowest aspects entering physical density. The fact that the light frequencies available to the spiritual devotee on Earth are among the lowest frequencies in the universe, along with the fact that they are split, fragmented, and incomplete, has tremendous implications for humanity's understanding of reality.

Understanding what is—the truth—depends upon the illumination given to the mind by the quality of the light frequencies it receives. What can humanity know with only the lowest light in the universe available? Further, the mind works with the lowest aspects of any given light frequency, while the higher aspects remain unavailable in the heavens. Thought-forms that arise from frequencies at the low end of the scale produce perceptions, world views, and concepts that are also at the low end. High and low, however, are relative terms. The highest frequencies on Earth are still among the lowest frequencies in the universe. As good as human understanding can be, it is at the bottom of the scale. When viewing the sliding high-low scale only within the context of Earth, the highest thought-forms are quite near to the fourth dimension and could very easily impress the human mind.

Much of the work of the crystals is focused on helping light frequencies to bring more of their higher aspects into the physical plane. The process has always been incremental, continuous, and steadily rising. With more and higher light frequencies, along with higher aspects of individual frequencies, the march towards the en-

lightenment of the planet and its inhabitants is relentless.

## **Duality and the Nature of Light**

Discerning the ways of the light is not complete without the discussion about duality. Man-woman, up-down, hard-soft are recognizable examples of duality on Earth. Light frequencies, also on Earth, are constructed with an inherent duality. Each frequency consists of a negative and a positive aspect. Yin and yang are the common spiritual terms used to denote negative and positive. Light, then, consists of its yin, or feminine aspect, and its yang, or masculine aspect. In a whole and complete light frequency, yin and yang are united in polar balance.

Working with a whole light frequency, as opposed to an incomplete frequency can make a serious difference to the perceptions of the human mind. If the mind contemplates a subject, honesty for example, and has only the positive aspect of the frequencies of honesty available, the person may think everyone on Earth is honest. Thinking and the thought-forms that are generated by the mind are skewed to the positive, and therefore quite off-balance. ‘Crazy’ might be the colloquial term for such an imbalance. The clinical diagnosis might use the term ‘dementia’. In contrast, if the mind has only the negative aspect of the light of honesty available, the whole world might appear to be corrupt and dishonest. “No one can be trusted!”

Light on Earth is not always whole and complete with both yin and yang aspects united in balance. Although seldom overwhelming enough to result in the view that everyone is either honest or dishonest, individual light frequencies are often missing their yin or yang aspects to some degree.

In the previous section, discussion pointed out that the high and low aspects of individual frequencies usually fragmented with the higher aspects remaining in the heavens, and the lower aspects descending to Earth. The inherent assumption is that the fragmented frequency maintains its unity regarding its polarized yin

and yang structures. However, frequencies are very often fragmented into their yin and yang aspects as well. The yin aspect can be floating around within the Earth's etheric magnetic field quite separate from the yang aspect, which can also be floating in the etherics. Polar separation precludes the wholeness of light.

Fragmentation into polar opposites is not the problem it may seem to be. Polarity aside, the lowest aspects of a whole and complete frequency actually do descend onto the physical plane. Gradually, the higher aspects adjust, and more of the same frequency comes to Earth. The separation of the yin and yang polar opposites has a somewhat different implication. Splitting frequencies produces an incomplete frequency that is not subjected to the same scrutiny on the part of the etheric magnetic field. The etherics serve to filter light by attracting the desirable and repelling the undesirable frequencies. The prerequisite for effective filtering is that the frequency being filtered is whole and complete. Polarized aspects of a light frequency that have split away are unaffected by the etherics. They cannot be filtered out because the etheric field cannot attune to their extreme polarity. The yin aspect of a light frequency can bypass the Earth's and a person's etheric magnetic field as easily as the yang aspect. A light frequency that cannot otherwise come to Earth can come as a partial frequency in the form of the yin or yang aspect<sup>4</sup>.

Arrival on Earth as a partial frequency does not mean that it can be used to participate appropriately in the Earth's and humanity's enlightenment process. Yin aspects produce negative thought-forms, and yang aspects produce positive thought-forms. Neither thought-form results in a balanced world-view. However, the polarity inherent to each aspect implies that the separated aspects will attract each other and eventually unite into a whole and complete frequency. Sending light to Earth, separated into yin and yang

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4 Using duality to bring light to Earth is one of the great innovations discovered early in the planet's lifespan. Please see *The Story of Light, Path to Enlightenment*, Chapter 1, section 1.9, entitled "Innovating Physical Duality".

aspects, is a crucial and important innovation in the quest to bring light to Earth.

Understanding that light frequencies are not always in balance, that they can be broken down into negative and positive aspects, and that their polarity always brings the separate parts together in unity has significant implications for the way a few of the crystals work with light. Among the crystals of interest, whenever the splitting of light is involved, is Malachite, Herkimer Diamond, Azurite, and Black Tourmaline.

### **Reaching Discernment**

Invariably, crystals work with light, whether directly or indirectly. Each light frequency is unique and each group or range of frequencies is unique as well. The differences between one frequency or range of frequencies and another frequency or range of frequencies can be minor or extreme. Further, when polarity is involved, frequencies can actually split into separate aspects and create unchallenged imbalances. Further still, light frequencies can be tagged somewhere on the sliding scale of high and low vibration. They can also be tagged with breadth and depth of vibration in mind. Finally, divine light frequencies come from individual sources of creation somewhere in the vast enlightened universe. There are millions more sources of creation than there are stars in the clear night sky.

Although a crystal works with light, it cannot be expected to have the diversity and flexibility to work with all frequencies in both polarities and from every part of the vast enlightened universe. A person using a crystal for whatever purpose needs to be discerning as to which portion of the light spectrum the crystal works. Light is specialized, and therefore, crystals are specialized.

## The Specialization of Crystals

The previous section pointed out the diversity of light and the need to be discerning about the qualities of the light involved in using crystals. Discussion also pointed out that crystals are specialized because the light itself is specialized. Using crystals involves another factor. What do they act upon?

As is light, humanity is diverse. Some people are polarized to the negative or positive side. Some people are high in vibration and others low. Some people work more or less with their spirit, mind, and body. Examples that can be tagged to different attributes might include body-builders, monks, brick-layers, academics, philosophers, criminal gang members, sea captains, accountants, writers, priests and rabbis, and many more. Which individual has a life path focused on the body, the mind, or the spirit? Which individual has high vibration, and which has low? Which individuals project a negative vibration and which are positive?

Crystals work with the diversity of light frequencies, but they also work with the diversity of humanity as vested in persons using them. Beyond the diversity of humanity as a whole is the diversity of the human body, mind, and spirit. The physical body is the sum of its parts. The brain has a very specialized job to do, as does the heart, kidneys, and ankle joint. Each organ in the body carries its own unique vibration and specialized function. Light frequencies acting on the physical eyes react very differently to the vibration of the muscle tissues.

The mind itself is specialized. To begin, the intuition is not the intellect, but both are part of the mind and work harmoniously and with synchronicity. For example, the person, whose mental focus is in the realm of philosophy, uses a much different part of the brain than does the person focused on an improved computer game score. The police detective works using a different intellectual approach than does the corporate financial officer. Each discipline is unique and works with a different part of the brain and intellect and with different light frequencies.

Similarly, in the realm of spirit, the shamanic discipline is different than the discipline of Catholicism. Spiritual endeavours involve vastly different sets of light frequencies. The world view of the orthodox Jew is often at violent odds with the world view of the follower of Mohammed. Whether or not all roads lead to God, Allah, Shiva, or the Creator, spiritual diversity is a fact. The essence of diversity is that vibration itself is diverse. The Hindu temple can work with a three foot Earth keeper crystal, while the head of the Church of England wears a crown of jewels. The light that drives one spiritual discipline is often very different than the light that drives another spiritual discipline.

When each of the diverse forms of humanity, its body, mind, and spirit are reduced to vibration, the conclusion is that vibration is diverse and unique unto itself. When crystals are added to the equation, diversity takes another completely different direction.

What action does a crystal perform?

The partial list of how crystals act on vibration includes balancing, empowering, cleansing, healing, creating, enhancing, facilitating, expanding, accelerating, connecting, interpreting, translating, aligning, reconditioning, illuminating, transmuted, polarizing, and more.

What does a crystal act upon?

The partial list of the vibrations that crystals act upon includes forms (physical or otherwise), light frequencies, general bodily essence, chakras, the etheric magnetic field, emotional body, consciousness, conscious body, mind, intellect, intuition, Light Body, higher-self, aura, truth, vision, compassion, density, love, and more.

Succinctly, crystals perform a significant array of actions upon an equally significant array of unique and diverse vibrations.

Both the actions and the vibrations acted upon are specialized. While there is crossover between crystals regarding actions and vibrations acted upon, the overlap is rooted in the light. Some crystals work with frequencies or ranges of frequencies that are the same or similar to the frequencies or ranges of frequencies that other crystals work with. The overlap, however, may not be at

all significant. Specialization is the rule. For example, a crystal that works with the soul does not work with the second chakra. A crystal that enhances creativity does not interpret the language of the light. Crystals that heal are not illuminating. Crystals that facilitate opening the chakras do not contribute to a person's connection to his higher self. Aligning is not expansion. Balancing is not specifically healing, and clearly not polarizing. Crystals that work with the heart do not work with the throat. Crystals that work with the conscious body do not work with the chakras. Crystals that work with the etheric magnetic field do not work with the general bodily form.

There are many places to which crystals bring light and many ways that they do so. While there is some crossover between actions, the light involved, and the objects upon which the light acts, specialization of crystals is the greater reality.

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