

Crystal quintessence

Crystal essences, also known as gem elixirs, are classified in law as food, which means that you can ingest a few drops or a teaspoonful each day. The Gylden Fellowship stand at Crystal Fest 2019 was stocked with such essences and we'll be including such remedies at future MBS fayres.

What is crystal quintessence?

Quintessence refers to a perfect distillation of a substance, both crystalline or botanical. A crystal quintessence contains the healing resonance of particular stones, infused in sun-lit spring water with a preservative. It's a similar process to flower essences, but there is one key difference, i.e. whether one uses direct or indirect methods.

Not everyone understands that crystals can poison you. Some stones are toxic to touch in their rough states. Examples include malachite, sulphur and stones with radioactive properties. Other crystals, like selenite, are not good with water and quite a lot contain harmful minerals (eg copper) that are not good to ingest. So, it is worth asking any gem elixir vendor about the methods used, because a direct method of infusion should not be used with toxic crystals like malachite, serpentine, ruby or amazonite.

The direct method

All the Gylden Fellowship essences have been made, using the direct method - as the base stones have been safe crystals – rose quartz, citrine, blue lace agate, amethyst and snow quartz.

Some of our essences are known as *fusion elixirs*. That means the crystals have been placed in the spring water with flowers or fruits and left in the sunlight under a glass cover. With a fusion essence, one receives all the good energy of the crystal and the energies of the flowers.

The direct method involves choosing a safe crystal, normally a quartz or citrine or agate, based upon your intention – healing or ceremonial magick. The final elixir contains the quintessence of the crystal's energy, such as love from a rose quartz or peace from an amethyst. One of the Gylden Fellowship innovations has been to use sea shells (calcium carbonate) instead of a crystal – we used a set of purified scallop shells that had been in the ocean to produce a relaxing and calming essence, known as *Wave Magick*.

The direct method is simply direct infusion of the crystal in water in sunlight or moonlight. During this process (about 5 hours), the water is infused with the crystal's inner resonance. A note here about the water – try to use natural spring water from a glass bottle – tap water or plastic bottled water may be contaminated. One of the Gylden Fellowship flower essences used water from the Chalice Well at Glastonbury, which gave added “oomph” to the healing – it's your choice really.

Here's a summary of the direct process.

1. Purify and bless the selected crystal(s), stating the intent. The Gylden Fellowship essence for sleep issues (*Sweet Dreams*) used a set of different crystal energies in one infusion – amethyst, blue lace agate and snow quartz.
2. Add extra herbs or fruits as required, ensuring that these are fit for ingestion too.
3. Pour the spring water over the crystal in a glass bowl or dish.
4. Put a lid on the bowl or dish to prevent contamination.
5. Leave the mixture in direct sunlight or the light of a full moon for about 5 hours.
6. Remove the crystal from the infusion with non-metallic tongs (not fingers) and sieve off any added materials (eg flower petals) into a glass jug. Remember to give thanks to your deity after decoction.
7. To preserve the quintessence, add vodka (at least 40% proof) or brandy or vinegar or glycerol. This is your quintessence and it is for you to decide how to decant the tincture.
8. What we did (at Gylden Fellowship) was to order a whole consignment of 10ml dark glass bottles beforehand and decant about 20 bottles of each elixir for a show, labelled clearly for users. We recommend that 1tsp per day is fine, but vendors that use dropper bottles for elixirs may suggest 3-4 drops of their essence, three times a day.
9. Reserve jars of the main quintessence have been stored in a cool, dark place.

The indirect method

The indirect method is all about harnessing crystal energies from stones that cannot be placed in water that your users will be drinking – poisonous crystals or stones that dissolve in water. Here's a summary of the indirect process.

1. Purify and bless the selected crystal(s), stating the intent.
2. Place your crystals in a glass bowl or jar and seal it with a lid.
3. Place that jar within another glass bowl, filled with the spring water. Make sure the inner jar is stable and that no water can reach the crystals inside.
4. Leave the mixture in direct sunlight or the light of a full moon for 4-5 hours.
5. Remove the jar of crystals.
6. Remember to give thanks to your deity after decoction.
7. Pour the infusion from the larger bowl into a glass jug.
8. To preserve the quintessence, add vodka (at least 40% proof) or brandy or vinegar or glycerol. This is your quintessence and it is for you to decide how to decant the tincture.
9. Clean everything used and store safely for future use.

