

ROOT & REBOOT

SPIRIT OF  
THE  
**Crystal**

JAIDE IZON

Mini Manual Guide to Crystals



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# Introduction & History

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Crystals are alive! At least that's what Nikola Tesla and many other bright scientific minds of the past came to the conclusion of. Crystal comes from the Greek word "Krystallos" which means "Frozen Light". Crystals are a systematic, in-sync, repetitious patterning of molecules & energies. They are rippling with juicy vibrations and throughout history have been regarded for their healing and magick throughout lore and ancient civilizations. The Holy Bible mentions crystals many times, stories from travellers of Babylonia and even the breast plate of High Priest Aaron of the Israelites was imbued with 12 healing stones. Large crystal bowls and cylinder towers have been found in rediscovered Egyptian temples while hieroglyphs emphasize the use of crystals in kings, queens and other high ranking royal figures crowns and clothing. Stories and evidence of Crystal use are found in the ancient civilizations of the Aztecs, Mayans, Incas, Chinese & even in myths surrounds Atlantis & Sumeria. No matter where you go in history, Crystals are found, used and respected. Let's go on a journey to find out what they may have known that we have just started to truly discover...

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"In a Crystal we have clear evidence of the existence of a formative life principle and though we cannot understand the life of a crystal, it is none the less a living being."

- NIKOLA TESLA



# Science of Crystals

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When we look at the science of crystals, we first have to look to the periodic table for the element of SI aka Silicon. Quartz Crystal is made up of Oxygen + Silicon, their atoms come together to form tetrahedrons (3 sided pyramids) and also provide the base building block for all other crystals. Billions of tetrahedrons are required to build even the smallest of crystals. What is exceptionally neat is Silicon is found right below Carbon on the periodic table and also hosts many of the same properties for the building blocks of life based formation. Thus far, silicon in the Earth has yet to form its own life forms outside of the growth within Crystals, but scientists have discovered that it has the possibility of creating biological life based forms when combined with carbon through simulation experiments in labs. So not only is a Silicon a prospect for alien life, but some speculate it is what is behind the living consciousness of Crystals themselves. Quartz makes up about 20% of the Earths crust and because it easily bonds with most minerals, it is estimated that around 80% of the Earths crust is rich with the silicate element. When you think about it, we are floating around on a giant crystal ball in space, and that is pretty miraculous. Next we begin to look at the remarkable work of Marcel Vogel who received over 30 patents in the scientific community for much of his research, one including that of liquid crystals and how they operate.



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After many years of studying Crystals in a lab and using various techniques on others for healing purposes, Marcel spoke to the scientific community that he believed crystals could be programmed with pure intention and consciousness. He regarded humans as atomic generators due to the human brain itself having the capacity to emit a measurable 20 watts of power with the intention of thought and breath alone! This power is part of our life force energy, and I'll be showing you how to sense and access this in later modules, as well, use this to connect with your crystals. Marcel concluded that "Crystals are working with an energy of unlimited dimension within the magnetic domain. Crystals are radio transmitters, hold memory, amplify energy and act as a tiny computer that delivers small doses of radiation to the body. Crystals appear to cause movement and reformation of the water in our bodies". In fact, many don't realize how much we interact with Crystals on a day to day basis. Your computer screen, computer chips, sonar and digital watches function thanks to the programmable element within crystals. Even the first radio was made with quartz crystals and wires! Today, your tv's, cell phones and tablets use silicon to work and this is because it has the capacity to be programmed via electronic pulses in whatever way we choose to program it. Crystals are incredibly powerful and versatile, yet extremely misunderstood by the general population who associates their elemental properties as "woo" or "fake magic".

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I was captured for life by chemistry and crystals.  
- Dorothy Hodgkins  
- - BRITISH BIOLOGICAL CHEMIST



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Nikola Tesla discovered terrestrial stationary waves which proved that Earth itself could be used as a conductor to resonate certain electrical frequencies. He went on to discover when a crystal was resonated that it created a piezoelectric field (a highly pressurized mechanical stress that creates an electrical charge) that emanated into the surrounding space. He used this to better understand the Earth and create many of his healing machines, like the Tesla coil which was used for helping patients in chronic pain. He regarded crystals as living beings.

Another interesting fact about Crystals lies in their measurable frequency. Crystals give off the most harmonic resonance. Harmonic resonances are essentially the frequency that a power system emanates. When a system is in perfect sync with itself, meaning its vibrations are moving in a synchronized pattern, we find optimal health. When a system is out of sync with it self, we find dis-ease. Something out of sync with itself, somethings frequency being in disharmony, is the root of everything from a headache to major diseases. Crystals give off some of the most harmonic resonances known on Earth, giving them their incredible healing capabilities. We are so quick to dismiss the evidence behind the use of crystals but we trust the science behind a salt lamp radiating negative ions in the air to shift the ions around it and create relaxation. We understand how a shift in a magnetic field can create fatigue or energize us. Crystals work, when used properly. Most of us just never knew why.



# Classic Cleansing Methods

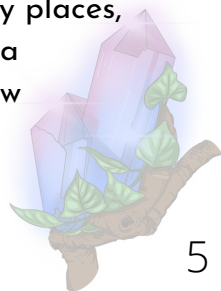
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For as long as crystals have been recorded, there have been several methods of cleansing them. Over time, three specific ways became really popular. I will take you through these techniques, as well, a lesser known technique that I personally love to use, courtesy of Marcel Vogel.

## Cleansing Method 1: Using Sage or Palo Santo

Sage has long been used in ceremonies for blessings and clearing the subtle energy field. It has been used largely by the Indigenous groups of Canada, the States and the areas in and around what we now call Mexico. Researchers actually set out to disprove the spiritual significance of sage being used to clear anything and ended up finding, instead, that sage actually removed up to 94% of bacteria in the air after smudging. Goes to show, yet again, how wise the ancestors of our lands really were. Palo Santo or "Holy Wood" can be used as well for cleansing. It is made from the bark of palo santo trees found in South America. However, due to the situations there with harvesting ancient trees and foresting, it is difficult to know if your Palo has been sourced ethically. Integrity and intention are extremely important whenever working with healing tools, so unless you're sure, it's best to stick with the sage. Sage can be sourced in many places, though I do suggest that you try to find it from a person who makes it locally and understands how to connect with the wisdom of the plant.

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To cleanse your crystal, first take a few connected breaths and connect to either the sage bundle or palo stick with gratitude and peace. You can choose say something out loud to honour the crystal and plant or you can just be still. Hold your crystal with your finger tips of the left hand, and hold the smoke of your choice in your right hand. Begin moving the right hand around the stone in the left and immerse the crystal in the smoke. Picture the stone being cleared, restored and ready to be programmed. If the stone is too large, you can use the traditional method of a sacred feather to direct the smoke at the crystal. For this method you will hold the smoke in your left hand instead and direct the smoke with the feather using your right hand. You can do that for smaller stones too, should you choose.

## Significance of the left/right hand positions:

Using your left and right hands in this way is because traditionally, your left hand is used for receiving and your right hand is used for directing/exporting/amplifying energy. However, the reverse is true if you are dominantly left handed, reverse the hand positions discussed above for these techniques if you are dominant in the left hand rather than the right.

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If you *want* to know the secrets of the universe, think in terms of energy, frequency and vibration.

NIKOLA TESLA





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## Cleansing Method 2: Salt

First things first, don't use table salt! The salt you'll need for this method shouldn't be processed or refined. Using sea salt or pink Himalayan is my recommendation. Natural salt is a good cleanser because it absorbs dirt, grime, and toxins.. It has been used as protective barriers and cleansers amongst many of the Earth-based practices by Pagans, Wiccans, Egyptians, and more. This method is typically used for smaller stones but can be used for bigger stones as well.

The method is simple, submerge your smaller crystals into a bowl or bag of natural high mineral content salt. Leave it there for 24 hours, then discard the salt. If the crystal is too big to submerge, put a layer of salt at the bottom and discard the salt again after the waiting period. Alternatively, you can use the salt to make a solution with water - however, it is extremely important you ensure your crystal is able to be in water. For example, Selenite and Desert Rose cannot be subjected to water. It starts disintegrating on contact and will fully disappear if left in water. It's also important to note that salt alone can interfere with the aesthetic of your crystal, it can tarnish, rust or dim the shine of some crystals. It's best to do your research after purchasing a crystal to confirm whether or not to use this method.

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"Records are written in stone".

MARCEL VOGEL



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## Cleansing Method 3: Rice

Using brown rice is our final most popular method for cleansing crystals. Brown or Wild Rice also has high absorption rates for things within the body and, being unrefined, is better to use. Rice is rumoured to balance the male and female energies within a crystal and reground the stone, similar to burying your stones outside in the ground. Remembering that all stones and crystals are of the Earth and Mother Gaia has incredible grounding properties. Using rice is similar to letting your crystals get a warm recenter in the womb of its mother.

To cleanse your crystals using this method, you must fully bury your crystals in the rice. You can bury multiple together. Leave for 24 hours and then discard. For those of you wondering why to discard the rice, it is simple. It is absorbing all the undesirable energy. You wouldn't use the baking powder from the back of the fridge that we use for absorbing bacteria and odors, would you? The same is for what we ingest energetically. Intention is everything.



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## Alternative Cleansing Methods:

Throughout my studies into the science side of spiritual tools, I came across a great temporary tool for balancing in between immediate uses. It isn't a full substitute for the main ways, as Crystals do come from the Earth & need these elements for optimal health. However, this is the Marcel Vogel way. Considering this man dedicated much of his life to this, I certainly have trust in his techniques. This method is used both as an intention setting, clearing and, healing direction method.

Collect your crystal and hold it in your hands. Get in a comfortable position, close your eyes, and ground/center your energy. Begin to slow your breath and focus on the crystal. Once centered and focused, take a deep inhale filling the belly to the top of the lungs. Exhale in short gusts of pulsing breath while concentrating on the crystal, picturing the crystal clear and pure in its highest vibrational state.



# Classic Charging Methods

When it comes to talking about charging methods for crystals, we are speaking in terms of amplifying their unique frequency so it can radiate that little bit extra and at its optimal strength. When we own crystals and gems, we are taking them from their natural environment. They come from the Earth and are able to have their energies regulated by the nourishment of the Earth, herself. The electromagnetic field and natural elements mother Gaia contains keeps all her inhabitants clear and charged, should we remember to take the time to reconnect with her frequency.

The crystals which radiate their own frequencies are no different. We can clear them of the old energy they have soaked up, but it is also important to "feed" them and assist them in balancing their vibration. When we do this, we allow them to amplify their frequency and radius, which naturally, in turn, assists us! Will they die if they are not "fed"? No, of course not. But they won't be as happy and they will struggle with aligning other frequencies in its full potential.



## The Sun:

The Sun is a source of pure vital energy and a main elemental source for charging your crystal allies. They absolutely LOVE a good sunbath. The Sun is aligned with the masculine life force energy and as you well know, it pulls seeds into the light for growth. It gives energy and vitality to all living things. When Crystals collect this juicy, hot energy, it helps amplify their vibration. a good 24-hour outdoor charge, sitting on top of the dirt in sunlight is the best way to do this. You can leave stones out for up to 3 days, but I would be wary of leaving all stones for too long. Many stones can lose their pigment and esthetic shine if left in the sun too long. Crystals like Amethyst, Celestite & Citrine, to name a few. You'll notice a massive shift in the energy of your allies when you bring them back in. The energy is brighter and cleaner.



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## The Moon:

The Moon is our source of feminine energy, it aligns with the energies of intention, new life, and nurturing. Leaving your crystals out during the moon fills them with the energies of the gentle warrior, for it is mixed with softness and strength. Each phase of the moon represents something different, so don't be fooled when you are told that you can only leave your gems out during a full moon. The new moon holds its own life force and the in-between phases are also magical. While the full moon and new moon hold portals for extra amplified power, these energies leading up to the moon and waning from the moon. So leaving them out for a 3 day period is also recommended during these particular moons. But I highly encourage you to listen to your intuition, if you feel called to let a crystal out at night, no matter the phase of the moon, do it.

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" The Sun Sees Your Body  
The Moon Sees Your Soul".

UNKNOWN



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Everything is communicated through vibration and frequency, trust it & trust yourself. Some stones prefer the moon, black stones for one like obsidian and tourmaline. Selenite, Kyanite, and Celestite are some that LOVE a good moon bath, as they are aligned with other realms and the feminine energy.



# Do's & Don'ts

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**DO NOT:** Submerge your crystals in water if they are not meant for water. Water can create rust or fully disintegrate your crystals. Selenite, Calcite, or anything with "ite" at the end of it will likely fall into this category. Labradorite likes a small bath, but over time, will lose its shine and start to melt away. Tourmaline, in its raw form especially, flakes off and will disintegrate.

**DO NOT:** Drink Water with Crystals in it unless you are sure it is safe. Many crystals, like the ones above, are toxic to the system. Some that do not melt also carry poisonous qualities and are not meant for human consumption.

**DO NOT:** Use chemicals to shine or clean your crystals. They will ruin the shine and tarnish your crystals. Table Salt is also harmful to crystals and will tarnish them.

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# Do's & Don'ts

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DO NOT: Expose your crystals to high heat unless you have researched its capacity to withstand high temperatures. Crystals generally break under high heat, including boiling water or being left out TOO long on a really hot day. Depending on your world location, summer temperatures look different. I live in a temperate zone where summers only get up to +35 degrees Celcius. My recommendation of leaving crystals out for a few days in that temperature even may be a risk, so please bare in mind your geographic zone.

There is a WEALTH of knowledge available online or in books. If you are still unsure, contact an expert. Your stones are precious and are an investment in your money, time and health.

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DO: Use Crystals to create Sacred Water (you CAN do this using selenite intentionally, with permission from the crystal) and with the moon. If you're interested in Sacred Water Practices, you can reach out directly.

DO: Talk to your crystals and research their particular personality traits. They amplify certain intentions and qualities for healing. You can use them on each Chakra and also amplify visualizations and altars.

DO: Use Crystals for dreaming and astral projection, however, be mindful of what crystals you use. Not all crystals are suitable for dream space and can actually disrupt sleep and cause distortions in messages. Using Crystals for meditation is also a great way to connect.

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"If there is magic on this planet, it is contained in water."

LOREN EISLEY



# Intention Setting & Connection

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As I mentioned before, Marcel Vogul & Nikola Tesla truly believed you could program crystals with pure consciousness and intention. Just like Marcel discovered silicon chips were programmable with electric impulses which give us our remarkable use of laptops, phones, and other wireless devices today, our body also gives off electricity. In fact, when concentrated with breath and a leveled emotional regulation, we can measure up to 30 watts of power coming off the human brain, enough to power a small light bulb! Amazing, right?

So to connect with your crystals and program them, you want to get your body into a coherent regulated state. So both your brain and your body are in sync. Then you want to picture and FEEL the intention you are setting for the crystal. For example, if you are looking for joy, close your eyes and recall your most joyful moments into your senses, as if it were here and now.



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Connect the feeling and image to the crystal through touch and breath deeply. This is one way of programming your crystals. If you are interested in something more instructional with visual learning of this, you can attend my course where I teach everything from this manual and more!

Again, I ask you to trust yourself in connecting with your crystals, you'll begin to notice as you work with them more, which crystals work for you best and how they operate with you. Also know that some crystals do not resonate with everyone the same. Your personal frequency is also a factor in working with crystals. Some crystals can make certain people feel dizzy, drained, or ill. Those same allies will amplify energy in another person. Knowing what crystals work with you best will aid your healing journey. If you are curious about your own frequency, you can reach out and get a free vibrational analysis with the specialists at Kate King.



# CRYSTAL GRIDS

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Crystal Grids use smaller stones on specific geometry shapes to amplify intentions and help bring our visions to manifest. Each grid helps with something different. Stones are chosen based on your intuition and aligned at the points of the shape with the intention placed into each stone and as a whole unit together. You can use grids also to ground and anchor energy within a particular space, common uses are protection, dreaming, and increased vitality. I have included 2 grids and information on how to use each one! Enjoy!



# STAR OF DAVID

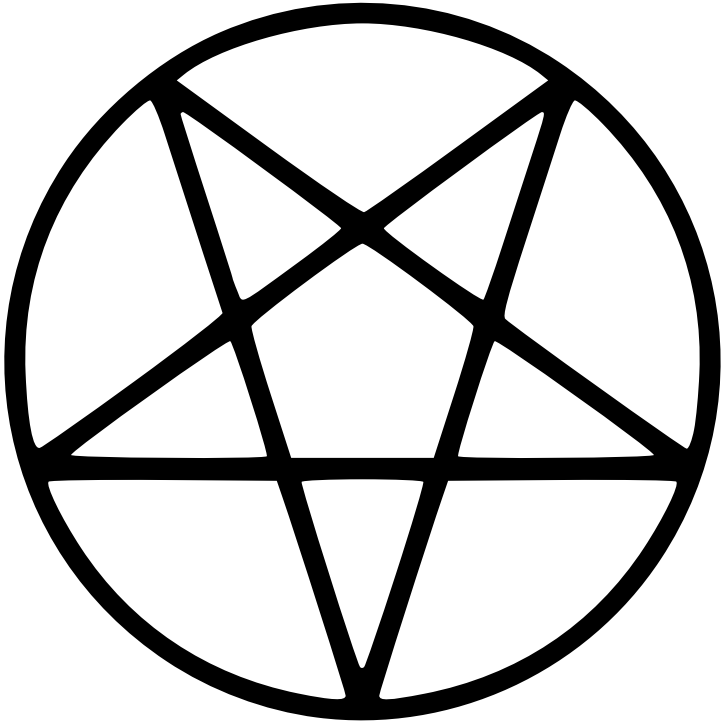


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The Star of David is formed from 2 triangles crossed over one another, the significance of triangles being; manifestation, enlightenment, and revelation all coming together for a higher perspective. This particular grid shape is used to simplify complexities in our lives and reduce situational chaos. This grid assists in bringing you back home to yourself, reminding you of who you are, and points you to your "True North". When you find yourself stressed, in need of relaxation and simplicity, use this grid to call upon your intentions and align you back into your highest aligned action & good.



# PENTAGRAM





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The Pentagram has had a bad reputation for many years due to the church's shift in its original meaning that dates into ancient times. The pentagram was never about the devil or worshipping evil, but actually a symbol of the 5 elements of life; Earth, Water, Air, Fire & Spirit, or Ether. Each point is represented by an element, the circle bringing it all together in Universal oneness, showing us all connected. Use this grid to bring physical energy into health, integration and discovery. This is an Earth-Power Grid, meant for doing and making in the every day world. They are good for vigor, speed and power.

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### TUMBLER

Gentle, Even energy



### RAW

Strong, Sporadic energy



### SPHERE

Even energy from all around, Good for serging

### SQUARE

Grounding, Meditating



### TWIN

Balance



### CLUSTER

Radiates all throughout a room, Charges other crystals



### GEODE

Grounding, Internal healing



### ABUNDANCE

Attracts wealth or prosperity

# CRYSTAL SHAPES

### EGG

Healing, Fertility, Balance



### PYRAMID

Manifestation, Very focused energy, Removes blockages

### GENERATOR

6 facets - Amplifies + charges



### POINT

Concentrates and directs energy



### PALM

Grounding, Use as "worry stone" to reduce stress

### DOUBLE TERMINATED

Absorbs and emits energy, transforms negative



### DRUZY

Charging, Relaxation, Harmony



### ISIS

Feminine energy



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I hope you enjoyed this free mini manual! If you are looking to learn more information and take a deep dive, I offer a 3-hour comprehensive workshop that teaches all this information and more in a hands-on class, online or in-person. We cover Chakras & Crystals, deeper Gridwork, programming, sciences, and more!

**Resources:**

[www.marcelvogel.org](http://www.marcelvogel.org)

[www.jain108.com](http://www.jain108.com)

[www.crystalashram.com](http://www.crystalashram.com)>Science

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