

Crystal Balancing and the Spirit

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METHODS FOR BALANCING THE SPIRIT

The aspects and attributes of the spirit are:

CROWN CHAKRA – located above the top of the spine/skull connection, this is the center of awareness and compassionate love. Its color is violet, its musical note is B.

FLOW OF LOVE – giving and receiving, is the balancer of the spirit body.

DIMENSIONAL PLANES - associated with the spirit body are the 7th dimension and beyond.

ENERGY FIELD - of spirit is Light; simultaneous wave/particle fields.

AIR is the element.

WINTER is the season.

The spirit body is influenced, balanced and healed by use of the remarkable properties of crystals and minerals. *Color therapy* is used to affect the spirit which in turn effects the other, lower vibrating embodiments. The use of *specific* stones of a *certain* color can have effect as *does that color* and, can have their own influence as a crystal or mineral. Both properties exist within the colored stones.

Crystal healing is an especially good choice for felines, reptiles, birds and rodents. While you should not place most medicinal stones into fish tanks, keeping one *beside* the tank will influence the spirit bodies and the health of the occupants.

Crystal work effects all four embodiments and all seven layers of the **etheric** and **auric** fields and the **chakras**. For fun, I have two large, natural,

smooth pieces of milky quartz (like river rocks, I found them by the Rio Grande) that I rub together really fast, pressing them hard against each other, in the dark at night. The piezo (from the Greek “to press”) electric effect creates “lightning” *inside* and *between* the *stones*. It’s so cool. I can smell the ozone when I do it.

CRYSTALS give off:

ELECTRICITY

HEAT

LIGHT

MECHANICAL ENERGY

Crystals connect atoms through perfect balance and harmony. They give and take energy in equal amounts. They are always balanced.

Crystals/stones/minerals must be *cleared* before use and between uses.

Methods for clearing are:

- You can place the stone in running water (stream or creek) or hold it under running tap water.
- You can smudge the crystal in the smoke of burning cedar, sage, sandalwood or sweet grass or any combination of these.
- You can leave the stone upon the Earth Mother during a rain.
- You can leave the crystal on the Earth Mother during a full moon.
- You can cleanse the stone in sea salt water (or in the sea) or set it in a container of sea salt, but disposal of the salts must be considered because you must not use it for food later.
- The salt can be used repeatedly for clearing until it is overwhelmed and no longer sparkles.
- You can hold the crystal before you and blow across it, turning it until you have cleared each facet.
- You can clear and re-charge small stones on top of a large crystal cluster that, itself, gets to spend time on the earth often.

We had a large Halite (salt) crystal cluster that we used at Master Peace to clear small stones, then we smudged the Halite often.

You need use only one of the methods to clear a stone. Often, the most convenient way at the moment is used (such as under tap water) and more time consuming methods are used later and regularly for one’s entire crystal family.

TO MAKE MINERAL TINCTURES – Get to know your stone through one moon phase (28 days). Then ask it if it wants to participate. On a *full moon*, wash the stone, bless it (with some prayers and holding it with loving intentions) then put it in pure water in a clear crystal or glass bowl in the sunshine at sunrise. Leave it all day, then all night. Put the water in a dark glass bottle with 1/3 Brandy or Vinegar as a preservative. Label the bottle. Use two drops under the tongue, in the mouth or on the lips whenever needed (**for the properties of the stone**). Place the stone on the earth to rest.

CHART OF PROPERTIES OF COLOR IN STONES:

LAPIS/BLUE stones for infections, fevers, inducing sleep – they are etherial, cooling and stimulate the third eye.

VIOLETS are feminine, spiritual, for protection, for concussions, epilepsy, adrenals, kidneys and for the Mystical Life.

INDIGO is for the peneal gland, third ear, hearing

RED is energizing, corresponds to the blood

ORANGE is for depression and congestions of colon, throat, sinus, lungs, etc.

YELLOW (never use sulfur) for diabetes, gall bladder, flatulence.

GREEN is the balancer, for pituitary, all healings.

CHART OF SPECIFICS:

Stone/crystal tinctures we have used extensively through the years. Others are also possible; the stone properties will be in the tincture. Use common sense; no lead, uranium, etc.!

Rutiles are *amplifiers* – many stones have rutile.

AMETHYST – addictions, depression, worries

AQUAMARINE – infection, pain, brings courage, sleep

CARNELIAN – recharges etheric, aids communication

CELESTITE – for headaches, fevers, pain

CITRINE – congestion, toxins, blocked energy flow

EMERALD – for balance, the heart, blood glucose

GARNET – gentle energizer, anemia, cancers, paralysis

HERKIMER – dreaming stone, astral travel, birthing

MOONSTONE – strengthens the feminine/Yin

PERIDOT – uplifting, for nerves/heart, diabetes

ROSE QUARTZ – for the heart, self love, openness

RUBY – immediate energy, increases temperature

SAPPHIRE – for wisdom, eyes, ears, nose, throat

SMOKEY QUARTZ – for grounding, protection

TOURMALINE – is the harmonizer, calms, breaks up blood clots, helps circulation and the heart

BE CAUTIOUS WITH TOPAZ – it manifests invisibility.

You can sleep with a Herkimer diamond and it will travel to the place on your body that is unbalanced. It will also help you return to your body after astral travel.

Remember, these stones *support* the spirit body while it heals the other embodiments/they heal themselves.

Crystal charged water – place your cleared stone in a glass or crystal bowl of pure water in direct sunlight for 3 hours. Then sip on the water, bathe in it, etc. Use it immediately for the specific properties of the stone or crystal used.

Crystals need only to be within your/your animal's energy field to have effect. Crystals effect the **spirit** self of all Earthlings.

Qualities and principles from SPIRIT are:

Nature softens people.

Being away from nature hardens people.

LIFE is magic – small things are important.

Fasting empowers us – we can fast from many things besides food!

The earth is purifying herself; if we are not participating, we are in conflict with her.

To co-exist means we live in peace WITH our differences.

HEALTH is a symptom of BALANCE in a person, animal, plant or planet.

We must move; we must breathe; we must think; we must LOVE

The only thing that really matters is the love that flows through us. Fears are only shadows.

USE OF STONES

GRIDDING: Most grids are done with Amethyst for shields/protection or with clear Quartz for energizing/amplifying. Use stones that have been cleared and charged with your prayers. Place a pinch of tobacco to hold your prayers and a pinch of salt to seal the prayer under each crystal and start by placing one stone in the eastern corner of the area to be within the grid. If this is indoors, use the house or room corner closest to the east. Outdoors, bury the offerings of tobacco (or blue corn meal) and salt with

the crystal on top in the east. Then move sunwise/clockwise and repeat with another crystal at the south. Then repeat to the west, then the north. Then stand at the center of your 4 points with a quartz wand or quartz point and direct the energy to the east (point to it), then south, west, then north; then touch the crystal's point to the earth (or the floor) beneath you. The grid is activated.

CHAKRA STONES: These are usually 7 stones, each corresponding to the color or energy of the chakra. They are placed upon the body or near the patient's body, one stone over or near each chakra with the crown just above her head on the floor or the table, sofa, etc. Other stones may be placed near her according to her balancing needs... or a grid might be activated around her for protection or energizing (as detailed above) with the 4 stones pointing toward her to energize, or away from her to protect. You touch her solar plexus with the wand to activate the grid. You remove the grid physically (leaving it around her etherically) when finished, by touching her solar plexus with the non-pointed part of your wand, then picking up each stone from the north to the west to the south, then the east. A pendulum may be held over each chakra to determine spin and its direction,

When a static chakra is found, or one than spins the opposite of the others, this area can be balanced by placing 6 small quartz points all facing the one stone at that chakra. An Apophyllite may also be substituted for the chakra stone to further integrate the balancing. If working on a human, after a chakra balancing, you can give her the 7 stones that were on her chakras to carry in her energy field. For a pet, place the stones near where she sleeps.

STONE CIRCLE OR RING: To contain a sacred fire or create an offering area or altar (such as the heart of a garden, a meditation spot, etc) you find 12 stones of an appropriate size for the circle you want. These can be stones from near a river to bring water energy or red stones to ground and connect with the sacred or quartz to bring clarity and power. You place the stones on the circle, leaving an opening at the east the same size as one of the stones... start at the east and move sunwise, placing a bit of cornmeal under each stone. The 12 stones plus one space represent the 13 moons. Quartz is said to bring the energy of the stars into the soul. You can use a **quartz wand** or **point** on **Acupoints** for stimulation, balancing and releasing.

CHART OF QUARTZ CRYSTAL PROPERTIES:

- *DOUBLE TERMINATED* – can draw or transmit energy through both ends. Provides protection from harm (mental or physical, emotional or spiritual), acting as an energy shield.
- *TRANSMITTERS* – have two symmetrical, seven sided faces with a triangular face located between them. They can connect to vast wisdom stores and receive specific information.
- *GENERATORS* – have all 6 crystal faces joining to form the terminated apex. It is used to stimulate and magnify energies.
- *RECORD KEEPERS* – have raised, triangles located on one or more of the crystal faces. They are crystals which store wisdom.
- *WINDOW CRYSTALS* – have a diamond shaped “window” located in the body of the crystal so that the top part of the diamond connects with the line leading to the termination. Used to see through illusion.
- *ELESTIALS* – have natural terminations over an entire etched, layered crystal. They are ancient and sustain one through changes, help one see what needs to change.
- *BARNACLE CRYSTALS* – are covered with smaller crystals. They are used for healing of family/community.
- *WANDS* – are long and slender with small faces making the termination.
- *MANIFESTATION CRYSTAL* – has a small crystal totally enclosed within a larger one. They spark creativity, motivate and soothe the spirit. They are very rare.
- *TABBY* – is a flat, thin crystal with ridges on one side. You rub a finger down the side to receive stored information; rub upwards to close the crystal.
- *SINGING CRYSTALS* – are slender wands that sing when they touch each other.
- *KEY CRYSTALS* – have a 3 or 6 sided indented shape on the body.
- They unlock hidden healing energies.
- *SCEPTRES* – are crystals formed around a rod to focus the spirit.
- *CURVED CRYSTALS* – cleanse auras.
- *SELF HEALED CRYSTALS* – are master healers from experience, bring devastating experiences back to balance.
- *BRIDGES* – have a small crystal partly inside, partly outside of their bodies. They bridge the space between self and others.

- *TWINS* – are two or more crystals grown together in parallel alignment. They bring cooperation.
- *PHANTOMS* – have a ghost-like crystal within themselves and represent the many phases of life and many lifetimes.
- *INCLUSIONS* – bring the properties of the included mineral to work with the quartz.

CHART OF PROPERTIES OF CRYSTALS/STONES/MINERALS: A guide to the commonly used healers

AGATE – for clearing, stimulating

ALABASTER – for meditation, clears anger

ALEXANDRITE – is regenerative

AMAZONITE – soothing, balances chakras

AMBER – cleanses glands and the environment

AMETHYST – spiritual clarity/balance, for safety

AMETRINE – for meditation, attunements

ANATASE – for teaching and insight

ANHYDRITE – for acceptance and stamina

APATITE – creativity, telepathy

AQUAMARINE – for courage

AVENTURINE – for heart/lungs and leadership

AZURITE – 3rd eye, mystical self, awareness

BASALT – for fertility, for changes

BERYL – purifies, assures success

BISMUTH – assists astral travel

BLOODSTONE – absorbs toxins

BOJI STONES – absorb pain

CALCITE – amplifies energy, color based healings

CARNELIAN – for blood, liver, gallbladder

CELESTITE – for inner peace, dreams

CERUSSITE – for wisdom, contentment

CHALCEDONY – for irritability

CHERT – helps memory, allergies

CHLORITE – allays hostility

CHRYSANTHEMUM STONE – to be in the NOW/in the moment

CHRYSOCOLLA – connection to the earth, the Goddess

CITRINE – congestions and for endurance

COPAL – for cellular renewal

COPPER – for infection, blood flow, inflammations

CORAL – visualization
DANBURITE – for enlightenment
DIAMOND – detoxifies, for trust
DIOPTASE – for dizziness, oppression
DOLOMITE – for sorrows
EMERALD – for spine, muscles, for positive attitude
ENHYDRO – empathy
FLOURITE – transmutes radiation, for tumors, eyes
FOSSILS – for atrophy, for the thymus
GALENA – harmony and self esteem
GARNET – energizes, purifies, balances DNA
GEODE – for astral travel
GIBBSITE – for initiative
GOLD – for endocrine system, coordination
GRANITE – opens up perspective
GRAPHITE – for self-expression
GYP SUM – brings rain!
HALITE – for awareness, use on acupoints, digestion
HEMATITE – for blood disorders
HERKIMER – attunement
HOWLITE – for communication, eases stress
IOLITE – for visions
IRON – tranquility, abundance
JADE – releases limitations, healer's stone
JASPER – for protection, disperses negativity
JET – for migraines
KAOLINITE – disconnects from unwanted influences
KUNZITE – peaceful awareness, for circulation
KYANITE – aligns chakras
LABRADORITE – to bring awareness of the infinite
LAPIS LAZULI – relief of burdens, 3rd eye activation
LEPIDOLITE – for stress and despondency
LODESTONE – to focus on purpose
MALACHITE – stone of transformation
MANGANITE – letting go of grief
MARBLE – bone disorders, tantra, meditation
METEORITE – connects the new and the old
MICA – for sleep disorders, for compassion
MOLDAVITE – accessing dimensions
MOONSTONE – for intuition, insight, travel

OBSIDIAN – is grounding, is a shield
ONYX – for foot disorders, is for guidance
OPAL – invisibility, memory
ORTHOCLASE – for tactfulness
PALLADIUM – overcomes conditioning
PEARL – for soft body organs, for sincerity
PECOS DIAMOND – helps accept changes
PERIDOT – helps with searches, heart and solar plexus
PICASSO STONE – understanding choices
PIPESTONE – connects to spirit through shape/fetishes
PYRITE – fevers, protection, total health
RHODOCHROSITE – love and balance, purity
RHODONITE – eases anxiety/emphysema/arthritis
RUBY – for concentration, energy, creativity
SAPPHIRE – dispels unwanted thought, for prosperity
SELENITE – clarity of thought, flexibility, toxins
SERPENTINE – for blood sugar balance, open chakras
SILLIMANITE – for the breath
SILVER – liver strength, astral connection
SMITHSONITE – for immune system
SODALITE – for direction and purpose, trust
STAUROLITE – protection, stress relief
STIBNITE – confidence in relationships
SUGILITE – balances two sides of the brain
SULPHUR – overcomes barriers to progress
SUNSTONE – for courage and independence
TEKTITE – for travel, strengthens energy field
TIGER EYE – grounding, for compassion
TOPAZ – invisibility, success, wound healing
TOURMALINE – chakra balance, confidence
TRILOBITE – for patience, leadership
TURQUOISE – prevents accidents, repairs damage
UNAKITE – reproductive health, for re-birthing
WULFENITE – for transitions, rejuvenation

THE ULTIMATE HEALING STONE IS APOPHYLLITE: in clusters or as a single pyramid, it balances and heals all embodiments.

STONE SPHERES *radiate energy in all directions.*

Something that I find quite interesting is how storms form and rain is spawned over the White Sands National Monument and the mountains around the lake bed that formed the giant dune plain. You see, it isn't really *sand*, it is made up of Gypsum – the rain maker. My dogs just *love* to go to White Sands.

Crystals and stones for your healing work and for your animals' wellbeing can be *found out in nature* or can be *purchased* in "rock shops" and metaphysical stores. There seems to be concern in the world about money spent on all manner of things "metaphysical". From reactions to expensive Arabian horses sold by a channeler (hey, Arabians are highly priced by plain old businessmen, too) to bewilderment over the cost of crystals, incense, smudge sticks or books – there is a feeling that somehow, things of the Spirit should not cost money.

And, really, they don't. But the *tools* used, in all their varied forms, have been produced, lovingly crafted or labored over by someone who needs to buy her groceries, too. The place we are all heading towards, where all our individual paths of spirituality lead, does not require the purchase of a ticket... but the "bus that takes us there" may need some fuel along the way.

Things are not important. Concepts, feelings and insights are... but objects can be keys, catalysts or doorways to the realization of them. And what better way can one spend whatever sums one chooses than on beautiful stones, books of cheer and empowerment, offerings to give in prayer and ceremony, healing and encouragement from another being? It has to be better than buying a case of beer, taking another costly, repetitious vacation, trying to impress the neighbors; whatever else one might do with money that does nothing to raise consciousness above the day to day physical mediocrity. What value should be placed upon a flash of insight that brings *infinity* within one's grasp? How could we ever compensate the animals in our lives for what they teach us?

Through the searching, seeking, sometimes stumbling ways of our spirit-quests, human beings are on the threshold of a better way of life on this Earth. We can undo the damage caused by selfishness, short sighted narrow mindedness, the belief that we will never return here to suffer the consequences of our actions, the "mankind above all else" concept, IF we start to focus on being FOR things instead of *against* things. We are FOR

Peace instead of AGAINST War – For solar instead of against nuclear, we turn our thinking around and give the power to our convictions. What we focus upon, we empower.

We have to grow. Some will want to use lots of different tools, some will need very little... and some people will want to run full tilt up their paths while others like to stroll casually. There should be no judgement. No criticism should be leveled at any method, tool or person. Through **Life-Wave Integration**, we can balance the health of our animals and ourselves with as little or as much spent on the tools and compounds as we choose. When you see a stone out on your path walking the dog, trail-riding on your horse, parking the car – when a stone speaks to you, *pick it up*. If it feels good in your hands, keep it and use it as part of your stone family.

COLOR therapy is an integral part of crystal healing because stones and crystals manifest LIGHT (the energy field of Spirit) and express it through colors. Healing with color is nothing new. Herbs used for the physical body often have corresponding coloring for the body organs to which they have affinity. Yellow plant parts (Calendula blossoms) help cleanse the liver and the skin and if the liver is compromised, the skin turns yellow. The red of hawthorn berries corresponds to the blood and the heart, which is the organ healed by hawthorn. The color of the flower petals used to make each flower essence has a resonance to the things it will heal. Plants for essential oils have compatible colors for their properties. And the beautiful crystals; **solidified light**, are the epitome of color healing and balancing tools.

RED is the color of the first, *the root*, chakra. Red is the color for grounding. It helps the physical body become fully integrated with its purpose and its needs. Red *energizes*. It brings strength and power to all of the embodiments. Red connects the body of a being to the energy of the Earth Mother.

ORANGE is the color of the second chakra, the *Hara* line. It is the center of reproduction and sexuality. Orange is the color of growth and connection to parents. It soothes irritability, helps one focus. It provides a more subtle energizing effect than red does... longer lasting, less intense/immediate. Orange is bound with one's sexual self.

YELLOW is the color of the third chakra, the Solar Plexus. This is the seat of emotion. Yellow deeply effects the expression of feelings. It is Yin (red is Yang). Yellow is for congestion of all kinds and for the glands and all

filtering organs of the body. Yellow/Yin and Red/Yang combined make orange, the balance of female (Yin) and male (Yang).

GREEN is the color of the heart chakra, the fourth chakra. Green is the universal healer. It is the appropriate color for any healing process on any being. It is calming. The heart is the seat of our intentions, our *love*, our best possible selves. The love we radiate into the world heals everything around us. Animals are the greatest healers because they love purely and unconditionally. Animals live from their hearts.

BLUE is the color of the throat/fifth chakra. It is the seat of communication and incoming information. Blue heals the senses: sight, hearing, smelling, tasting, touching. Blue brings insight. Blue is the messenger and the listener. Blue helps allay pain.

INDIGO is the color of the sixth chakra, the third-eye. It is the color of all things mystical.

VIOLET is the color of the crown chakra. It is the color of spirit, the color that connects with the Universe and all of the guides and deities.

Violet/purple colored plant blossoms calm and soothe the embodiments, combat things like cancers that “run amuck” within the body, loosing touch with the boundaries of balance. Violet brings the balance back and expresses compassion and non-attachment, non-judgement.

PINK has properties of its own, being very soft and soothing, it is the color of self-love and compassionate love of others. Rose Quartz is the ultimate expression of pink in the mineral world. Rose petals are the expression of Pink in the herbal form and roses bring the soft healing of the skin and the senses, soft tissues and organs.

WHITE is the combination of all colors being reflected to us.

BLACK is the combination of all colors being absorbed.

When you use a crystal or mineral for healing and balancing of an animal, let her reactions guide you. If she is uneasy with a particular stone, it could be too strong or maybe an inappropriate choice at that moment for what she needs to transmute or energize on the level of Spirit. If she is uncomfortable, choose a different stone or leave her with a selection from which to choose herself (she will let you know which ones she is drawn to). Color therapy can be provided by use of colored light. A colored bulb in a lamp or a colored lens in front of a light source will do. The light coming through the color vibrates and affects a being on many levels – think about how moving the colors are in a stained glass window! Choose blue for meditation, the head and the five senses; green for any healing and for the heart and breath; red for grounding; yellow for the glands/liver/kidneys (the filters); orange for stagnation of any kind; violet/purple for things of the spirit

and emotions... and for deep kinds of pain; white light clears out confusion. Many beings are in such pain on many levels. Some people are so hurt by the world (societies and “worldly” things, NOT the Earth) that the idea of its end, of retribution, is a comfort to them – *it comes from their PAIN*.

Approach animals from a centered space with no expectations so that they sense only themselves. They will communicate with you when you get *you* out of the way for a while. Confusion, on any level, causes grief for their spirit selves.

I watched a young horse *trainer* one day at a local stable. She came in from a ride on a three year old colt, halted and stood a moment, then began to dismount. As she raked her huge, roweled spur on her right heel across the poor horse’s haunches, he jumped forward from the pain. She immediately sat back into her huge saddle, jerked his mouth and forced him backwards while she kicked him brutally with both spurs. Obviously she didn’t even know that she had hurt, startled and offended the horse with her spur and that his hopping forward was a natural and justified reaction to her action. I walked away. I was so appalled by the spectacle... yet other “horsemen” all around were ignoring the display or unaffected by what had happened. I had noticed that the horses this girl worked with seemed numb. They did not like people or other horses and were totally devoid of personality or feelings (of course, those were deeply buried in self-defense). All beings will find ways to cope with confusion and pain. Some fight back, some disappear into themselves, some decide to die (it is a release for them when they cannot bear their lives). The healing and balancing of SPIRIT is an ongoing process because embodiment on this plane, this third dimension, can become full of confusion, lack of clarity or consistency.

These things affect all the embodiments. Work with the spirit self **heals the consequences of confusion**, helping the 4 bodies align and find their **own** truth to depend upon.

A real caretaker is a dependable influence in an animal’s life. We must meet animals where *they* are. They absorb from us and heal us and don’t know when to stop... they will sacrifice themselves for our benefit, so we must not “dump” on them all the time.

Color can also be included in the environment by using a specific color of blanket on an animal’s bed or favorite couch. The curtains in a dog or cat’s

room can be a color to soothe (blue) or motivate (yellow) or heal (green), etc.

I can't remember where I heard it, but I know it was a long time ago – it is my favorite little saying about horses. Someone told me, “There are only *two* things a horse will spook at...” I know I was all ears. They said, “Things that move and things that don't move”.

The other day I was mucking (cleaning up manure) after a hard wind and I thought of the two things that *scare* a horsewoman – the things you see and the things you don't see. I picked up some strange pieces of Styrofoam that had blown, possibly from *miles* away, and landed in Darjeeling's paddock. I thought, “Goddess, am I glad he didn't eat these.” Then it occurred to me that there might have been more of the white chunks.

Years ago I had a neat, huge Appaloosa Eventer named Sam who tore his sheets and blankets to shreds. On a particular morning, I could not find the front part of his green blanket that was in pieces in the shavings in his stall. The next day I found perfectly formed balls of *bright* green feces – the blanket shreds – in his turn out pen. I was lucky (he was blessed) that it made it through his system.

Darjeeling is fine. He is not prone to sampling exotic fare the way Sam was. I also fed him a huge, wet, bran mash filled with mineral oil to be sure things kept moving through him.

But it can drive you bonkers if you think about it. When there is nothing dangerous in the pasture or pen, does that mean that the animals ate it? If you **DO** find something, is it only what they left behind as a clue to their experimentation?

This brings the whole concept of *fear* into the light. If you want to worry, you can justify it in an instant. There is no end, no limit to the “rational”, acceptable concepts you can use for reasons to worry. And worrying is just dwelling upon something you fear; anticipating a feared situation. Such concentration can actually become the *cause* of a mishap. If visualization of positive effects can bring about their manifestation, well... surely concentration on the negative empowers it, too.

Light within us all is a tangible reality. Molecules spin and spiral with “handedness” in specific ways, producing light! We must shine it on the scary places inside and see them for what they really are – things that move and things that don’t move.