

Working with the Crystal World

by Sammy Castonguay, M.Sc. Geological Science

Imbolc Greetings! In the last two articles*, I drew attention to the Earth and human-built environment as sources of crystal energy. Ignoring these sources may have harmful health impacts, especially if you are already working with crystals for healing**. Let's explore ways to work with these sources.

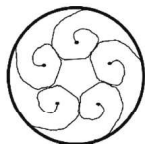
Sitting in silent meditation in a natural area has tremendous health benefits. In the method called 'earthing' or 'grounding', one draws their attention to the energy sources emanating from earth. Some can feel those sources intuitively, most of us need to focus on the detection by realizing the source. Find a natural setting, place your bare feet, hands or both on the bare ground and reflect on these sources until your minds-eye can visualize them. 1) Earthquake waves are vibrational translations of energy and can be detected by seismometers half-way across the Earth. Become a seismometer and focus your imagination on the vibrational sounds of the Earth. 2) The primordial heat of Earth's formation is still trapped within and drives plate tectonic motion. Focus your imagination on the vibrational energy of those particles (heat), the stirring motions of the Earth's mantle. 3) During the day, the Earth's soils and rocks absorb the Sun's energy waves but at night it re-emits that energy. Visualize absorbing the re-emitted energy.

The objects of Anthropic Crystal World are all familiar to us but working with them as energy source may seem foreign. Allow yourself to connect your imagination to the Earth's materials used to create it. Find a place in view of buildings and cars, perhaps a city bench. Get yourself comfortable either sitting or standing. Hold your cell phone in one hand and wallet in the other. Focus on the components of the materials around you to begin to imagine the minute energy they emit or reflect. The phone in your hand contains a plethora of rare metals, pulsing electrical circuitry and transmits/receives radio waves. Your wallet likely contains plastic magstripe cards with magnetic iron, again effecting the magnetic field around you. Each iron-vehicle that passes is changing the gravity field, magnetism, sound waves, and air current. The mineral calcite found in concrete splits waves into two distinct paths (birefringence): think of how the city's concrete dampens and splits the Earth's energy waves. Wifi, AM/FM radio, and microwaves add to the natural electromagnetic energy. Electrical wiring produces a magnetic field as the current of electrons pass through.

These energy sources are inescapable. Do not cast them aside, instead find ways to work with them and acknowledge the enhancements brought to your life.

* archived at ThisMagickalEarth.com/writing

**no claim of expertise in crystal metaphysics



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