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Discovering the Inner Life of Crystals
by Janine Davies

Tips to a Good Night's Sleep & Dealing with a Cold... The Crystal Healing Way
by Hibiscus Moon

Mojo Bags
by Jane Wallace

The Basics for Getting Your "Rock On" with Jewelry
by Silla Von Faulk Trueworthy

Rose Quartz:
The Emanating Essence of Love
by Suzanne Pin

Clear for the New Year:
A Cleansing Process for Your Energy Field
by Naisha Ahsian

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Here in the northern hemisphere of our beautiful spaceship Earth, it is winter. I woke up this morning to temperatures -20°F with a thick blanket of snow covering the mountain top. A flock of fat bluejays is at the feeder, bullying the equally rotund chickadees and carelessly shoving feed onto the ground as they search for prized peanut kernels. The wild turkeys will show up later to eat the spilled seed. The sun appears as a vague, watery shimmer behind a curtain of pale, snow colored clouds. The wood furnace is cranking and I’m giving thanks for its warmth.

Sipping my tea and looking out at this stark landscape painted in the million shades between black and white, it’s easy to forget that fully half the planet is enjoying the height of the summer season. Somewhere there are holiday lights strung on palm trees, and someone dressed as Santa in a Speedo is laying in the hot sand of a beach, soaking up the sunshine and sipping an icy cold drink.

It is Solstice the world over. For some, that means the longest night and the deepest dark of the year. For others, it is the longest day and the brightest light. So goes life on Earth. Polarities are simply the opposite expressions of the same energy-- two different outcomes from the same potential. Light and dark, good and bad, enlightenment and illusion, and everything in between. We often think of them as separate things, pitted against one another in some ancient war. But really they are the same thing, the great consciousness that is simply exploring itself and its own potential by manifesting in very different ways and creating balance in that centered place in between.

In six months I’ll be sitting in my garden in the bright morning sunshine, soaking up the Earth and the sky and bathing in a million shades of green. Someone else on the opposite side of Earth will be zipping down a little ski hill or sipping hot chocolate before heading out for some sledding before it gets too cold or too dark, too soon.

Where ever you are on our planet, I wish you the greatest joy at this Solstice, and the peace of knowing there is always balance if you maintain your center in the face of the extremes of life.

Namaste and much aloha!
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Naisha Ahsian  
Co-Author of The Book of Stones

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Just like you, I have been fascinated with crystals and stones for most of my life. I have collected them, held them and felt their energies. As I have became interested in photography early in life, I had always wondered what this energy would look like, if it were only possible to capture it on film.

When eventually I took out my camera to explore the inner beauty of quartz crystals, I was amazed to find an array of different worlds filled with splendour, drama, colour, fantastic creatures and landscapes. I spent hours photographing; shooting thousands of pictures and spending more hours to sift through all the pictures.

Amazingly I found that although I had been drawn to certain scenes in the crystal whilst shooting, the inner secrets really only revealed themselves afterwards, in the digital darkroom setting, when I zoomed in on the images taken to take a better look.

**Metamorphosis**

This most intriguing clear quartz crystal displays an astonishing wealth of different elements and with it a lot of room for different interpretations.
Soon I created canvas print enlargements to be hung in homes and healing spaces. Having these images around can have an uplifting and calming effect, some are even helpful with getting into a quiet mood as preparation for spiritual practices. Some are even being used to help getting music students to empty their busy minds before starting to play their instruments.

As these images carry the energetic blueprint of the individual crystal itself, I believe that some or perhaps all of their essence is being received by the onlooker, resulting in different responses, depending on the energetic makeup of the recipient. In other words, looking at the same image, we all come up with different interpretations and responses, some slightly different and some very different. This very factor holds a great deal of excitement for me.

In this spirit, I am sharing some of the Inner Crystal Secrets, hoping that they will uplift, soothe, energise, stir or otherwise engage you.

Perhaps you even feel inspired to take your camera and discover the inner secrets held within your own crystals.

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Dali’s Crystal

This image, taken from a Brandberg Amethyst, reminds me of the great Salvador Dali’s surrealistic paintings. It was one of the first images I took and is still one of my favorites.
Screams of Might

Within a mist of color a wealth of shapes sprung to the fore as I was entering into yet another Brandberg Amethyst crystal. It was difficult to decide what to focus on within this lively and noisy world.

Janine Davies is an adventurous IT professional with many interests. She holds a diploma in photography, is a registered PAHT™ practitioner and is currently studying Crystal Resonance Therapy™. This year Janine has successfully finished a 12 months course in Sound Therapy and Sound Meditation Foundations with the South Africa Centre for Sound Therapy. Born and raised in Germany, she immigrated to South Africa where she is living with her husband on a small holding in Johannesburg.

More secrets are revealed in Janine's book The Inner Secrets of Crystals (http://www.inner-radiance.co.za/products.html)

Click here for more information!

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For those of us in the Northern Hemisphere, winter months usually mean that cold and flu season is here in our face. I would like to present some ways to work with our crystals that can assist us through those times when we’re not feeling our best, have low energy due to a cold or flu or not sleeping well. Even if it’s not winter where you are right now, a cold, flu and/or poor sleep can still affect us.

BORING DISCLAIMER: I’m not a doctor and am not giving medical advice in this article. Crystals should be used as a compliment to and not as a replacement for regular medical care and/or a sound holistic health care regimen.

Beating the Common Cold

I tend to go to my crystals for just about every one of life’s little hiccups, common cold included. The crystals help me bounce back, however I use them in conjunction with other healing modalities and really am fond of the idea of layering similar beneficial vibrational frequencies to greatly exponentiate the healing effects. These are tips that have worked for me and my students time and time again.

So the first step is to boost your immune system. Making certain your immune system is strong to begin with prevents a cold or flu from every taking hold. Sleep is an important part of a strong immune system, hence why I chose to weave some good tips for using crystals to help with sleep as well in this article.

In addition, a low stress environment is key to maintaining a healthy and strong immune system. Yep, crystals can help with that too. Getting enough sleep also helps to lower stress.

I’ll warn you now that I tend to keep my crystal practice relatively simple and practical. Sometimes, the fancy-pants crafty side of me takes over but I usually keep it easy and uncomplicated. This article includes just a few ways I may choose to work with the energies using some easy and simple methods.

A Good Night’s Sleep is Always a Good Idea

Sometimes, a good night’s sleep eludes us all at one time or another. I went through a period there when it was happening to me several times a week. That was rough!

Now, that many of us live such fast-paced and stressful lives with less physical activity, studies have shown that insomnia is on the rise. I feel it may be a combo effect of our hurried lifestyles coupled with many cosmic shifts and changes happening with our planet at this time.
We all know that lack of sleep starts a domino effect that ends up influencing many areas of our lives; concentration, relationships, inflammation, weight issues, emotional well-being, decision-making, communications, spiritual well-being, etc. And if we're affected by SAD or an illness, lack of sleep makes the problem worse. Drugs and medicines only mask the symptoms and may actually hinder our bodies own natural healing mechanisms.

So, what can we do?

Crystal Healing tips & Remedies for Sleep

Tip 1: A Sleepy-Time Mojo Bag. These are perfectly practical for inducing a restful calming sleep.

You can tuck one of these mojo bags under your pillow when you feel you need it and they’re so easy to make. Just take a small organza bag and fill it about 1/2 full with dried organic lavender buds. Then amp up and empower the herb with 2 large amethyst tumbled crystals (or raw points) along with two large sodalite tumbled stones (small rough ones are hard to find). To this mix you may want to add 10 or so drops of premium certified organic lavender essential oil (spike). The organza bag allows the lavender scent to drift out and blend its vibrational frequency with that of the amethyst and sodalite to gently lull you to sleep.

Both amethyst and sodalite are known for their calming & soothing qualities. Amethyst is also a lovely dream-time stone. Why the lavender? Lavender has long been known to help induce a calm state and promote sleep. You can place this little mojo bag near your pillow or in your pillow case. You can also grab it, take it with you and use it to help calm you down throughout the day.

Better Sleep Crystal Grid

Here’s a grid I created that uses 3 great sleepy-head stones arranged on the floor under your bed! Give this grid a try...over time, this just works better and better. This grid uses lepidolite, iolite and muscovite.

You may choose to place 1 large muscovite (they’re easy to find in large chunks & relatively inexpensive as long as semi-precious gems aren’t growing among them) in the center with 2 lepidolites and 2 iolite stones alternating at the corners. You don’t have to follow this pattern...do whatever you’re personally called to do. This is just one way you may arrange them. Here’s the basic pattern:
Amethyst Gem Elixir

Take a washed tumbled amethyst stone & drop it into a pitcher of water to be kept in the refrigerator. Drink half a glass of this before bed or sip from at your bedside. Amethyst gem elixir is a gentle and easy way to guide you to a restful sleep.

If your sleep cycle’s been whacked out for a while, it might take you several weeks to reset it. You may want to use 1 of these tips or layer on all of them…you can’t do any harm with the specific remedies I’ve laid out here so if you feel you need to pile them all on…go for it!

Crystal Suggestions for Beating a Cold or Flu

**Carnelian:**

This stone is known to enhance overall healthy, vitality and energy. It's also great for fortifying and reinforcing your immune system. Many of us are affected by Seasonal Affective Disorder (SAD; brought on by the reduced sunlight during this time of year). Carnelian will sizzle that right on out. Whenever I feel a little something coming on, I work with carnelian because for me personally it boosts my vitality, boosts my immune system as well as gives me good overall energy.

**Green aventurine:**

This stone is good for ushering in good overall general health and is known to enhance vigor so I always like to have some of that around.
Larimar:

If you’re dealing with a serious case of the flu then work with “The Dolphin Stone”, aka larimar for its calm, cooling and soothing energy. This beautiful stone, found only in the Dominican Republic, is known as a fever reducer as it chases out any infection causing bacteria or virus.

So what exactly do I DO with the crystals for combating a cold?

• First, I usually drop a carnelian stone in my water bottle = Instant Gem Elixir to the rescue!

• Then I may put together a quick little healing mojo bag to carry in my pocket and keep under my pillow of 1 carnelian, 1 aventurine & 1 small clear quartz point to amplify both of their energies. I prefer a green bag to resonate with the green frequency of healing.

• I also usually make a loose tea blend using organic dried herbs of licorice root, marshmallow root & Echinacea purpurea root all steeped in a carnelian and aventurine gem elixir water using my loose tea infuser ball (actually a heart!) meant purposely for healing with its green aventurine holder.

• Along with that, I pop some garlic or Echinacea capsules while I lay with my carnelian and green aventurine on or around my body for a restful meditation or nap.

• Lots of rest. I know I was depleted in this area. I took a couple sick days & allowed myself to sleep & lay around as much as I wanted. Boy, did I NEED that!

• I also felt I needed some deep grounding. I got barefoot & placed my bare feet on the Earth for 20 minute intervals; Earthing! Why? Mother Earth’s surface is covered with balancing restorative electrons (negative ions), which are super-attracted to us. They’re great because they neutralize the excess positive ions (free radicals) in the body (very healing). BUT usually, we’re totally insulated from Mother Earth’s restoring electrons with rubber soled shoes & carpeted or tiled floors so we’re usually really depleted from these restorative energies (especially if you’ve been working under fluorescent lights, cooped up, in front of a computer screen, etc.) When we’re barefoot we’re PERFECT energy conductors!! That’s why animals are so grounded…are they wearing rubber soles? Emerging research shows that Earthing allows us to HEAL.

And that usually nips any cold that may be knocking at my door in the bud.
So, that’s it.

With these methods I licked and kicked my illness in half the time it usually would’ve taken me! YES. And revived my body, mind & spirit in the process. Knowing how (& continuing to learn more and more) to work with energies & Mother Earth’s healing tools is such an AMAZING blessing and GIFT.

Hibiscus Moon

Hi! I’m Hibiscus Moon & I absolutely adore teaching & working with crystals! I’ve learned to channel my inner-geek then merge it with my serious obsession with crystals & stones that I LOVE to share with my crystal healer students & clients, bringing my unique perspective to the world of crystal healing & having the time of my life doing so. I’m CRAZY-passionate about my sacred crystal biz here & get a buzz from the excitement my students express when they have that major “A-HA!” moment regarding crystals & what they’re capable of.

I’ve loved crystal beauty all of my life but as an adult I began seriously exploring the spiritual & metaphysical facets of working with them as a healing tool. After several years of research & practice I began teaching others about Mother Earth’s natural gifts. Yays! As a Discovery Channel STAR Discovery Educator & National Board Certified Professional Science teacher as well as former Science Department Chair with a Master’s of Science (merging Geology with Curriculum, Instruction & Technology) ooooh, boring, I know!; I deliver the science behind the metaphysical aspects of working with crystals while still serving up the FUN!

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For as long as mankind has recorded history there have been many fields of Natural Science. These included Astrology, Astronomy, Alchemy, Botany, and Chemistry. From these came the identification of natural resources as an aid to heal, prevent negative influences and bring good luck. Considered to be White Magic or “natural” magic in modern times, these sciences were known to be practiced by many different cultures.

These wise ones, magi, shamans, witch doctors, and medicine men would often use herbs and stones in a pouch sewn from animal hides. This was a common practice in their healing arts. Depending on the culture, it goes by many names; toby, mojo, hand, charm, resquardo, wanga, gris-gris or gree-gree. Today we typically use the term Mojo bags when we refer to these pouches. This word became popular during the “Hippy” generation. The word Mojo came from the Hoodoo practice originating in African-American culture. The most common synonym for the word mojo is "gris-gris," which literally means "fetish" or "charm," thus a gris-gris or mojo bag is a charm bag. The word "conjure" is an ancient alternative to "hoodoo," which is a direct variation of African-American folklore. Because of this, a “conjure hand” is also considered a hoodoo bag; usually made by a respected community conjure doctor. Mojo reaches as far back as West African culture, where it is said to drive away evil spirits, bring good luck, manipulate a fortune, and lure and persuade lovers. A strong belief was placed in the philosophical doctrine, creating a spiritual trust in the magic itself. Native American Indians had medicine men and women who often made medicine bundles, leather wrapped around a combination of elements. The practice of carrying crystals, stones and herbs were a part of everyday life, enhancing the healing process, appreciation, or manifestation for each individual.

Today these are usually made of a natural fabric bag or leather pouch with stones and sometimes a blend of herbs is added to enhance the properties of the stones. Ingredients often include roots, herbs, minerals, coins, crystals, good luck tokens, and carved amulets. Sometimes more personalized objects are used to add extra power because of the symbolic value. It varies, based on what the wearer hopes to accomplish by carrying the pouch and what the maker finds effective or customary to use in preparing it. Generally there are at least three items in a mojo bag. Some makers try to ensure that the total number of ingredients comes to an odd number. Just as many others, don’t bother counting the items at all, they just compile the traditional items they like to work with, according to the situations, conditions, and needs of their clients. Some who do like to count out odd number ingredients, 3, 5, 7, and so on, will make sure each item is distinct like one root, one personal item, and one mineral. To other, equally proficient makers, the count of 3 may include one personal item, one petition paper, and two paired minerals counted as one; or one animal curio, one petition paper, and a handful of mixed herbs and seeds (no matter how many varieties there
are in the herb mixture it is counted as one item). But not all makers count their ingredients out and there is no "sacred number" or "sacred ingredients" used in making a mojo bag. There are mojo bags for money, protection, career, family, love, wellness, health, beauty, home, harmony, any intention you prefer. Some seasoned conjurers will also use color-symbolism, where green fabric is used for a money mojo, white fabric is used for a baby-blessing mojo, red fabric is used for love mojo.

There is also a process to fixing a proper bag. A ritual is often put in place in order to successfully prepare it being filled and activated. This is usually done by smudging with sage or cedar, lighting candles, calling on the Universe, Great Spirit, or as in Prayers, chants may be said, and other methods may be used to accomplish this essential step. Once prepared, it is "dressed" or "fed" with a liquid such as alcohol, perfume, spiritual water, or essential oils to keep it working and alive with spirit and intention.

Mojo Bags can be carried in a pocket, worn around the neck, hung from a belt, Musicians often keep them in their instrument case, Professional truck drivers keep them in their glove boxes, Women frequently carry them in their purse or tucked into bra, rather than a pocket. Also it can be pinned inside the undergarments so that they are in contact with your flesh. Your bag should be carried with you at all times to get a specific desired effect. Once you receive your mojo bag you will want to put it in the desired location. It is said by some people that all of the power of a mojo bag will be undone if another person touches your mojo or looks inside.

An important part of magical or healing practice, the addition of a mojo bag can be a powerful ally in your spiritual journey.

Jane Wallace

Jane has an infinite love of teaching and helping people grow to their fullest potential by using her unique gifts of Intuition and Empowerment techniques. She offers distant energy sessions, crystal healing and grids, intuitive consultations, and creates custom “Element bags” designed to enhance the needs of each client. Not only an inspirational teacher and coach, she is a Certified Crystal Healer, Intuitive Energy Alchemist, Tsalagi Indian(Cherokee, western tribe) with lineage back to the trail of tears and continuing her lineage research and study in the smoky mountains, Ordained Minister and holds accreditation with the World Metaphysical Association.

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One of the main, bio-energetic healing modalities which I practice is “Crystal Resonance Therapy™” (CRT). In the frame of reference of CRT, the five elements of Earth, Fire, Water, Wind and Storm each lend their unique, archetypal energies for governance of, and assistance with, the various aspects of life. Each element also governs its own variety of crystals, minerals, and stones (referred to here after only as “stones”). The various stones also offer their own unique frequencies for assistance with attempting to maintain or restore homeostasis and balance to the physical and energetic bodies within the human system.

My fascination with the crystal and mineral kingdom began when I was old enough to walk and pick up pebbles and put them in my pockets and I have loved wearing jewelry from the time I was small child raiding her mother’s jewelry box to play “dress-up”!

Some folks may wear their jewelry just for fashion enhancement however, I have found that “consciously” resonating with jewelry (containing natural stones) via meditation, and/or wearing it regularly with intention, allows me to readily employ the benefits of resonance with both the archetypal elemental energies governing the stones, and the electromagnetic and chemical frequencies of the stones themselves.

Combining the stones in jewelry with conductive metals like silver, gold, and copper enhances the energy flow within the stones. The various metals offer their own elemental and chemical influences. Consciously working with these frequencies through meditation and then following up by wearing the jewelry with “intention” greatly enhances their influence within the physical body and its energy field.

The crystalline energies of the stones in jewelry begin to affect the human electromagnetic energy field as soon as they are placed within this field or directly on the body as when wearing jewelry. Once the vibrations have been introduced to the human energy field through proximity then a shift begins to occur. Thus, begins the feedback loop that allows the body to attempt to correct any perceived chemical imbalances. This shift is actualized through the body’s natural biochemical responses to the electromagnetic stimuli from the stones. When the electromagnetic signatures of the stones travel to the brain via the nervous system, the information transferred causes the brain to react in a way as if actual chemical compounds from the stones have been physically introduced to the body. This causes the brain to believe that it has the “working materials” to attempt to self-correct any related imbalances by
drawing the needed vibrations via resonance with the stones. Once the jewelry is removed from the human energy field, its effect is no longer felt. However the chemical changes that have been initiated by their presence continue the chain reaction of attempting to bring the body back into balance.

When determining which jewelry to wear (or when I’m creating a new piece of jewelry) for optimal energetic support, I not only take into consideration the benefits of resonance with the electromagnetic and chemical frequencies within stones and metal, but the overall influence of the governing element(s) and/or elemental interactions. Remember, often it’s simply one’s intuition that attracts one to what stones to wear on any given day and one need not over think one’s choice. Note: Staying mindful of what pieces of jewelry you are “combining” on any given day may be helpful, and less may be more!

In brief the five elements and their areas of governance are:

**Earth** = “Physicality”, life’s structures and foundations (i.e. one’s home, work and working environment, family relationships, personal health, diet and exercise, muscles and bones in the physical body, one’s place in one’s community)

**Fire** = “Energy Dynamics”, one’s ability to take appropriate action; all aspects of creativity (i.e. reproduction, manifestation, artistic abilities); digestion/assimilation; the chakra and meridian systems within human system

**Water** = “The Emotions”, the emotional body; boundaries; ALL forms of love; giving and receiving love; harmony, expression of feelings; intuition; blood, lymph and other bodily fluids and processes of elimination; cleansing and detoxification

**Wind** = “Higher Mind”, mental acuity, memory, expression of thoughts, concepts and ideas; psychic abilities; spirituality; breath and the breathing apparatus and gaseous exchanges and filtration systems of the body

**Storm** = “Dynamic Perspective”, massive movement and change, removal of blockages; the brain, nerves and nervous system

If you are new to working with crystals and stones in this way, and if you want to know about more which stones are governed by which elements, I suggest referring to *The Book of Stones: Who They are and What They Teach* which is co-authored by Naisha Ahsian. In my opinion, it is indisputably the best reference book available on this topic.

Enjoy wearing your stones and remember that one may simply choose to wear “what feels right” on any given day! It really is all about the stones!

**Please Note** ~ I do not advocate the use of any products or services as a substitute for medical or psychological care. If you have a health care or medical concern, please seek the care of an appropriate medical professional.
Silla Von Faulk Trueworthy

Silla is a 2010 graduate of Naisha Ahsian’s Crystalis Institute and holds certifications in both Crystal Resonance Therapy™ and Primus Activation Healing Technique™. In 1996 she graduated as a Certified Massage Therapist from New Hampshire Institute for Therapeutic Arts. She is a licensed Massage Therapist in the state of Maine and a profession level member of the American Massage Therapy Association since 1996. Additionally, she is a certified Reiki Master Teacher; Shamballa Multidimensional Healing Master, and a certified IET practitioner. To learn more about Silla’s work with crystals and stones visit her website at www.bodykneadsandenergetics.com, on Etsy at www.etsy.com/shop/ElementalAttunements, or on Facebook.

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I remember as a child, one of my favorite, but rare treats was cotton candy; that mystical, magical, angelically spun sugary delight with its beautiful light pink color. Even today, decades later, I can't look at a piece of Rose Quartz without that childhood memory.

Rose Quartz emanates the essence of love. It is the most humble of the pink stones and at the same time it is very powerful. Rose Quartz carries with it the power of gentleness, softness, affection and love.

Rose Quartz brings in a peaceful calm energy that soothes, comforts and helps us heal our broken, and aching hearts, and if we work with it, it becomes a compassionate friend when we feel lost and alone in life.

One of the most loving and respectful things we can do for ourselves is the act of being grounded. And as we all know, that means being present in our own bodies, and connected to Mother Earth. We know that when we are ungrounded or our Root Chakra is out of balance, we lack stamina and feel scattered and disorganized. We can suffer from fatigue, experience muscle and joint pain, and fear that our basic needs and safety are lacking. This in and of itself creates fear in our lives, and love and fear cannot abide in the same space. Being grounded helps us clear our perspective and gives us the possibility to see our lives as they really are, and with this clearer vision we can heal and let go of the things that are painful and no longer serve us.

The following layout offers one way of bringing in the subtle, gentle loving and protective energies of Rose Quartz. And by utilizing the help of Black Tourmaline, which grounds, purifies, transmutes and restructures our energy fields, we can ground ourselves back into harmony and balance. Black Tourmaline is one of the most efficient grounding stones I know of, and inviting in Rose Quartz insures that we are truly grounded in love. If you work with this simple but powerful layout, in the course of time you may come to notice a difference in how you encounter life.

You will need:

1 Piece of Rose Quartz (2” diameter)
4 Pieces of Black Tourmaline (1” diameter)
Place the Rose Quartz on the Root Chakra (pubic bone area) and place the Black Tourmaline above and below the Rose Quartz and place one Black Tourmaline on each side.

Leave in place for 10 – 15 minutes. When you finish, be sure to take some long, slow, deep breaths to integrate these energies into your physical body. It is recommended that you use this layout 3 times a week and keep a journal so you will be able to see the subtle changes that are occurring within your self, and the way you begin to experience life.

Meditating with Rose Quartz is another very positive way to initiate the loving energy of this stone. Sitting quietly holding a piece of Rose Quartz in your receiving hand (your non-dominant hand) and breathing in the essence of love into every cell of your body, and exhaling the feeling of love, joy and peace out into your auric field, creates a safe, protective, loving space around you.

When this meditation is practiced regularly, it creates a boundary of love and protection, allowing us to live our truth in peace and safety. With each inhale, visualize the energy of love saturating every cell in your body, on the exhale, exhale that love out and expand that space around you, feel the gentle, loving environment you have created within and around yourself. You will begin to feel a very deep and gentle calm within a space of quiet peaceful joy.

Rose Quartz comes in many shapes, sizes and forms: Here are a few fun ways I have found to bring Rose Quartz into my everyday life. But this is just a beginning. Be creative and let the love flow.

**Jewelry**

Wearing a piece of jewelry or placing a stone in your pocket is one of the best ways to bring in the essence of Rose Quartz. It’s fun and it’s easy. Either way, Rose Quartz can be brought anywhere, and the stone is in your electromagnetic field so you will benefit from its close proximity.

**In The Bath**

Place a piece or two of tumbled Rose Quartz in your bath water. By incorporating sea salt and/or an essential oil such as Lavender to your bathwater can boost the calming and soothing effects of Rose Quartz. It is a wonderful way to relax after a stressful day.

The key to an intimate relationship with the essence of love within our selves is in the softening of the heart space, allowing our self to feel the pain of disappointment, heartbreak, and the feelings of betrayal and loss. When we are grounded and we bring in the gentle, soft energies of love, we soften and allow ourselves to let go of the pain that has kept us in suffering and misery. We can then begin to forgive and forget, and begin to remember the sweeter memories of better times. Then we can begin to heal.

Rose Quartz symbolizes the energy love; its energy is peaceful and loving, making it a cornerstone tool for the healing of the heart. Rose Quartz stirs the heart, and it creates a space for you to begin to heal from the inside out. And when you do, you will begin to feel that mystical, magical delightful loving, joyful energy, and the sweetness it brings into your life in spite of life’s ups and downs. And just perhaps, each and every time you see Rose Quartz, you too will remember a fond and loving memory from your past that brings a smile to your face, and then you will know the intimate relationship with the essence of love.
Suzanne began her love for crystals as a child rock hounding on the northern Oregon coast, and has continued her love for crystals and minerals by working with them in her crystal healing practice. She received her Beginning and Intermediate Crystal Healing Certifications from The Crystal Academy of Advanced Healing Arts, and her Advanced Crystal Master Certification from the Hibiscus Moon Crystal Academy. She is also a Reiki Master Practitioner and a Six Sensory Practitioner. Suzanne has recently relocated to the Salem, Oregon area and is in the process of re-establishing her practice in the healing arts. For more information please contact her via e-mail by clicking here.
Clear for the New Year
A cleansing process for your energy field

Naisha Ahsian

Before you start making your new year's resolutions to change your life, how about taking a lovely evening for yourself and clearing your energy field? An energetic cleanse with crystals is just the ticket when you want greater clarity of thought and decision, or just to shed the unwanted energetic baggage that you may have accumulated.

This process is simple, effective, and can be used anytime you want to shed that unwanted energetic "weight".

Step 1: The Elixir

Crystal elixirs are simply water that has been charged or programmed by the electromagnetic energy inherent in the mineral kingdom. In this elixir we'll be using the isolation method (which is what I prefer for all of my gem elixirs). This isolates the stones from the water, but allows for effective programming of the water by the stones' energies. This is a safe way to create an elixir from any type of mineral-- even those that contain toxic chemical elements. While the stones used in this elixir are generally safe for direct contact with water, getting into the habit of using the isolation method frees you from that concern.

What you'll need:

1. Six tumbled clear quartz stones and six tumbled black tourmaline stones. You can use stones that have not been tumbled if you have them handy. They can be quite small (around 1" or 3.5 cm is fine). You'll also use these same stones in steps 2 and 3.

2. A glass tumbler or cup in which you can place the stones (do not use lead crystal, as the lead is an insulator and blocks the energy of the stones from effectively programming the water).

3. A glass bowl that is large enough to place the cup or tumbler inside.
The Elixir Process:

1. Clear the stones using sound vibration. This can be done with vocal toning, by drumming over the stones, or by using tingsha bells, singing bowls or gongs. You can clear them all at once by placing the stones on a table and then ringing over them. If you are using vocal toning, you will be able to tell when the stones clear, as you'll feel the need to shift your tone. If you are using a device, several rings should be sufficient to clear the stones. Amplitude (loudness) is key in this process! Don't be shy--let that sound fly!

2. Place the cleared stones into the glass cup.

3. Set the glass cup into the bowl.

4. Pour one or two cups of clean water into the bowl, so that it surrounds the cup and stones (don’t pour it into the cup itself).

5. Sit with the bowl in front of you on a table or altar. Enter a meditative state and focus on the energy of love. This energy activates your physical body to enter healing and repair. Place your hands on the sides of the bowl and radiate this energy of love into the stones and water for approximately 5 minutes. You can do it longer if you like, but 5 minutes is sufficient. I recommend using the Primus Activation Meditation to ensure you are in a state of high-amplitude love energy. You can download this meditation from my website at http://www.crystalisinstitute.com/store.html

You now have a charged elixir "mother" solution. Remove the stone filled cup and store this mother solution in a glass jar in the refrigerator for up to 1 week. Instead of using a preservative such as alcohol, simply make a new elixir each week and take it daily. It's a lovely ritual to do and a reminder to clear your energy often. This solution can be taken as is, but should be diluted before taking internally for best vibrational effect. I recommend 15 drops of mother solution in 8 oz of pure water, three times a day, as a good starting dose.

Step 2: The Bath

After the elixir has been made, prepare the following bath. If you don’t have a bathtub in which to soak, you can do this as a footbath with similar results (though a full body soak is definitely a wonderful thing, and it increases the effects of the epsom salts through skin absorption.)

What you’ll need:
♥ 1 cup Epsom Salts (not sea salt!)
♥ Your 12 stones from the elixir making process
♥ A new white candle

The Bath Process:

1. Thoroughly clean your bathtub or footbath using your favorite natural cleaser, or use straight vinegar with salt dissolved in it to saturation (add enough salt so that it does not all dissolve, but leaves a trace in the bottom of your container). Rinse your tub thoroughly after cleaning.
2. Prepare your white candle by placing a few drops of your cleansing crystal elixir on the outside surface of the candle. Rub it all around to "wash" the candle clear and prepare it for ritual use. Don't get the wick wet! Focus on cleansing and clarity as you do this.

3. Prepare a glass of pure water and add 15 drops of your cleansing elixir water to the full glass. Drink this down before getting into the tub, then make another to drink while doing the cleansing soak.

4. Place your stones into the bathtub or footbath. Add hot water to fill (as hot as is comfortable for you).

5. Add your epsom salts and agitate to dissolve.

6. With your candle in a safe place and a proper container, light your candle and turn off all other light sources.

7. Place your body or your feet into the bath. Hold one of your clear quartz stones in your left hand, and one of your black tourmaline stones in your right hand. You can place the other stones on the bottom of the tub, or tie them in a washcloth to keep them together. Soak for as long as you like, focusing on releasing what is no longer needed and bringing in pure, clear energy.

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**Step 3: The Bed Grid**

Finally, you'll create a bed grid to continue the clearing process as you sleep. You can leave this grid in place for as long as you like. It's not only a wonderful cleansing grid for your energy, but will also assist with preventing nightmares and protecting your body if you practice astral travel or OBE during sleep time.

**What you'll need:**

Your 12 stones from the elixir and bath process

**The Bed Grid Process:**

1. Strip your bed down to the mattress. You'll dress your bed with clean sheets and mattress pad, so wash these if you need to.

2. Your grid will be placed under your mattress-- either putting the stones between your box spring and mattress, or platform and mattress.

3. If you are using the same six clear quartz and six black tourmaline as for your elixir and bath, they have already been cleared and charged. If you wish to use different stones, please clear and charge them prior to building the grid.

4. Holding all 12 of the stones, once again invoke the feeling of love and radiate it strongly from your heart. Sit in this energy until you feel the stones have been brought into resonance. Five to ten minutes should suffice.

5. Place the stones under the mattress in the pattern shown in the illustration. You don't need to remove your mattress from the bed, just reach in and place them underneath, as close to the outer edge of the mattress as possible.
6. Once the stones are placed, the grid needs to be activated. Do this by laying in the center of the mattress and once again radiating the energy of love loudly, focusing that heart energy on each stone in turn, until it feels as though the grid is activated.

7. Sleep yourself clear!

**Why This Works**

The stones in this cleansing process are particularly suited to the task due to their specific electrical properties and chemical element content. Quartz is pyroelectric. This means that it emits an electrical charge when it is rapidly heated or cooled. Tourmaline is the only stone in nature with a standing electrical charge. These electrical properties are important to clearing, as they affect the electromagnetic field of the body (the aura) and stimulate the nervous system. Don't worry-- the minute electrical charges emitted are enough to clear your energy, but there is no danger of getting shocked!

On a metaphysical level, clear quartz brings in a full spectrum energy that is nourishing and stimulating to the energetic systems of the body and aura. Being pure SiO2 (silicon dioxide), it resonates with the connective tissues and cell walls in the body, for which silicon is critical. The black tourmaline is a complex neosilicate with a chemical formula of NaFe++3Al6(BO3)3Si6O18(OH)4. Also called "schorl", black tourmaline carries an abundance of trace elements, including sodium, iron, aluminum, boron, silicon, oxygen and hydrogen. While some of these elements are considered toxic to the body (such as aluminum and boron), they are used in tiny amounts in natural processes in the body. In schorl they are silicated, which means that they are sealed within the silicon structure of the stone, making them inert. The chemical elements in schorl have various effects on the body, but in general you can think of this stone as a purifier. Its standing electrical charge and its chemical composition contribute to the clearing and restructuring of energies, while both stimulating and grounding one's energy.

The epsom salts used in the bath are high in magnesium. These are quite different in composition from sea salt, which makes it more effective for this cleansing process. Magnesium assists the body in releasing impurities and detoxing. It has laxative effects in the body to assist with physical clearing, and it assists the nervous system by helping the body to protect and nourish the myelin sheath. Energetically, magnesium helps the body to shed old patterns and to assist in releasing emotional stress.

Keep in mind that stone are vibrational supports for these processes, and are not curative; nor are they substitutes for medical or psychological care. Use your common sense and engage a qualified medical practitioner for treatment of any medical condition.

I hope that you enjoy this cleansing process, and use it throughout the year whenever you require a thorough clearing. ©2013 Naisha Ahsian. All Rights Reserved
BECOMING THE HUMAN CRYSTAL
A six month online program
for personal spiritual development and healing

The Becoming the Human Crystal Program through Crystalis Institute is an intensive journey into self, using the mineral kingdom as your guide. You already are a human crystal, but that crystal is programmed with lifetimes of habit, energetic patterns and karma, that may limit your ability to truly co-create your reality. The process of Becoming the Human Crystal is a process of clearing your human crystal and freeing yourself to fulfill your potential.

In this six month, online, fully facilitated course, you will learn how to engage the energies of crystals and stones, the natural elemental forces, and other energy sources to experience profound personal growth and healing. This is not just a collection of downloadable video clips. This is a personal journey that is facilitated by highly qualified instructors who have taken the journey themselves, and so can support you and assist you on the path.

In addition to your personal growth and learning, this program will help you to learn how to engage crystals and stones on a very deep level. You will learn how to resonate with their energies and to receive their messages for yourself. You will learn how to engage the energies of the natural world, of which you are a vital part. And, ultimately, you will create an ongoing plan for your spiritual unfoldment that directly addresses your needs and goals.

This course is rigorous and requires a commitment of at least an hour a day for meditation, plus an addition two hours a week for homework. Classes meet online every other week for co-learning and a deeper exploration of the course materials, and attendance is a requirement. While this program should not be undertaken lightly, it is a truly powerful path for those who are ready to commit to their own learning, growth, and above all, personal empowerment.

The course was developed by internationally acclaimed author and teacher, Naisha Ahsian. It includes the processes Naisha developed and used, and continues to use, for her own spiritual growth and healing journey. You have the option of studying directly with Naisha, or with another instructor if that resonates for you. Please visit our website at www.CrystalisInstitute.com/bhc.html for more information on this powerful initiatory path.

Personal Consultations with Naisha Ahsian

Crystal Consultations
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To arrange an appointment, please click here to contact Crystalis Institute via email:
info@crystalisinstitute.com