

Crystals: Spirit And Matter

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What defines a crystal and how does it come into being? In this journey from the centre of the earth to distant stars, crystals are studied in relation to nature, science and healing, providing a background to understanding some of the properties of this relatively new group of remedies.

Geologic Origins & Environments Of Crystal Growth

Crystals could be seen as the earth's DNA, unique chemical imprints of evolution, containing the records of the developing earth for millions of years. Each crystal carries the indelible memory of the powerful forces that shaped it, as a miniature storehouse. Gemstones have been forming throughout the entire history of this planet. Minerals are the products of the many and varied processes which have been operating within the crust of the earth for hundreds of millions of years. They can be formed by crystallization from molten material, solutions, vapour, and the interaction of gases and/or liquids with each other, and with already existing minerals and rocks. There are three major modes of formation of rock: *igneous* (from fiery processes), *sedimentary* (wind and water) and *metamorphic* (can be *igneous*, *sedimentary* and have undergone physical or chemical change after their formation).

Minerals are naturally occurring substances, which have characteristic internal structures determined by the regular arrangements of atoms or ions. They have definite compositions and physical properties, which may vary within limits. The overwhelming majority are inorganic compounds; a few are native elements.

Structure of Gemstones.

Most gemstones have a crystalline structure. The internal atomic structure gives expression to the outward appearance of the crystalline substance. Well-formed crystals have flat surfaces called faces.

The usual shape a crystal makes is called its habit. The habit can best be described as one or more of the crystal forms, defined by sets of parallel faces and their angles. For example, an emerald is found as hexagonal prisms made up of two forms, either open or closed. A form consists of a number of identical faces, and is named closed if it can enclose space, and open if it does not. Crystals belonging to a particular system will have subtle energetic properties common to that geometric class, and will also display unique energetic and healing characteristics.

Crystals are assigned to one of seven crystal symmetry systems. If you were to rotate a crystal through an imaginary line, and the same pattern of faces appear any number of times during one complete revolution, then it is referred to as symmetrical, with an axis of symmetry

around the line. It is said to have twofold symmetry if the crystal appears to look the same during the rotation. If an imaginary line is drawn through a crystal and there is a mirror image, it is said to have a plane of symmetry. A crystal may have more than one plane of symmetry.

Seven possible systems occur, seven close-packed possibilities of atomic lacework, a repeating pattern of symmetry. However, each gem has a unique variation on this symmetry.

For example, we are familiar with *Graphites* and *Adamas* (diamond), two forms of carbon. Diamonds have a tetrahedral architecture, making them almost indestructible, while graphite crystals grow in hexagonal sheets that slide off each other. Another crystalline structure is Carbon 60 a class of molecules of fullerenes more commonly called Buckyballs, or more formally Buckminsterfullerene, named after R. Buckminster Fuller the architect who designed the soccer-ball-like geodesic dome. The pure carbon molecules are a component of the dust that drifts between the stars. The proving of *Carbo fullerenum* can be found at: <http://www.hominf.org/fuller/fullframe.htm>

THE SEVEN SYSTEMS

Cubic or isometric crystals have three perpendicular axes of equal length. The cube is a universal symbol of 'earth' and the 'solid' phase of matter. The cube is the basic volume from which the other crystals extend. Diamonds, fluorites and garnets possess qualities of a very basic nature, a basic building block type of energy patterning. This can be seen in the proving of *Adamas* (diamond) with the delusion of four pairs of arms, like its four electrons. This is fundamental earth energy and resonates most with the sacral chakra in human subtle energetic anatomy. Lapis Lazuli is also considered isometric. In each system, one relationship changes, forming a progression of proportions along the lengths and angles of their axes. In the cube three axes are the same length and at right angles to each other.

Hexagonal crystals including emerald and aquamarine (of the beryl family) and quartz have four axes, three of which are of equal length and lie on a plane with an angle of 120° between them. The fourth axis is perpendicular to the three and can be of any length. These crystals can be used for balancing energy,

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communication and storing information. They have an affinity with the solar plexus.

Tetragonal crystals have three mutually perpendicular axes, each of a different length, forming the basic three-sided pyramid. This basic pyramidal structure and its attunement to sacred geometrical forms is one reason why they can be useful for attunement to higher dimensions. Crystals of this system, like zircon correspond to the heart chakra and have a balancing nature. They have qualities that allow them to receive many of the negative qualities of the earth, yet are also able to emit positive vibrations, transmuting the negativity.

Orthorhombic crystals have three mutually perpendicular axes, each of a different length. Gemstones belonging to this group include topaz, peridot and alexandrite and they have the ability to assist in bringing greater perspective and clarity to issues that may seem out of focus. Such crystals help magnify and clear away that which is irrelevant, and have protective qualities. The orthorhombic system relates best to the throat chakra, centre of will, which carries the ability to reject or accept problems.

Monoclinic crystals have three axes of different length, only two of which are perpendicular. Jadeite, nephrite, serpentine, moonstone and malachite are monoclinic and have a unique pulsating action. Continual expansion and contraction is their nature, which helps serve as an impetus to action and growth as well as to the expansion and contraction of consciousness. These stones can clear away obstructions in our inner vision and correspond to the third eye centre in humans.

Triclinic crystals have three axes of different length, none of which is perpendicular to any of the others. In that they form a triad, triclinic crystals such as turquoise and rhodonite possess aspects of totality and completion in their makeup. Within the individual they also help to balance the yin and yang energy. The triclinic system of crystals corresponds to the crown chakra, bringing the highest form of understanding, of giving and receiving, and of all things that can be accomplished.

The Trigonal is similar to the hexagonal system, but achieves sharper clarity. There are three axes at 60° to each other in the same plane, the fourth axis is perpendicular. There are three planes of symmetry and these crystals give off energy of a balanced nature. Amethyst and others of the quartz group, including jasper, agates, carnelian, tourmaline, ruby and sapphire, are all representations of the trigonal system. This system corresponds to the coccygeal or base chakra relating to the kundalini energies. They are always in a spinning motion, at a subtle energetic level, which is neither positive nor negative.

Crystal Energy

There are energies that can be measured by current scientific methods such as light, heat, electricity and mechanical energy. However there are also spiritual energies such as thought, will, healing and the energies that make up the higher spiritual bodies. Although these are artificial divisions it is easier to explain the mundane

energies within crystals and from there one can see that there are certain parallels with the spiritual energies in crystals. A basic understanding of the atom and in particular how atoms attach themselves to one another is necessary in order to understand the inner workings of the crystal and how the crystal relates to energy. Most of the effects we observe in the use of crystals, both esoterically and exoterically, relate to their unique arrangement of atoms.

Matter may take three forms: solid, liquid or gas. In a solid, the atoms have considerable attraction for one another and fasten themselves rigidly to one another. Not only are the atoms held rigidly in place, they also form distinct and repeatable patterns; such matter is said to be crystalline. However this does not necessarily mean that all matter of this nature will form crystals; it depends on the bonding. The forces that attach atoms to one another within the crystal are important, as it is the disturbances in these attaching energies that are responsible for the many effects that we observe from crystals in energy fields.

An atomic attachment called an ionic bond is an electronic attraction between ions of opposite charge. An ion is formed when an atom gains or loses one or more electrons, creating electrical imbalance. Loss of an electron by an atom yields a positive ion, while gain of an electron yields a negative ion. Ionic bonding is a particularly strong type of bond, and crystals with such bonds are usually quite tough although, very interestingly, they are often quite brittle. These crystals often have very good cleavage, which is when the crystal breaks in flat planes. As we have seen, an ionic crystal is made up of a series of alternating positive and negative electrical charges, and, as with the ends of a magnet, when the two poles with the same charge are opposite each other, they repel.

Electrons like to travel in pairs; and each shell of any atom always tries to have exactly four pairs of electrons. A crystal is characterised by its definite internal structure; its external form; the fact that the solid produced by these patterns has flat faces arranged in a precise geometric form; and the fact that its atoms are supplied from a liquid or gas, where they are free to move into their proper positions.

A crystal is in a perfect state of equilibrium, that is, apparently neither giving off energy nor taking it in. It would appear to be quite simple: if it were taking in energy, it would be growing; and if giving out energy, it would be shrinking. As it turns out, crystals are taking in and giving off energy constantly, but they are doing so in perfect balance. The energy given off is exactly equal to the amount taken in, and thus the crystal remains unchanged. An exception to this is crystals with radioactive elements; in this case, energy is being given off all the time, and the crystal does change.

If plates of the same thickness are cut from two or more different crystals and the same amount of electrical energy is applied to each of them, the rate of vibration is exactly the same for each plate. This rate of vibration is a property widely employed in technology, particularly in quartz resonators, for frequency controls in the crystal pick-ups for gramophones, and in pressure gauges. In old

crystal radio sets, the crystal was nothing more than a slice of quartz crystal. In the earliest two-way radio sets, unless both set had crystals of the same thickness and therefore frequency, they were unable to 'talk' to one another. In an electronic watch, the quartz crystal is vibrating at a certain number of times per second and a small computer in the watch counts up the number of vibrations; when it has counted up enough to equal a second, the second indicator advances by one. When this has happened 60 times, the minute indicator advances by one.

Elemental Energy

In understanding the relationship between crystals and spiritual energy, one can also look into the levels of energy that are not directly measurable by scientific methods. When we look into this level of energy we discover that the 'elemental' energy of the crystal becomes most important. But what is elemental energy? Actually, for that matter, what exactly is energy? We have looked briefly at some of the effects of energy without establishing what it actually is. Nor do I feel it is yet possible to do so.

We know that elementals exist behind every physical form and we might perhaps define them as the essence behind the form. There are other names that have been applied to these essential form such as *Deva* ('a being of light' in Sanskrit) or even Angelic beings. Kirlian photography has shown that certain energy forms exist where no physical form is present. We know that elementals are present in the plant and animal kingdoms, with many instances being reported of being able to contact these elementals telepathically. There are experiments where plants have been connected to polygraphs and their responses to either friendly or hostile thoughts towards them measured. Many experiments demonstrate that the plant kingdom has awareness, and we also recognise that the animal kingdom is aware to varying degrees. But what of mineral 'awareness'? Admittedly, it is not on the same level as the awareness of the other kingdoms; however, it seems to me that there is an *enduring* quality to crystals.

With awareness goes a certain degree of free will. We have often thought of humans as the only kingdom having free will, but we can demonstrate by a very simple example how the various degrees of free will are available to members of different kingdoms. If a man is out in the bright sun, and wishes to cool off, he can simply move into the shade, take clothes off, have a swim, or perhaps invent the air conditioner; the list is endless. If an animal is unhappy in the hot sun it can move to a shady place, or sit in a lake or stream. A plant cannot move from place to place, but it may alter its direction of growth or roll up its leaves or close up its flowers to reduce the amount of sunlight it receives. The plant has fewer options, and the mineral even less.

If a stone is sitting in a place that is not to its benefit, then it must remain there until some other agency comes along to move it. In other words, the mineral kingdom is largely dependent on the will of others or other forces, and has no free will of its own. It is this lack of free will and the susceptibility to direction by other, higher levels of will, that make them so very powerful when combined with one other factor.

Stop reading this and look around you now. In your field of view you may see representatives of the plant kingdom, and perhaps a few representatives of the animal kingdom, and you yourself are a representative of the human race. The physical forms of all of these kingdoms are present and therefore the elemental energies of these kingdoms are present. Also present in one form or another is the elemental presence of the mineral kingdom. The planet is founded upon the mineral kingdom, as we ourselves are, and as are plants and animals.

On other planets, there are (to our knowledge) no plants, animals or people. However, what we do find in every instance is the mineral kingdom; and the minerals that we find on other planetary bodies are

the same as those we find on earth. The elemental energies of the mineral kingdom are universal energies. Therefore, when we contact this energy and begin to exercise our own creativity with this energy through our exercise of Higher Will, we are drawing on the very energies around which the physical universe is made. This is why crystals are so very powerful and also why their powers and energies should only be used through the individual user's highest consciousness.

In the crystal we find the perfect balance between physical and spiritual energy. When energy passes through a natural crystal, it becomes harmonised with it, and the natural balance is preserved. It is this tendency of crystals to balance energy that provides the mechanism through which transformation takes place, and this natural tendency of crystals to transform energy applies at spiritual as well as mundane levels of energy. This is their greatest power and potential.

In practical terms, if the energies embodied by the user of the crystal are not quite in balance and harmony there will be a natural tendency in the crystal to correct and rebalance any energies that the person sends through the crystal. This, then, is a tendency to focus more precisely the user's energy, and often gives the impression that the crystal has increased or amplified this energy. However, the crystal does not increase the energy of the user, it merely focuses it.

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The natural tendency of the mineral kingdom is to create order, perfect balance and harmony, and it is the Higher Will that largely directs this energy. The outworking of Higher Will on the Earth is through the human race, yet from the end of Atlantean times through to the present, this Will has been to draw to itself as much disharmony as possible through the outworking of the Laws of Karma. By enlisting the energies of the mineral kingdom through its most precise form, the crystal, we can through our own act of Will, enlist the aid of these elemental energies in our planetary healing. The crystal has no free will of its own, so it cannot create harmony in levels of awareness higher than its own without the influence of Higher Will. When we use a crystal with Will, pure intention, we are merely directing the elemental energy of the crystal to aid us in our own creativity.

Every crystal will have its own individual energy; just as every human being has his or her own individual energy. This is largely dependent on the natural environment in which the crystal grows, and since every natural environment is somewhat different from the next, every crystal will be somewhat different from the next, especially at elemental level, where each individual crystal may be said to have its own individuality much as every human being has his or her own individual personality. Every crystal is unique.

Perhaps it is time again to begin our own relationship with the elementals of crystals and discover how these energies can be used in co-operation and harmony for healing the earth. Balance and harmony are the things most lacking in the world today, and yet we live in a world that is made of crystals, (the earth's crust being composed of 14% silica) with their natural tendency for harmony.

When you tune into the energy of the crystal you are tuning into a very precise aspect of the divine mind. We are accustomed to using vibrational medicine, affecting all levels from physical, etheric and spiritual. Crystals emit a vibration that extends and amplifies the power of the user's mind. Like a laser, it radiates energy in a highly concentrated, coherent way. The crystal is a perfect expression of the divine mind.