

# Time Crystals: Clearing the Space Frozen in Time<sup>1</sup> One White Horse Standing

## Releasing Time Crystals

This workshop will be how to use shamanic tools to thaw time crystals frozen in the auric field of each other. We will learn to sensitize to the existence of time crystals while supporting each other to release the frozen event(s) through the cold, burning, cool, warm sensations of releasing the pain body of emotions that prevents the time crystal from being fully absorbed back into our life force (energy field)



*Figure 1 Crystals Frozen in Time*

## Background

In prior workshops, we focused on time is a place in space or if you prefer a location in our life of experience. Because our bodies go through a natural life cycle, time was created to provide a way to make meaning of what happened, what is happening, and what might happen...past, present future. Similarly, we examined the ping-pong effect of difficult, traumatic, or unfinished

experiences that tend to be frozen in time that seek resolution by unfreezing the past by recreating the prior event in the future. This creates a bouncing back and forth between past and future instead centering in the present. In the present, we can release the frozen energy of the event by being the centered container of our entire life. As the adult we are, we can move the frozen energy to the present, thaw it, and

release it. When we do this from the present, we are releasing the future to be the reflection of our growth as a fully centered person instead of our idealized past healed. And we are freeing the past to be fully integrated as memories of how we became who we are and a centered, whole person.



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<sup>1</sup> Original Workshop held May 5-7, 2017, Bethel Horizons Dodgeville, Wisconsin

## Time Crystals

Scientists have confirmed time crystals. They are in constant motion without energy. But time crystals have a structure that repeats in time, not just in space. And it keeps oscillating in its ground state as if seeking to find a form of resolution or equilibrium. Imagine it like jelly - when you tap it, it repeatedly jiggles. As such, a time crystal is like constantly oscillating gelatin (Jell-O) in its natural, grounded state incapable of sitting still yet still frozen (in time). The big difference here is that the motion occurs without any energy and the time crystals repeat in time, as if you jiggled the Jell-O and found that somehow it responded at a different period, in time.



In shamanic (Peter Levine's theory on trauma) realms, these are frozen moments in time. Unplugged from the present in terms of conscious awareness yet seeking the energy to thaw and be resolved. It floats back and forth between the past and the future seeking the energy that can reconnect the crystal to the present, conscious awareness. Hence the feeling of ping-pong when trying to address these events frozen in place outside the present.

When we focus energy into the past, the pain body is triggered because it activates the frozen (unfinished) emotions. This reignites the original experience, creating dissociation in the present or a jump of conscious awareness to an idealized future.

What if we decide to heal the past and future from the center of our present life? We are applying life force to the time crystal releasing it from its frozen, non-attached state and reuniting it as a memory within our conscious presence.

## Use of Intention and Prayer

The most mysterious property of subtle energy (often called prana, or chi) is that it interacts with our consciousness. Moreover, the human mind is capable of directing subtle energy and commanding it to do whatever we want. The underlying assumption of prana healing is that the subtle body acts as a "blueprint", so once the "prana" is cleared and decongested, the subtle body will react positively to the balanced energies and subsequently be relieved. As some have discovered, the



medicine wheel can clear the pain body and decongest the prana so that the life force can flow freely.

Our intention is a critical part of our presence. Often, we do not realize that our thoughts and emotions are creating an unconscious energy that can impact our intentions. In some cases, it can sabotage our dreams and when we are being a healing presence for our self and others.

Intentionality is essential for healing because intention derives from a primitive reality-based drive for relief. Intention therefore is usually accompanied by a commitment to perform an intended action and is considered the ‘crown jewel’ of healing. Some researchers have conceived of a transcendent dimension of reality, where the boundaries of locality, distance and time do not apply, inferring a ‘space’ whereby human beings can project their will or intention on to other systems. It has also been suggested that spiritual and psychic healing enhances body defenses through accelerated enzymatic activity, the outcomes of which are experienced as a sense of wholeness or at one. The conscious state of being ‘at one’ with a healing intention is thought to evoke a self-healing process for both the healer and the one being healed.



*Figure 2: Integrated Energy Field*

## Part II: Time Crystal Q & A

Hi folks

There have been several questions about how are time crystals different than other modalities like soul retrievals. I decided to try an email chain to answer. Kindly use this email string **exclusively** to ask questions and we will build a knowledge base.

### Use of Stones during TC Healing

See appendix for list of crystals and minerals used in Time Crystal healing.

During the initial process of working with TCs, we used a Fulgurite and Herkimer crystal. What was the purpose of this process.

Sometimes, we know that we are not ready to release the time crystal even though there might not be an image or tangible memory...just a sense of danger or foreboding. To create safety to the pain body protecting the TC, the use of the lightning created channel of fulgurite to send the TC into the Herkimer tends to ease the sense of danger and/or foreboding. When ready, the process can be reversed by blowing over the Herkimer through the fulgurite.

The key is to remember the TC is suspend in the Herkimer and should be released to dissolve or to wait for another day.

Selenite and Jet were used to create TC tools. Please explain why these minerals were chosen and why we decorated them with other stones and shamanic items.

Selenite is pure white light or if you prefer pure life force. It transforms all energy back into a purified state. Jet is like a black hole and pulls all energy into it, especially the pain body. Hence, the jet is amplified by the selenite and begins the melting process of dissolving the Time crystal by transforming the pain body that holds the TC suspended in time. As the pain body move through the Jet and then into the selenite, the pain body becomes pure life force that can be returned to the person's auric life force. This creates the energetic integration of the lost or fragmented energy frozen in the TC.

The decorating of the jet/selenite tool requires focused conscious awareness. As we decorate, we create a healing intention that permeates the tools. In some ways, it is what activates the tool that it becomes. Because the decorating process reflects our own spirit, the tool is activated as a part of us that the time crystal can feel safe when working alone and familiar enough to

feel safe when working in the sacred triangle with others. Combined these tools are filled with the intention to support our spirit/soul to release time crystals and to restore our entire energy field. We are energetically whole, we no longer are fragmented energetically or experientially, and our life becomes fully integrated in our memories.

The integration process is a reclaiming of all that has happened to create the person we are in this moment as well as to bring forward in our awareness that the frozen experiences trigger an amazing ability adjust our life creatively while building new resilience. This is the joy of dissolving TCs. We find a crisper more accurate image of our self. We feel safe in our self, home.

## Difference between Soul Retrieval and Time Crystal Work

**Herb wrote:**

Nancy Eggers asked about the difference between time crystals and soul retrievals.

Soul retrievals are done without much participation of the client. The shaman journeys to the lost or stolen part and returns it to the client by blowing it back into the person, typically through the crown chakra. The time crystal process seeks more empowering participation of the client by requiring they be present and make eye contact directly with the TC facilitator. This acts a means to support the client to be fully present to this moment instead of whisked back to the original soul piercing. Without eye contact the client might close their eyes or immediately go into a trauma trance with glazed eyes. Freeing the frozen moment and therefore memory requires the client to be present.



The use of the TC locator (lightworker anchor or flagger) supports the client to build an energetic and psychologically safe field. It can feel like some one has "my" back to the client.

Communication is ongoing throughout to stimulate the location of the TC and the slow process of release the emotional body that has sealed the moment as a frozen memory. hence, the locator, facilitator, and client must stay present and in clear communication from the present moment.

## What is the Pain Body?

Eckhart Tolle described the pain body as the energetic and emotional body that develops throughout our lives. Similarly, Jungian Donald Kalsched further described it as a sentry that is charged with protecting the eternal spirit of the person from traumatic events that have pierced the person in the course of life. Kalsched indicated that these sentries can re-traumatize the individual as part of their protection process. Unfortunately, this creates a paradox as it becomes so difficult to heal the pain body. It triggers a reaction that can release fear and dissociation thereby diverting one from the actual healing necessary to release the emotional energy.



*Figure 3 Pain body as Sentry*

Time crystal work does not seek to engage the pain body directly. Rather, it seeks to draw the emotional energy away from the memory by transforming the explosive emotional energy back into one's life force/energy field and thereby releasing the memories of the original piercing event without trauma.

## Difference between Time Crystal work and thawing work associated with Dragon Medicine and Peter Levine

**Carolyn asked:**

Could you also differentiate between thawing a time crystal vs. the thawing from previous work (dragon medicine) and trauma stuff with Peter Levine?

I recalling you mentioning an important difference in class. Thx.

Clarification on question concerning Dragon Medicine work vs TC work.

- 1) When doing work during dragon medicine, I experienced "thawing" in a bodily way, shivers, being cold, etc. With the TC work, I experience heat.
- 2) I recall you mentioning something about how with Peter Levine's work there is a cathartic or bodily release of some kind. I found myself comparing this against TC work, where I have felt a sense of deep bodily integration.

I wonder if you had any thoughts on this-- how might one approach be called for over another? or how they might be really the same thing but from a

different approach? or how are they different--what is important about how they are different?

**Herb responded:**

Are there supporting guidance to remember?

Stay present and fully engaged. Have the courage to show-up and stay present opens the heart and create the sacred space  
Senses should be used by the locator, client, and facilitator to locate and hold as the emotional body releases and the memory is released

Avoid give advice or counsel

Focus on being quiet of mind and body...generally, the TC tools will help with this process especially if used daily for meditating and clearing.

Maintain eye contact.

More to come...

...Peter Levine's Taming the Tiger process ties directly into dissolving the time crystal. His focus is that the body clenches and imprints traumatic events into the cellular memory. His focus is very specifically related to the body....thawing the cellular memory which starts with sensory experiences of cold, cool, warm, and heat, which sometimes is loosely associated with emotional releases. His focus is the trauma freezes energy in the body that must be thawed to free the memory and restore health.

TC embodies/incorporates Levine's modality but does so in the energy field. As noted at the workshop, by paying attention to the sensory data (Marie's visceral), we can get indicators of where the body imprinted the event by freezing it. TC seeks to release the energetic piercing and the corresponding energy that seals the original memory in the energy field. Hence, the TC might lead to visceral reactions (in the form of emotional, physical, symptoms) OR NOT. What differentiates TC from other modalities is that it does not hold onto the axiom that one must re-experience the original event. Rather, we release the trauma pattern without re-experiencing or re-traumatizing. Once, the piercing energy is released, it frees the memory and often creates a thread of how that one moment led to a life time of decisions that were limiting, debilitating, and/or constricting. Once the piercing event is released, the individual's energy is absorbed back into the auric life force and new choices become abundantly clear.

*1) When doing work during dragon medicine, I experienced "thawing" in a bodily way, shivers, being cold, etc. With the TC work, I experience heat.*

Could be several things...thawing is often accompanied by heat and sometimes is only the first stage before heat. Also, the prior release is likely something else versus what was released in TC. Basically, it is not one or the other...just different events that can have any part of the range of sensory experiences from burning, freezing, cool/cold, warming, hot, rage.

*2) I recall you mentioning something about how with Peter Levine's work there is a cathartic or bodily release of some kind. I found myself comparing this against TC work, where I have felt a sense of deep bodily integration.*

Levine's work is often cathartic followed by therapy for integration. The processes seek similar result just in different ways. I am seeking releasing the pain body/piercing pain without having to re-experience it. For some this will work. Others will need the therapeutic process to fully dissolve the event.

## Energy Hangovers and Equilibrium

**Matthew wrote:**

Seems this work has a tendency for "energy hangovers" for the client/TC explorer. Can you talk about energy hangovers and approaches to work through energy hangovers?

Thanks,  
Matthew

**Herb responded:**

Energy hangovers are a mix of being in high frequency energy for an extended time and dehydration. Obviously, drinking more water deals with one. The high energy overdose seems to be something that either requires a slower decompression process like taking Monday after the workshop off to support re-entry to our self and to the rest of the world.

It seems that one aspect of the decompression does come from leaving the altar and circle too quickly. Not sure how we might create a smoother transition except to be with nature and to meditate with lower frequency stones such as jaspers, agates, granites...much of the meditation is to come deeper into the body.

**Herb wrote:**

Several have asked for more details on the energy hangover and the sense of instability or a feeling of disequilibrium....feeling out of sync.

When we melt the TC, it frees energy and memories that have not be available to us for long periods of time. The increased energy can create a sense of vitality for some and for others a sense of wobble. It seems that the wobble occurs until the memories are completely integrated with our sense of self. Remembering the Jello metaphor, when we move our core/center, the energy field surrounding it jiggles until the shift settles. For those that the remembrance included the incident that shifted your internal perception of what is safe, experiencing how the incident created a limiting thread of decisions throughout your life seems to release the restricting belief and return the ability to freely choose according to the present moment. For those that the full remembrance has not been revealed, it can feel like being in a fog or a physical/mental grogginess. Work with the TC tools daily with the intent to complete the release of the piercing event and the return of the memory and its thread of limiting decisions.

## Integration after TC Work

### **Kay wrote:**

Just wondering do you need to remember or can it be coming through as we sleep. I have not been sleeping well - very lightly but don't feel all washed up?? Also I agree with the physical aspects coming together and releasing through chest congestion or digestion issues. I personally have both - I am blessed to have this as something is changing. Also, just so I understand holding the tools will continue to release other time crystals?

### **Herb responded:**

Residual symptoms might occur like fleeting emotions---sad, dread, thrilled, joyful. Physical symptoms can occur; however, they should pass fairly quickly.

Light sleep without tiredness can be the reclaiming or integration of the energy released from the time crystal...might also be the full moon :-)

Meditating with the tools can clear your energy field from the day-to-day energies of other people and the collective. Ask if the energy is yours or others. If your energy, seek clarity...if others, seek release as it is not your energy to carry.

Working on other TC can occur with daily meditation and patience. It is not take two aspirins and go to bed type of process. Requires being open to TCs that are ready to release. Requires the courage to show up and be present to your own waiting so your compassion (vulnerability) can meld with the courage. Once the M/F join, the potential for the release occurs.

**Lisa wrote:**

Herb - I have what feels like a low, consistent energy current going through my body since the weekend. It's not uncomfortable but does have a spaciness (not in my head) but throughout my interior of my body.

**Herb responded:**

This could be the re-sensitization of the body so there is more awareness of your flow. If it has a tinge of anxiety, it could be the body's re-orientation to the release of the pain body or the residual experience of the pain body trying to rebuild itself. In that case, it could be your self protection is trying to decide if there is a threat. In all cases, just notice the flow. It might take you to a cellular memory in the body that is associated to the TC that is released. Regardless, it will pass or grow into the next TC ready to be released.

## Locating Time Crystals

**Amy wrote:**

Does anyone remember the process of investigation and identification of the Time Crystal?

**Herb responded:**

The fulgurite and Herkimer were used when we did the first day exercise to loosen a known issue that's story was being rewritten. Technically, we were erasing the scratch on the vinyl record so the entire song/story could be reframed and played. The fulgurite acted as an alchemical vessel to blow the scratch into the Herkimer to either be stored or cleared and released. Similarly, the small groups acted as witnesses to the more expanded story thereby grounding the more expansive story in the present---releasing it from the past.



The TC tools were created in sacred space to activate the minerals as an energy transforming tool and your energy bodies to feel safe. The key minerals were green amethyst for healing the heart, dumortierite to release fear, jet to absorb the sealing piercing energy surrounding the time crystal and the selenite to clear the jet and reunite the memory with the person's energy field.

The triangulation of locator, facilitator, client was to heighten sensory awareness and to invite the Time release the pain

Crystal to

*Figure 4 Time Crystals in One's Field*

body/piercing to the jet and to free the chi and memory.

## Effects of the Tools

### Sue wrote:

Monday I had a few clients for massage. I let each client hold the rooster tails. It was very nice to see how their energy fields quieted down and how my job was easier being able to track the energies of the client and myself. I also felt more energetic while doing the work. Herb what are your thoughts. I am guessing that since the client's field was quiet there was less of a drag on mine.

### Herb responded:

The rooster tail /jet/selenite tools would support raising the field of the client while clearing it at the same time, thereby requiring less of your energy to raise the vibration and as a result less drag on you.

## Time Crystals and Future Descendants

### Sue wrote:

Can time crystals be used to manifest futures or [be used] to heal the future for our self and our descendants?

### Herb responded:

Generally, time crystals are frozen in prior events. Hence, based the workshop, our focus was only on releasing TCs in this life and therefore impacting the next 7 generations.

Release of time crystals does not manifest a future beyond freeing the frozen energy of prior events.

However, if as suspected TCs remain in the energy field of the soul which would include all life times, your own past lives as well as your lineage, by healing 7 generations before this life would release a time crystal that was impacting the 7 generations after your present life. Beyond that, I am unaware of how to use this life as a platform to release as time crystal that is frozen in a future life time because technically, it does not exist yet in chronological time.

## Time Crystals and Alcohol

**Alison wrote:**

Does alcohol impact or create time crystals?

**Herb responded:**

Alcohol does not create TCs. It thins the energetic field/veil so that attachments can come in. It can calm one's frenzy from a bad day or it relax one to feel the deep tiredness. It does not create TCs, however, alcohol may become a respite from a TC that led to the increased drinking.

TCs are created by energetic piercings. They can be traumatic or not. The issue is that the piercing redirected how one's spirit shows up in life. If any act or energy creates a sense of danger or not safe, the entire orientation for how to show up shifts.

## **Time Crystal Container: Slime and Mirroring**

**Lisa asked:**

When working in the trio, we experience heat in our bodies (anchor and facilitator) which was shared with the client. What is this?

**Herb responded:**

The TC container of facilitator and anchor and client creates a sacred triangle. The energy increases for all three as the tools and the intentions begin to interact to raise the frequency/vibration within the triangle and between the three points of light forming the triangle. This can be experienced in a mirroring process where each point of light become a point of potential awareness. As the focus is on the client, checking out the sensing process with the client determines is it mine or not. The anchor and facilitator likely will sense it first if the TC is beyond the client's awareness. As awareness increases the frequency, the client will tend to dissolve the TC and release the memory that reveals the original piercing that led to the TC.

**Allison asked:**

I noticed as client during TC that I almost felt like I was going to pass out. TC was in front heart/ collar bone area, at one point it felt like it was trying to burrow into the bone during melting- some would leave/ soften & this one piece kind of kept moving, it did eventually exit out my back. During this process- I had some strange physical sensations, oodles of heat, I was focused

on looking forward & I was seeing the trees & something else (not too sure what exactly) then I felt almost "timmmmmber" pass out feeling.

- Energy too quick?
- Tc melting rapidly?
- Ungrounded?
- Dimensions at play?

Your thoughts???

**Herb responded:**

The what you released is something only you know or will know. The timmmber indicates it helps to participate with the anchor/locator and facilitator to ease the intensity of the process. Might have been too quick...which can be eased by move one or both support people back a tad bit. Same for melting too quick and for grounding. If you participate by telling them your experience, they can adjust their energy and the overall energy. The key is to stay fully present and actively engaged as a sacred triangle.

## Time Crystal Release Create a Pain Body?

**Lisa asked:**

Can the release of the TC create a pain body?

**Herb responded:**

The release of the TC is melting the pain body. If the sensation is overwhelming during a pain body release, slow down the process, have the anchor and facilitator tone down the energy field by moving away 1-3 feet. This should result in less discomfort and the ability to stay present. Overwhelm is indicative that the process is moving too quickly for the TC to feel safe enough to release. Slow is fast! Less is more! Small is big!

## Physical Symptoms and TCs

**Lisa asked:**

Does the release or formation of TCs result in physical symptoms?

**Herb responded:**

TCs tend to freeze symptoms in the cellular memory. This can be traumatic or not. Read Peter Levine's Taming the Tiger.

For TC's the freeze into a TC tends to be so quick that it is similar to be frozen by dry ice. It is so cold that all sensation is frozen in that moment of time and can incur the equivalent of freezer burn. When the release occurs, the sensations can be burning, release of heat, cold, coolness, and shivers. These sensations generally indicate that cellular sensation has returned and the tissue is going to be highly sensitive to the point of discomfort. Allow the energy to flow and hold the intention that an awakening is occurring likely a butterfly breaking free from the cocoon or a snake stretching to tear away the restrictive old skin. Extreme sensitivity should be considered joyful as you've reclaimed part of who you are. It will ease in time with much more sensory awareness available.

As for more intense physical symptoms such as constipation or diarrhea, I would look at them as energy either stuck or releasing quickly.

Stuck could mean that the entire time crystal has not released fully at the cellular level. This might be the result of not having a strong enough container to feel energetically safe enough to fully release. Enlist friends who have been taught TC work to focus and nurture the cellular areas into a safe release. Likely this came from an unsafe environment that required holding and numbing to avoid punishment, embarrassment or shaming..

Releasing can sometimes be an explosion of release....need I say more. Noteworthy is to sit with the release, so to speak, to ensure the TC released and is not another physical catharsis. Rarely do cathartic releases heal and most often they satisfy the need for some drama that is likely part of the TC. The drama of the release is purely physical and will repeat itself until the person consciously stays with the entire energetic release that is hidden behind the physical release. Likely came from yearnings that could not be fulfilled that might be conflicted with guilt of wanting underlying the yearning. The energetic tension churns until explosion.

## Cancer and Other Maladies

OWHS. How does TCs apply to dis-ease such as cancer?

When we get into dis-ease or disease, there is a fine line to avoid between the **new age** false hope that creates guilt, such as if I.....then I will heal and what do I need as treatment. We all know stories of people who meditated, took herbal formulas, visualized with clear and focused intention resulting is the ailment be resolved. These are true: however, often, this is playing out a guilt drama about being "good enough" and therefore if I do not heal, I am bad or not worthy or whatever else we believe.

The belief is the time crystal frozen somewhere in life and so strong that it has

been reinforced for the entire life. To be clear, the TC and the dis-ease are often totally separate issues. The dis-ease creates an opportunity to release the time crystal as often happens with cancer experiences that uncontrollably experience their fear then over time release the heat, anger, etc. until there is a deep calmness within them. Energetically, fear is ice cold until it transforms into anger. Release the frozen fear, and heat will rise. The cancer releases the fear in mega-doses. Allowing it to release in a way that you can support is reclaiming a part of your self.

For example, I worked with a Cheyenne Chief several years ago at a Sun Dance. He had lung cancer. He could barely walk without passing out. A medicine wheel was on top of the hill overlooking the SunDance Arena and tree of life. He told me he could not walk up the hill to the wheel. I looked deep inside him and said we will pray ourselves up the hill with each step being a prayer. We moved straight up the hill with no struggle whatsoever. I explained that I would work with his spirit and not the cancer. The cancer might heal; however his spirit would heal.

As we progressed, it became clear that his body was tired and that he would not recover from the cancer. He indicated that he knew he was preparing to die. He added that he was at peace with himself more than he had ever felt in his entire life. He noted that like his father, he had been a violent alcoholic. The last time he was with his father, they had a knock down drag out fight. Shortly thereafter, his father died. His father's death released his deepest regret that the two of them could never express their love for each other. Love triggered their anger.

He went on to explain while working with him that his power spirit, an eyeball, that always spoke truth including leading him away from alcohol and violence had come to him. Instead of only showing itself as an eyeball, it moved away from him, at first creating a fear of abandonment, then shifting as he saw that the eyeball was that of his father. He realized that his father had shown him love by moving him away from alcohol and into being a healing presence. He indicated he was totally at peace within himself and deeply grateful. His heart was completely healed and open.

He continued to do spiritual counseling for the tribe for another six months without medication. He was supported with pain medication the last two weeks and quietly passed over. His wife told me she had never experienced anything like the joy in her husband after the healing and as he transitioned. His presence was pure love and joy.

Often when working with cancer, I explain that I will heal the soul, which I now call release the TC. I do not portend to ever heal the cancer. In some cases, when the will to live was returned by releasing the TC, the cancer dissolved. Often, it does not. This is why it is imperative to work with the entire human

paradigm that "shit happens, the body gets tired, disease is real, etc. Physical reality is genetically as well as energetically entwined. Own both aspects and we get closer to understanding that life and death are two sides of the same coin and our job is to experience all of it, including finding our holistic way to owning how we live has many dimensions.



*Figure 5 Merge of Masculine/Feminine*

## Part III: Other Contributors

### Mirror Neurons and Eye Contact

#### Jill wrote:

“Having my back” is a big part of the safety and trust needed for this process. We feel vulnerable with someone behind us, doing something that is unknown. Making eye contact with the facilitator reminds the client that the facilitator can also see the locator ... and all is safe, within the boundaries set by the triad.

I will add that making eye contact with another is itself a vulnerable act, in part because our brains are actually talking to each other in that moment. See the links below for the science on mirror neurons and how they work. Powerful indeed.

[Monkeys, Ice Cream Cones, and Mirror Neurons: The Three-Way That Gave Way to Social Neuroscience](https://social-brain.com/2009/01/20/monkeys-ice-cream-cones-and-mirror-neurons-the-three-way-that-gave-way-to-social-neuroscience/) <https://social-brain.com/2009/01/20/monkeys-ice-cream-cones-and-mirror-neurons-the-three-way-that-gave-way-to-social-neuroscience/>

[Are We Wired for Empathy?](http://www.6seconds.org/2012/01/16/mirror-neurons/) <http://www.6seconds.org/2012/01/16/mirror-neurons/>

[The Mirror Neuron Revolution: Explaining What Makes Humans Social](https://www.scientificamerican.com/article/the-mirror-neuron-revolution/) <https://www.scientificamerican.com/article/the-mirror-neuron-revolution/>

[Smiling and Crying](https://www.jscimedcentral.com/Psychiatry/psychiatry-4-1076.pdf) <https://www.jscimedcentral.com/Psychiatry/psychiatry-4-1076.pdf>

#### Herb responded:

Jill

In our language, making eye contact requires the courage to be vulnerable by being fully present which then in the moment of vulnerability the presence unites with the feminine through an act of surrender to open one to self and other compassionately. Therein the communication becomes heart to heart. At this point the past and the future begin to merge into a sacred space with the now united masculine and feminine energies. In this moment of precious presence, the piercing moment can be released and the memory and its impact on the person will become part of the person/client again...with awareness.

The locator/anchor and facilitator support the emergence of the precious present.

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**Jill asks, Herb and Jill respond:**

Q. Can I protect myself from picking up the negative energy from the client that I am working with?

Herb...if sacred space is created with stones like granite and selenite, negative energy generally is cleared. Similarly, the hand tools, are energy transformers. The jet draws out the pain/emotional energy body and then is released into the selenite that immediately clear and releases the energy back to the person as part of their life force. Generally, so long as all three people-- locator, facilitator, client---stay present there is nothing to catch. For good measure, you can always clear your aura with selenite or smudge.

Jill 1 . The reaction of mirror neurons allows us to socialize and communicate with others as we read their facial expressions. There is also an important ability to dampen this reaction, and there are several centers in our brains that act as “brakes” to keep us from becoming too caught up in others’ experiences.

Simply showing up with more ideal behavior and an intentional emotional state is an important part of imparting these qualities to others. Since mirror neurons are “always on” leaders have a huge responsibility to monitor and manage themselves as role models.

- <http://www.6seconds.org/2012/01/16/mirror-neurons/>

Q. Will it still work if we aren’t able to put words to the experiences?

H. As discussed in the workshop, the release of energy does not require any cognitive or emotional anchor. The idea is to support the person to locate through sensory awareness the time crystal. As the locator works around the TC, the facilitator supports simply being aware of the shifts of energy and the releases. Words and memories tend to come in the days following the release.

J1. I don’t need to make any inference on what you are feeling, I experience immediately and effortlessly (in a milder form, of course) what you are experiencing.

- <https://www.scientificamerican.com/article/the-mirror-neuron-revolut/>

j2. See feelings, no need to \*think,\* mirror neurons create the experience inside our brains

- <http://www.6seconds.org/2012/01/16/mirror-neurons/>

Jill 2A2. To a surprising extent, then, our relationships mold not just our experience but our biology. The brain-to-brain link allows our strongest relationships to shape us on matters as benign as whether we laugh at the same jokes or as profound as which genes are (or are not) activated in T-cells, the immune system's foot soldiers in the constant battle against invading bacteria and viruses. That link is a double-edged sword: nourishing relationships have a beneficial impact on our health, while toxic ones can act like slow poison in our bodies.

- Dan Goleman, author of *Social Intelligence*

\*\*\*\*\*

Q. What are mirror neurons? And why is Jill talking about them?

H: Mirror neurons are a form of empathic absorption where we can have a triggering experience when powerful situations occur. Most common examples are witnessing someone being humiliated or shamed. From that moment forward, there is a tendency to avoid any behavior that would trigger these experiences. It also explains imprinting

J1. A **mirror neuron** is a **neuron** which **fires** both when an animal acts and when the animal observes the same action performed by another animal. Thus, the neuron "mirrors" the behavior of another animal, as though the observer were itself acting.

- <https://social-brain.com/2009/01/20/monkeys-ice-cream-cones-and-mirror-neurons-the-three-way-that-gave-way-to-social-neuroscience/>

J2. Because it helps her thinking brain believe what the rest of her is experiencing. Plus, science is cool.

## Appendix

### Fulgurite



Lechaltelierite is naturally formed glass, which is a fused quartz. Fulgurite is a form of natural glass. Generally, natural glass is created by intense heat connecting with quartz. For example, fulgurite forms as a glass tube when sand or rock is struck by lightning. Typically, this occurs frequently in the deserts. It enhances communication with the spirit and extra-terrestrial worlds. It can be used to alleviate distractions and to provide for intensified concentration. The tube can also enable one to predict future events and can be used to enhance the abilities of a divining rod

for divining and/or cloud-bursting. It can also facilitate clairaudient experiences. In addition, it may be used to grid an area to enhance the energy for welcoming spaceship landings. Fulgurite can also be used in the treatment of disorders of the ear, nose, throat, intestinal walls, colon, alimentary canal, and esophagus.

Melody, Love is in the Earth.

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These particular tubes are channels for moving through canals of birth and rebirth. The extremely high vibration activates the third eye and can almost suck your consciousness through the tube and into other dimensions much like a star gate. It feels like the tube could be used to help clear trauma from the

original birthing process. It has the potential to pull the person out of the body and into the canal where light awaits at the other end. It is not a vehicle for

leaving this world permanently. However, it is a bridge between worlds. Very powerful.

Shamans could use it as their entry point to go to the other worlds of non-ordinary reality. OWHS

### *Herkimer (quartz) Diamonds:*

Number 3.

Herkimer diamonds are not actually diamonds, but are double-terminated quartz crystals of exceptional clarity (water-clear) discovered within exposed outcrops of dolostone in and around Herkimer County, New York and the Mohawk River Valley. They're called "diamonds" not only because of their clarity, but also because when they are found, they look like someone faceted them—but they are naturally "faceted" with double termination points, and 18 total facets (six on each point, six around the center). Because the first discovery sites were in the village of Middleville and in the city of Little Falls, respectively, the crystal is also known as a Middleville diamond or a Little Falls diamond.



Herkimer diamonds became largely recognized after workmen discovered them in large quantities while cutting into the Mohawk River Valley dolostone in the late 18th century. Geologists discovered exposed dolostone in Herkimer County and began mining there. The popularity of mining for double-terminated quartz in the Herkimer County outcroppings is what led to the name, Herkimer diamonds. Only these crystals found in Herkimer County, New York can be called "Herkimer Diamonds" or "Herkimer Quartz". Other double-pointed quartz crystals have also been found in abundance in Tibet and Afghanistan, as well as in other countries, but these are not Herkimer "diamonds".

The geologic history of these crystals began 495 million years ago in a shallow sea. Waxy organic material along with quartz sand and pyrite was encased in rock made of dolomite and calcite. As sediment buried the rock and temperatures rose, crystals grew very slowly, resulting in quartz crystals of exceptional clarity. Inclusions can be found in these crystals that provide clues to the origins of the Herkimer diamonds: solids, liquids (salt water or petroleum), gases (most often carbon dioxide), two- and three-phase inclusions, and negative (uniaxial) crystals. Anthraxolite is the most common solid inclusion.

## Spiritual Overview

Herkimer Quartz "Diamonds" are the high energy seekers of the crystal world. Unusually transparent with a brilliant sparkle, they manifest pure, solid Light and are powerful amplifiers of spiritual energy. As perfect conduits of the universal Life Force, they are exceptional healing crystals, and are used in meditations, dream and vision work, and advanced spiritualization applications.

It holds energy of a gentle, delicate harmony, enhancing distinct awareness and unbridled spontaneity. It helps one to "be", providing for an alliance of surrender (allow in) and a strength (staying present) allowing for the further recognition of the essential being within the self; recognition for the acknowledgment and appreciation of the essential being within each of us.

It helps one to begin again in this lifetime, while allowing one to recognize one's inner space and to remember that there is "nothing to become"—that one is that which one has been seeking and only needs to allow the actualization. It assists one in clearing the body-mind system of unconscious fears and repressions, allowing for total relaxation and expansions of the life energy.



It is an "attunement stone" used to attune to another person, environment or an activity. Placement of a portion of a cluster in one location while carrying another can provide for attunement to the activities of that area. For a continual attunement between two people, two herks can be simultaneously by these people and each person can subsequently carry one.

It stimulates clairvoyant and clairaudient abilities and can assist one in prescience (foreknowledge) and in telepathic communications. It can accept and retain information which can be retrieved at a later time; information can also be stored within the herkimer prior to giving the mineral to another. After implanting thought-forms of love, it has been used in gridding environments to facilitate healing and well-being of others and of the earth. It can be used to eliminate toxins.

## Uses and Purposes

The Herkimer Diamond is an "attunement stone," useful for attuning to another person, group or environment. It is particularly beneficial to use before the "laying-on-of-stones," or other healing situations when the practitioner and subject are not well acquainted, and is an exceptional crystal for linking people together who have to be apart. For attunement, the Herkimers should be held simultaneously as one at first, then upon parting, each person should retain one of the stones; or, a cluster may remain at one location while an individual carries a portion of that cluster on his person to connect with the energy of a group or environment. [Melody, 319][Hall, 143]

Herkimer crystal is also a valuable asset in its ability to receive and magnify the influence of other stones. It expands a small or soft energy stone, giving it the strength and effects of a much larger stone. [Megemont, 67][Simmons, 196]

Herkimer Diamonds have a crystal memory, accepting and retaining information which can be retrieved at a later time. They may also be programmed with thoughts of love, well-being, or healing for others to draw on. [Melody, 319-320][Hall, 143]



The Herkimer Diamond is extremely useful in healing environments where its clarity, brilliance and high frequency facilitates the removal of energy blocks or debris, and stimulates healing by increasing the amount of Light energy the body can utilize. [Ahsian, 197-198] It is an exceptionally strong crystal for clearing electromagnetic pollution, radioactivity, and geopathic stress, and makes an excellent environmental spray or gem elixir. Larger Herkimers, even cloudy, included ones, may be used to grid a home, healing space or bed. [Hall, 143][Ahsian, 197]

Herkimer is a good crystal for teachers of spirituality and alternative therapies. As a power stone in the workplace, it brings positive attention and prosperity through high achievement, and assists with research and study as it stores knowledge. It is also beneficial in stabilizing company finances. [Eason, 41, 136]

## Physical Healing Energy

Herkimer crystal is a supreme remedy for fighting pain. Placed on the afflicted area, the energetic current begins to circulate in as little as three to four minutes, reducing the pain until it disappears. [Megemont, 67]

Herkimer Diamond is a powerful purifier, ridding the body of toxins, and has been used to correct imbalances in RNA/DNA, cellular disorders, and metabolic rate. [Melody, 320][Hall, 143] It is helpful in preventing physical exhaustion and burnout, and stimulates immune defenses. [Eason, 136]

Herkimer alleviates tension in the outer and physical bodies, and helps to re-align the energy structure. It also releases tensions and rigidities of body tissues, allowing for memory recall in these areas to help facilitate healing. [Melody, 320][Hall, 143]

Herkimer is also supportive of the eyes and is useful in eyesight correction or healing. [Ahsian, 197]

## Emotional Healing Energy

Herkimer Diamond carries an energy of delicate harmony and an understanding of the essential being within the self. It allows for appreciation of all that is within us, and encourages us to recognize that there is "nothing to become," that we already are what we are seeking and only need to allow the actualization. [Melody, 319]



Herkimers encourage the concept of beginning again in this lifetime, clearing the body-mind system of unconscious fears and repressions, and allowing for total relaxation and expansion of the Life energy. [Melody, 319]

Rare, water-included Herkimer Diamonds are special healers of the emotional body, helping to see one's deepest self and in bringing the light of Spirit into dark places. In clear Herkimers, water inclusions stimulate the heart center, creating an illuminating and uplifting energy that may

bring on feelings of rapture. In foggier Herkimers, water inclusions allow one to see what one fears most within oneself, without judgment or losing heart. Water-and-carbon-included Herkimers assist in removing energetic chords, arrows or patterns from the emotional body. [Ahsian, 197]



### Chakra Healing and Balancing Energy

Herkimer Diamond, with its pure, crystal light, clears the chakras, opening channels for spiritual energy to flow. It stimulates conscious attunement to the highest level, and is particularly helpful in activating and opening the Crown and Third Eye Chakras.

The Crown Chakra is located at the top of the head, and is our gateway to the expanded universe beyond our bodies. It controls how we think, and how we respond to the world around us. It is the fountainhead of our beliefs and the source of our spirituality. It connects us to the higher planes of existence and is the source of universal energy and truth. When the Crown is in balance, our energies are in balance. We know our place in the universe and see things as they are. We are unruffled by setbacks, knowing they are an essential part of life.

The Brow Chakra, also called the Third Eye, is the center of our perception and command. It directs our sight and everyday awareness of the world. Our consciousness is located here, and we relate to ourselves through this chakra. It balances the important and the unimportant, sorting meaning from data and impressions. It commands the energy flow within the body. When the brow chakra is in balance we see clearly and understand what we see. Our thoughts and internal communications within ourselves are healthy and vibrant. We are open to new ideas, dreams, and visions. We can be quietly observant, and reflective, and can control the flow of energy within all the chakras.

Enhydro (water-included) Herkimers are special crystals that stimulate the Heart Chakra. Located near the center of the breastbone, the Heart Chakra regulates our interaction with the external world, and controls what we embrace and what we resist. It gives us the balancing ability to be ourselves

within the environment. When the heart chakra is out of balance we may feel either controlling or controlled in a relationship, and become critical of the little foibles of others. We may find ourselves having inappropriately strong emotional responses to everyday external stimuli. Herkimer crystal energy resolves blockages and re-balances the heart chakra, helping us understand our own needs and emotions clearly. We can deal with the ebbs and flows of emotional relationships, understand their cyclic nature, and accept the changes.

Because of its ability to enhance the properties of other crystals, Herkimer Diamond works well with nearly any other stone to stimulate and re-balance chakra energies.

### Spiritual Energy

Herkimer Diamonds emanate the brightest crystal Light, purifying one's energy field and attuning to the Divine. They carry the grace of a constant, almost subliminal connection to higher spiritual domains, even to the point of drawing angels to its pure etheric radiance. [Simmons, 196] Herkimers have also been credited with enticing fairies.

Because of their high vibrational frequency, Herkimer Diamonds may stimulate clairvoyant and clairaudient abilities, and may assist in prescience or telepathic communication. [Melody, 319] They are extremely useful for vivid dreams and dream recall, and may be used to recover past life information. [Eason, 136][Hall, 142]

Herkimers are powerful tools for astral travel, dimensional shifting and other explorations into expanded reality. Grids with large Herkimer Diamonds are used to create dimensional doorways, their internal structure making them ideal for both sending and receiving energy. They provide power and assistance when establishing vortices for Earth healing or sacred space, and are suitable for electrical or magnetic vortex grids. [Ahsian, 197]

Because of its powerful otherworldly energies, Herkimer is not a stone for children or animals. Carrying Herkimer or wearing as jewelry for prolonged periods may cause disorientation in some individuals. [Eason, 136]

Source: Melody, *Love is in the Earth: A Kaleidoscope of Crystals, Updated*, 1995

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Wikipedia

## Jet

Freq: #8.

Jet is a type of lignite, a precursor to coal, and is a gemstone. Jet is not a mineral, but rather a mineraloid. It has an organic origin, being derived from decaying wood under extreme pressure.

The English noun "jet" derives from the French word for the same material: jaiet. Jet is either black or dark brown, but may contain pyrite inclusions,

which are of brassy colour and metallic lustre. The adjective "jet-black", meaning as dark a black as possible, derives from this material.

## History



Jet has been used in Britain since the Neolithic period, but the earliest known object is a 10,000 BC model of a botfly larva, from Baden-Württemberg, Germany. It continued in use in Britain through the Bronze Age where it was used for necklace beads. During the Iron Age jet went out of fashion until the early third century AD in Roman Britain. The End of Roman Britain marked the end of jet's ancient popularity until, despite sporadic use in the Anglo-Saxon and Viking periods, the later Medieval period. Jet saw a massive resurgence during the Victorian era.

## Roman use

Whitby jet was a popular material for jewelry in Roman Britain from the third century onward. It was used in rings, hair pins, beads, bracelets, bangles, necklaces and pendants; many of which are visible in the Yorkshire Museum. There is no evidence for Roman jet working in Whitby itself, rather it was transferred to Eboracum (modern York) where considerable evidence for jet production has been found. The collection of jet at this time was based on beach-combing rather than quarrying.

In the Roman period, it saw use as a magical material, frequently used in amulets and pendants because of its supposed protective qualities and ability to deflect the gaze of the evil eye. Pliny the Elder suggests that "the kindling of jet drives off snakes and relieves suffocation of the uterus. Its fumes detect attempts to simulate a disabling illness or a state of virginity." and has been referenced by other Ancient writers including Solinus and Galen.

Jet objects were exported from Eboracum all over Roman Britain and into Europe. Around the Rhine some jet bracelets from the period have been found that feature grooves with gold inserts.

## Victorian use

Jet as a gemstone was fashionable during the reign of Queen Victoria, during which the Queen wore Whitby jet as part of her mourning dress, mourning the death of Prince Albert. Jet was associated with mourning jewelry in the 19th century because of its sombre colour and modest appearance, and it has been

traditionally fashioned into rosaries for monks. In some jewelry designs of the period jet was combined with cut steel.

## 20th Century

In the United States, long necklaces of jet beads were very popular during the Roaring Twenties, when women and young flappers would wear multiple strands of jet beads stretching from the neckline to the waistline. In these necklaces, the jet was strung using heavy cotton thread; small knots were made on either side of each bead to keep the beads spaced evenly, much in the same way that fine pearl necklaces are made. Jet has also been known as black amber, as it may induce an electric charge like that of amber when rubbed.



## Spiritual Meaning

Jet's energies of purification of energy and vibrations bring about protection on many levels. It has been used extensively for protection against evil and all negative energies. It is also a powerful protector against psychic attacks. Jet also has energies making it protective to finances and business and brings stability to these realms. It reaches the height of these properties traditionally when worn as a pendant or necklace set in silver. In purification processes, jet may absorb some of the unwanted negative energy, so it should be cleared /cleansed fully after each use. An alternative is to always use it with selenite which then constantly clears the jet will it is absorbing. The effect is that the negative energy is transformed back into the universal energy and released.

In the spiritual realms, jet has many uses. Protection is one, particularly against sickness and violence. It is also used for clairvoyance, past life work, and psychic work in general, as it purifies the vibration of the information coming in. Jet is used to remove energetic attachments, particularly those from other people, and it sloughs away negative energies. This makes it a particularly good choice for assisting in clearing the aura. Jet is used for spiritual quests, spiritual advancement, and to assist in opening one to awakening with a rise of Kundalini energy. Jet is used in rituals and magic to bring up and channel Earth energy including manifestation of will and desires.

Jet is a stone kind to people in difficulty and fear and has a very calming energy. Healing grief is a primary purpose for jet in the emotional realm. It brings grief to the surface in a gentle manner to be alleviated and healed with the protection of sympathy and comfort. Jet also eases anxiety and depression,

calming anxious or fearful thinking as well as delusions. Ease of anxiety and depression can then bring about inner growth, increase self-reliance, and ease change in any areas of life.

Jet is used in crystal healing alternative therapy for ailments ranging from epilepsy, migraines, colds, lymphatic problems, congestive heart failure, tumors, toothache, stomach pains, menstrual cramps, fertility of male and female, scrofula (lymphatic tuberculosis), clinical depression, manic-depression or bipolar disorder, liver, kidney, and glandular problems

Jet is associated primarily with the root chakra which it balances and purifies by cleansing dross away. Used with the root chakra, it can help prepare



Kundalini energy to rise. Jet's energies of purification can be used on all the chakras to purify and clear them, as well. If used on the upper body or upper chakras, it assists the Kundalini energy to move toward the crown chakra.

*Michael's Gemstone Dictionary:* Enables one to see all the possible pitfalls in a situation and come up with constructive solutions. Wear when it is necessary to go into a situation with all eyes open. For example, being in a war where it's useful to keep oneself in survival mode, or in business where much back-biting occurs, or when being undermined by an enemy. Keeps one

alert for what might go wrong so one can correct the situation with positive action. it pulls one into the positive pole of the Attitude of the Cynic.

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## Selenite

Taurus—

#8.

Selenite, satin spar, desert rose, and gypsum flower are four varieties of the mineral gypsum; all four varieties show obvious crystalline structure. The four "crystalline" varieties of gypsum are sometimes grouped together and called selenite.



All varieties of gypsum, including selenite and alabaster, are composed of calcium sulfate dihydrate (meaning has two molecules of water), with the chemical formula  $\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$ . Selenite contains no significant

selenium; the similarity of names comes from both substances being named from the Ancient Greek word for the Moon.

### History and etymology

The etymology of selenite is through Middle English selenite, from Latin selenite, from Greek selenite (lithos), literally, moonstone or stone of the moon, from Selene (Moon). The ancients had a belief that certain transparent crystals waxed and waned with the moon. From the 15th century, "selenite" has referred specifically to the variety of gypsum that occurs in transparent crystals or crystalline masses.

### Spiritual Properties

Generally, it is believed that selenite promotes intellectual clarity and competency. It does so by supporting clarity of mind, thereby expanding one's awareness of the self and of ones surroundings.

Selenite can be used to dispel negativity, both on an emotional and an etheric level. This makes it a good stone for protection.

Selenite removes energy blocks, particularly from the physical and etheric bodies. It can also remove energy blocks in the bodies of other crystals and stones. This makes it excellent for enhancing the properties of other stones and for clearing and charging them. It is also an excellent stone for protection grids, as one visitor pointed out. Additionally, Selenite is used by some to block or ameliorate EMF radiation.

### Divination

It can be used for past-lives as well as future lives being those which are probable at this time, if one's physical life proceeds in the direction in which it is now going. This access is provided by rubbing the crystalline structure with a finger or thumb; during this activation process, when the meditative state is attained, visual images will begin to appear. It should be noted that the access to the future is also compatible to this life—one will be presented with situations which are very likely to occur during this life on this plane dependent upon the course of progress one chooses during on's lifetime.



Selenite Flower

It has been used to decrease reticence and to assist one in the acquisition of materialistic pursuits related to business. It can also assist one in issues of judgment and provide the required insight and ameliorative energies to promote justice during adjudication of disputes. It has been used as a sharp sword of awareness, cutting through unconscious assumptions and promoting the re-

connection between the conscious self and the mystic which lives within the super consciousness. It balances scholars and heavy intellectuals.

It can be used to provide both flexibility to one's nature and strength to one's decisions. It allows one to see the inner workings of any situation and to understand the superficial and the deeper meanings inherent in same. It also allows one to access the interior of the physical body in order to understand existing disorders, providing information with respect to the "fix".

### Healing Properties

It has been used to align the spinal column; allowing the selenite to traverse the spinal column from the base to the back of the head seems to remove energy blockages, while traversing in the opposite direction seems to smooth the flow of energy. It can also promote flexibility within the muscular structure.

It can be used to provide amelioration of disorders associated with poisoning due to metal fillings of the teeth. It can be used to facilitate cellular regeneration and the protective membrane surrounding cells; hence providing a tool to both prevent and to overcome damage caused by well-known free radicals' examples include cancer, age spots, wrinkles and light sensitivity. It can also be used to correct disorders and deformities of the skeletal system, and to stabilize epileptic disorders. It has been used to extend one's life span. It has been used to assist in the digestion and absorption of minerals.

### Cleaning Crystals

After being used for a while, a gemstone or mineral can be drained of its energy or soak up undesirable energies. Selenite can be used to clean and recharge other gemstones and minerals. Cleaning can be done when One places gemstones or minerals on top of the round, mushroom looking selenite. With selenite that occurs in long crystals or spears, the stones can



Selenite Rose

be placed on top in a row; or by placing the selenite point towards a quartz crystal and the quartz crystal towards the rock or mineral to be cleaned. This combination of selenite and quartz function as a focusing energy and will super-clean any stone usually within 15 seconds.

Another method is to put the stone in distilled water and place the container in the sunlight. Intention that the stones be cleansed empties them. The water absorbs the negative energy

and does not release the energy into the immediate environment. This is especially helpful for healing stones.

## Charging Crystals

Selenite can be used in various ways to "charge" a stone. Such charging makes a stone more powerful in this energetic impact. A very simple way to increase a stone's potency is to point a spear shaped selenite at a mineral for a few minutes. Also, stones left sitting on a selenite spear or cluster for longer than it takes to clean them, get highly charged and project their qualities out to easily fill not just an entire room, but a large hall or warehouse as well.

Selenite spears can be used to imprint the metaphysical properties of one gemstone on to another. This is done by placing the imprinting mineral behind a selenite spear and the other mineral in front. In a few moments, the mineral in front of the Selenite spear will be imprinted with the property of the mineral behind. The imprinted mineral will now carry the metaphysical properties of both stones for at least 3 days. This method is particularly useful when the mineral you own is too large, too delicate, or too inconvenient to carry with you. Charge an easy to carry stone and have both energies available as a pocket companion.



Man-Cut Selenite Tower or Castle

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