Human-Crystal Alchemy

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------------- Prologue -------------
As a skier all my life, I have always held within my heart a reverence for the world of crystals. Skiing through the magical world of frozen water crystals seemed to accentuate a spiritual link between me and the mountains. While living high in Colorado I would see huge quartz crystals sprouting from the melting snow during the warm spring afternoons. I secretly wondered to myself if these white chunks of hard, yet seemingly soft, crystals were really the true “gold” of the universe. I would imagine that star beings everywhere were jealous of our beautiful planet filled with Quartz crystals, and that we had no idea.

Later in life I moved to the land of the Maya, the Riviera Maya and the Caribbean Sea... the Yucatan peninsula of Mexico. The sun bleached beaches are made of billions of little crystals... crystals of white sand. Everyone knows how relaxing it is to lie on the beach. I found that transcendental meditation within the crystals of sand took me to fifth dimensional worlds of Mother Nature and Maya consciousness. I wondered about the relationships between rocks, crystals, plants, trees, animals and humans. I thought about the power and consciousness of crystals. Can we talk to them? What can we learn from them?

Then I met Joanne St. Amour in Playa del Carmen, a seaside town basking in the ancient Maya energy of Tulum. She said she had, back in 1995, transcribed a channeling filled with information about crystal energies. She went on to say that the Arcturians were involved! I hurriedly investigated further, “The Arcturians brought forth information about Earth’s Crystals?” She confirmed and added that it had never been published. I reached out my hand earnestly, and somewhat boldly stated, “My Arcturian soul name was Jeangho, may I see it?” Then I attempted to sing my name - Arcturian style - in an attempt to confirm for her subconscious mind the truth in what I stated. Anyone reading this who is a personal friend of mine knows that my attempt at singing was an amusing disaster.

Joanne hesitated as if she had never shown it to anyone else, or thought I was nuts, and then pulled it out. As she read the introduction, I felt as though I was in the presence of an Arcturian elder, one whose innate soul-self held within it much experience and honor. I discerned familiar clairaudient telepathy flowing into my heart-mind through my crown chakra.

As she continued to read, it became obvious that this channeling was rough and in need of editing. When she finished I offered to edit and restructure the manuscript in the form of a book. She said it was fine with her and that she would introduce me to Beverly Oschaff, the talented trance channel whom she worked with to bring forth this information. Thankfully, we came together to complete this endeavor.

My personal goal is to clearly communicate, via the written word, the light flowing from a soul family known as the Arcturians. I refer to them as a “soul family” because they are a group consciousness vibrating in the fifth dimension and beyond. Arcturians are from the star system Arcturus in the Bootes Constellation, which you can see especially well by following the handle of the Big Dipper to the bright star with a red tinge to it. The Arcturians channelled light (which is telepathic information) from higher dimensional Crystal families through Beverly. The telepathic light was direct information filled with personality and feeling... each Mineral family of Crystals had their own unique personality, unusual voice and style of speech. Beverly was the Human end of the channel, the “hollow bone” as the Native Americans call it, while Joanne listened to the fantastic voices, asked questions, and transcribed the resulting information. It was my job to finish it. It is with happiness, humility, and honor that
I am able to be a part of this wonderful project. Our little circle of Humanness - Beverly, Joanne, and I - have come together with intent so that we may learn more about other dimensional energy and the powers of the Crystals and Minerals.

*A personal note: I have felt a connection to Arcturian clairaudience all of my days. It wasn’t until the first Arcturian channeling sessions through David Miller in 1992 that I confirmed for myself what - and who - it was. Subsequently, I worked with David and his wife Gudrun to start our meditation group: Arcturian Group of Forty (www.groupofforty.com). Our monthly meditations over the years have helped me to reconnect to universal consciousness while learning from those warm star being soul sister/brothers. The more I intend on tapping in, the closer and louder they become. In 2004 we had over 1600 people among forty groups of forty, probably from forty different countries. We meditate together for peace, love, and light every first Saturday of the month at 6:45 pm Arizona time. We connect via corridors of Light and Love! Feel free to tap in...

Barton Crane / Jeangho (not so ghostly writer/editor)

——— Introduction From We The Arcturians ————

We are the Arcturians. We come to you now from a planet in the 7th dimension of the Arcturus star system. We come as humble servants… your teachers and your assistants. We are with you to assist in this project you currently undertake to ascend yourselves and your planet to new and higher frequency dimensions. We come as many others join with us from various galaxies and higher frequency dimensions… some of which are currently far beyond your understanding. And indeed amongst the most profound of teachers and assistants to come to this planet, are the beings you have known as the Crystals.

Mother Earth herself has birthed forth many forms of Crystals as well as Minerals and Stone. Many of these beings are progeny of herself (aspects of herself). Presently there are others who arrive in the Earth realm to share their energies during these times of change. For as you see, We the Arcturians come to assist the current process of evolvement and ascension, and in doing so we experience upliftment within ourselves. We learn and experience expansion of the life force from which we, as well as you, are each made.

At this moment, we are in contact at the request of many Crystals who wish to feel a deeper connection and greater recognition in your world of consciousness, for they play a strong role in your process of learning and unfoldment. Please understand: the Crystal beings are the most enlightened life forms in the universe! They have transcended the needs for movement and ego. They exist in multidimensional plains as solidly as they seem to exist to you in your third dimension. Their multidimensional plains of existence transcend the linear time and space of the third dimension. And each one is a master, a teacher unto itself.
We do not want to sound as if we are condescending to you, but as your species evolves, you will awaken to a higher understanding of who you are and the world of universes around you. Once again you will discover the magnificence of many beings about you. You have forgotten beings such as the Crystals and Minerals in your back yard. You have forgotten beings such as the Weeds and Grasses that grow, and beings such as those of the Spirit and Angelic realms. They all visit you each day with omnipresence. Remember...

We have come to offer our teachings. We teach of community and acceptance. We hope our examples of teaching, which is light and thus information, can influence you to understand the power of this force which you call unconditional love. Listen to our words with your heart. As you grow, learning and expanding, these words shall truly become the only words for you.

We the Arcturians encourage each of you to explore yourselves. We encourage you to seek the counsel and love of our mutual friends… the Crystals! Seek their guidance along with the guidance of your Spirit friends, and open yourselves to their teachings.

As you become more aware of the energies in your world and how they work, you will begin to accept the profound gifts brought to you by the Crystals and Minerals. These are gifts of knowledge in the areas of medicine, technology, agriculture, education, human awareness and many other fields. Your current knowledge of Minerals alone has merely scratched the surface of what there is to know about these magnificent beings! Indeed they have taught We the Arcturians much.

So we are here to encourage each of you to explore your healing while expanding yourselves. Seek the wise counsel of your gifted Crystal healer; a competent individual whose energy resonates with your own. Allow your Crystal healer to take you and others you invite to join you, on a wonderful journey of growth.

If you wish to explore Crystal gifts of medicine and healing autonomously, we advise you to be cautious and profoundly aware of your inner messages. Seek the counsel of another often during your exploration. Remember, you are not here alone and there is no honor in burying your pain silently.

There are many who have recently come to your planet who are gifted in the ways of healings. They come as loving servants, here to assist you. And now dear ones, We the Arcturians have come at your calling. Listen now to our friends the Crystals and you will learn as have we, many wondrous things.

**Question:** Can you clarify what you mean when you refer to the Crystal and Mineral kingdoms?
Crystal beings are part of the broader kingdom of Minerals. Although we will focus many of our attentions on those Minerals you would refer to as Crystals, we shall endeavor to include talk from each of the Crystal Mineral families, not only Quartz, and teach of all the rock beings. So it is the family of Minerals.

**Question**: Are the Crystal tools that Beverly utilizes unique? Do other healers have similar tools?

There are many tools now existing in your world and many more about to be birthed forward. As with all people, it is with Crystals... each are unique in their frequency and abilities. However, you will find that there are many healers who have specialized tools which can do similar jobs, although perhaps they accomplish these tasks in different ways.

**Arcturian Light: Family Of Quartz**

The major component within the bones of Mother Earth is the stone you have chosen to call Quartz... silicon dioxide in chemical terms. It is the substance which forms the majority of the body of Mother Earth. These Quartz Crystal beings function in many capacities. Indeed they are likened to her skeletal structure. Within her skeletal structure the very life force of Mother Earth is created. Just as Humans create life blood within their bones, Mother Earth creates life force energy within her veins and arteries of Quartz. These conduits carry energetic light filled with information which moves through her being in the fashion of blood through the Human body... the very life force of this planet!

During our present time of Human transformation, Quartz begins to rise to the surface of mother earth. These Crystals have a major role to play in the unfoldment of the human species. Quartz Crystals are not only the holders of the informational light and life force of Earth, but they also hold the very information, the DNA, of your universe.

Quartz Crystals are a very highly evolved consciousness. They carry tremendous light and the knowledge of all that has transpired, and will transpire, in your universe. They simply do not understand the constraints of time because they live beyond the constructs of time. Therefore, these beings are a great value to Humanity. They are tools for Humanity. They come to the surface to assist Human beings to transcend self made barriers of time.

Additionally, these beings have the capability to act as a powerful amplifier of energy and light. Quartz is capable of reflecting, mirroring, and thereby amplifying many things. With intensification and restructuring of light, Quartz creates new light as well as new thought forms, which spring forth from this light. They literally
have the ability to manifest and mirror Human beings to themselves. In other words, Human thought forms can evolve expediently with the aid of Quartz.

Quartz possesses the ability to assist Humans with healing processes. As they amplify light and energy, they serve to awaken memories within the Human cellular structure. They are capable of moving great quantities of energy within the body and auric fields. Many Human beings are calling for teachers to help them awaken to themselves. People want to understand who they are, from where they have come, and where they are going. Many of the Quartz surfacing on Mother Earth are teachers because of the mastery they have over time. For it is possible to bridge together this understanding of not only whence you have come and where you are going, but also parallel realities and alternative realities!

As we have said, Quartz contains the life force of Mother Earth. This life force: the vibrational frequency which is carried within Quartz, is of a similar frequency to the life force within Humans. This is not to say that Quartz is capable of creating Human life, but they certainly seek to nurture Human life and assist in the expansion of Human consciousness.

**Question:** What is the connection between Crystals and the creation of life?

Crystals are representatives of the Prime Creator... the Universal Mother Energy. They may be considered ambassadors of sorts. They act like transmitters. The Universal Mother creates light which in turn catalyses the creation of life forms. Quartz’ unique ability is to transmit light from the Universal Mother to areas where it is needed. Under correct conditions the light catalyses the creation of life forms. Yes, light itself is capable of creating thought forms, which you would term individuals. Of course, Crystals themselves do not create life forms as you currently know life forms to be. Nevertheless they certainly function as tools for the Universal Mother to create fresh new life!

Within Quartz there is a deep understanding of limitlessness. They can store energy and information to a degree that is well beyond your comprehensive abilities. In modern times you have not experienced within your planet an event, or energy, which allows you to understand the scope of limitlessness. We would correlate this ability to be rather like a small Quartz point, about the size of one’s thumb, able to hold the energy of fifteen of your suns! This is a difficult concept for us to explain but you must know that the power and potential of these beings is magnificent.

Within Quartz consciousness lies a very deep rooted love of Humanity. The beings that created Earth also played significant roles in the seeding and breeding of Earth’s inhabitants. And so it is... there are similarities in your beings. Much of the Adam-Kadmon* Human design which you now enjoy is patterned after the frequencies and crystalline structure of Quartz. This is not an accident. In order to
harmonize and resonate within the aura of Mother Earth, it is beneficial for your Human frequencies to resemble hers as closely as possible.

There are many beings, generally known as star beings or other dimensional entities, who will soon travel to your planet. Those who will be appearing are modeled after different crystalline structures. For example, We the Arcturians are modeled on a cellular level after the Crystals you call Fluorite. Our planet is largely made of Fluorite and therefore we experience many difficulties in materializing to any degree of physicality on your planet.

Recently you have discovered with your computer technology that many Crystal Minerals, particularly Quartz, can be programmed to contain information of various natures and intensities. You have merely scratched the surface (as you say) of what they are capable of. Your computer industry knows a great deal about the potentialities. There are some scientists in your world who understand that Quartz has the potential to outlive, outperform, and outshine all of your current technological capabilities. As this understanding begins to spread you will see an awakening interest in Quartz. Indeed, industrial nations will seek to command ownership of these precious beings.

We wish to examine some particular varieties of Quartz crystals. We the Arcturians shall now switch to their perspective and allow them to speak directly through the oracle (Beverly).

Family Of Quartz

Bloodstone Quartz Light: Blood, DNA, Yin Yang Balance, Heart Chakra

We are Bloodstone. We bring forth polarities within ourselves... the beautiful polarities of green and blue. As we balance these polarities within our beings we exemplify balance and share this knowledge with Humans. By balancing the polarities of red and green, we balance the energies of yin and yang. This is why we are so effectively used as a healing stone connected to the root chakra of the body.

These polarities have manifested themselves throughout the millennia as Human beings have experienced imbalances between males and females. We now come to show that there can be, is, and shall be, a widespread acceptance of these energies. We recognize the abilities of both sexes and work comfortably with Humans. We Bloodstones teach the balance of calm and compassion. We teach of healing, quiet times, and also the need to take action!
Through our very essence we resonate most clearly with the blood of
the Human body. As your DNA evolves into full capacity... that of twelve-stranded
heliocentricity, we are here to assist you. Our resonance and vibrational frequency
patterns closely mirror the blood systems you will develop in your twelve strandedness.
We come forth in greater numbers at this time because of the need for balance in
your world.

We Bloodstones are powerful healers. As our name implies, we work
most effectively opening the energies of the heart chakra. We exude our influence on
the physical structures of the heart by assisting in circulatory problems. For Humans
who experience what is termed coronary heart disease, we are most effective when
we are worn near the heart and next to the skin. We have the ability to increase the
blood and energy flow through your heart organs. As we create an opening of the
heart, we create an acceptance of healing and an acceptance of the passion of
creative energy.

We also have been well known throughout your history for our abilities
to work with women during menstruation difficulties, being effectively used in the
treatment of irregular or excessive menstrual flow. Our employment in aqueous
solutions is most beneficial for the traditional healing of irregular menstrual flow, to
stop the bleeding of cuts, as a treatment of coronary heart disease, and for those in
your world who suffer from angina. Since we are powerful grounders, one with
Mother Earth, we then ground these energies deep into her physical depths. Roots for
all time, if you will.

We wish to come forth in greater numbers and we wish to be used by
more healers, caregivers, and people who seek spiritual growth. Our balancing
properties, particularly our multiple configurations of red and green, create powerful
energies to be used within your bodies. We are most effective at grounding individuals
who have a shortage of Earth in their astrological makeup. Our balance of redness
and greenness enables us to ground in very gentle ways, without the sluggishness
associated with many of our Mineral cousins.

In addition to healing your heart and root charkas, we can heal your
second chakra, known as the naval center. Here we promote vitality while grounding
the red rays of creativity into this naturally creative center.

When employed at your solar plexus (your third chakra) we are most
effective for those who suffer from an imbalance of power, especially those who need
to come to terms with their inherent personal power. Our effects on this chakra can be
profound as we bring creative fire and grounding, which bring forth healing of old
issues which may be contributing to these challenges. As the solar plexus chakra
opens, new concepts of power and self-worth may be realized.

We are also effectively used on the throat chakra for those who have
difficulty communicating. We Bloodstones ground healing into the concepts of
speaking out for one’s needs of personal healing, passion, and love of life. We create an opening, a sense of security, while maintaining and promoting a feeling of healthy balance. This enables many to speak their passions in a grounded manner with love and self-respect.

Finally, our aqueous solutions can effectively be used in areas where soils have become depleted through excessive use of chemicals. We are able to encourage healing within these soils. We wish to find ourselves used more extensively in your agricultural practices.

---Channeling Quartz Light: Truthtelling, Cancer Treatment, Power Tools---

We the Channeling Quartz are particularly evolved. Many Humans are calling for us. We come forth in large numbers now because we have lots of work to do. We assist Humans in channeling frequencies which are beyond their own dimensions and we are capable of moving and channeling this higher dimensional energy into places where it is needed.

With our continued work there will be a larger understanding of the process of channeling among the general population. It is time for others to become awakened to the possibility of multi-dimensions. There are many who do not believe that there are dimensions beyond the third. We Channeling Crystals volunteer to be put into tools to be used by speakers and those who would communicate. We are powerful truth tellers! We want to get the truth out to others. We are teachers in our essence and we wish to come forward.

We the Channeling Quartz are valuable tools for the healing arts. We are particularly good at being exploited for treatment of cancers. You see, our energies are profoundly effective upon the Human body and auric field. We work with canecrours conditions in the body by shining light into areas of darkness. We can be quite effective in clearing blockages which have resisted all other means. Particularly, we can work with blockages of the heart caused by ancient pains of abuse. We help those sensitive beings who have had their hearts shut down from fear of their personal power or sensitivity to abusive situations. For those whose hearts have become blocked in this way, we can be used with great success. You merely have to send intent for our assistance and we shall be able to exude our effects.

We wish to be placed in devices of copper tubing such as pipes and wands. In this way our energies can be shared with many people over a wide range of area. You shall see more of these “power tools” coming into play. They will become very sacred objects which will be guarded by many beings, and given only to particular individuals.
Please help us to be present now! You who would be engaged in speaking or contact with groups. We wish to be included within your sacred circles. We want to be held so that we may assist in sharing this energy with the masses. For now is the time for your species to awaken on a large scale. Hold us during your meditations for we have much to teach and share with you.

We are honored to come forth to your world in larger numbers. Our births shall bring great joy to many Humans.

**Chrysoprase Quartz Light: Cool Community, Smooth Brain Wave Patterns**

We the Chrysoprase are the coolest of the Quartz clan of Calcedinine! What does that mean? It means we are able to calm the energies of the Human body by bringing our peaceful rays upon your planet. We wish to assist your species in developing peace by developing a greater acceptance of others. Many Crystal healers know how cool we are. We see ourselves being much more popular in the future while becoming well known in your hubs of community activity.

We the Chrysoprase enjoy being integrated with our Mineral cousins the Lepidolytes. Our combination of energies are both soothing and healing as we serve to integrate communication between both sides of the brain and heart. Through our Chrysoprase green ray we promote the acceptance of others. With the softness of Pink Tourmaline, which is usually found in Lepidolyte, we make people comfortable and able to accept others calmly into their heart while treating them in a way which honors their love for all.

When used in combination with Lepidolytes, we are quite effective in treating paranoid schizophrenia. We facilitate calming and open hearted acceptance of others. We soothe the erratic flows of energies, thoughts, and brain wave patterns which plague people with this condition. We the Chrysoprase also wish to be recognized for our abilities to work with Humans who exhibit psychotic tendencies. On our own we are quite effective at minimizing the effects of this condition. When we are used with Charoyte, we are even more effective. Charoyte helps to gently dissolve many of the fears from which psychotic episodes may stem.

We also have the ability to work very effectively against the condition you know as hemorrhoids. Humans may heal themselves by placing us in their bath water or incorporating us into an aqueous solution for ingestion or topical application.

Our major desire is to help people in their community growth. It is our feeling that our ability to promote peace and acceptance of others is very important for your world now. And so you shall see a greater awakening of our energies! Those
Humans who have been unable to feel the vibrations of Mineral beings soon shall be quite aware of our effects. We come forth as peaceful servants to Humanity and Mother Earth.

Citrine Quartz Light: Self Confidence, Physical Vitality, Education, Joy

Our family of Citrine is a vivacious and energetic family of Quartz. We bring our lively yellow rays, our subdued rays of browns, and many shades in between. We reside primarily in the ray of golden yellow as we work with the energies of the sun. We stimulate Humans beings and their intestine, bladder, and pancreas. Concurrently we promote self confidence and physical vitality.

We are effective in the treatment of many learning disorders, including attention deficit disorder. When combined with Lepidolyte, we are very effective in the treatment of autism. We stimulate self confidence in a gentle and loving way and thus we help victims of abuse as well. We would be quite well used in many of your healing institutions, particularly hospices and palliative care.

Your young children call to us now. There are many who are once again coming into their power and we, the Citrine Crystals, would like to be included in their education. We have the ability to clear and stimulate the mind so that thoughts can become clearer, and thus owned by the individuals who have them. This is empowerment. There are teachers among you who have a connection to us... please include us! We hope that our ability to help in classrooms will become well known. For your children are your future.

We come forth with a joyful note. Joy is very important to healing and spiritual growth. We are here to remind you that we also desire to be recognized in your spiritual work. It was once popular on your planet to adorn your places of worship with beings of Stone. We wish this once again were so. For we work with our sisters, the Amethysts, to assist Humans with transitions. There are many Stones who come forward to help with death and/or ascension transitions. We see in your world that there are many who wish to leave their bodies. We will be quite valuable for those who remain behind. To those who stay, we act as cheerful companions to make their journeys less traumatic.
Elestial Quartz Light: Energy, Endless Possibilities, Cellular Memory

We are the Elestials. We come to planet Earth via the Angelic realms. We have journeyed through many galaxies from other universes to help the Human race in its process of ascension.

With those who resonate with our energies, we shall become loyal companions and critical tools in the process of ascension. Those who choose to work closely with our energies are those who have the capability of assimilating light and information while sharing it with others. It glows from within their beings!

Human beings have created limiting thought forms in terms of what is possible to accomplish with energy. “Energy” is a word that you have come to misuse on this planet. We teach lessons about the potentialities of energy and the expectations of Humanity. Our Elestial physical forms are often underestimated by people who currently cannot see the energy fields we inhabit and create. At first glance, the package does not always reflect the content. Our unique configurations allow us to teach that we hold energies of extremely high frequencies and intensity. We seek to teach you of the endless possibilities.

Conscientious communication with us will help to awaken Humans to the possibilities of themselves as well as how energy is used within your planet. You have ideas that there are limitations... only so much energy is available and only so much can be assimilated. We are here to extend the boundaries of those limitations.

In the next few years there will be new collections of Elestial Quartz discovered and unearthed. It is our intention to locate ourselves in areas where we may come in contact with many people. Our energies are to be shared. The Human species forms an interlocking network of energies. You are not separate unto yourselves! Indeed you are connected in many ways. As one of your members learns and grows and increases light, this light spreads to others. We seek to share with you the lessons of community, for as individuals grow the community benefits.

Our molecular structure and our particular configuration of facets enable us to infuse light and information from the angelic realms. We therefore assist in your process of awakening cellular memory. This is the memory of who you are and who you were before you came through this process of arriving on your planet. Each of you decided to come to Earth in physical form, and when you did, you had to engage in the process of stepping down your energies. You had to turn off parts of your auric fields in order to resonate with the dense frequencies here.

We the Elestial Quartz arrive at this time to assist you in reconnecting your energies, your auric fields, and your self-awareness. We have traveled far through many elements to arrive here. So have you. We have experienced our birth in the
waters of other galaxies. The process of our journey to Earth has provided us with many opportunities to learn, grow and collect this information within ourselves. Through our journey we have experienced the limitless expanse of space while transcending bands of intense energy vibrations and rebirthing ourselves through fire. We have grown. During our personal process of birth, creation, and journey, we have been assisted, guided, and nurtured by the beings of the Angelic realms. They nourish our species and in return we have assisted them with focus and attunement of their Angelic energies. We are now expanded from the form in which we were initially created. Understand, as Humans are experiencing transformation so are we and the Angels!

We would suggest that there are many Crystal healers that would benefit now from a further exploration of our frequencies and specific abilities to link together Humans of similar intent. We are the messengers of the Light Work Community. We humbly desire to be applied more frequently by Crystal healers with clear intent, to contact Human auras and assist in awakening. We assist by bringing light into the body and grounding it. Specifically, this process of connection begins to reconnect your filament DNA and therefore begins the process of your reawakening to yourselves.

We also come to serve as links to the angelic community. There has been much calling on both sides. Humans have been calling on Angels for assistance, and Angels have been calling to Humanity. So we Elestial Quartz arrive now to form a bridge of communication to link these communities together. Great quantities of love and understanding shall flow from these communities into one another.

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Arcturian Bonus Light: Elestial Crystals And DNA

Some people, those who have not learned to treat Crystals with love, will not appreciate the unique wonderful energy of the Elestial Crystals. Despite this lack of understanding the effect is still noted. They are felt upon the heart and within the chakras. You see, the Elestial Crystals have a particular way of awakening people. Their light energy begins to reconnect your filament DNA, and thus begins the process of reawakening yourselves. Many of you will need this extra boost. For those who have not begun this process, the Elestial Crystals come forth to assist. For those who have begun, they serve to enhance and expedite the process.

The original form of Elestial Quartz is difficult for us to describe to you. They existed as energy, eventually coalescing into smooth stone-like formations, not unlike Tumbled Quartz. Through their own process of growth and enlightenment many changes have led them to develop a unique faceting of energy fields which they presently exhibit. In order for Elestial Quartz to make the journey to planet earth, it was necessary for them to move from being largely creatures of light to being creatures of substance as well. They had to develop denseness. Not unlike yourselves, they had to
develop bodies in order to come here. In their original state, assuming you were able to see frequencies of that magnitude, you would see them as balls or spheres or clouds of light.

The assistance of these beings is definitely required! Humans who are drawn to Elestial Crystals are moving their lives toward evolution.

**Generator Quartz Light: Transdimensional Healing, Earth Keeper Crystals**

We generator Quartz arrive in large numbers now to produce a healing effect upon earth and all of her creatures. Mother Earth is birthing us to her surface so we may find our way to energy centers such as circles of light where people gather. We are also honored to be of service in places of Human healing. We generate fields of energy which are very conducive to healing, and we act to enhance the energy of Human healers who are present. We support healing, peace, and spiritual energies.

Our large masses enable us to hold large quantities of energy. We can stabilize energy vortexes. When people gather to create light, generate love, and add to the love vibration, we are able to amplify this frequency over large areas. Our effects can be felt by many beings throughout many dimensions.

We have a profound connection to the Earth Keepers located in the center of your planet. We link together telepathically with these large Earth Keeper Crystals and assist these masters through our individual work. We wish it to be known that those people in circular groups who would work with us are directly assisting the Earth Keepers in their role and mission. So you see, the love you generate works to assist Mother Earth and all of her beings! We not only amplify this love ourselves, but we link it with the network of Earth Keeper Crystals. These giant Quartz Points known as Earth Keepers hold the very life force flow of this planet.

We have a profound effect on the Humans who are selected to care for us. We assist them in their life’s work, creating ease and harmony within. We assist them in generating their needs and desires and help them to manifest whatever it is in their lives that most befits their highest goals and missions. We honor these Humans, and as well these individuals are honored by beings from many worlds.

Those who end up as caretakers of we, have long ago committed to their work in spreading love and light to Mother Earth. Many that we come to have had ancient connections with us. In these times of change it is most important that this work continues with diligence! You shall see many people flocking to join groups and circles where we are present. For the love vibration now begins to grow. Please be
cogniscent of your ability to generate a love vibration in whatever way you are able. The effects are felt by all.

**Granite Quartz Light: Earth Muscle, Stability, Foundation**

Granite is the muscle of Mother Earth. We are strong and stable in our very nature while we are a large part of her physical structure. There are few places on Earth in which we do not exist at some level, in some form. We have been present for the formation of many continents in times past. We came forth when your current continents were formed and provided the foundations, if you will, for your society to exist.

Our gift to Humanity and mother Earth is our stability. We are slow moving, ancient, and wise. We are the cornerstones of logic in your societies. This is why throughout history you have chosen to utilize us to construct your most sacred sites and buildings. When you wish a structure to endure, we the Granite are called forth.

All of our differing colors and forms are valuable for those beings who are feeling the effect of heightened energies. To those who have difficulty being grounded, we can be of invaluable assistance. We act to calm anxieties while assisting Humans with a recommitment to one’s desire to be present here.

We Granite Quartz act as foundations for enlightened thinking. We are grounders and we would be powerful tools, even friends, for those who work in positions of authority. We encourage the larger ideals of community and cooperation.

We are the foundation of many sands on your planet. These sands are formed by Granite Crystals and other evolved beings who have truly mastered the concept of community. Within all types of sand are countless individuals working together harmoniously to form a community which has structure, fluidity, and stability. They retain their unique individual nature, yet exist together in communities. The lessons for Humanity are great.

In these times of change, our species shall soon be called upon to flow once again into new creative formations. The changes of Earth, coming soon, will bring new formations of many new granites, some as large as the present structure you call the Canadian Shield. These structures of granite will be very important to stabilize the new energies of what is becoming a new Earth. It is upon these foundations where you shall build your new communities!
Laser Wand Quartz Light: Surgical Tools, Force Fields, Technology

We laser wands have been popularly used by healers as “surgical tools” to cut and remove various types of debris from Human bodies and auric fields. When we are utilized in a manner similar to a comb passing through hair, we stimulate light and information within the aura. Pass us through your aura and feel our presence.

We now wish to be recognized for our ability to help Humans by creating pockets of light. Pockets of light, or bubbles of whole light*, are like force fields of protection around the body. As we create bright bubbles of light around people, it in turn shines forward and interplays and interconnects with other Humans. As this connection takes place, the light is able to spread. You assist one another in this assimilation process.

Our ability to create large lighted areas, or force fields, has been largely underestimated. These safe havens will serve you well when you find yourselves surrounded by energies not completely compatible to your own. We Laser Wands encourage you to learn about our ability to come together in a circle and create brilliant balls of whole light which can serve as sanctuaries for you during times of stress.

We desire to be incorporated into work with the human aura and cellular structure. Your astral realm is now closing in upon itself. Many entities who have resided there are moving into temporary residences among Human auras. People actually come to Crystal healers with “attached energies”. These vagrant thought forms attach themselves to people to facilitate various experiences. We hereby volunteer ourselves for assistance, discovery, and transformation of these vagrant thought forms. When we are used with love and clear intent, we assist in the integration of light within these thought forms while loosening them from the Human aura.

We have also decided to come forth in large numbers to assist Humanity with technological advances. Your scientists are beginning to discover our capabilities to move and store vast quantities of energy. You will see a tremendous movement among scientists toward work with we from the Mineral kingdoms. They will seek to discover ways of generating light, heat, and motion. We suggest it is entirely probable that we will become the replacements for many of your electrical generators.

*Arcturian Bonus Light: Definition Of “Whole Light”*

Question: Could you provide us with a definition of “whole light”??
“Whole light” simply means to encompass the complete spectrum of light. This goes beyond what you have come to call “white light”. White light in itself encompasses many color frequencies and a large part of the spectrum, as you understand this color spectrum to be. Whole light incorporates all light, for you see, white light is incomplete. There are some frequencies of light which are beyond your present understanding and perceptual capabilities. These are not generally included in the definition of “white light”. White light forms a large part of whole light, but there are many frequencies beyond your comprehension. And so we refer to “whole light”.

**Question**: What percentage of white light is representative of the full spectrum?

Perhaps your complete understanding of the spectrum of light encompasses about 82% of what is actually possible.

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**Matrix (Milky) Quartz Light: Earth Consciousness Connection, Memories**

We are Matrix Quartz, the eldest and densest Quartz on your planet. We resonate in ways that are perhaps most similar to those of Human beings. We form the major components of sand and granite, therefore we form a great part of the body of mother Earth.

We come forth at this time because of the information we hold. Within our structure we hold the history of Earth... the sum total of her experiences. Enclosed within this information, which is light, is a history of Humanity’s involvement with Mother Earth. We assist people to awaken their historical relationship to Earth.

Humanity has sought to hide many of these memories from itself. Indeed, people are now working with us and beginning to remember their hidden histories while exploring the murkier aspects of themselves. In doing so, these people recognize the ancient relationship between Earth and Humanity and recognize the consciousness of each. We Matrix Quartz connect the consciousness of Mother Earth with Humans! We help people to assimilate and ground this information in order to facilitate ongoing open communication.

We also wish to be recognized by Crystal healers for our ability to heal bone marrow disorders. As our species begins to integrate more light into ourselves, our use and application will become clear and more evident.

Many people will be very surprised at upcoming transformations we plan to make for ourselves. We shall grow and change collectively just as Humans do. As our planet approaches the time of 2012, you will begin to notice changes in our
physical form. As greater integration of light occurs you will notice a greater light within ourselves. Light will shine from within us and we will glow. Not too many years hence, we will be used as sources of light within your homes. You will learn to assist us in this process of light integration and illumination. You will learn to turn us on and off like a light switch.

**Needle Point Quartz Light: Focus**

We thin and fine, needle-like Quartzes come now to assist you in the surgical correction of your bodies and auras. There are many fine Quartz points moving to your planet. While it is true that Crystal healers have employed us with great delight for some time, we wish to make ourselves available in greater numbers. We wish to share knowledge with people that they can effect much healing within themselves, particularly in the process of removing pain and blockage from the body.

By removing pain and blockage from the body, one can focus better. Focus is an important lesson for your species at this time. We Needle Points exemplify the ability to focus our light and intentions in ways that humans would do well to study. You are bombarded in your minds by stimuli from a variety of natures and frequencies. Not only thought forms of an electrical nature, but frequencies from other beings in other dimensions (ODE’s) whose realities are moving closer, even merging, with your own. As Humans become increasingly aware of their psychic perceptions, they experience energy fields and energy flows within their bodies. Concurrently, they become increasingly aware of us and our purposes.

In the future you will appreciate the use of Needle Point Quartz in your home. Our small size enables us to be employed in technological devices. We are capable of generating large amounts of light, heat, and motion, therefore we may form the basis of your cooking instruments of the future. We also have many practical applications in terms of heating your bodies and homes.

We have a large desire to share our particular light! Our ingrained knowledge and ability to focus our light with clear intent for long periods of time will help you to focus. We then become mutually enriched.

**Arcturian Bonus Light: ODE's, Aspects Of Self, Definition Of Light**

Question: We became aware of silicon beings at last night’s meditation. Are these beings a aspect of ourselves with whom we would merge or are they beings who would retain their own consciousness with which we would communicate?
Indeed these silicon based life forms are aspects of yourselves. You will find that there are many aspects of yourselves out there. Some are in Human or humanoid forms and others are in forms very different from what you currently recognize as life forms. They are all aspects of yourselves. This is part of your growth and reconnection. As you merge these beings into yourselves, they assist in reconnecting your energy and DNA. They bring with them certain information that is encoded on strands of DNA. As it combines with your current DNA strands it forms a complete picture. There is much, much more to Human beings than what you currently understand!

**Question:** What is the purpose or reasoning behind there being so many aspects to ourselves?

Indeed this is a very interesting question you pose... we shall give you some history. Long, long ago when you were complete entities, you decided to begin to create. Your mission was, as always, the purpose of Light. Do you understand the purpose of Light... the purpose of Life?

**Question:** Ummm... to create?

Life itself is light... literally Light. Light is what catalyses, what causes life forms to begin. So you see the purpose of Light is to grow and expand. You each begin as sparks of Light and through your journeys you have grown larger. Indeed you sometimes grow to the point where you are not able to contain this Light within your physical structures. And so you have fragmented.

In this process of fragmenting yourselves - many of you did so in order to further explore - you sent representatives of yourselves to other galaxies, dimensions and universes. You have been collecting information. It is as though you separated yourselves and each self went on a different mission. Now you are beginning the process of returning together. As you join, you begin to meld these other aspects together and this information (Light) comes together in your beingness.

So you see, you have made this decision to fragment to experience different things. Indeed the experiences that your silicon aspects have accumulated for themselves are much different from those experiences your Human aspects have accumulated.

You all have sought to learn. Indeed there is much information being gathered, as you are already beginning to understand. Light is information. Enlightenment, which is what you seek, simply means to bring Light to yourselves and to become full of Light. Now your bodies begin to change because of the amount of Light you have incorporated into them, which cannot be held in the physical structure without alterations.
Rainbow Quartz Light: Visual Perception, Limitlessness, Fairie Kingdom

We Rainbow Quartz take up residence in a variety of forms. We are not a unique species unto ourselves. We are rather like an aspect or characteristic, which can be incorporated into many Quartzes. This is why you will find many Mineral species with rainbows present inside.

Many of you may notice rainbows appearing in Stones you are familiar with. Recognize your beloved favorites experiencing change. As they increase in rainbow activity, they mirror your own growth and progress. They mirror your ability to embrace joyfulness while accepting it into your life.

Humans only have a partial understanding of the nature of light. At this time only a few recognize the consciousness of light as well as the full impact of the effects of light on your bodies and electrical fields (auras). We Rainbow Quartz Crystals hereby come forward to assist in the awakening of Human visual perception. In the next few years there will be many changes in the way people see. It is our intention to teach a greater understanding of light, who makes up light, who are light, and why they are here.

It is through the use of a full spectrum of light and color in which we incorporate a feeling of joy and an understanding of limitlessness. Many people have become entrapped by their own limitations... by their own thought forms. We do not judge this. We simply observe that it has not been possible for you to understand limitlessness with your restricted awareness. Many of these constraints keep you from experiencing joyfulness.

We are also here to link Humans with the Fairie kingdom. The Fairie beings instinctively understand the spectrum of light and the essence of joyfulness. They are able to see far beyond the visual light spectrum of Humans. They wish to share what they have learned. So we Rainbow Crystals now present ourselves as a bridge to the Fairie kingdom.

We come forth at a time in which Humanity calls for these things. We feel great delight while working with people of Earth. We enjoy the childlike curiosity of many of your species. And so it is, through your process of unfoldment you assist us Rainbow Crystals as well.

Arcturian Bonus Light: How Do Humans Assist Minerals?
Question: Could you all explain how Humans assist Minerals?

It is good for you to know that Crystal beings have the ability to function on their own and radiate their consciousness. But it is through their interaction with Human energy fields and other beings that they come into their fullness. It is the same experience that you Humans beings have: you would not be able to proceed with your life if you existed totally isolated and alone, without contact from other beings. But you have interaction and growth which stems from that interaction. So, you introduce other beings into your life and you expand and grow.

The same is true for Crystals. In the relationship between Humans and Crystals, Humans act to pull forth the best aspects of Minerals. They catalyze growth and knowledge. There is a synergistic effect, a synergistic relationship. For as Humans share their energy with Minerals, the Minerals effectively become activated and can grow, expand, and explore. The process is mutually beneficial.

Question: Regarding evolution of Crystals and Minerals... Can one extrapolate then that Crystals and Minerals will grow differently depending on the Human being they are in company with?

Indeed yes! Although in time, shall we say, all are to reach the same destination. Along the way there are various side trips and forays to explore. As you work with Crystals they reflect your own accomplishments and your own individual natures. They come to assist you at different times in different ways.

Rose Quartz Light: Love, Removing Vagrant Thought Forms, Ascension

We are the Rose Quartz and we are known throughout your world as the Stones of love. We encourage love and we promote qualities of self love. We act as powerful stimulators to your heart chakras as we bring our warm, gentle, loving rays to all whom we encounter. We manifest ourselves largely in matrix forms. Occasionally we manifest in crystalline structure. When we do, we form tiny points of intense energies which are capable of spreading our loving rays not only deep into the hearts and bodies of Humans, but largely throughout your world.

We are virtually unknown for our ability to heal vagrant thought forms. It is like a peaceful secret that never got out. Vagrant thought forms are like spikes of incoherence amidst your coherent thought. They can paralyze natural intent by creating incoherent patterns within your brain. Within our large matrix pieces of Rose Quartz, we have the ability to absorb these vagrant thought forms from the Human body. Apply us to the skin while consciously intending on our love and simply allow us to rest. When the intent is for us to work in this way, we are able draw these thought
forms into ourselves by leading them away in our own loving fashion. In doing this we promote, as we always do, self love for Humans.

There are many, indeed most in your world, who at various times in their lives are afflicted by vagrant thought forms. Some Humans have many vagrant thought form beings with them. Thus, we the Rose Quartz now come forth in larger quantities and you shall see us more commonly as your astral realm closes in upon itself. Unfortunately, many more of these vagrant thought form beings will seek to take residence within people. We are here to help you through this process of ascension. With compassion you must understand that these vagrant thought forms are seeking to ascend just like you and I. And so we work together to accomplish these means in a loving way.

We can also be quite helpful to those in your world who are fearful of themselves, the changes in your world, and of life in general. Those whose hearts are broken may take solace within our love.

More specifically, we are helpful with liver disorders such as cirrhosis. Some Humans suffer from mental disorders which take the form of self injury or mutilation. Eating or drinking disorders are largely caused by self hatred and we work very well to dissolve these thought forms. We have profound implications in the healing process of bulimia and anorexia nervosa, particularly we who exhibit deeply intense shades of pink or peach hues. The peach members of our clan combine wonderful pink rays with the ray of gold. And so you see that this brings the gold energies of confidence, healing, and vitality into our loving ray. Those who need love and self assurance work very well with us.

We are honored to be of use to humans and we honor those who would use us. We offer our thank you’s!

**Arcturian Bonus Light: Vagrant Thought Forms, Atlantis, Universal Law**

Many of these vagrant thought forms date back to Atlantis. During your time of Atlantis experiments were conducted which, shall we say, effectively made holes in the inter-dimensional bodies of Earth. This allowed some of these thought form beings, which had been banished to other dimensions, to come forth. Many of the Humans among the Atlantean civilization were infected by these thought forms. They caused great havoc within the Atlantean society and were largely responsible for it’s destruction. They have resided here since that time, in your atmosphere and within your planet.
Many Humans still hold their remnants. Those who are plagued with chronic physical conditions which seem to have no biological source may be caused by these thoughtforms. Now as all become ready to ascend, these vagrant thought form beings are having to go through this process as well. They simply wish to be recognized, to be healed, and set free the same as you. They do not attach themselves without permission from the person’s higher self. These beings have largely been with their hosts for some time, in some cases, for many lifetimes. There is always Universal Law at play here, which states that **one being cannot interfere with another without express permission on some level.**

These beings have always been present. It is not that they are new, it is just that you are now remembering them. There are more healers on your planet now who have this understanding. In your past these host beings have been treated as, shall we say, mental disorders. Many people who have been infected by vagrant thoughtforms throughout the millennia have been incarcerated in institutions for the criminally and mentally insane. Therefore these vagrant thoughtform beings have exuded their control without opportunities for healing. Your healers of the world are now having to deal with these them because your consciousness as a species has evolved to the point where once again you can recognize them. It is as though after the destruction of Atlantis your consciousness reverted. It stepped down a few notches and you are now just recovering your memories.

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**Rutilated Quartz Light; Ancient Memories, Extraterrestrials**

We have become Rutilated Quartz through a marriage of metal and Quartz. This marriage has facilitated a sharing of frequency and information. We seek to act as examples to the Human species that it is possible to marry seemingly different energies. In doing so we exemplify how to create an end product which outshines the original ingredients.

We are capable of moving mass quantities of energies very quickly. We assist you to shift thought forms quickly. We also assist you in the process of clearing dense energy from your physical bodies by bringing in fine frequencies which serve to disintegrate denser energy. We Rutilated Quartz have the ability to initiate an opening and expansion of Human auric fields, thereby helping you to receive high frequencies of light and energy. Many people store the genetic memories of lifetimes in other galaxies. We begin to awaken these ancient memories and the knowledge that accompanies them.

We long to assist with the process of Human transformation and awakening to higher frequencies. This means we help extraterrestrials and fifth dimensional energies to communicate with Humanity. Indeed, we have the ability to move this energy quickly!
Smoky Quartz Light: Assimilation, Wholeness

Smoky Quartz is a substance which has largely been underestimated by many on your planet who would judge Minerals by appearance. We come to assist with the integration of light from all ends of the spectrum. We do not differentiate between frequencies, thinking one is better than another. All are desireable. We accept that all are a part of the whole while we seek within ourselves a state of balance, where all frequencies of light and color are acknowledged.

Within the process of ascension and transformation Humans are having to experience many aspects of themselves. Some are very light frequencies and others are not so light frequencies. We Smoky Quartz Crystals come forth to teach that all frequencies are a part of the whole. There are no aspects of you to hide from. There are no aspects of oneself to dismiss or do away with. We teach assimilation by showing that all forms of light are a part of the whole.

There are people among you who do not understand their vehicles known as bodies. Some Humans fear the power of their bodies. Others have learned to use their bodies as a weapon. It is these people who intimidate, control, and commandeer the energy of other beings.

We Smoky Quartz come forward now in an attempt to dispel these internal myths and misconceptions. There have been many belief systems built upon concepts of “lightness” and “darkness”, which were fabricated in your world. We come forth to expose the nature of many of these fabrications. We also hope to dispel many of the fears you harbor of darkness, for it is in fact, light at other frequencies. There are many memories of species history which have been hidden from yourselves. You, yourselves, have hidden them from yourselves. We are here now to reground these memories as well as the new energies that are coming to earth.

Tabular Quartz Light: Relationships, Spirit Beings, Public Speaking

We manifest ourselves in our Tabular form according to your wishes to communicate. We serve as bridges between beings and bridges between aspects of self. We help you to communicate effectively with one another, as well as with Spirit beings and the Angelic realm. We are well known for our communication abilities and our knack for moving Spirit beings closer to individuals.

For those who experience challenges in relationships, we would advise you to work with us in meditation. We are valuable tools to use when conflict arises between two individuals. Whether both parties are physically present or not, we can
work telepathically as all Crystals do. Remember to ask us to assist in bridging. We assist in showing oneself what one truly needs to see about the relationship, about the others who are involved, and most importantly about oneself.

We Tabular Crystals wish to be acknowledged for our ability to work with severely traumatized Humans who have exhibited multiple personality disorder. We wish to be employed continuously with these individuals, such as jewelry adorning the body or as a small stone carried in a pocket. Then we can serve as a bridge to reconnect the fragmented aspects of oneself and bring them nearer. We allow the individual to look through ourselves as a window to view these multiple personality aspects of oneself, and to begin to know them. We then encourage the individual to bring them closer and to ultimately integrate them.

For those who would use our energies for communication with other realms and other beings in alternative frequency bands we suggest frequent, though not constant use, is most appropriate.

We are very helpful companions to those visionaries and healers who work with the public. Indeed, you who are periodic public speakers are valuable allies and companions. We want to help you to speak publically about concepts such as healing and spirituality. As you bring yourselves and your communities towards healing, you will find a strong need for honest and unbarred communication. We the Tabulars can definitely help you in that regard. Simply our presence in a household or building serve to assist all who are nearby. It does not matter if they are conscious of our energies or not.

Tourmalinated Quartz Light: Color, Shorl, Earth Changes

Tourmalinated quartz are what we have become through a union of Quartz and Tourmaline. There are Tourmalines of many colors and vibrational aspects who seek to join with Quartz. These marriages come at a time and manner that encourages cooperation between species. We Tourmalinated Quartz recognize the value of working together. This marriage enables both species to elicit the best from one another.

Tourmalines are able to infuse a wide spectrum of color and energy frequencies. Through their striated molecular nature they have the ability to move energies. When combined with Quartz, these color frequencies are able to be diffused and broadcast in a multidirectional fashion. We long to share with you the effects of color on the Human species. We teach that color is vibration, and can be unto itself a healing force to be reckoned with. When color is combined with our consciousness and intention, we have a great deal to offer Humanity.
Most of your Tourmalinated Quartz that has surfaced thus far has incorporated black Tourmaline. This very deep Tourmaline, which is actually green and known as Shorl, has wonderful properties of healing. It is able to capture healing rays and ground them into the body, then diffuse this light throughout the cellular structure and auric fields. It is as though these rays are softened and spread. Not only that, but it can set up force fields which repel negative, jarring energies.

Soon you will discover many quarries of us in a rainbow of colors. These frequencies span all known colors as we bring new combinations to your awareness. We Tourmalinated Quartz Crystals broadcast multidirectionally through space and time. Due to the influence of Quartz, which resonates more closely to Humans, we link ourselves into your auras with greater ease.

Watch out for discoveries of Blue and Pink Tourmalines enclosed within very clear Quartz. These particular color varieties have tremendous implications for Humans who would embark on changes to themselves. We serve as tools of understanding. Many people are disconcerted, to say the least, about upcoming changes*. We Pink Tourmalines bring rays of compassion, a softening, and an opening of the heart. We Blue Tourmalines help dispel fears of Earth changes. When we are combined with frequencies of Quartz, you have a teacher who teaches Humans how to accept changes and not be threatened by them. As we are birthed to the surface and sunlight connects with us, we broadcast our frequencies and alter the thought forms that people build around their fear of Earth changes.

Many people have difficulty assimilating the energies which increasingly come to your planet. They experience these new energies as disorders of the nervous system in which nerve pathways are not conducting energy appropriately. At times your medical community may be puzzled by these developments. They may misdiagnose these cases as multiple sclerosis or other related disorders. We Blue Tourmaline, encased in clear Quartz, seek to be employed in healings where these disturbances are occurring. We can shatter this illusion of fear and show you how fears can cripple the body.

Many people will be surprised to see our cousins the Tourmalines change color. Some of the Tourmalines which have become familiar to you will exhibit radical changes in their beings. These are reflections of the radical changes occurring within you humans! Similar to Mirror Quartz, we desire to reflect and bring awareness. We have within our family a wide variety of beings with colors and frequency ranges you have not experienced on your planet. In these times of change many of us will be brought forth.

*Arcturian Bonus Light: Earth Changes
**Question:** Could you give us more insight on “upcoming Earth changes”?

There shall be many Earth changes. We attempt to delay and soften these changes for we feel it is not in the highest good of all to experience violent changes of Earth structures. Many higher beings have been working to soften these changes. They are inevitable. They shall occur. But you create your own reality and thus, to the extent that we would predict these occurrences is rather undecided.

**Question:** I’ve been having thoughts regarding strong Earth changes such as earthquakes... and I am confused as to whether these are my own fears or something I am picking up on?

There is a popular and growing trend among many of the Angelic realms: the Native Americans, the Great White Brotherhood and the Space Brotherhood, that these changes need to occur in a drastic way in order to unstick some of those in your world who have become very stuck. It is indeed a widespread belief in our realm that many Humans now require, shall we say, a spectacular event in order for them to be shaken loose from their rootedness... from their states of denial. What we are yet conferring over is the extent of these changes. There are many who will choose to move on and leave this planet. Yet we understand that the departure of large numbers of souls could prove crippling for some, particularly those who are yet unawakened, as well as those who are particularly sensitive. There would be a great grief upon your planet if this was to occur. We seek to orchestrate these events in a way that will be concurrent with the highest and best for all concerned.

**Question:** So there is a possibility, but it is just that, a possibility at this point?

It is inevitable that these changes shall occur at some point. What we seek now is to soften the impact, if you will.

**Window Quartz Light: Mirrors, Fear, Being**

We Window Quartz come to serve Humans by being mirrors for people to see themselves. Unlike many species of Mineral, we do not desire to store or transmute energy. We volunteer to serve by forming a mirror of sorts. Individuals may gaze into us and see themselves. They can learn what they must learn about themselves at any given moment, and know themselves. As we do this, we are Crystals who desire to be shared. We Window Crystals desire to find our way to many people who require our services. We can help illustrate temporary predicaments, show hurdles, challenges and other transient conditions. We show Humans many aspects
about themselves and we are capable of showing individuals the essence of themselves!

During these times of change as you approach the Ascension of your species, many are learning and remembering who they are. As you experience change and growth, you may desire to explore yourself. And so we come forth as valuable meditation partners and as teachers. We are the teachers who do not teach by doing... we teach by being. We wish to assist Humans to understand this nature of themselves as well. You are Human beings, not Human doings! In times of decision making or crisis, we can be most effective tools as we mirror the inner nature of people to themselves. This provides a way for the individual to create decisions which are most appropriate.

Many Humans are fearful of the death transition process. We Window Crystals can be most effectively employed to help humans remember the essence of themselves, their divinity, and their immortality. We can help them to understand the nature of themselves while helping them to forget the fears and problems with their lives. When we are combined with Amethyst we can alleviate many fears. Amethyst enhances our vibrations and knowledge by bringing calmness. This prepares the way for an acceptance of spiritual energy into their beings. Amethyst also works to open the crown chakra to prepare the way for the spirit to make the transition from the body. Together we help by allowing the person to remember the immortal qualities of themselves, therefore many fears can be eliminated.

**Other Crystal Families:**

**Aquamarine Light: Vision Care, Kidneys, Water Systems**

We are Aquamarines. We come to you with a combination of purposes and gifts. Our name is not construed by accident. As you humans are largely made of water, so it is that many of you now experience a growing affinity toward us... and we toward you.

We act as conduits for a variety of energies through our striated structures. We can move our color frequency into your body to align the energy fields and restructure the very cells of your body! Our assistance through your energy transformation is valuable because we harmonize the movement of water within your cellular structure. Those who will particularly benefit are those with a dearth or an abundance of water signs in their astrological makeup. Through this intercellular alignment we create assistance for water as it catalyses the processes your bodies currently experience.
We shall be utilized for vision care. We are here to help you with the condition known as glaucoma. This is the trouble some of you have in which the wall of your eye feels pressure from the expansion of the vitreous humour. Other maladies also create similar symptoms. The vitreous humour is expanded to a state that the structure of the eye can hardly accommodate. This creates a variety of rather disconcerting visual predicaments. We Aquamarines Crystals are here now to help you with this condition.

We have a soothing and cooling effect upon the kidneys. Crystal healers would be wise to create aqueous solutions made of us to treat kidney disorders and toxic conditions. People who suffer great inflammation during kidney dialysis procedures may be healed in this way. We are also able to help with inflammations of sinus passages. Those who suffer from allergies or hay fever would be wise to ask our assistance.

Additionally, we assist with communication and expression of emotions. We have been well known for our abilities to work on communications via the throat chakra. However, we are now coming forth in larger numbers to assist communication not only within the physical cellular structure, but also the energy structures around your beings. We act as informational conduits. We assist you to create conduits from various levels of yourselves to other levels of yourselves. Are you confused yet? Well, suffice to say that we facilitate increased communication between the cellular structure and the auric fields.

We Aquamarines will come forth in a wider variety of hues. Many of you have seen us in various shades of pale blues. At times you have also seen us lean toward green or silver qualities of this spectrum. We shall indeed deepen our blue-green colors. Soon you will see Aquamarines infused with a hue of gold! This intensification of hue is indicative of our growth. Indeed we, as you, are changing. As our hues deepen we are able to assimilate and work with higher frequencies. This is not to say that those of us who are of paler hues are ineffective... we are simply gentler.

We also volunteer to assist Mother Earth to heal her waters. In your year of 2006 many Humans will be called at once, with their Crystals in hand, to heal Earth’s waters. There will be many members of the Quartz family employed, as well as we the Aquamarines.

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**Arcturian Bonus Light: Toxins, Water, Alcohol, Marijuana**

**Question:** What about the foods we eat?

You are feeling increasing sensitivities to many of the chemical substances now found in your common foods. This is not so much an indication of
weakness within your physical beings, as much as an indication that you have become, once again, aware of your bodies. It is though you have graduatated your bodies from one level to another. They are now detoxified to such a state where they are quite sensitive to poisons and toxins. For those in your world who are "still asleep", these toxins do not create intense reactions. That is because their physical structures have become dulled to these inputs.

**Question:** Is there a reason why some people who work with energy bring more light into their auric fields than others... is there some reason why some people experience more challenges than others?

This is due to the individual structure of the individual metabolism involved. Be aware that these sensitivities are not constant. They are changing. Many of you will find that your sensitivities will be changing. You will become more cautious of not only the products you ingest, but of the products you use externally. Many of your hygiene rituals in which you employ hair care products and other solutions, are quite toxic to your bodies. As you become more sensitive to chemical products, you will be able to recognize these effects and eliminate them. In turn, this helps your bodies and energy fields to function at their optimum.

A Human’s individual restructuring is reflected by their body’s reactions to these toxins. As the DNA becomes resolidified, in time you shall all be sensitive to the toxic chemical substances which you commonly use now. Perhaps it would be wise of you to begin to avoid many of these toxic substances and become cautious of the products you buy and apply, or ingest.

**Question:** Is it correct that we should drink three quarts of water per day to keep our bodies balanced during these changes?

We would suggest that as you experience changes and shifts in your bodies, particularly when working with energy, do not underestimate the value of water in your systems. In time you will be able to tolerate more than three quarts per day. In fact your bodies will demand it! Water has the capacity to assist in catalyzing this process of change. If you have experienced moments in which you feel toxicity (headaches, upset digestive systems), then know that this is occurring because your bodies now process things much more quickly than they are accustomed to. Indeed, water is needed to flush these toxins from your bodies.

**Question:** Would this include immersing ourselves in water?

Yes and this is why you enjoy it so much! Bathing routines are important and you feel compelled to do them often, no? This is of value indeed. We would suggest you engage in bathing rituals in which you employ Minerals of your choosing. When you incorporate them you are infusing their energies with the water. You may well experience with various floral essences which, at times, may be helpful to you.
**Question:** And being close to water, gazing upon it... would this also be helpful?

This is very helpful to you, especially those of you who have astrological orientations involving signs which are influenced by water. You feel a comfort.

**Question:** Considering the changes in our bodies and regarding our health, is there anything we need to know about the effect of alcohol and marijuana?

As you have begun to discover, these alcoholic beverages seem to have a more intense effect on your physical beings. The vibrations of alcohol will sometimes challenge your physical vehicles. It is not for us to say to avoid it, but please use moderation. You would be wise to use those beverages which do not have large numbers of chemical additives, when you do partake.

Many of your fermented beverages, such as wine or beer, are generally beneficial to the body in moderate doses. Particularly, wines that are red in color have the effect of enhancing activities of the hemoglobin in your blood. Fermented beer beverages have a beneficial effect upon the intestinal tract and can be quite helpful. Should you overindulge in these substances, they have a way of creating imbalances within your body. You will find that they interrupt the processes of water working in your body. If you find yourself wishing to engage in these substances, please remember to drink more water. This will counteract many negative effects.

We wish to make you aware that overconsumption of these products is not recommended for any of you. Those of you who work with energies and who seek to enhance your vibrations will find yourself no longer wishing to deliberately overindulge in these substances.

As far as your question concerning the cannabin herbs... many of these products are quite helpful to your bodies. They exhibit a grounding and calming effect. They can be quite useful during times when there are intense adjustments occurring to your energy fields.

It is worth noting that some of these herbal preparations have been chemically treated (pesticides, growth stimulants). It would be wise to avoid these particular varieties for they have the effect of creating residual buildups within the body which can interfere with the flow of water in the cellular structure.

If you experience vertigo or spinning sensations, this generally occurs because you have taken too large a quantity into your system at time. You can avoid these uncomfortable experiences by reducing the quantity of herb which you intake.

Generally speaking these herbs have a wide variety of therapeutic applications and we know them to be generally very valuable to the Human body.
Family Of Calcites:

Blue Calcite Light: Bones, Fluid Systems, Interdimensional Windows

Blue Calcites have many applications you have not yet remembered! We are quite valuable treating many ailments which Humans suffer from. We have an affinity toward the bones and fluid systems of your bodies. Aqueous solutions prepared with we the family of Blue Calcites must be carefully monitored and ingested with caution. We treat the swelling and inflammation you call bursitis. We also treat a variety of your gastrointestinal challenges, particularly those of gastritis, candida, and diverticulitis.

For fevers we are employed in aqueous solutions, perhaps more effectively than our sisters Lapis Lazuli, in that we exude a gentler cooling effect. Hence we are more suited to treat fevers in infants and the very elderly. For people at other stages of development, perhaps the Lapis Lazuli solutions are more intense. We also have properties that treat many fungal communities which infest your bodies from time to time, like those which can collect upon your feet and beneath your nails. For these treatments we may be applied topically without fear of overuse.

Humans are currently becoming sensitive to many of the chemical treatments (allopathic medicine) which have been employed for some time now. As you enlighten, we Blue Calcites shall once again find ourselves in popular use.

We are surfacing now to assist those in your world who are fearful of intangible things they cannot see. We help to gently expand their third-eye awareness so that these possibilities can begin to take form. For people who will not accept the possibility of unseen beings or the possibility of their spirit side and spirit nature, we act as gentle yet powerful healers. We communicate not only of these possibilities, but the individual realities!

Upon your world, it remains a rare occurrence that we manifest ourselves in our Rhomboid form. We who do are powerful Stones to be used with great care by a select number of visionaries, clairvoyants and spiritual teachers. In Rhomboid form we serve as interdimensional windows through which one can see with tremendous clarity.

Clear Calcite Light: Human Aura Strengthening, Clairvoyance
Clear calcites are much more common in your world than our colored brothers and sisters. Indeed our optical forms and optical rhomboid form have been highly prized by many of your societies for some time. We have the ability to strengthen the etheric layer of the Human aura while promoting a flow of energy within the body, thereby enhancing your immune systems.

We are helpful to those who are awakening their clairvoyant abilities. We serve to bring these abilities into focus while widening perceptions of the world around them. We teach other possibilities! Indeed, our shape alone encourages individuals to consider the prospects of other realities. We teach alternative concepts of social interaction between life forms. Our concepts of community assist Humans to rethink their ideas of what is conventional.

We have been known for our ability to bring clarity to the mind and thoughts. We are valuable to those who would be builders, community planners, and visionaries for your future. Those who would plan the future structures of your societies are wise to work with the likes of we, the Clear Calcites.

**Milky Calcite Light: Healing Bones, Teaching Possibilities**

In our milky forms we are similar in structure to your bones. When used in moderation, our aqueous solutions assist the process of knitting bones (healing broken bones). We can also be externally applied such that our resonance brings coherence to the healing areas. Your teeth can also be healed this way.

For those who have become locked in their concepts of who they are and what their lives are about, we Milky Calcite continue to teach of potential possibilities and show that acceptance of these possibilities needn’t be difficult concepts. In our Milky Rhomboid forms, we encourage individuals to understand the hidden aspects of any situation, to realize there are many factors at play in any given moment. We foster acceptance of one’s unawakened self and therefore, one’s present situation.

**Gold Calcite Light: Fear, Healing Lungs, Relieving Pressure**

Gold Calcite is a most powerful stimulator. We are effective for your species in your fight against fear, particularly those of you who would fear yourselves. We stimulate the metabolism in a gentle, warming way. We help Humans to create an atmosphere of self empowerment, confidence and vitality.
We can effectively treat many of your lung disorders and asthmatic conditions. When we are applied to the corresponding pressure points of the body... the lung meridians, we are exceptionally helpful. Why? Because we Gold Calcite serve to foster self confidence, as well as a connection to one’s own inner power. This feeling of connection helps to relieve the pressured feeling of being overwhelmed, which often accompany asthmatic conditions.

In our Rhomboid form we exhibit ourselves through a range of color from clear yellow canary to amber tones. You shall begin to see more of us surfacing in our clearest yellow canary tones, so that we may bring forth joy and a knowledge that it is possible to express joy on many levels throughout your lives, and therefore throughout your worlds.

Green Calcite Light: Removing Bacteria, Calming The Heart and Psyche

We green calcite crystals are very important to your species right now. Many among you are having a difficult time accepting their feelings and realities. Fears are surfacing and many concerns accompany them. We come now to calm the heart and psyche while giving strength to the emotional body. We assist in this way to create confidence and an acceptance of one’s individual life situation.

We are quite adept at fostering positive self image, particularly for those who may be involved in a process of restructuring their self image. We encourage both self love and strength in this process. We infuse these energies in a cool and calming way. For those who have suffered with the creation of a negative self concept, we can be helpful in meditation when placed upon the third-eye. We help these individuals create a self concept which once again is positive and remembers the light being within.

We Green Calcites are also quite effective at assisting with the removal of various bacterial cultures from the blood systems. Many of these bacterial cultures inherently surface and become strong during these times of changing self concepts.

We can also be calming and reassuring companions for Plants who have been abused and require loving attention to recover.

We have rarely manifested on your planet in our Rhomboid form. However, we wish to begin to surface in this unusual form because it is important to combine our energies with the particular power of these geometric structures. Indeed, the Rhomboid form of ourselves have a greater capacity for functioning in many interdimensional levels.
**Pink Calcite Light: Heart Self Concept, Expressing Anger, Self Love**

Pink Calcites are warm and rosy heart healers coming forth to assist you to express the true nature of your hearts. We give strength to one’s heart self concept and are valuable in helping to establish a comfort level expressing the nature of one’s heart.

For those who have troubles expressing their feelings in gentle ways, we come now to soften these expressions. We help those who have experienced abuse and now wish to express the anger which accompanies abuse. We teach individuals to express their anger in constructive ways while remembering that even during moments of fiercest anger, loving expression is possible! We build bridges to forgiveness between victims and abusers.

We Pink Calcites are also a positive adrenal stimulant when applied topically or in the form of aqueous solutions. One should be cautioned against using large amounts of these aqueous solutions internally.

In our Rhomboid form we express love in a clear way. We are able to foster a loving self concept and to assist the individual to express this loving self concept on all levels of his or her being. When used upon the third-eye area we assist the individual to view his or her external world in a loving way, while projecting loving thoughtforms to others.

In summary, we teach of many possibilities of love and self love. To those who have lost loved ones, our Rhomboid form serves to be a loving companion while helping to teach that love is available in many places and formats.

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**Point Calcite Light: Strengthening Bones, Community**

We Calcites often congregate in communities of small tooth-like points. In this configuration we serve to share and blend our energies with one another, and broadcast them. Not only do we broadcast our communal energies, but we have the ability to retain a feeling of individuality within. As such we make valuable centerpieces for communal dwellings, group homes, or any other areas where humans share their living and working quarters. We serve to strengthen the individual’s energy as well as harmony within the group.

We integrate large quantities of light and serve as a bridge between light and the cellular memories stored within Human bones. As we integrate light into bone
structures, we awaken ancient memories and strengths. Thereby, we serve to strengthen skeletal systems and exude a calming effect upon the nerves while promoting feelings of physical vigor.

As your species continues to move into communal living situations we will be called forth. We calcites come together in clusters (points) to help you to feel acceptance of one another, and thus assist in your evolution. Your bones are your base of the pillar for your body just as your community group consciousness is the base of the pillar for your Human society.

Other Crystal Families:

Chalcopyrite Light: Soul Being, Beauty, Bridge Building

We come now as metallic assistants to help to balance the understanding of one's physical being with the understanding of one's spiritual being. We build a bridge between these two aspects of self and assist in joining these concepts. We are helpful to many of you and your Star Beings as a grounding device. Those who are sensitive and easily overwhelmed by harsh energies will find us to be a gentle grounder.

With our multicolored hues we work on many levels of the Human energy system, including the physical body. When we are used as a grounding stone, or third-eye stone, we can help retrieve images of times you have spent in other physical forms and/or other realities. As we do this we serve to help awaken individual memories and feelings of one's own beauty. Indeed, we Chalcopyrites foster an acceptance of your own personal beauty throughout time, including your current physical body.

Specifically, we have the ability to calm and cool the pancreas in people who have challenged their bodies with ingestion or contact with unhealthy substances. In this fashion, we are to be used in topical applications or aqueous solutions. Keep in mind that we Chalcopyrites are to be used with great discretion. Many of our metallic compounds can cause imbalance if ingested orally or in large quantities.

For those Humans who work with extraterrestrial guides, we can serve to gently open third-eye connections and auditory connections (clairaudient telepathy). Many of you will not be attracted to ourselves for this particular purpose, however those among you who currently work primarily with extraterrestrial guides will find us to be quite helpful. Again we say... we are the bridge builders.
**Green Chrysoberyl Light: Respiratory System, Angelic Connections**

We bring our healing green rays to serve mother Earth and her many inhabitants! Through our frequency range we are able to exude a feeling of calmness and gentleness. As a species you have come to believe, erroneously, as it were, that healing is a difficult process. We wish to assist you to understand that this needn’t be so. Healing will take gentle forms. As we work with subtle energies, our effects are felt in the Human form in subtle ways.

We have a variety of purposes. Perhaps our greatest physical purpose is to heal disorders of the respiratory system. We Chrysoberyls are particularly useful in treatment of emphysema and other lung conditions caused by particulate irritation from substances such as asbestos, paper dust, and dust from various mining operations.

On higher levels we serve to connect individual Humans to their healing Angels (on their shoulders?). The healing Angels are able to pass through us to serve their energies and be with people! This sharing of energies is most effective when we are in close physical proximity to Human bodies. We enjoy contact with skin and are able to work at our best when we are within your auric fields.

We wish to assist in the facilitation of communication between individual Humans and their personal healing Angels. There are many more of these specialized Angels coming forward to your planet. Humans are calling to them for assistance and we Chrysoberyls are pleased to play a role in this networking.

**Danburite Light: Turning Within, Unlimited Possibilities Of Soul-Self**

We Danburite Crystals can move energy at rapid speeds while being interesting and pretty. We unlock the Human mind and allow one to move through various realities at lightening speed! We enable one to explore, move beyond limitations, and project one’s very thoughts of self (heart-mind self consciousness based in Love, not ego mind intellect based in fear) into other realities, dimensions, galaxies and systems.

We teach of unlimited possibilities. Most importantly, we teach that these unlimited possibilities exist within the individual. To explore beyond the limits of one’s universe, one must first turn within, and there one shall find this limitlessness. We are very important now as many in your world are trapped by their own limiting thoughtforms. We come forth to assist you to break you free of these limitations and help you become comfortable with new ideas. We assist you to understand that you
are moving beyond where you are now. Indeed, moving beyond is the supreme wish of your higher selves, of your soul beingness. This is your life purpose.

For those on Earth who suffer from paranoia, agoraphobia or solarphobia, we come now to assist. For those who have been hypnotized by too many hours spent in front of a television device, we help to restructure brain wave pathways and help to eliminate those feelings of burnout which can accompany this condition. We note this condition is prevalent throughout your society. Entrapment by these television devices creates not only malfunctions within your brainwave patterns, but blockages within your energy flow as well.

Explore your unlimited possibilities with us, the beautiful Danburite Crystals!

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**Arcturian Bonus Light: Effects Of Television**

We the Arcturians would find it interesting... if Human beings were more able to accurately see the effects of the television devices upon their bodies and auric fields. We note that at a physical level these devices have the effect of altering brainwave function, sleep cycles and physical metabolism.

Energetically, long term exposure creates a scrambling effect within the auric field. In extreme cases, of which there are surprisingly many in your world, these spiralling energies cause effective leakages in the auric field which leads to depletion of stamina and physical energy. Also, these devices have an effect upon the body’s ability to maintain a healthy balance of Minerals in the bloodstream. We believe this is brought about through an energetic effect, caused by the particular form of radiation unique to these devices.

We also note that the overwhelming majority of information and vibrations which are transmitted are quite disruptive upon the Human being. We find this to be, in our estimation, a rude barrage of emotional debris... often of an angry, violent, or thoroughly unbalanced nature.

In our world, young Arcturians are particularly protected from outside influences and energies which do not harmonize with their own. We find it shocking that your young are exposed, in some cases without restraint, to the many messages of violence, anger, not to mention the proliferation of social events and situations which do not seem to be in harmony with your realities. We note that the information which is transmitted through these television devices does not largely reflect your daily lives, nor does it reflect the daily lives you desire to create for yourselves. Indeed we wonder, why have so many of you become victims of these devices?
Gem Silica reflects a pure and cool blue tone in a fine and balanced feminine energy which has the ability to move deep within Humans while gently dissolving pain and scars of the heart which are associated with deep emotional trauma. We work with the body on a variety of levels: the emotional body to balance and smooth the flow of energy, the etheric body in the same manner while helping to create deep seated feelings of well being. We gently dissolve fears, the paralysing fears which indeed freeze one to a fixed framework of one’s own “reality”. We allow serenity and peace to create a space where these fears no longer need to paralyze a Human being.

We also have the ability to bring our gentle cooling blue ray to work within the physical body, cooling inflammation of soft tissues. We are skilled at cooling inflammations caused by inadequate flow of energy such as those caused by soft tissue injury or muscular strains. We do not cool as deeply as our distant cousins the Lapis Lazulis. Our particular vibration is of a gentler nature which is useful for Humans who are easily frightened and approach life in a gentler way.

When used internally in solutions, we Gem Silicas work with inflammations of the stomach and are quite helpful in the treatment of peptic ulcers. We not only cool the burning and overacidic conditions created by this malady, but we help to leave an energy signature with our cooling blue rays, which can affect these organs long after the solution has passed through the body. We are also helpful in solutions when applied topically to conditions of eczema brought about by stress. We have a calming nature about ourselves.

Notably, we are helpful companions to Humans who seek to heal the scars of emotional trauma. Those who have the courage to look within and to expose their scars. We make this process safe and help to gently passify the pain.

In our form of Malachite and Gem Silica we are masterful emotional healers, if we may say so ourselves! As the Malachite works to bring forth buried pain and emotions, we gentle blue Gem Silica lovingly dissolve the emotional pain. We create a feeling of peace and sanctuary. For the Human individual, we create a secure place in which to explore, to purge, and finally transmute the scars of emotional pain. As many of you now move to higher vibrational frequencies we recognize your need
to move beyond these emotional blockages... these barriers and constrictions. We come forward to assist you!

For those in your world who are particularly unable to express in a verbal way their emotions, we can help you to communicate your emotions. We can be applied upon the throat chakra or perhaps utilized in the form of jewelry which would interact with that particular energy center. We gently allow the throat chakra to open, thus facilitating the expression of emotions. Many Human men on Earth have suffered so much from the programs of your society, as they have within them the genetic predisposition to retaining their feelings. As you as a species move to once again complete your genetic structure you will find that these old ways will no longer be possible. The expression of emotions and the acceptance of the female within shall be possible for all in your world.

Hematite Light: Blood Balance, Radiation, Aura Stabilization

We Hematites are a powerful tool for those who are attracted to our energies. In these times of increased energy vibrations our usage has become more critical as we serve to stabilize Human energy fields. We are quite well known for our ability to absorb and reflect radiation. We are most valued travel companions for those who wish to journey by air.

Our chemical composition, iron oxide, provides useful benefits to the body when we are employed in aqueous solutions. Generally speaking we help to maintain a healthy balance of hemoglobin in the blood. Specifically, we are quite effective in treatment of anemic conditions. By stimulating the hemoglobin in the blood, we act to detoxify and indeed stabilize the production and balance of hemoglobin. We also strengthen dendrites within the nervous system by stabilizing their activity with our grounding affect. In turn this produces an overall promotion of smooth energy and thought flow.

At times we can be quite valuable in the treatment of irregular menstrual flow, when taken in aqueous solutions during the three or four days prior to menstruation. Also we have the ability to strengthen teeth and bone structure through our enhancement of hemoglobin and the flow of energy throughout the body. Those who work with very high frequencies of light and energy value our companionship as we Hematites assist in grounding these frequencies into the Human body and lifestyle.

There are some in your species who will be quite uncomfortable working with our frequencies. To them we express our Love as well as our recognition that not all vibrations are in harmony.
Jet Light: Malaria, Herbalism, Plant Kingdom

We are Jet. We have come about as a legacy of ancient Plant kingdoms. We bring with ourselves the knowledge of these Plants and of their relations. We also bring the ability to draw negative emotional patterns from the Human aura which interfere with the well being of the entire organism. We assist people to process physically and absorb the nutrients derived from Plant sources. We Jet are powerful absorbers of dense energies, and can be very effective treating migraine headaches with topical applications.

We have many uses in the treatment and management of the condition which you call malaria. We are able to work with the toxins this condition creates, and draw them from the body. We would recommend the Crystal healer make a pinprick on the body to draw forth blood, then place ourselves upon this prickpoint so our energy may combine with the blood of the system.

Now, we are coming forth in large numbers to assist Humans beings to connect with members of the Plant kingdom and reawaken knowledge of the gifts and benefits the Rooted kingdom has to offer. Locked within our soft black structure is the ancient knowledge of herbalism and the finer points of understanding concerning interaction of Humans and Plants.

Why now? Because many of your species have become disconnected from mother Earth! We serve as gentle grounding tools, grounding energies and connecting more deeply to Earth consciousness. We promote an acceptance of other beings who share her and an acknowledgement of both Rooted and Mineral kingdoms. In these times of change many people may feel compelled to call upon us, particularly those who live in cities. We endeavor to prove greatly valuable in the process of awakening and healing.

Kunzite Light: Diabetes, Addictions, Feminine Spiritual Presence

We Kunzite bring our feminine, spiritual, and loving presence forth now. Yes, we have many lessons and assistance for Humans. We are capable of moving large quantities of energy very quickly, including thoughtforms. We act upon the Human body and the energy field in many ways, such as assisting the heart center. We open the heart center while allowing the expression of deeply seated feelings and we allow these feelings to be expressed in high vibrational ways which incorporate the spiritual aspects of each being.

We are well known for our work with addictions, particularly those which have come about through early woundings of the psyche and heart, such as childhood traumas and early painful disappointments. Immediate and extended
families of those in recovery, who are also involved in this healing process, can appreciate we the Kunzite species. We have already done much work in this area.

We also wish to be recognized for our work with the blood system and in dealing with the condition you regard as candidiasis. When you experience an overpopulation of yeasts within the body we are effectively employed through the use of aqueous solutions to reduce these populations and restore normal balance. Additionally, we work with the systems of the pancreas to help the body process sugars. For these same reasons, we can also be an effective tool in the management of diabetes. Diabetics who have accidentally ingested more sugars than they can deal with are advised to utilize an emergency ingestion of an aqueous solution including we the Kunzites. We will be beneficial in reducing the sugar levels and returning the body, once again, to a state of balance.

Now we must discuss our spiritual feminine Light. We are adept in assisting Humans to awaken the power of their feminine sides, their feminine natures, and their feminine spirit. This indeed is a powerful energy although by nature it has a tremendous softness. We help to bring about an acceptance of the feminine body by many who would reject it. For those who are recovering from sexual abuse, particularly abuse of a violent nature in which there has been a rejection of femininity, we help to restore positive feelings of acceptance for the female body. We enlighten people to recognize the power of the female and to integrate this energy once again into both the physical form and the auric fields.

Our Light is valuable to have with you during funerals and similar ceremonies which you undertake when loved ones pass on. We assist in expressing the feelings of the heart, those of a spiritual nature which often come forth during these difficult moments. We also work very well together with our sisters the Chrysocollas and Lepidolytes.

**Kyanite Light: Fatigue, Aura Combing, Higher Self Awareness**

We Kyanites are here to help you connect with yourselves, your higher selves, and your spirit guided ones.

We can move energy very quickly to where it is needed in the body. We are sharp and precise. Therefore we are valuable tools to psychic surgeons and healers. We can be used to cut through parasites and psychic infections within the auric field and body. We are most valuable at moving blockages and promoting a smooth flow of energy throughout the meridians of the Human body. When set upon a pin prickpoint, we dissolve blockages and move energy throughout the remaining system.
As your frequencies rise and your vibrations increase, we will be very helpful to many Humans in awakening the understanding of from whence you came. Indeed, we help you to connect to your higher self! We help to move this high frequency energy very quickly, tune it to the body, move it fully in and ground it. We make this connection happen with rapidity and grace. Therefore, we help those who are awakening to their psychic abilities. We bring forth the awareness of higher frequencies and dimensions.

We Kyanites are also helpful in the treatment of chronic fatigue syndrom, as we again help to circulate energy within the muscular structure and the cellular structure of the Human body. We act not only to stimulate, but to bring forth the energy of the higher self which is missing from these individuals. Yes, the understanding of the presence of higher self is often missing and therefore we exude a powerful healing effect upon the depression which accompanies this situation, as we smooth out the energy flows. We suggest utilizing us as an “auric comb”, by “combing” the aura three or four times per day during recovery from this condition.

We may also be used in aqueous solutions with discretion. If these situations are appropriate for you, you will be properly guided to the use of ourselves. For many, we have the ability of being overwhelming. However, in time you will notice increasing numbers working with ourselves and our energies, and we will come forth and help you in great ways.

Lapiz Lazuli Light: Inflammation Disorders, Anger, Psychic Masters

We Lapis Lazuli come forward with our bold cobalt rays as psychic masters and the keys of clairvoyance.

We work to enhance the intuition and psychic abilities of individuals and to sharpen these strengths by activating the third-eye center. By assisting in the development of clairvoyance we help individuals to unlock the secrets of the spirit which you were. When we assist one to look within, we unlock information which is stored within cellular energy fields.

As assistants in your healing processes, we are valued in the treatment of inflammation disorders. We can effectively reduce inflammations from soft tissue injuries, sunburns, insect bites and overexertion. Just apply us topically within an aqueous solution. Our cool blue rays penetrate deeply and bring about an easement of inflammation, which begins with the cellular structure of your soft tissues.

People afflicted with extreme anger can experience healing when we are placed upon the solar plexus or liver. In the treatment of rage, our blue rays cool.
When used in conjunction with Aquamarine or Gem Silica at the throat chakra, we combine to facilitate a purging and expression of stored anger.

We Lapiz Lazuli have a unique strength in our cobalt ray which commands attention and respect. In turn we teach these lessons about the responsibilities of working with one’s psychic gifts. You all have psychic gifts. Allow us to help you find them.

Lepidolyte/Pink Tourmaline Light: Brain Functions, Stress Relief

We come forth now as one of the primary healing stones of your modern age. We help you to blend with our calming energies and soothing vibrations and quell hysteria, calm and overactive mind, and foster the expression of the heart. Thus, you will feel your mind and heart in communication. For those Humans who wish to logically think their way out of problems and therefore overburden their minds, we can be of great value in showing these individuals the importance of honouring feelings in their hearts, and expressing them.

For those in your world who are, as you say, “stuck in their heads”, we serve to assist them to express themselves by calming the brain function wave patterns. For many of your young people who have hyperactive natures, we serve to reduce their physical speed and allow them to express their feelings and thoughtforms in a clear way, thereby reducing hyperactivity.

As your species moves into a time of awakening, there will be many upon your planet who will experience profound physical changes and emotional healings. During these moments we are invaluable assistants and companions, acting as we do to stabilize these energies.

We Lepidolytes/Pink Tourmalines are a powerful helper for many of your stressed out people... your busy executives and anyone who has felt overworked or pulled in many directions at once. We serve to integrate one’s energies into oneself again. We are also very effective in our treatments of neurological disorders including hysteria, schizophrenia, and some forms of dyslexia. We calm the nerves during times of stress and grief, while calming the body and allowing expression of the deep feelings one has in their heart.

We are indeed pleased to join together to serve Humanity in this way.

Family of Marbles
Marble Light: Calming And Soothing Energies

We are the ancient family of Marbles. We have formed upon this planet through great Earth changes. Tremendous forces of heat, pressure and energy have been utilized in our creation. We have long been employed by Human beings in construction and adornment of your living areas, for we are well known for our beauty and durability.

We wish for there to be a greater understanding of our effect upon the Human psyche and body. Throughout our wide range of colors we have the common characteristic of being able to soothe and calm the auric fields surrounding Human beings.

Black Marble Light: Individual Creation, Static Electricity Transmutation

We Black Marbles have largely been associated with seriousness in your world. Perhaps it is our authoritative vibrations which have promoted our use in serious structures such as statuaries which you erect to those who pass on.

We desire to assist Human beings, not in the art of seriousness, but in coming to an understanding of the wide influence that you each individually create upon your world! We wish to teach you more of the nature of yourselves, the grandness of yourselves. While many of our relations and colleagues seek to do the same, we Black Marbles are unique in our ability to do this in a manner which inspires calm acceptance of the greater part of yourselves.

We are also quite skilled at removing static electricity (electro-magnetic radiation) from your environments. Where you have a proliferation of electronic equipment, it is wise to have us present to absorb these energies. We are then able to transmute static electricities into other energy forms which are more compatible to yourselves and ourselves.

Green Marble Light: Bursitis, Bruising, Absorption Of Heat

We Green Marbles are specially skilled at bringing forth cooling, healing green rays gently and softly. Through our gentle vibrations we heal in very, very subtle ways. Working as we do with the emotional bodies of Human beings, we bring assistance to people by helping them achieve a state of calmness and acceptance.
We feel we are underestimated in our abilities to be used in therapeutic applications. We treat disorders such as bursitis and injuries which involve strain and overexertion of the muscles. Both ailments create pockets of heat within the body and through application, we are able to absorb the heat. In doing so we create an environment where the body is better able to heal itself.

We are also very skilled at preventing bruising if we are applied to the skin immediately after the injury has occurred. In our cooling green ray we promote circulation of the blood in areas where bruising is likely to occur.

**Pink, Orange, Red Marble Light: Creative Energy, Sexual Acceptance**

We Pink, Orange and Red Marbles have the ability to promote creative energy and self acceptance while assisting Humans to accept these ideas in a calm and subtle way. We bring about feelings of well being among people. Through our gentle work with subtle energy fields we are comforting companions. We help develop ease and acceptance of their creative potentials.

Our deeper red tones exhibit the ability for Humans to come to a larger acceptance of their sexuality in a warm, gentle, comforting way. We do this with grace and softness for there are many in your world who are frightened by the intensity of sexual energy. We come forth now in great quantities to assist with acceptance of your sexual nature.

**White Marble Light: Spiritual Harmony**

As White Marble we bring with ourselves a vibration of spiritual harmony. We are able to resonate at a frequency harmonious with spiritual unfoldment on a grand scale. We teach the understanding of purity in spiritual lessons on a grand scale. We bring a very focused ray with us as we assist Human beings to integrate a pure, spiritual energy into their fields. This is why many holy buildings you have constructed utilize our frequency.

We wish to be remembered for our ability to foster acceptance of spiritual growth. We wish to make it easier for people to embrace spiritual growth and firmly ground this growth into all aspects of your lives.
Family of Nephrites (Jade)

Black Nephrite Light: Gall Bladder, Psychic Abilities, Security

We Black Nephrites have been largely hidden from Humans. Now comes the time for us to surface in larger numbers. We are an important psychic power stone. We are assisting in the process of people developing a greater understanding of themselves and once again reexperiencing the spirit sides of themselves, which means the psychic sides of themselves.

Like our sisters the Green Nephrites, we promote feelings of safety and security. We help those attracted to us become comfortable with their psychic abilities and to ground those abilities firmly into their energy systems, which include the body, aura and lifestyle.

Insecurity can create long term feelings of anger which reside in the gall bladder, which, over time, creates disorders. We effectively counteract this condition, relieving the self doubt. We do so by bringing forth our strong frequencies which help Humans experience self acceptance. Personal doubts of individual capabilities manifest over time and a separation from your psychic abilities occurs. We come forth to foster greater acceptance of one’s gifts and innate abilities, helping to alleviate self doubts. Indeed the anger which accompanies these feelings disperses as well.

We are a very valuable stone for many Humans who feel timid or unsure of themselves. There is soon to be a huge unfolding of understanding of the world of psychic abilities in each of you. Your media will soon speak more of these subjects while this information will be discussed more openly in public. We Black Nephrites shall be required in large numbers to assist people in accepting these new trends.

Important: we assist Humans to use their psychic powers judiciously. It is our hope that your species has evolved past the point of wishing to, or needing to, use these abilities in unhealthy ways. This is partly why we have delayed our birth in large numbers.

Green Nephrite Light: Physical Structure Integrity, Stamina

We are here to spread ourselves around your planet to assist Humans in protection of their physical structures.

While maintaining your physical structure integrity, we create a cocoon of light which protects the physical body from harmful interactions. We protect the body from injury and trauma while promoting feelings of safety, health and well being.
We are very instrumental in working with the energy fields to improve stamina. By eliminating influences caused by overexposure to electrical pollution (electro-magnetic radiation), Human stamina is increased.

There are many of you who may feel insecure during these upcoming times of planetary change. As some of you are displaced from your homes, you may experience times of feeling vulnerable. We come forth to assist you through our safe and calming vibrations. We seek to make you feel comfortable within yourselves while lessening your dependence on external factors. We Green Nephrites promote security within your being!

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**Lavender Nephrite Light: Blood Cleansing, Crown Chakra, Spiritual Bliss**

We are Lavender Nephrite. We are rare beauties in the Nephrite family. We bring forth our beautiful lavender rays and produce about ourselves an aura of spiritual bliss. For those who would work with us we create a calming environment of peacefulness and safety, which allows Humans to further explore their spiritual natures.

We have a profound effect on the blood systems of Human beings. We act as blood cleansers, being most valuable to those who are in a process of recovery from alcohol or drug abuse addictions. We assist with the breakdown and management of serum cholesterol by helping the body liquify these substances, which have a tendency to coagulate and stick to arteries.

In future times we wish to be used as focusing tools during meditative processes. Our beautiful purple rays are able to facilitate group experiences of spirituality. For some people meditation is either a difficult or frightening experience. We want to help those people by breaking down the veils that keep Humans from understanding themselves to be Spirit. We promote calm acceptance of the spiritual self and facilitate the process of reconnection to the higher self.

We act on the spiritual body to bring about activation of the higher centers, particularly the crown chakra and the chakra which is located approximately six inches above the head. We also work with rhythms of the brain to exude a calming effect. Just as our rooted brothers and sisters, the lavenders of the plant kingdom, we bring our vibrational essence of tranquility and relaxation.

We effectively smooth the emotional body during times of stress. You may have encountered individuals whose energy feels to be jagged or angular. We assist to smooth the emotional body while opening it to a greater influx of higher frequencies.
We are the spiritual masters of the Nephrites. Through our connections with Humans during these times of change, it is our wish to help people understand themselves and return to their spiritual natures.

**Arcturian Bonus Light: Relationship Of Minerals And Plants**

**Question:** The Lavender Nephrite said they were related to the Lavender Plants. Are Mineral - Plant relationships such as this one common?

Yes indeed. What you must be aware of is, vibrationally, these essences are quite similar. This vibrational similarity occurs in color, vibration, and the missions these beings have here with you. Each Mineral being has it's own vibrational frequency patterns, just as each of the members of the Plant kingdom have their own unique vibrational patterns. There are many overlays. Indeed this is why you will find many of the ancient healers in your world - astrologers, herbalists, witches, shamans and others - have learned to use all of these beings in combination. There are other paralels, but for your purposes in this book it is not necessary to explore these in greater detail. Perhaps in future times...

**Pink Nephrite Light: Love And Heart**

We Pink Nephrites on our own are a loving entity. We come now to assist Humans to develop a greater Love for one another and to express your deep Love for one another in the highest way possible. We also help people to become in Love with their own body and to embrace their physical entity. Through this greater acceptance we foster an improvement of personal health and a greater capacity to accept others. We have noted that the condition of stress you sometimes experience results from an inability to accept your own divine perfection.

Pink Nephrites are often found in comination with Green Nephrites to form a watermelon pattern. When combined we are one of the most profound heart healers of the mineral kingdom. We heal gently. We have a profound effect on physical structures that are affected by pains of the heart. Indeed we are most adept at assisting with those who have become ill as a result of stress. So relax and feel Love with us!

**Ruby Zoisite Light: Parasites, Love, Compassion**
We are Ruby and Zoisite. We express Love in a profound manner. We enhance the communication of this energy of Love. We ground Love and self Love into the body structure.

In our lighter green and pink shades we bring on this Love vibration along with a joyful feeling. We can be used for the healing of a number of gastrointestinal challenges and in our aqueous solution we may be quite effective in the treatment of flatulence. Additionally we have a valuable effect upon many of the parasites you commonly find in your bodies. We work very well with heart worm and we can be helpful for your canine beings with this ailment.

We are a powerful stone to use upon the root chakra in healings, as we are able to clear channels and deeply ground this vibration of Love. In our darker green or black shades we serve to ground these energies of healing and compassion into the body. We draw forth the cosmic families of Humans who would work with us. Now is the time for you to reconnect with your cosmic (soul) families.

Family Of Sapphires (Corundum):

Ruby Red Sapphire Light: Multitasking Crystals

We are the Ruby Red Sapphires. We come to you now with a variety of talents and we wish to assist you. We bring many skills to the table... we are in fact "the jacks of all Crystal trades".

It is not an accident that we find many of ourselves in Asian countries. There are many of the Oriental background who bring with them information which is greatly needed in your world. We assist to unlock this information, the cellular memories of many Human beings. We Ruby Red Sapphires are similar to the ruby red star Arcturus, as are many Asian souls, in that just as the beings known as Arcturians are 'jacks of all trades' with regard to consciousness adaptation... we are able to match with many energies as well.

Arcturian Bonus Light: Arcturian - Asian Connection

Question: Is there a relationship between the Arcturians and the Asians on our planet?

Indeed yes. Many of the Asian Humans have their seeds within our star system. They have been representatives of ourselves as well as several neighboring planets. We are in telepathic communication. It is as though we have an interplanetary
neighborhood in our area of the galaxy. Many Asians are representatives from our world who now, just like you, have begun their process of awakening to themselves.

It is as though the original beings who seeded the Asian race (Oriental race) on Earth came from our neighborhood. They have largely forgotten their Starseed heritage, but you see it was original Starseeds from our system who began this race of Asians. As you well know, there are Starseeds in all of your Human races. Many have come from galaxies nearby, and many are from galaxies far, far away.

**Blue Sapphire Light: Cartilage, Telepathy, Community**

We Blue Sapphires come forward to encourage you in the co-mingling of your species. As you intermingle your ideas of community change. What is community? What is your personal concept of community? For you see, not only do we assist people to understand one another better, we facilitate understanding between Humans by helping you to communicate in deeper and more meaningful ways... telepathically!

Many of we the Blue hues are finding ourselves employed in jewelry. Perhaps unknown to the wearers of us is that we assist them with their psychic perceptual abilities. We also help to sharpen the abilities of the mind to grow and expand itself. At one time Humanity were masters at the fine art of telepathic communications. Throughout the millenia this art form has been greatly eroded, to the point that now many of you are unaware that this is possible. Indeed, there is a belief system prevalent on your world that telepathy is a mythical ability. This is truly not so! We are here to help you reawaken these abilities.

We are also happy to help you with disorders of the cartilage (carpal-tunnel syndrome) through aqueous ingestion. Perhaps in specific cases we can be laid on or worn.

**Green Sapphire Light: Ceremonies, Agricultural Healing, Statuaries**

In ancient times there were ceremonies when seeds were planted and prayers were said. There were invocations made to the many spirited beings to assist the rooted beings in their growth cycles. We wish to reawaken these traditions.

Up to this time we the Green Sapphires have been rather rare. You will begin to see more of us. It is Mother Earth herself who calls us forth in great numbers. She gives birth to us so that we may assist the Rooted kingdoms. We are able to infuse
vast quantities of light into our greenness and radiate this energy constantly to our Rooted relatives.

In future times there will be great changes to your agricultural processes. You will find many representatives from we Mineral kingdoms employed in your agricultural processes. You will see us mounted in statuarys (diagrams of sacred geometry) throughout your places of cultivation. Also we will be incorporated with into aqueous solutions with other Mineral beings and used to irrigate. You will find many changes in the way you use Minerals in your agricultural practices.

Our effects upon the Rooted kingdom will be felt by Human beings. As you know, a symbiotic relationship exists between Humanity, the Rooted kingdom, and Mother Earth. As the Rooted beings become stronger, they will increase their abilities to develop nutrients which are helpful to Humans and other Animal species on your planet. We are assisting to increase their nutritional value.

Arcturian Bonus Light: Crystal Devas, Plant And Animal Ascension

**Question:** Do all Crystals have Devas with them?

Yes, each Crystal being has at least one Deva which accompanies it. They are the guardians of these beings. Many Crystals have communities of Devas, particularly clusters and some of the more highly evolved Quartzes. Some even have other guardians in higher dimensional frequencies such as Angelic beings.

**Question:** Are the Plant and Animal kingdoms also transforming and ascending along with Humans, Minerals and Mother Earth? Are we on the same course?

The Plant and Animal kingdoms of your world are also in a process of ascension. Mother Earth is changing her vibrations, therefore, in order for all beings to remain, they must adjust their vibrations as well. If these vibrations are not compatible, it is not possible for one to exist upon this dimensional plane.

You will be seeing many Plant and Animal species disappearing. It would seem that they are disappearing. In fact they are moving to other dimensions and awaiting those who will come soon after them.

There are many new species of Plant and Animals who will soon arrive. Your botanists already are discovering new lifeforms that they mistakenly believe have been in existence a long time. Some of these truly are new!
**Pink Sapphire Light: Blood Clotting, Self Image, Emotional Body**

**Strength**

We Pink Sapphire hues play a different role than our Ruby Red brothers. We work on the emotional body of the Human aura field. Due to our clarity of ray, our pureness, and our clear intent to serve Humanity, we are able to disintegrate and dispel dense emotions from these fields. In fact, there are emotions which originate from their own thoughtforms as they contemplate their own self images. These thoughtforms return through the outer layers of the auric field and eventually take root in the physical structure. We help to deter and transmute them on their journey.

How do we do this? We act to soften self concepts and allow a greater opening of the heart thereby encouraging self compassion. By bringing our particular pink rays of clarity we intend to help Humans in their cultivation of healthy self concepts.

We are valuable therapeutically in disorders of a circulatory nature. Those of you who experience problems with the clotting of the blood would benefit from Pink Corundum within their auric field. This affects coagulants of the body, as these disturbances are often created via limiting self concepts.

**Purple Sapphire Light: Spiritual Foundation, Integration**

Purple Corundum introduces itself to assist in the spiritual integration of Human beings as well as the concepts of spirituality, once again, into Human communities. We blend the properties of Blue and Red Corundums. Spirituality is the foundation upon which to build these new concepts of blending community and self. This has been largely missing in your species for some time. Once upon a time there was a great understanding among the goddess based societies... in which spiritual principles are the best foundation in which to erect a community. We now return to help with this understanding.

We come to assist those who have experienced feelings of spiritual voidness, an emptiness within the spiritual part of themselves. We teach you to recognize that you are spiritual beings with bodies, not bodies with spirits in them! We act to draw you Humans together and help you to accept one another via recognition of the spiritual beings you truly are. By clearly being at ease and comfort with your personal selves and respecting your personal selves more deeply, you will find it easier to have respect and tolerance for others.
White Sapphire Light: Lupus, Gums, Self Recognition, Physical Strength

Our group of Corundum come forward to assist Humans to strengthen their bodies and auras through the assimilation of vibrations. We have the ability to bring the mind into very sharp focus and dispel limiting thoughtforms. People in your world do not recognize themselves. For some time they have been very lost to themselves and we wish to rekindle this information and knowledge.

We can alleviate the disorders of lupus and fibromyalgia through our ability to strengthen Human energy fields and their positive thoughts about themselves. We are also able to assist in disorders of the gums, particularly inflammations and deep infections either through laying on or aqueous dental rinses. We do not advocate drinking these aqueous solutions but merely that it be taken into the mouth and rinsed about the infected areas and expelled from the mouth. We draw these particular infections to the surface. When you spit it out, you literally spit out the infection!

Other Crystal Families:

Sulphur Light: Infections, Kidneys, Sun Energy, Body Revitalization

We Sulphur have been largely recognized for our healing properties and the prevention of infections. We have enjoyed wide usage, both topically and in oral concoctions. Along with our ability to help the body cleanse itself of infections, we create an easier flow within the energy systems. We do so by assisting the individual to understand the source of these infections and that these maladies initially take place within the auric field and are subsequently transferred to the body. These maladies originate as thoughtforms which are pockets of dense energy forms.

We wish for a better Human understanding of our ability to help the body to revitalize itself. Through our spring-like yellow rays we help to awaken the body to its own healing processes, and to the vitality in which bodies can create for themselves. Also we have a stimulating effect upon the kidneys, especially when applied externally to the body.

We Sulphur are also quite capable of helping Humans to connect with the Sun energy. To connect with this great being promotes much healing for Humans. Through our nearness to the Human body we make it possible for a greater
interaction between Humans and the Sun while promoting feelings of self-generated warmth and well being.

Those we know to have adverse reactions to ourselves are largely individuals who are not able to accept assistance in healing, or the greatness in themselves.

**Topaz Light: Arthritis, Gold Ray Infusion, Angels, Merkaba Construction**

We Topaz are the golden members of the Beryl family. We come forth now in increasing numbers, and increasing masses, to assist you with the integration of gold light into your physical structures.

We wish to be recognized by Crystal healers for our uses in the treatment of arthritic conditions. We work particularly well on the condition of osteoarthritis. We bring gentle, warming, golden rays into the being and into the bloodstream. Because of our geometric construction we are able to move this energy throughout the bones where it is greatly needed. With our sisters the Aquamarines, we wish to be employed in aqueous solutions to be ingested. You will find a tremendous response to osteoarthritic conditions through these applications.

We Topaz are very adept at dispelling fears about Angelic assistance. Many of you are afraid of external beings and they do not understand these things. We come forth to calm this fear in gentle ways. As we resonate here on Earth, whether we contact Human beings or not, we exude our effects. We work very closely with the Angelic realms, assisting them in communication and in grounding their energies on this planet. They communicate through us. Our geometric configuration allows for movement of energy through ourselves. We are broadcasters or microphones of sorts for Angelic energy.

There is much growth occurring within your auric fields, particularly of the geometric energy structures which support you... which are part of your Merkaba vehicles! This growth requires an infusion of light. We shall assist in moving this golden ray further into your cells and into your Earth. For those who are drawn to work with our golden energies we shall assist in the integration of these structures of gold within the body and at whatever levels it may be required.

**Arcturian Bonus Light: Discussion of Merkabas, Twelve Strand DNA**
**Question:** When we have our Merkaba (also known as our Cosmic Egg) in operation and we are able to teleport ourselves around our planet, will other Humans be aware of our teleported presence?

You will take great delight in making them aware of your presence! There is an element that each of you who are encoded to reactivate at this time share: you share a love of dramatics. It is how you have been chosen to accomplish your mission here... part of your style. There are many beings on this planet who are quite stuck. They cannot be shaken free in any other way so you employ dramatics and indeed, you all have a great love of dramatics.

**Question:** We (Beverly and Joanne) want to know more details on the profound changes we have been experiencing over the last week.

You have created many profound changes in your bodies and your energy fields. There has been a tremendous strengthening of the DNA you have reconnected in your cellular structure. Your Merkaba vehicles - these geometric structures which exist around your aura - have become more firmly integrated. Their shape and form is now much stronger and clearer. It is almost as though in time you will be able to see these structures around your bodies. Once you have reached your complete twelve-strandedness other people will also be able to be aware of the Merkaba around yourselves.

And so with the increased light you have brought into these geometric forms, you have made it easier for them to communicate with your other energy fields and your bodies on a cellular level. This geometric form (Merkaba) has now integrated with yourselves.

Indeed there has been an intensification of your auras and a deepening of the primary colors you carry within your auras. As each of you become more aware of who you are, you begin to further awaken to yourselves and you will find your chosen vibrations becoming stronger. This will help each of you move more deeply and gracefully into your life’s work.

**Question:** Would we expect the intensity of the kind of change we experienced last week to continue, increase, or go in cycles?

Indeed it is a cyclical process. Partly because this is the way energy flows and partly because it takes time for your bodies to adjust to these changes. This intense feeling you have experiences will continue through these encounters. You are becoming very aware of many things about you now. There are many changes occurring within your perceptual abilities. Within a very short time your abilities of clairvoyance, clairaudience and kinesthetic telepathy will become greatly enhanced.

**Question:** So is it true that the more group meditations we attend, the more light we bring in, the more changes will occur?
Yes, this is true. When you gather in groups of like minded individuals and sit in circles, the energy of the circle encourages the energies of your individual auric fields to overlap and combine. This serves to accomplish a great infusion of light and understanding. It is as though when your auric fields combine in a circle the drawing of energy together facilitates a buildup of energies, which facilitates the feelings of community by each individual being able to better assist others.

Indeed you should be aware that as you venture out into contact with others who are not quite on your frequency, you have an effect on them. You cause the same effects to happen to them as your bright being connects with others. They cannot help but be influenced by you.

**Question:** Does communicating in a verbal way help facilitate the process?

For some individuals the intellectual involvement in the process is quite important. But be aware these changes are occurring even without awareness! In our opinion, it is easier for Humans to accept these changes if they are aware of them. For those who have chosen not to be aware the process can, at times, be frustrating and frightening. So learn up and go for it.

**Question:** We are very curious about the DNA and reconnection to the twelfth strand. What changes will occur?

Twelve strand DNA means you will enjoy the beginnings of a reawakening to who you are - to yourselves. Upon your completion of this, in terms of your physical beingness, this implies for you an initiation into the workings of your Merkaba. In other words, the twelfth strand helps to facilitate the completion of these geometric energy structures which are part of your auric energy fields. Once this comes into place you will enjoy complete ability to teleport yourself and your bodies to other locations on your planet, other planets, and other dimensions. You will be able to move yourselves with thoughtform. Within this sacred travel you will gain a complete picture of what you are able to accomplish with energy and thoughtform. Essentially, with twelve stranded DNA you will be able to manifest via thoughtforms and create from your thought. If you want to manufacture yourself an apple, you will think of an apple and it will appear in your hand. Yes, this example is a simplification, but this is a part of the reason why lately many of your spirit guided friends have told you to be cautious and clear in your intent. So begin now to sharpen this process of thought within you and be aware of your thoughts, for these are very powerful things indeed.

Those of you who have twelve strands of DNA in place will be able to transcend the limitations of physical denseness. You'll be able to move your bodies through solid objects... or what you used to consider to be solid. One day you will find that they are not solid at all. And so it is you'll be able to experience healers' hands moving through your bodies. You'll feel an interconnection. Indeed you will be
increasingly aware of Spirit beings, Angels, and others coming into your auric fields, blending with your being, and leaving. You will be able to accomplish this moment in time, this **now** with other Human beings who share your twelve strandedness. In other words you shall be able to merge with one another. Needless to say, your understanding of energy and how it works will be greatly changed.

As your DNA builds and reconnects your abilities of perception will magnify. Your psychic abilities are sharper and clearer. You become aware of things that cross your auric fields. You are aware of energy vibrations and patterns. You know what others are feeling. You needn't ask them to express themselves. You know already. **Now** is the time that these abilities will grow sharper. You have already become more sensitive to energies of others around you as well as sounds. You will find that you become more sensitive to vibrations of color, sound, smells, and vistas. Then you will perceive even more exactly the psychological effects (feelings in your mind) and physical effects these may have on your being. Your being is everything.

Does this sufficiently enlighten you?

**Question:** Many Humans will feel an experience twelve-strandedness, but will everyone?

The twelfth strandedness eventually will come into place for all in your species. Yeah it is true that there are many of you Humans who are encoded, **now,** to kick this into place more quickly. You Starseeds, the wayshowers, your bodies have gone through a very accelerated version of what will happen to others on your planet. You have come to Earth with the agreement to be wayshowers and teachers. Collectively you can link together and activate your lightbodies, your Merkaba, your twelve strands of DNA. Then you set forth to show others that they in turn can accomplish the same. So yeah, it will happen to everyone... eventually. There are some beings on your planet who may feel that they are not ready to participate in this development at this moment. They may choose, for a time, to continue their growth at their speed in other dimensions and on other planets. No worries, we are all reconnecting to ourselves.

**Question:** Would the delay be up to the year 2012? Would that be when the process is complete and everyone would have their twelfth strand?

Yes, completion if you will.

**Question:** Does the figure of 144,000 have any meaning?

The figure of 144,000 has been bandied about considerably through mythology and literature on your planet. It is an approximation of the number of Starseeds you have. Indeed, an accurate number is difficult to fortell. There have been that many people that have been encoded to be activated at this time. Some have chosen to delay their activation. Others have chosen to increase their own process of
evolution and are now beginning to be activated prior to the time they initially selected before incarnating.

**Question:** Will we increase our DNA to 24 strands?

In time you will move to ever increasing numbers of your strands. Twenty four is your next stage of evolution. Your Starseeded ones will move to a plateau of learning, and then move to the next school. It is as though you are graduating from high school with your twelve strands and embarking on your undergraduate studies of advanced systems which require more DNA.

As you become aware of the beings you were before you came to this planet, gradually this information comes back to you. You are rekindling your understanding of the fact that you have all journeyed here from other places. You are from other galaxies and other dimensions. That is the way it works. If you imagine the correctness of the “Big Bang” theory, we are all expanding outward from source. In other words, we are all coming from the same place. You are remembering the essence of your beings.

In time the frequencies of this planet and the atmosphere around her will be able to accommodate twenty four stranded beings. At this time it is not possible for the vibrations which are produced when twenty four strands of DNA are connected are very intense. At this time it would cause spontaneous combustion of your bodies! Your bodies are not adapted to the point where they are ready for this.

During the last few years your bodies have changed as your DNA has become reconnected. There have been a lot of shifts in your energy, and in your physical bodies. You have experienced times of pain and sluggishness, disorientation and then again, times of huge flow of energy. These processes will continue. In general, by the year 2012 your species will have connected at least twelve strands. By that time those of you beings from other places, you Starseeds, will have reconnected your complete number of strands for this environment. Some of you will have sixteen strands, some will have twenty four once things are complete. As you reconnect all of your DNA you will once again become the beings you were before your journey to Earth.

**Question:** Would current medical technology be able to detect twelve strands of DNA?

Yes. For those involved with genetic research there are a few incidences where they are beginning to discover these mutations. It is possible to examine this through laboratories here in your area. There will be some (many) who are reluctant to share this information. They may even feel that their testing processes have become faulty and may not be willing to share it with you.
Arcturian Bonus Light: Who Makes Up Light?

**Question:** With reference to Rainbow Quartz, there is a statement, “It is our intention to awaken Humans to a greater understanding of Light and who makes up Light... who are Light and why do they come here?. Could you clarify this statement?

This is a rather large question you pose...

Indeed, who are Light, what is their purpose here and why do they come to Earth? In order to answer this question we must first refer you to the original myths of creation and the purpose of creation.

Light has not always existed. There were times when Light was not conceivied. And so the Universal Mother, the Creator Energy if you will, decided to bring about and bring forth creation. In doing so, She first created beings who would create and administrate Time. In order for the Light to be created it is first necessary to create Time. From Time, and the pulsation of time, was born Light. Light indeed are the children of Time.

And Light has come forth as the children of Time. They have, as you, seeded themselves in multiple universes as sparks of Light, which have naturally held within them a program the encourages their growth and encourages them to explore and become larger.

Children of Time - Light - have created a mission of growth and expansion. Ultimately, they act as messengers of the Creator. As such, they not only bring forth the Creator’s energy into wherever they may be, but as well, they represent Her. They catalyze the formation of new life forms of growth, activity, and all of the things that Time demands. For you see Time creates reference to Life. As Time exists, so can everything else.

**Question:** What is the purpose of Light in coming here?

Indeed. Light comes to this universe now because they seek to teach you (you who are aspects of yourselves, their creations) the nature of yourselves, Time, and the nature of creation. Light as you know is information. Light are the cosmic teachers. Light are the catalysts who create Life. You see, Time creates vibration and vibration in turn becomes Light, which becomes form, which is Life.

Most of you Humans do not have a frame of reference in which to view these concepts, therefore it is difficult for us Arcturians to explain. The relationship between Time and Light is the new concept for Humans to understand, but the rest of the explanation is quite clear, we hope. Remember... sometimes it takes Time to
consider new concepts and understand them. Let these concepts rest within you and they will take root (please excuse the obvious pun).

Indeed we the Arcturians recognize this. Based on your current concepts of light, sound, and time, it may be difficult for your minds to grasp these concepts. For this moment, we wish to leave this idea with you and perhaps in the future you will have more queries regarding this subject.

Answer: No doubt!!!