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NOTE: An asterisk placed after a word indicates that the word or term may be
looked up in the Glossary section (see pages 376–383) for a full explanation.*

*CAUTION: No medical claims are made for the stones in this book and the
information given is not intended to act as a substitute for medical treatment.
If in any doubt about their use, a qualified crystal-healing practitioner
should be consulted. In the context of this book, illness is a dis-ease*, the final
manifestation of spiritual, environmental, psychological, karmic*, emotional or
mental imbalance or distress. Healing means bringing mind, body and spirit back
into balance and facilitating evolution for the soul; it does not imply a cure. In
accordance with crystal-healing consensus, all stones are referred to as crystals
regardless of whether or not they have a crystalline structure.*

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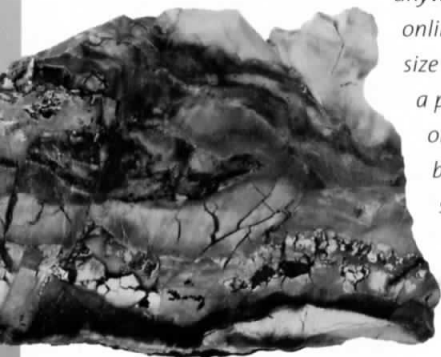
CRYSTAL ABUNDANCE

In this companion volume to *The Crystal Bible*, you will find more than 200 crystals and combination stones not detailed in the first volume, plus a few crystals into which there has been greater exploration. This additional volume has become necessary because of the abundance of crystals on the market. Most have high vibrations* that bring about spiritual alchemy and multi-dimensional healing. Some are higher resonances* of existing stones – Greenlandite of Aventurine and Spectrolite of Labradorite, for instance – and take the energy of the existing stones to a new level. Other stones have been used for millennia but are finally more accessible – Russia is now sending crystals to the West, as is China, and the Himalayas have also revealed their bounty. Though far from accessible, the incredibly ancient rocks of Greenland revealed by receding ice are also offering up remarkable stones.

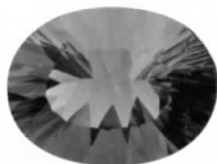
Preseli
Bluestone



Tiffany
Stone



Not only are new sources of stones opening up, but the internet and online auction sites now make it possible to obtain a stone from anywhere in the world almost instantly. While online descriptions of stones – especially of their size – should be checked carefully before making a purchase, some excellent crystals can be obtained this way and the fun of bidding makes the process more special: success indicates that a stone is truly meant for you.



Mystic Topaz

When buying stones, try to remember that biggest is not necessarily best, nor does the most beautiful stone equate to the most potent. It also is not necessary to obtain a faceted stone. Although faceted stones make beautiful jewellery and are a delight to wear, raw rock can be as powerful, depending on what you want to do with the stone. Try to make 'fit for purpose' your criteria when buying – and consider the energy of each particular stone. When your heart feels the energy, you choose wisely.

The *Crystal Directory* (see pages 34–355) describes how stones work spiritually, karmically*, environmentally, psychologically, mentally, emotionally and physically, so that you can choose exactly the right stone for your needs. Indicating where to position the stone for maximum impact and healing, the *Directory* helps you to combine and place stones to enhance energy, protect your space, open chakras and subtle-energy meridians*, and journey* safely into the multi- and inter-dimensional worlds that enfold us. All crystals need cleansing and activating before use and at the back of this book (see pages 356–375) you will find an essential Quick Reference section to get you started, including a chakra guide.



Stichtite



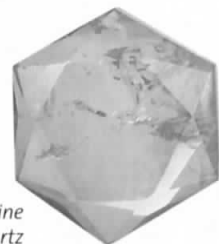
Tugtupite



Calcite
Fairy Stone



Quantum Quattro™



Tangerine
Aura Quartz

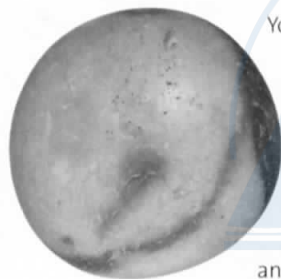


CRYSTAL VIBRATIONS

No one knows how or why humans first came to use crystals, but there is evidence that they have been doing so for thousands of years. Amazing crystals are still making themselves known to us, and all but a few have their origin deep within the earth. The exceptions are the result of 'supernatural' events, such as Fulgarite, born from lightning-struck sand. The resulting crystals seemed like gifts from the gods and how highly they were prized is illustrated by the use of Libyan Gold in the funerary ornaments of Tutankhamun.

Miniature storehouses, born as the earth solidified, crystals record the development of the earth over millions of years. They metamorphosed as the planet itself changed – we might think of them as the earth's DNA or a mineral blueprint of evolution. Whatever form they take, the crystalline structure of these stones absorbs, conserves, focuses and emits energy, especially on the electromagnetic waveband. And because crystals are such efficient energy-enhancers and space-clearers, by gridding* them (see pages 28–31) you can create a safe space to live, love, work and play.

CRYSTAL HISTORY



Flint

You may think that crystals are a New Age fad, but they are actually one of the oldest forms of healing and have always been used for protection. Flint in the form of a pebble or a polished axe has been found in many Neolithic graves and crystals were sacred across the ancient world. Specularite, for example, was mined in Africa from 40,000 BCE for cosmetic

and ritual purposes, symbolizing the blood of the earth, and was sprinkled on the

bodies of the dead for thousands of years.

According to an ancient medical text, in Iraq 5,500 years ago Lapis Lazuli and Jasper were laid around a living person to cure their ills and Bloodstone was used for diseases of the blood, exactly as today. In Egypt in 1900 BCE, Lapis Lazuli, Jasper, Carnelian and Turquoise were placed around the necks of newborn babies to protect them.



Specularite

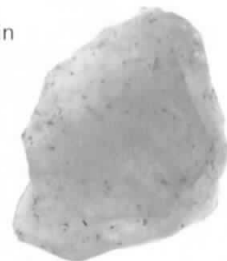
Crystals are an integral part of mythology. Wearing Lapis Lazuli jewellery, the Sumerian goddess Inanna (a forerunner of Aphrodite and Venus) journeyed into the underworld carrying her Lapis Lazuli rods that measured time and the length of a person's life. It was believed that crystals were the flesh of the gods and that the gods were crystal beings. The Libyan Gold Tecktitite, Blood of Isis, Lapis Lazuli and Turquoise in Tutankhamun's funerary jewellery were not just for decoration: they protected and conveyed his soul to the next world. A journey of over



Blood of Isis

800 arid kilometres (500 miles) had been undertaken to obtain Libyan Gold for the scarab in his pectoral, which depicted the daily voyage of the sun and the moon boat through the sky.

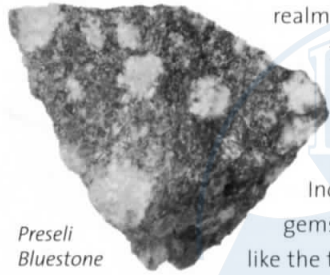
In India, astrological remedial gems have been used for thousands of years and, just as in Egypt, mythology tells that a pair of celestial serpents fought and their perspiration fell to earth as gemstones. In China too, crystals belonged to the



Libyan Gold Tecktitite



Tutankhamun's pectoral with the sun scarab in the centre, below the moon boat.



Preseli
Bluestone

realm of the gods and in both China and Japan it was thought that gems rained down from a lapidary sky. Many cultures envisaged a series of crystal domes surrounding the sky around which the planets rotated and stars held their place.

Indigenous Australians took the view that fossils and gems came from the Dreamtime, an idyllic period rather like the time of the Garden of Eden. Norwegian Vikings erected a chapel on the Isle of Man floored with Quartz, with a Quartz reliquary box, possibly to intensify the vigour of the holy bones within it. Quartz had been used for thousands of years to amplify energy and construct stone circles. The builders of Stonehenge, in the English county of Wiltshire, laboriously transported Preseli Bluestone 400 kilometres (250 miles) to the centre of their sacred healing circle.

BIBLICAL CRYSTALS

In Ezekiel 28:12–14, the prophet Ezekiel addresses the King of Tyre, saying to him:

Thus saith the Lord God; Thou sealest up the sum, full of wisdom, and perfect in beauty.

Thou hast been in Eden the garden of God; every precious stone was thy covering, the sardius, topaz, and the diamond, the beryl, the onyx, and the jasper, the sapphire, the emerald, and the carbuncle, and gold: the workmanship of thy tabrets and of thy pipes was prepared in thee in the day that thou wast created.

Thou art the anointed cherub that covereth; and I have set thee so; thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire.

This nostalgic picture of a king adorned with crystals walking among stones of fire in the Garden of Eden is in the Old Testament, a book revered by three world faiths. Throughout both the Old Testament and the New Testament there are numerous references to crystals. According to the Revelation of St John the Divine, the New Jerusalem will be built upon a crystal foundation, which in turn rests on an essential piece of priestly apparel – the Breastplate of the High Priest, an item adorned with gems. In Exodus 28: 17–20 the breastplate is described as follows:

And thou shalt set in it settings of stones, even four rows of stones: the first row shall be a sardius, a topaz, and a carbuncle: this shall be the first row.

And the second row shall be an emerald, a sapphire, and a diamond.

And the third row a ligure, an agate, and an amethyst.

And the fourth row a beryl, and an onyx, and a jasper: they shall be set in gold in their inclosings.

Translation problems make it impossible to know exactly which stones were used in the breastplate – different versions of



The Jewish High Priest wearing the breastplate on his chest.