

THE SACRED ART OF  
TRANSFORMATIVE SPACES



AMPLIFYING ENERGY  
THROUGH CRYSTALS

2.3



# THE HIDDEN POWER OF THE EARTH'S PRECIOUS STONES

## 1-INTRODUCTION

An in-depth look at the Earth's sacred sites indicates that within the Energy component of the design of sacred spaces, the use of crystals is key. It may, however, be different than what is commonly understood in the spiritual mainstream.

At a personal level, I have not always been the crystal enthusiast I am today, long considering them too "woo-woo" and "hocus-pocus" for my liking.

Things began to change, however, as I was commissioned, a few years ago, to design Vivienne Westwood's men's shop in Shanghai, the grand dame of British punk couture gave free rein to her team for the project, insisting on only two points:

- 1- the ceilings should be black to help enable a sense of connection to the cosmos,
- 2- there should be a large image of the UK's most famous stone circle, Stonehenge, on the back feature wall.

At the time, my knowledge of this famous stone arrangement was limited, but exploring it would become key to unlocking my understanding of the role of stones in our spaces.

Through research and explorations, I learned that such arrangements were first used by ancient civilizations to remind people where hotspots were located so they could find them and connect to wisdom from the "beyond the veil."



The structures, through the different properties they were built by, (i.e.: type of stones, their shape and the way their geometric order) were not left to chance. Elements and principles were explicitly chosen to amplify the energy field of this hotspot yielding the most potent resonance possible for an initiate.

In the case of Stonehenge, Sarsen stones were used for their high Quartz content, which meant they contained Silica, an element with an extremely high resonance with the human field; being the second most abundant component in our physical composition. The stones create 4 circles and are aligned in a way that they replicate the shape of the circled square, a form which is known in sacred geometry for representing the meeting of Heaven and Earth, (the circle representing the Heavens above and the square, the Earth). Like most other sacred sites, Stonehenge's mission would be to use high-power stones to bring heaven on Earth.

## 2- MY INTRODUCTION TO CRYSTAL ARRANGEMENTS

Following these explorations, this passion for crystals truly unlocked as I embarked on my shamanic journey through Brazil, where I was increasingly drawn to the power of sacred stones which are abundantly found on the country's landscape.

While listening deeply in meditation one day, I received the information that I was to acquire 3 crystals while on this trip which would work together as a set; I would place them together in the shape of an equilateral triangle shape, creating a resonant energy field.



I found myself intuitively guided to the 3 stones I was meant to find, and for the next few months, I slept with the arrangement around my bed: one on each side table, and one at the center of the foot of the bed. I had no idea at the time why I did this, but it felt right. I later realized that this guidance was a sort of subliminal introduction to the principles of the ancient art of temple-making, ones which are more specifically found in stone alignments such as the one in Stonehenge described above, (at a much smaller scale of course).

It seemed the triangle and the number 3, which I had been guided to create with these crystals, was representative of the divine perfection, creation. We see this manifesting, for example, in the holy trinity (the father, son and holy spirit), or the natural process of reproduction which involves mother, father, child. In Module 8, we will learn about numerology to understand the meaning of various geometric shapes, numbers, and orientation.

A crystal, on its own or in an arrangement, can really help us ground the energy of our home and is especially beneficial when spatial energy work such as an attunement, an activation or a whispering has been done, the same way that these were initially used by our ancestors to create or amplify energy fields.

### 3- THE SCIENCE BEHIND CRYSTALS

When speaking of crystals, I am referring to sacred quartz-based stones, semi-precious stones, and all crystalline atomic structure arrangements. Our concept of “everything as Energy,” which we saw in Lesson 2.1 taught us that the human being is composed of vibratory patterns. This is true of Crystals as well, as they also contain a being embodied in their physical form.

Crystals are quite high up on the food chain, functioning at a more developed vibrational frequency than most humans. Therefore, merging energetically with them, our beings have access to more tools and will be supported in their growth and development. Our “oscillating systems” begin to vibrate in similar ways to these highly developed beings, which function closer to the frequency of Source; allowing us to access the abilities required to increase our energetic abilities and develop our vibratory patterns. As a result, we live fuller, richer, more purposeful lives,

#### 4- CRYSTAL WHISPERING: A PROCESS OF ACTIVATION & INTENSIFICATION.

So if crystals are energetic systems, they too become even more powerful when they have been activated, blessed, attuned or whispered by a spiritual master who has reached a certain level of development.

This whispering process is similar to that described in Lesson 2.2 on spatial energy work in which the spiritual teacher who is functioning at a level of higher intensity attunes the crystals to operate in a much more developed way as well.

This is done by a whispering process during which both organisms become one and the teacher, whisperer, shares his capabilities with the crystal being. In this process, which is a form of merging, nothing is intended at all, but abilities are shared as a unified field is created. The result is a synthesis of energetic abilities the shaman and crystal.

As they become one, the crystal will reach its potential, and then help the initiate who it assists will fulfill his/her potential as well.

The crystal, like a space or a person, has the potential to have these abilities developed. What arises is a sort of awakening or remembering of abilities and structures which are intrinsic to its being.

The ceremony provides a context through syntheses of energetic abilities, energetic knowingness, and energetic abilities so that the crystal being is developed quickly and extensively.

Whispered crystals then take an active role in initiating contact with an individual in its proximity, intending to support the increase of their overall energetic intensity. An increase in power is needed to intensify our energy field, affect our energetic patterns, and generate transformation.

These crystals function at higher levels of intensity and as we perform ceremonies with them, they support the development of our beings.

Back to our example of Stonehenge, this would be similar to the builders of the stone circle chanting or using ceremony or any other type of intent to develop the frequency of the stone structure, to bring it to life. I also mentioned in lesson 2.2 that it is the shaman's connection to nature's elementals, which allows that power to be shared and resonated with the space. This is true of crystals as well.

In the case of Stonehenge, it was explicitly created in alignment to the sunrise of the winter and summer solstices, and the vibrational frequency of the organism of the site resonates particularly high on these days. This is true for crystals as well, and they can be charged to the light of the moon, the sun and the water of a stream or sea.

## 5- THE BENEFITS OF WHISPERED CRYSTALS

As an advanced, highly potent being, it becomes an energetic ally. As a person connects with it, intending to form a unified field, meditation and energetic processes will be enhanced, healing abilities will be developed.

There are two main benefits to using highly activated crystal.

These are:

They support to increase our energetic life force chi

They help to increase our vibratory consciousness and creativity

They can be used in our daily rituals, meditations, and ceremonies to enhance and improve their power.

First of all, if we do already have crystals, make sure you acknowledge and understand their potency.

Make sure to sit and connect with them as often as it feels right. Start with at least 5 minutes per day.

## 6- SPECIFIC CRYSTALS FOR SPECIFIC PURPOSES?

If you have explored crystals and semi-precious stones before, you have probably come across a crystal chart, bible, or glossary in which they state different benefits of different types of crystals, the aspect of your life they may impact. We will often, for instance, speak of clear quartz as healing, amethyst as being suitable for intuition, citrine for wealth, and so on.

My basis for understanding the purpose of a crystal on our being relies on its capabilities and vibratory knowingness rather than on its stone type, meaning that every crystal will have a set of capabilities, a set of patterns, which can benefit our own pattern structure as the two fields become one.

The crystal being will therefore have a unique set of abilities which can be awakened in the field of the initiate.

The invitation is, therefore, to throw away the chart and or guidebook and use your intuition in your decision-making. As per my Brazil experience, we must trust that we will be guided to the right crystal or that it will somehow find us. Either way, it will resonate and feel right when it is found.

Using crystals within a space

Like Stonehenge, the right set Crystals used together can create an arrangement which will generate a resonant field of higher intensity, with transformative impact for the initiate.



This helps to create a home which has access to higher abilities and more developed patterns which are shared with those who come in touch with the space.

The benefits then include:

1. Being supported in our meditation or other daily practice
2. Increased creativity in our daily lives
3. Greater rest and nurturing
4. Enhancing and amplifying our intent
5. Bringing conscious intent to various areas of our homes which we want to bring harmony to.
6. Increase of our energetic intensity

We will look at some very powerful crystal placements in Module 8 on sacred geometry and numerology, you can skip ahead to that module, or you can begin now, playing with your own intuitive guidance.

Similarly to my experience in Brazil, and knowing what you know now about the role of crystals in temples and especially stone circles, can you observe your intuition and inquire on what type of crystal arrangement would feel right for you?



An example of the use of 3 crystals in the wealth area of my home.

In my case, it was 3 crystals in a triangular shape around my bed to nurture me while I sleep.

What feels right for you?

Perhaps an arrangement across your entire home?

Or a square-shaped arrangement around your home office?

Before knowing the theory about it, I welcome you to dive into your own intuition and decide what feels right for you.

Make your own rules.

Be intuitive

For those who have trouble connecting to their intuition, perhaps use the dowsing you will learn in the next lesson 2.4 to help guide you with these decisions.

If it's still a challenge, be patient. As the course unfolds and more knowledge will present itself, more abilities will develop.

We will also see in later lessons that crystals are excellent to neutralize toxicity and man-made electromagnetic fields, therefore reducing the power of geopathic stress. Before even moving on to that lesson in Module 7, just recognizing that is good as you can now begin to move the crystals you already have around your home, intuitively, in ways that they can help neutralize these fields.

## **7- CHOOSING A CRYSTAL: A GUIDED PROCESS.**

Here are some guiding principles to help you begin choosing your crystals.

### **1- Choose either an altar crystal or a pocket crystal**

An altar crystal differs from a crystal you carry with you all the time.

It will usually be more potent and of greater size. You wouldn't want to carry anything that cumbersome or potent on your being all the time as it may be energetically overwhelming.

Yet it's nice to carry a crystal around to have a constant reminder of this energy we want to be bringing to the world. So decide which resonates the most. I suggest both, but if your budget allows only 1, choose the altar crystal.

### **2- Choosing the type of stone**

The ancient civilisations very carefully selected the stones they used in the temples. The right ones would be able to magnify and intensify the energy fields they were built on. They usually used stones which contained a lot of quartz as these were richer in magnetite. This magnification obviously increased the resonance and capability for numinous effects on our beings and access to wisdom and information. Therefore, if buying only one crystal, I always suggest getting a clear quartz to magnify the impact of the energy field we are creating in your space.



### 3- Intention and intensification:

As mentioned above, crystals which have been activated by a shaman have many additional benefits. You may already have a spiritual teacher who activates crystals, so that may just be the right choice.

### 4- Activate it:

You can also activate the crystal yourself with your own intent and a bit of help from mother nature.

Bring your newly acquired crystal to a natural body of water. Hold the crystal in meditation, then bathe it in the water for as long as it feels right. Take it out and hold it close. Set an intention for it, for how you want it to feel and how you would like it to impact your life.

Some people suggest that if the crystal is faceted, you can set one intention per facet. I like to finish by visualizing a connection between the divine light and your crystal and placing it back into the water, this time blessing it, and wishing for its blessing to reach anyone who would come in contact with this water.

### 5- The shape.

The two shapes I recommend most for altar crystals are prisms (square based pyramids) and spheres, both bearing different effects. The pyramid is known to be transformative, it tends to transmute the energy that comes into your home into something useful for you.

The sphere has more of a diffusing effect. If you feel you want to ensure the energy spreads evenly around the house, this one is best.

Use your intuition, but if you really can't decide, I suggest the pyramid.

You'll notice that the pyramid is the most popular shape used in ancient temples. This is because their form was known for amplifying the energy of an already very potent space.

According to Sacred site expert Freddy Silva, long before any man-made pyramids were created, the pharaohs of ancient Egypt found a man-made pyramid-shaped mound called Dehenet which was overlooking the valley of the kings and queens. It was believed that this mound was the place where people went to access other realms and reach enlightenment. So they began to build pyramids to this shape, and this custom eventually spread like wildfire to the entire temple-making over spans of thousands of years.



## **6- Connect and intend**

While crystals can anchor the spatial energy of your home if used the right way and with the right intention, the ultimate way to benefit from your crystal is to sit and connect with it regularly. It doesn't have to be a long time, just a few minutes every day will allow you to create that connection and support your growth.

