

Quartz Crystals

A guide to identifying quartz crystals
and their healing properties

Isabel Silveira



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Publisher's note

The information in this volume has been compiled according to the best of our knowledge and belief, and the healing properties of the crystals have been tested many times over. Bearing in mind that different people react in different ways, neither the publisher nor the author can give a guarantee as to the effectiveness or safety of use in individual cases. In the case of serious health problems please consult your doctor or naturopath.

Quartz Crystals:

A guide to identifying quartz crystals and their healing properties

Isabel Silveira

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Gratitude, reverence and love to the Great Goddess

and also

to Mother Earth;

to the Stone People;

to Ilse Whately Simões (in memoriam) and Beatriz Simões do Amaral who, even without knowing it, sowed the seed of who I am today;

to Antonio Duncan (in memoriam), my eternal Crystal master;

to Mano and Cláudia from Espaço Zym, for the trust both placed in me, and for the opportunity of having a space in which I could share my Crystal experiences;

to all my students, especially Manfred and Sílvia, who were responsible for this book.

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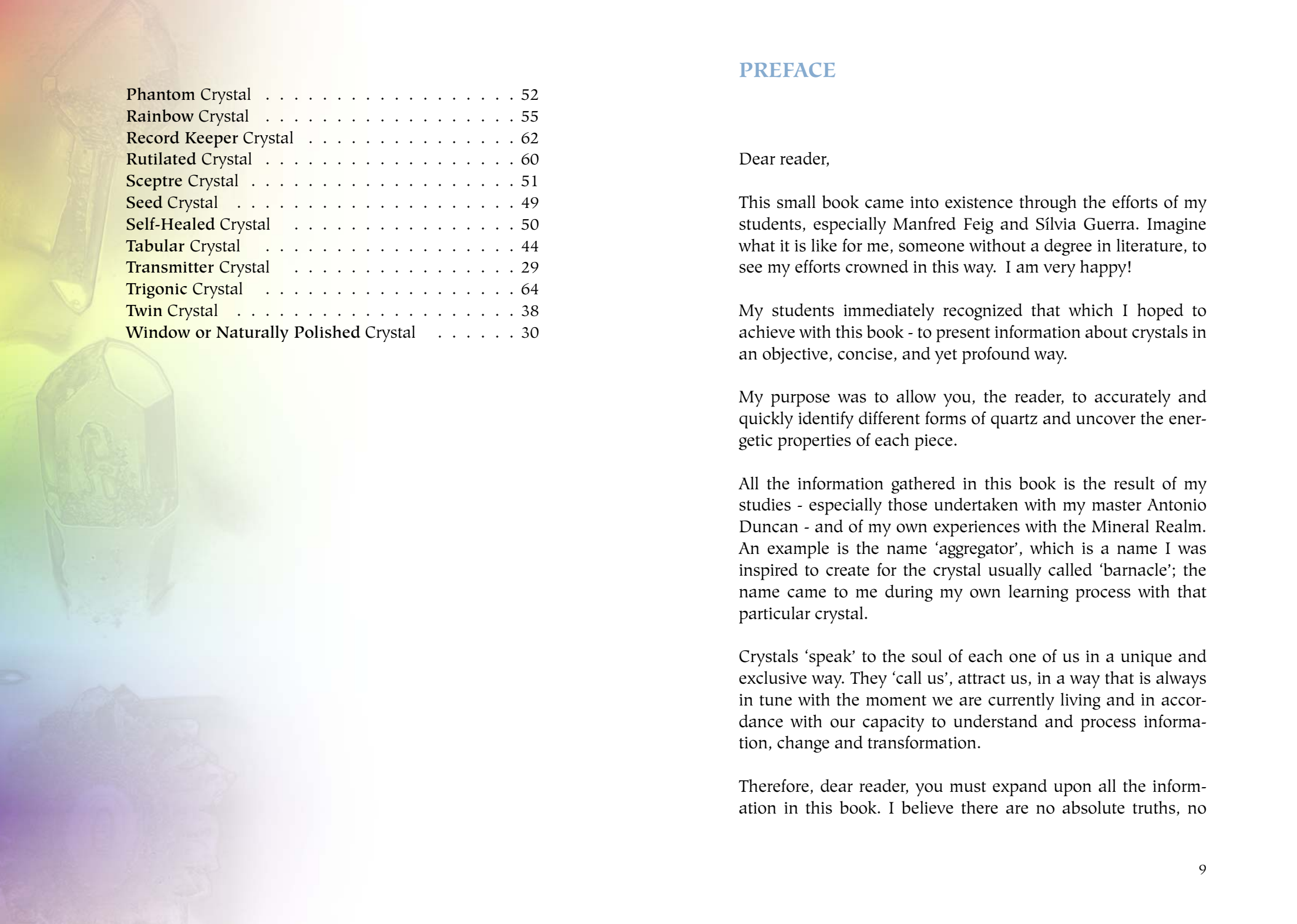
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PREFACE

Dear reader,

This small book came into existence through the efforts of my students, especially Manfred Feig and Sílvia Guerra. Imagine what it is like for me, someone without a degree in literature, to see my efforts crowned in this way. I am very happy!

My students immediately recognized that which I hoped to achieve with this book - to present information about crystals in an objective, concise, and yet profound way.

My purpose was to allow you, the reader, to accurately and quickly identify different forms of quartz and uncover the energetic properties of each piece.

All the information gathered in this book is the result of my studies - especially those undertaken with my master Antonio Duncan - and of my own experiences with the Mineral Realm. An example is the name 'aggregator', which is a name I was inspired to create for the crystal usually called 'barnacle'; the name came to me during my own learning process with that particular crystal.

Crystals 'speak' to the soul of each one of us in a unique and exclusive way. They 'call us', attract us, in a way that is always in tune with the moment we are currently living and in accordance with our capacity to understand and process information, change and transformation.

Therefore, dear reader, you must expand upon all the information in this book. I believe there are no absolute truths, no

rights or wrongs in any aspect of our existence, especially in our relationship to crystals. What exists is just what is good and truthful for us in a specific moment in our lives.

May the Infinite Light guide your steps in this Crystalline Journey.

*Isabel
Spring 2007*

INTRODUCTION

Archaeological excavations carried out all over the world have shown that mankind has always used precious stones, and somehow knew *how* to use them.

Progress and technology have brought back to our daily lives the power of these stones, a power that can no longer be denied. Crystals are now used in computer chips, scanners, and in an enormous variety of other electronic and high precision equipment.

Crystals are recognized as excellent energy conductors – the purest and the most accurate.

HOW CAN CRYSTALS HELP US?

A crystal is a tuner

A crystal works exactly like a radio dial – it eliminates interference and allows us to be once again in tune with our own frequency.

To do this, the crystal cleanses our inner energy flow and reorganizes components of our electromagnetic fields, reinstating balance and harmony. Crystals therefore promote realignment with our own inner light, and bring the possibility of harmony to any issue we may be working on.

A crystal is ‘frozen’ light

A crystal is a portal of light created from the cosmic dust of a universe in eternal expansion, its many facets reflecting the innumerable dimensions of life.



RUTILATED CRYSTAL



rutilated quartz crystal

- Rutiles are the most common minerals to be found as inclusions in the quartz family.
- Rutiles intensify the properties of the crystal in which they are included.
- A rutilated crystal is a very powerful accelerator because it generates and conveys electromagnetic energy that activates, accelerates and develops the issue that is being presented.
- Promote opening, growth and expansion.
- Eliminates any type of external interference and/or an eventual inner interference.
- Cleans and balances the aura as it repels dissonant energies.
- Perhaps the only crystal that can act upon the physical, etheric and emotional bodies.
- A rutilated crystal goes to the origin, the initial cause of a problem:
 - Like a programmed missile, it scans our being, inside and out, until it finds the core of the problem.
 - The rutile needles 'explode' the condensed/crystallized nucleus of the energy that is causing the problem, emptying it.
 - From this point, therapies and solutions can start to perform freely and have their effects accelerated.
- Amplifies our powers of creation and manifestation.
- Rutiles can be found separately in nature.
- Colours of rutiles known to this date: red, copper, gold, silver, black, blue, yellow, white, green, pink and violet.

RUTILATED CRYSTAL



rutilated quartz crystal

Caution:

Because a rutilated crystal is a powerful producer and conductor of electromagnetic energy, its continuous use in jewellery must be cautioned as it can cause agitation, anxiety, tachycardia, headaches and nausea, and can increase the predisposition for static shocks from car doors, fridges, etc.

Examples:



Rutilated druse

Rutilated druse



FINAL CONSIDERATIONS

Dear reader,

I would like to mention again some important points:

- Crystals are only instruments, powerful of course, but only instruments.
 - As is the case with any tool, they are not essential. However, they do make things easier.
 - After working for a while with your crystals, if you discover that you can do without them with efficiency and effectiveness...great! Leave them on display so that you can continue to contemplate their beauty, and just carry on with your work.
- There is no right or wrong, no absolute truth in any field of knowledge, least of all in relation to crystals.
 - Above all else, try to be loyal to your intuition: when you feel a strong impulse or a clear indication to choose a crystal, this is much more valuable than information acquired from a book or a lecture. Even if your intuitions contradict all the 'rules'.
- If we truly believe and it makes deep sense to us, then it will work.
- We can and should each create our own methods for using crystals.

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Crystal lectures course material by Claudine Camas.

All the important information about 430 healing gemstones in a neat pocket book! Michael Gienger, known for his popular introductory work *Crystal Power*, *Crystal Healing*, here presents a comprehensive directory of all the gemstones currently in use. In a clear, concise and precise style, with pictures accompanying the text, the author describes the characteristics and healing functions of each crystal.

Michael Gienger

Healing Crystals

The A - Z Guide to 430 Gemstones

Paperback, 96 pages

ISBN 978-1-84409-067-9



This is an easy-to-use A-Z guide for treating many common ailments and illnesses with the help of crystal therapy. It includes a comprehensive colour appendix with photographs and short descriptions of each gemstone recommended.

Michael Gienger

The Healing Crystals First Aid Manual

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