

**COMING SEPTEMBER 2011**

**Back Cover Blurb:**

Have you heard of crystal grids but wondered what they are, what they're for, how they work? Me too! That's why I wrote this book. This is not an airy-fairy sort of crystal healing book. Being practical, you'll find this guidebook outlined with clear, basic instructions on specific grids and their use. Using science as our platform, you'll explore the "hows" and "whys". Through my background and love of "science-y" subject matter, I help explain:

- what a crystal grid is
- the sacred geometry foundation of grids
- crystal grid energy fields
- connection to Mother Earth's own grid
- how to use grids with distance healing work
- how to set your intention
- how to choose a grid formation
- specific components of a crystal grid

- how to select which crystals to use in a grid
- how to activate and maintain a grid
- grid “recipes” for various purposes

This book will open up a whole new world of manifesting using the power of crystals.

Find out more on <http://www.CrystalGridsBook.com>

Now preview Crystal Grid’s Introduction and first section:

## Introduction

I’ve been interested in crystals and stones from as far back as I can remember. Leafing through a Smithsonian Museum book of my father’s at about the age of three, the amazing photographs of crystals and gems just stopped me in my tracks, riveting me to those pages! I would leaf through them over and over again, just staring until the pages were worn. They were much better than any children’s book you could have ever plopped in front of me. Yes, I was kind of a strange child. Of course, I had no idea at the time what these beautiful objects were, but I later learned that they were created miraculously through Mother Earth’s handiwork. I was intrigued that something so gorgeous and perfect as a crystal could emerge from the dirt and rough rocks.

I came back to crystals and stones later on with some undergraduate and graduate studies in geology. In becoming a science teacher, I even got to teach about them. Through teaching, I succeeded in getting my students just as excited about rocks and crystals as I was! Well...not all of them. A few of them still looked at me like I was a nerd, complete with glasses, pocket protector and lab coat holding my rocks...that’s because I *was* one.

Ahem, still am.

I’ve always been very spiritual and have enjoyed exploring various fields of spirituality. In doing so, I noticed that crystals kept coming up again and again. Given my natural attraction to these gorgeous minerals born of nature’s kitchen, I was captivated, so the lure of using them in spiritual practice was just too much. Of course I wanted to do that! However, I noticed that when crystals and stones were mentioned in metaphysical books or circles, the reasons given for why and how they worked seldom satisfied my curiosity and quest for knowledge.

I began blogging and vlogging about crystals just to connect with others who had the same interests as I did. Once I started down that path, whole new worlds started opening up to me; book recommendations, healing methods and new uses for working with crystal and stones! I had found a sort of blissful crystal treasure chest to rummage through! In starting my practice, I noticed that some things resonated with me immediately and others just didn’t ring true. I experimented with various ways of working with the crystals and began realizing that the authors, books and methods that aligned with me most were the ones that seemed to be

supported by physics and had scientific empirical explanations for why and how things worked. *Not surprising.* As I'm sure you've gathered by now, I prefer to take a scientific approach to working with crystals, researching and experimenting with how crystals work while also incorporating the metaphysical aspects. If "Physics" and "Metaphysics" had a gorgeous, brilliant, crystalline baby, that would describe my viewpoint beautifully!

One method of working with crystals that immediately interested me was that of crystal grids. Although the idea was mentioned a bit here and there, I could not find enough information to satiate my appetite for this knowledge and I just knew there was a strong correlation to science just waiting to be unearthed here, like a gorgeously sparkling giant quartz point. I did much experimenting on my own and found a few random videos on YouTube as well as some sporadic references in books, but this was not enough. I took what information I was able to draw together and set off exploring various aspects and then experimenting on my own. This book is the result of that adventure.

## What Is a Crystal Grid?

From my work with crystal grids I devised a definition of what they are and how to best work with them:

**A crystal grid is a geometric pattern of energetically aligned stones charged by intention set in a sacred space for the purpose of manifesting a particular objective.**

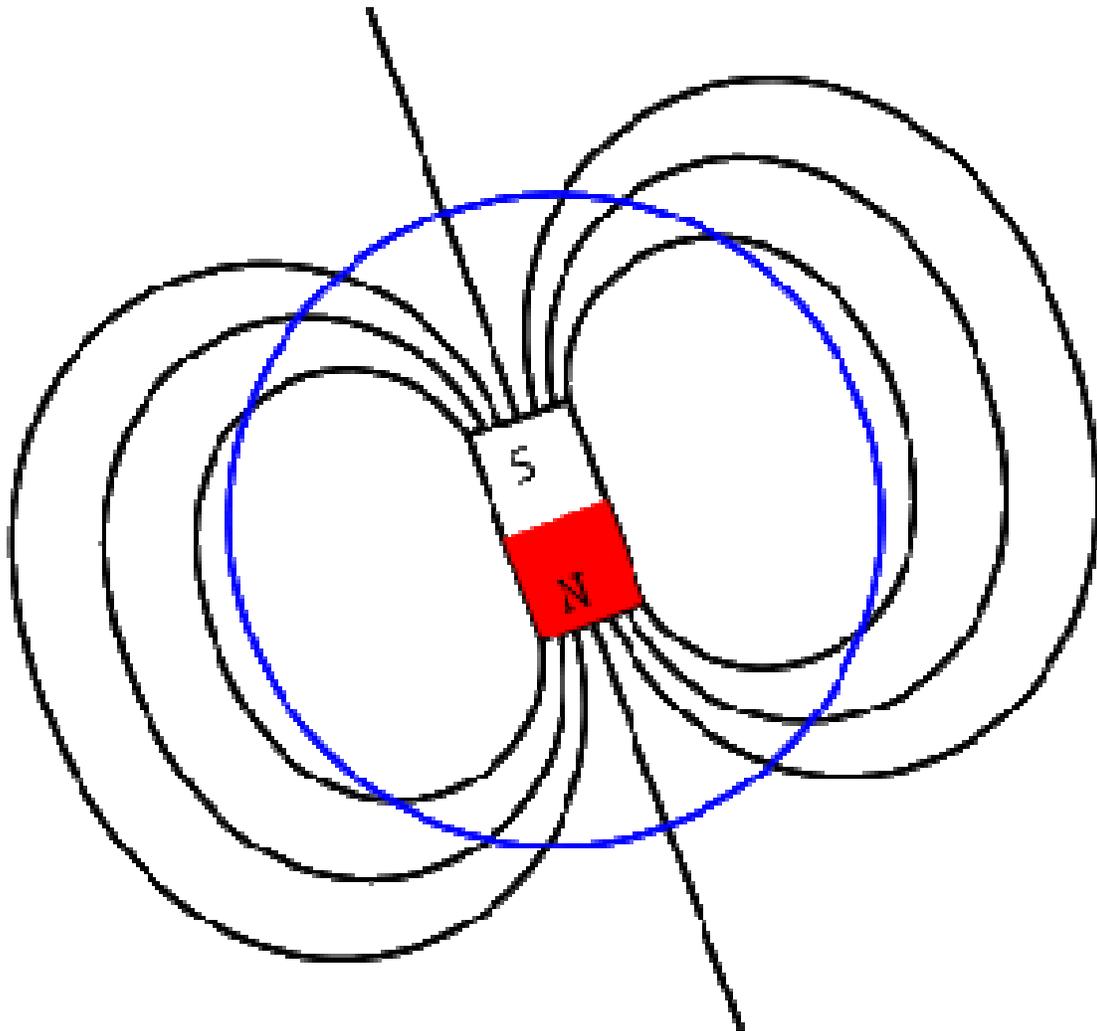
I have thought long and hard about that definition and feel that it incorporates all of the elements that will allow a crystal grid to achieve optimal results.

So what's all this talk about "crystal grids"? Are we talking "magic" as in Harry-Potter-crystal-magic here? I often tell my students that "magic" is the word many like to give to unknown science. After all, a plasma TV would have been considered "magic" just one hundred years ago. In fact, science fiction author Arthur C. Clarke declared, "Any sufficiently advanced technology is indistinguishable from magic".

A crystal grid incorporates the use of crystals and stones because of their precise vibratory frequency. Each stone has its own specific energy vibration which we can use for manifesting our intentions. One of the first examples of a crystal grid that I read about was the World Peace Crystal Grid, founded by The International Center for Reiki Training (ICRT). This grid is a means by which Reiki practitioners and others can promote peace on Mother Earth via a crystal grid. Two grids were created and designated "Peace Grids". They were designed to allow Reiki to be transmitted to them and then stored. These grids were then positioned at the magnetic North and South Poles as well as in old Jerusalem for the specific purpose of promoting peace around the globe.

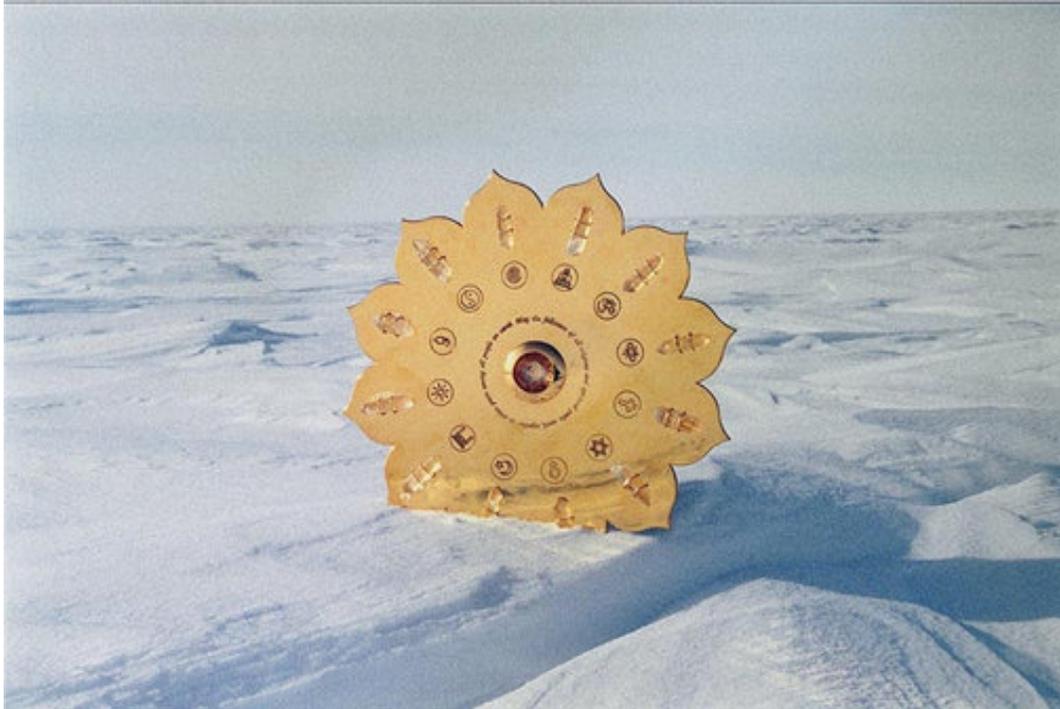
Their positions at the poles were chosen to make use of the earth's natural and potent electromagnetic field (EMF). Some view the earth's EMF as her aura, or subtle energy. The poles of any magnet (including our earth magnet) are the most energetically powerful areas for magnetic force, thereby transporting the grid energy around the planet and restoring Mother Earth's aura. (See Fig. 1). According to the ICRT, "(the reservoir of healing energy it holds is

available to empower all those working toward world healing and peace.”  
(<http://www.reiki.org/globalhealing/northandsouthpolehomepage.html>, June 16, 2011)



*Fig. 1. Obtained from public domain, Wikimedia Commons, 2011*

The Peace grids are 12" pure copper discs plated in 24-carat gold. (See Fig. 2). The discs are in the shape of the Hindu symbol for the heart chakra (a twelve-petaled lotus flower) with a crystal quartz pyramid in the center of each. The two quartz pyramids are cut from the same piece of rough quartz, thereby allowing them to be energetically aligned. Each of the twelve petals on the discs has a double-terminated quartz crystal attached. Under each of the quartz pyramids lies an inscription of the Usui Reiki power symbol as well as the Karuna Reiki peace symbol. Carved around the center are symbols for many different world religions along with this sentence: "May the followers of all religions and spiritual paths work together to create peace among all people on earth".



*Fig. 2. Photo used with permission of William Lee Rand, International Center for Reiki Training*

*<http://www.reiki.org/GlobalHealing/Northandsouthpolehomepage.html>*

ICRT placed the grid at the North Pole in 1997, at the South Pole in 1999 and in Jerusalem in 2004. The idea is to give attention and focus to the grids and to send Reiki energy, if you are so inclined. In doing this, the grids are activated and keep peaceful energy flowing, like a circuit, to the entire planet. Please see the "Resources" section at the end of this book to read more about the World Peace Project and the ICRT.