

Crystal Kinesiology, Color, Geometry, and Sacred Sites

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Crystals have been used as an adjunctive healing tool for many thousands of years. Cultures all over the world have used their vibrational energy for healing the body, mind, and spirit. The aborigines of Australia revere quartz as a container of spirits, shamans in South America use crystals to contact the spirits, Native Americans of North America have used crystals in medicine bundles, and those in the far east have used crystals and crystal balls for centuries as gazing tools. Ancient crystal skulls made over ten thousand years ago, perhaps by aliens, have been found in ancient temples of Central America. The Bible makes many references to crystals; an example is the Breastplate of Aaron (Exodus 28:5-30) which was utilized as the "breastplate of judgment" (Exodus 28:15 RSV). The holy New Jerusalem in Revelations of the New Testament balances this ancient reference to the Temple of Solomon. Revelations 21:19-20 (RSV) describes jasper, sapphire, agate, emerald, onyx, carnelian, chrysolite (perhaps peridot?), beryl, topaz, chrysoprase, jacinth (garnet or ruby?), and amethyst as the foundation of the new city. The ancient Egyptians revered malachite, lapis lazuli, carnelian, peridot and other minerals as a way to "cross over" and to heal. The Egyptian Book of the Dead contains a chant for carnelian. Muslims have used inscribed stones as amulets for almost a thousand years. The ancient Vedic texts of India use many gems astrologically and also as ingredients of special preparations and sacred powders. The best single volume on the mystical ancient lore of gemstones was written by the premier gemologist of the 20th century George Frederick Kunz. His book *The Curious Lore of Precious Stones* (Bell Publishing 1989 reprint) is the classic work on the subject.

In the last twenty years the utilization of stones for healing has gained a tremendous increase here in the western world. From a

rather obscure occult practice to one that has received worldwide attention, the practice of crystal healing has advanced many-fold since about 1985-87. The spiritual re-awakening that occurred in conjunction with the Harmonic Convergence of 1987 and the so-called *New Age* movement has fostered the growth of complimentary/alternative medicine. The Touch for Health conference is an example of that. We have come a long way since 1987. Kinesiology and complimentary medicine is now an accepted multi-billion dollar business.

I was, until the mid-80's, an eccentric if rather non-spiritual genius devoted to science and "facts." I had read thousands of books on many subjects, but did not know my own inner path. An external love of nature and reverence for all things led to fifteen years as an environmental investigator of the worst sins being committed upon the Earth in the name of greed and avarice. As a researcher and environmental detective I saw the death of streams, witnessed untold disasters and studied the toxicology of environmental chemicals. I was one of the world's most knowledgeable environmental toxicologists. I accumulated thousands of papers and documents and was writing a book on the world's environmental chemicals when an inner voice called. One night, while in meditation an inner voice said (in a voice remarkably like that of Charlton Heston's in *The Ten Commandments*) to "*Do Crystals Again.*" It was the first time that I had heard the "voice of God" in my head and it changed my entire life. Soon I was reading many books about crystals and heading off to Arkansas to buy quartz. That voice changed my life, and created or rather opened a pathway that is sure to occupy the rest of my life. That journey of sharing can be accomplished by any of you. You all have equal abilities. Travel beyond your own

constraints and be who you were always meant to be.

Each of us is made of the elements of Earth, Air, Fire and Water and Love beyond the more mundane carbon, iron, oxygen, and other “*physical/chemical*” elements. Each person on the Earth can respond to the energy of rocks, minerals, and crystals due to the fact that each of us is made, in part, of living rock. Our own bones are, in a way, a very soft rock and are the basis for our own structural integrity. Since we come at least in part from the mineral kingdom, we can then, if receptive, accept that rocks can bring about profound healing when they are utilized in concert with the intellect and one’s own intuition. Anyone can be a “*crystallopathist*.” I would encourage you to read a number of books on the properties of rocks and minerals. You must however balance what you read with your own inner voice. Healing with crystals is not, I repeat, **NOT** like coloring with numbers. Each person is their own individual, they have specific different cellular, genetic and energetic makeup, so what works on one person may not work on another. If you do not or are not willing to use common sense and intuition, then please do not waste time becoming a crystal healer. We are all here to awaken our own ideas, not be rigid, anal retentive, and follow a cookbook. Those of you who are cooks know that the best cooks do not follow a specific recipe; each dish is different, like us, with individual needs and tastes. Please satisfy your intellect as well as your intuition, and then both halves of your brain will be happy, and you can begin to do crystal healing.

It would be pretentious to assume that each of you can become an expert in crystal healing in an hour or two or after reading a book or two. Would you like a surgeon operating on your brain that had an hour or two of experience and had read one book? I think not. So too, it is with crystals. Work with them, read and practice simple ideas and things to begin with. Crystals can have profound effects on our lives, you should treat crystal healing with respect and care. One store that shall remain nameless, had a display case of large, rather huge laser wand quartz crystals, and huge obsidian obelisks. They were rather

inappropriately pointed out at the customers, they could either effectively castrate or sterilize individuals standing near them. Large crystals can disrupt body energy patterns if not used carefully. I used to own a rather large “candlestick” shaped quartz crystal that I carried in a flute case. It was over a foot long, and when used during meditation it produced a tremendous “*high*.” It helped facilitate awesome meditations and classes. The next day after the class was over, I felt totally burnt, about as intelligent as a *Hostess Twinkie* and less functional and powerful than a *Yugo*. After a while I got used to the increased energy/light inputs. It was no less than the rewiring of my own internal circuitry, sort of like re-wiring an underpowered home with a new circuit breaker, from 80 amps to about 200 amps. Crystals can be powerful, so do not let yourself get so confused that you forget to balance power and peace, love and lust, war and peace, etc.

How do we, as healing practitioners develop which crystals are appropriate to use on clients? There are a number of simple techniques that can be used by almost anyone. First, since this is a Kinesiology based article, you can use muscle testing with each and every crystal you think appropriate for growth. Do not always assume that what makes one stronger is most appropriate. Sometimes we must be made weaker, so that healing can *take*. Sometimes what we are avoiding can be what we need most. Always take into account the client’s own interests and intuitions. In working with thousands of people over the last decade and a half, I have found that people always pick the stone or crystal that is best for them. Therefore, always ask your clients to select some crystals/stones from the stock that you have on hand before beginning a healing. Please try to have a good variety of crystals on hand, more than just quartz. There are about 3000-4000 varieties of minerals, and within that field, many types of quartz, over a thousand kinds of agates and over a thousand kinds of jaspers. Please do not buy into all the silly ego centered rules about man-made, point up, point down, certain size, etc., choose the minerals that you like best. If the little itty-bitty teensy weensy polka dot agate turns you on, and not the gargantuan hunky hematite, then go by all

means with the polka dot agate. It will do more good.

You can use muscle testing to check the chakras or the meridians or power points in the touch for health handbooks. We will give some more information next year on the triple warmer etc., and correlate them with other energy systems. I prefer to check the client's charkas with a pendulum, that is a personal preference. Check each chakra and see how the pendulum swings. Ask it to show you a balanced/yes swing versus one that is out-of-kilter/no. You will usually see that healthy charkas produce pendulum response that is even, steady and very positive. Blocked charkas, or energy centers produce weak or unbalanced pendulum response. If one chakra predominates with wild pendulum swings, likewise it may need to be reduced in energy to help the body balance itself. You should check the chakras before beginning a session, during and perhaps after to make sure that your course of action is appropriate for that specific individual.

You will usually find that either the third eye (6th chakra), heart chakra (4th chakra), or navel (3rd chakra) are the ones that tend to be too powerful in some people. On the other hand, the base of the spine (1st chakra), sexual area (2nd chakra), and the throat (5th chakra) tend to be those that are often weakest. You will normally find that about 40% of your clients are deficient in "grounding" and are space cadets at heart, with their heads in the clouds and their butts nowhere near the Earth. They have a tendency to have trouble awakening in the morning, are never on time, have trouble with relationships, have trouble keeping jobs, and cannot take criticism because they lack self-esteem. The increase of grounding abilities and survival instincts is often paramount to the client's ability to heal and become a better person. Many stones such as hematite, snowflake obsidian, black tourmaline and other dark brown, black and silver stones help a person's grounding abilities. Red colored stones may be needed if the person lacks energy, but if they are already too helter-skelter red may be contraindicated.

If you cannot utilize either muscle testing or pendulums there is another way to test to see

which stones or colors a person might need. I have adapted a published technique that can be applied to any client to produce effective results. Perhaps the best cross cultural anthropologist in the States is Angeles Arrien, a wonderful teacher who resides in California. She wrote a wonderful book called *Signs of Life* that details a rather simple yet effective tool, to determine what direction your life is taking. We will add to that test and publish it in a simpler form. Those who are interested are recommended to buy or borrow her book for further information.

What follows is a simple test that will tell much more than you could imagine.

Draw a **circle, a square, a triangle, a cross (or plus sign), and a spiral**. You can make the drawings simple. Rank the shapes from one to five, one is your most preferred shape, five your least preferred shape. Then on the same or another sheet of paper, write down the following colors: **black, red, orange, yellow, pink, green, light blue, dark blue, purple, and white**. Rank these colors from one to ten with one being your most preferred color and ten your least favorite color. This simple quiz can tell me an amazing amount of information about your life's goals and aspirations.

Now how do we interpret the results? Briefly, and again please refer to Angeles' book *Signs of Life* for more details, shape #1 is your ego's desires, what you wish to do or be but cannot, usually because of what is in number five. Shape #2 is a current strength. Shape #3 is where you actually are. Shape #4 is a past test or path that you have completed or are comfortable with and shape #5 is what you are avoiding or what is blocked. The circle is a sign of wholeness, individuality, of finding who you are. The square a sign of stability, groundedness, and your ability to be comfortable with yourself. The triangle is a symbol of your ability to find your goals and visions. The spiral is all about change, and the cross is a symbol of your ability to be balanced or get along well with other people.

Now pair shape #1 with colors 1 & 2; shape #2 with colors 3 & 4; shape #3 with colors 5 & 6; shape #4 with colors 7 & 8; and shape #5 with colors 9 & 10. This practice will give

you an indication of the colors related to that shape/property and the body's need for healing. It would take a separate publication to explain all of the interrelations; that is best left for another more extensive article. The color preference tells me which of the charkas is associated with the properties of the shapes. For example if the square is #5 and color #10 is black, you are probably a space cadet. Do not take offense; many new agers fit this label. I like to work best with shapes 1, 3 and 5 and colors 1 & 2 or 9 & 10. Most commonly we will find that the square is shape #5 in about 40% of most new age audiences. Most of you are not grounded, and the greatest need is for more grounding/balance. The common reason that you are not grounded is fear (orange as #9 or 10) or the inability to be whole, or of your own dark side (black as 9 or 10), or the fear that you are not pure enough or good enough to be powerful (white as 9 or 10), or be loved or loving (pink as 9 or 10). Then for example, if your weak chakra, the one that was out of balance in the pendulum or muscle-test was the heart chakra, and your number 9 & 10 colors were pink and orange we would apply or place pink (rose quartz, kunzite, rhodochrosite, rhodonite) crystals or orange crystals (carnelian, wulfenite, etc.) on your heart chakra. The practice of laying stones on the body is an extensive one. I like to lay stones around the person to create an auric shield region where the person feels safe and can let go of anything. The stones that are placed on the body bring a vibrational template to that specific person.

In the last year or so have I also started utilizing pure color therapy in addition to the rock crystals. That can further enhance and amplify the healing energy of the crystals. How do we do this? Go to a theatrical supply store and buy some sheets of pure color gels (like they use in stage productions) in the appropriate chakra colors. These are pure colors with great vibrational energy and can be used in conjunction with crystals. After you have obtained these sheets or have purchased a set of gel colors, get a flashlight or several flashlights, cheaper ones, with removable heads. Cut circles of the gel colors to fit the flashlight head, and place the circular piece of the gel beneath the glass flashlight holder. You could for example use a pink or orange

gel with the above client and shine the color on the heart chakra for five-ten minutes to facilitate color/crystal healing. Color healing is a great healing tool, much info can be found in a book called *Let There be Light* by Darrius Dinsah. You can also place a clear quartz sphere in front of the flashlight head and shine the colored light through the sphere. The color and the shape tend to promote complete healing. I tend to think of the sphere shape as a way to wholeness, so it seems to work well with clients. You can work with the other shapes as you can find examples of them, or as your experience grows. You may also chant, play music or do a meditation while your client is receiving a "stone layout."

Many fine chants are found in books such as *Healing Mantras* by Thomas Ashely-Farrand, and *Words of Power* by Brian and Ester Crowley. You may also want to use some of the fine cassettes or CDs that are available. I like to use some of the CDs by James Twyman, Charlotte Church, and chant tapes by Robert Gass and others, or flute tapes by Paul Horn, Carlos Nakai or others. Choose a tape that is soothing and comfortable that you like, and know well. Know how to use your CD or cassette player before you begin the session. Sessions may last from 1-3 hours and may create permanent lasting effects on clients.

Please spend some time practicing before becoming a practitioner. The more care and knowledge you have, the better the results. Layouts can have profound effects so please be careful and use the appropriate level of energy work. A couple of examples will suffice. A few years ago, at a retreat a person who thought they were a metaphysical hotshot came to me for a stone layout. They said they were ready for anything, and would like a full power "kick ass" layout. I asked them if they were sure and they replied affirmatively. The layout got done, they were overwhelmed, did not sleep for three days, and I have never seen that person since. Many years ago a layout was done on a male by his sister and mother. The relatives utilized some powerful obsidian spheres and other objects. The layout was so powerful that the man had diarrhea for about two-three weeks afterwards. A severe cleansing had occurred. Ask often if your

client is comfortable, and make sure that they are centered before leaving the treatment site. Warn them that they may have powerful dreams (or not), ask them to drink some water, and then take it easy to integrate all of the changes that have occurred in the body, mind, and spirit.

Read extensively and see what stones work best for and with you. Each person will find his or her own favorites. People can carry or wear stones virtually any place, and in whatever quantity they can manage. Some will be drawn to only a few stones, while others may find them to be the subject of a lifelong pursuit.

There are extensive stone books available on the market; the bibliography will list a few of the better ones. Take a look at the numerous books in your local bookstore, or online. Remember to balance your intellect with your intuition.

Sacred Sites

One of the most important subjects and practices in the modern world is that of sacred site science and Earth Kinesiology. The Earth Mother has, within and without, an extensive network of energy centers akin to the charkas and meridians of our own bodies. The Earth is a living organism, called *Gaia*. Modern scientists like James Lovelock have seen the Earth as a living entity. Our Earth has power centers that are connected much like the wires in a power grid. Some natural or enhanced sacred sites are much like power plants, while areas where many power lines, plants, and substations cross are called vortexes.

Right now, we humans are the greatest pests on the planet. We are to Gaia as cockroaches, fleas, rats, and mosquitoes are to us, only worse. We have callously disregarded and disrespected the sacredness of all living things here on the Earth. We are now in the sixth or seventh great extinction of all time, the first to be caused by a biological organism, and we are the only form of life to threaten it's own self. Around our planet we witness the destruction of rain forests, global warming, and the wanton disregard for all living things. Many forms of fishes in the sea are near extinction, and WE are not in balance with our ecosystem. The Earth's energy systems

are out of kilter, and we are creating strange weather, increased earthquake activity, and many new diseases. We must begin to foster a sacred spiritual connection to the Earth; this is best done either in your own backyard or at any of a number of sacred sites around the planet. There are a number of great books on the subject, and also some great websites. The best of the websites is www.sacredsites.com Martin Gray's wonderful Website. A few of the available sacred sites books are also listed in the bibliography.

Briefly, sacred sites come in many forms and shapes. They can be natural such as lakes, rivers, springs, volcanoes, geysers, mountains, canyons, caves, etc.; enhanced such as mounds, pyramids, churches (provided they are situated on a ley line); or created such as meteor crater, cemetery, retreat center; or living such as a nature preserve, grove of virgin trees, or other great assemblage of living beings.

The locations of the last two years of the Touch for Health Association Conventions have been home to many wonderful sacred sites. Wisconsin, last year's convention site, is home to 98% of the effigy mounds in the world. There are many wonderful sacred sites in Wisconsin, but the awareness level of the citizens of that State is relatively low. Fortunately a new book is due in late 2001 that will detail many of Wisconsin's Sacred Sites. Those people in Wisconsin need to awaken to the wonderful energy of their own state. I visited a number of the mounds in that state in conjunction with the convention, you should too, if you get a chance.

Likewise, Washington State, this year's location, is home to some wonderful sacred sites. Olympic National Park is home to some of the most ancient and sacred trees in North America, the Hoh Rain Forest unit is stunning. I will display at the convention a ley map of Seattle created a few years ago by Chuck Pettis, who wrote a wonderful book on sacred sites. Underneath this state is the energy of fire and change. We saw that energy in action earlier this year with the earthquake in the Olympia/Seattle area. That was an unusual deep quake, perhaps centered about 36 miles down. The fact that the quake caused relatively little damage is a testament the

spiritual energy present in Washington. You have the ability to interact and to become a co-creator with the Earth. Mt. St. Helens is another reminder that the energy beneath our feet is alive and may awaken at any time. Nearby Mt. Rainer, and further away Mt. Baker are definite forces to consider. So called "primitive tribes" made sacrifices and offerings to the volcano Gods. Perhaps we need to do sacred energy work at the volcanoes to keep them happy.

Ceremony, stone gifts, chants, songs, prayers, and more can be done at sacred sites. Marko Pogacnik, a wonderful Slovenian has written several books (Findhorn Press) that detail some of his efforts to achieve and enhance the geomantic practice of Earth litho puncture. We all need to learn this respect so that we keep the most holy places of peace and power, places, and not turn them into shopping malls, highways, Wal-Marts, subdivisions, parking lots, or polluted cesspools devoid of life.

Whenever and wherever I travel I am called to certain sacred sites. By myself, or in groups, I have felt and seen some of the most amazing things of my entire life. Rainbows at midnight, angels, time travel, the alteration of weather, and animal spirit companions have become my friends and my lifelong memories. So please seek out the Earth's sacred sites, and help us make the Earth into a Heaven, a place where we can all survive in harmony, where we do not make each other extinct.

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