

Table of Contents

The Language of Light was Written.....	ii
Acknowledgements.....	xvi
Introduction.....	xviii

PART ONE **WORKING WITH LIGHT AND CRYSTALS**

Basic Characteristics of Light.....	3
The High-Low Sliding Scale.....	3
Individual Frequency Fragmentation.....	7
Duality and the Nature of Light.....	10
Reaching Discernment	13
Diving into Discernment	14
The Specialization of Crystals	18
Creativity from the Perspective of Light	22
Classic Crystal Healing.....	26
Dispelling the Myth of Negativity	32
Crystal Colour Variations.....	34
White.....	34
Purple	35
Dark or Cobalt Blue.....	36
Sky Blue or Turquoise Blue	36
Green.....	37
Pink or Peach	38
Yellow, Gold, and Orange	39
Red	39
Black.....	40
The Eleven-Chakra System	42
Clearing and Cleansing Crystals.....	49
Crystal Quality.....	54

Table of Contents

PART TWO THE CRYSTALS

Amazonite	60
Amethyst.....	64
Angelite.....	70
Anhydrite.....	75
Apatite	81
Apophyllite	86
Astrological Influences	87
Apophyllite's Design.....	89
Correcting the Imbalance.....	90
Benefit and Impermanence.....	95
Aquamarine	99
Atlantisite.....	105
Azurite	109
Banded Jasper.....	116
Bloodstone	120
Blue Lace Agate.....	124
Boji® Stones.....	128
Calcite.....	132
Optical Calcite	132
Green Calcite	138
Cobalto Calcite	143
Carnelian	148
Celestite	152
Cerussite	158
Chalcedony, Brown	160
Charoite.....	163
Chrysocolla	169
Citrine	174
Introducing Citrine in Context	174
The Navel Chakra: Form Expansion.....	176
Creativity in the Context of Crystals	182
Citrine: the Crystal	187

The Crystal Textbook

Crocoite	191
Danburite	196
Descloizite.....	202
Dioptase.....	205
Elestial	209
Epidote	219
Fire Agate.....	223
Fluorite	229
Fuchsite.....	239
Garnet.....	244
Red Garnet	244
Base Chakra: Red vs Black	244
Penetrating Red Light	248
Discerning Anger	248
Red Garnet's Contribution.....	249
Green Garnet	252
Glass or Slag Glass (aka Andara).....	259
Green Aventurine	269
Hanksite.....	274
Hawk's Eye	283
Hematite.....	289
Herkimer Diamond.....	294
Howlite	301
Iolite	306
Kunzite	312
Kyanite	317
Labradorite.....	326
Labradorite's Iridescent Green	326
Labradorite's Iridescent Gold.....	332
Lapis Lazuli	339
Enhancing Mundane Skills.....	339
Expansion in all Directions	342
Lapis the 'Protector'	343
Lapis with other Crystals.....	344
Larimar	348

Table of Contents

Lemurian Seed Crystal	353
Lepidolite.....	356
Malachite	362
Marcasite.....	367
Moldavite.....	371
Moonstone.....	380
Traditional Moonstone for the Heart	380
Blue Moonstone for Consciousness	384
Morganite	389
Moss Agate.....	393
Obsidian	398
Okenite.....	403
Onyx Black	407
Opal.....	411
Peridot	419
Pink Halite	423
Prehnite.....	427
Pyrite	431
Pyrite and Protection.....	432
Pyrite and the Mind	437
Quartz.....	446
Clear Quartz Terminated Crystals	447
Quartz Crystal Ball	453
Quartz Generator Crystal.....	461
Quartz Laser Crystal	467
Specialized Quartz Crystals	472
Time-Link Crystal.....	476
Rhodochrosite	480
Rhodonite.....	485
Rose Quartz	491
Ruby	496
Selenite	504
Invoking the Light Body	507
Selenite and the Emotions.....	510
The Soul's Measurement of Light	511

The Crystal Textbook

Seraphinite	516
Serpentine	521
Smithsonite	526
Smoky Quartz	531
The Love Cocoon of the Base Chakra.....	531
Creating Smoky Quartz	533
Protection by Light Resonance	535
Base Chakra/ Kundalini Opening.....	536
The Problem of Artificial Radiation.....	538
Racial Groupings and Smoky Quartz	538
Sodalite	544
Spirit Quartz	552
Stilbite	559
Stilbite Perspectives	559
White Stilbite.....	561
Peach Stilbite.....	565
Starry Stilbite	570
Sugilite	575
Sunstone	580
Tiger's Eye	584
Topaz	590
Tourmaline.....	596
Colour Diversity	597
Black Tourmaline	600
Green Tourmaline	606
Pink Tourmaline	609
Aqua Tourmaline.....	614
Conclusion to Tourmaline.....	616
Turquoise	618
Ulexite	625
Ulexite Then	625
Ulexite Now.....	630
Unakite	636
About the Author	640