

# DAOIST MINERAL MAGIC

TRAINING IN DAOIST MAGIC  
FROM THE ZHENG YI SCHOOL  
OF ANCIENT CHINESE MYSTICISM

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WRITTEN BY  
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80TH GENERATION DISCIPLE AND DAOIST PRIEST  
OF MAO SHAN (SHANG QING) DAOISM,  
66TH GENERATION DISCIPLE AND DAOIST PRIEST  
OF LONG HU SHAN (TIAN SHI) DAOISM



TEMPLE OF THE CELESTIAL CLOUD

[WWW.DAOISTMAGIC.COM](http://WWW.DAOISTMAGIC.COM)

First published in September 2006 by:  
The International Institute of Daoist Magic  
P.O. Box 52144  
Pacific Grove, CA 93950  
U.S.A.

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ISBN# 1-885246-45-5

Printed in the United States of America.

Disclaimer:

Ancient occult magic was never intended to replace orthodox religion, but rather to complement it in its quest for a deeper understanding of esoteric spirituality. Through the alchemy of prayer and meditation, an individual can be transformed into an enlightened or "awakened" state of awareness.

Several of the ancient meditation practices, magical techniques and Shengong exercises described herein are currently practiced within the secret societies throughout the world, including the People's Republic of China. These esoteric techniques can be very powerful and may in some cases be too mentally and physically demanding for some individuals. The readers should therefore use their own discretion or consult a priest or mental health professional before engaging in these exercises and meditations.

The rituals used for spiritual protection and energetic destruction are still as powerful today as they were when first introduced in ancient China. The secret of their timelessness lies in the fact that the personal power of the Celestial Immortals, various Spirit Entities, and Demonic Beings never changes. Therefore, the author, the International Institute of Daoist Magic, and the publishers are neither liable or responsible to any person or entity with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by reading or following the instructions for any condition, ritual, incantation, Hand Seal, or interpreting information provided in this text.

This book describes traditional methods of both ancient and modern forms of Chinese Mysticism (Daoist occult magic and sorcery), and is not intended to persuade the readers in any way, shape or form to believe in or practice sorcery. Any person attempting such rituals is doing so at his or her own risk.

Additionally, sometimes Daoist exercises and meditations require special herbal formulas, as well as the regulation of the individual's diet (e.g., fasting) and living environment (solidarity). It is important to note that herbal prescriptions will vary according to the individual's constitution, condition and specific goal, and must be treated accordingly only by a doctor or herbalist qualified to prescribe Chinese medical herbs. Each state in the U.S. has their own regulations and restrictions, therefore, it is advisable for the reader to consult their own state medical board for use of proper application and liabilities of the techniques described within this text.

# THE STUDY OF THE REALM OF MINERALS

## INTRODUCTION TO THE ALCHEMICAL TRANSFORMATIONS OF MINERALS

In ancient China, understanding, cultivating, and utilizing the hidden power contained within the Realm of Minerals was considered to be one of the most powerful levels of magic, because the energetic vibrations of minerals are the most direct external manifestations of the Earth's energetic field. The ancient Daoists also believed that each rock and mineral that was found in nature was also imbued with special qualities and magical powers developed from the various Elements that surrounded and sustained them. Therefore, each rock and mineral had a unique physical, energetic and spiritual component to its structural formation (Figure 1.1). For example, most rocks and minerals have a crystalline structure that can collect, store, and release electromagnetic energy. Through experimentation, modern scientists have discovered that a crystal will accumulate and concentrate the Qi of any given energy field in close proximity. When compressed, energy is released from the crystal (i.e. piezoelectric charges). While this expression is infinitesimal, electrons are emitted and then reabsorbed by the crystal, thus producing energy.

The nature of ancient Chinese alchemy is the manipulation of the divine spiritual and invisible Elemental components which are contained

within all matter. The core essence of any material object is its Jing (reproductive essence or semen). In the first level of Daoist magic, the disciple is taught how to gather and cultivate this magical essence. Extracting and utilizing the Jing of an object seems possible in the realms of plants, animals, and humans. However, the energetic extraction of the metallic or mineral Jing is traditionally known only by a few adepts, and was considered one of the most powerful energetic and spiritual accomplishments by these ancient Daoist sorcerers.

The powerful allure of magical stones (gems, crystals, stones, and minerals) has attracted humans for thousands of years. Minerals affect and influence the growth and energetic state of plants, water, air, animals, and humans. The ancient Chinese believed that certain magical stones could be used as a gateway into the energetic and spiritual realms, allowing the mystic access to increased psychic powers, miraculous healing ability, increased spiritual development, physical and spiritual protection, and divine guidance.

According to ancient records, the use of magical and medicinal rocks and minerals has a long history in China. Information about the magical and medical components of gems and minerals can be found dispersed throughout ancient texts written in all of China's various dynasties. This

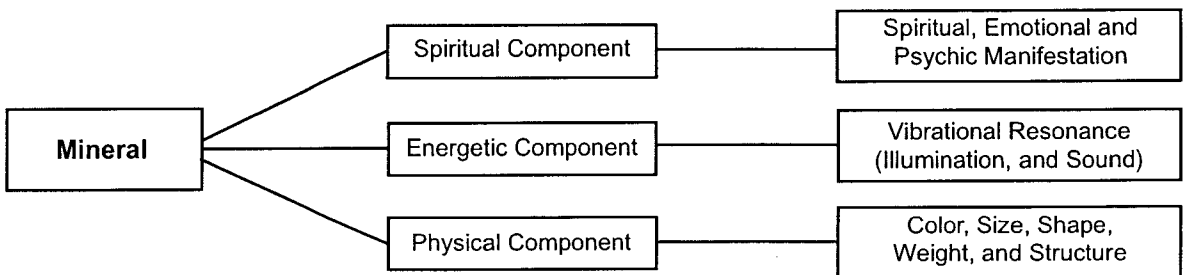


Figure 1.1. Each mineral has a unique physical, energetic and spiritual component within its structural formation.

information focuses not only on the magic virtues of particular stones, but also the formation and individual powers of various minerals. In ancient China, these esoteric Daoist teachings were kept secret, and they were traditionally only passed down from master to disciple due to Confucianistic "ethics," which officially tried to suppress such magical training.

In ancient Chinese magic and medicine, sacred stones were believed to be not only part of the mineral realm existing within the physical world, but also part of the spiritual realm. Certain traditions of ancient Chinese magic link the specific shapes and designs of crystals, rocks and mountains to the energetic structure of the Five Elements. These energetic structures also relate to what is being called today as Sacred Geometry or Geomancy.

The ancient Daoist mystics believed that all minerals and crystals belong to the elemental realm. This realm also encompasses the energetic activities of certain spirit entities and immortals that guard and influence the various quadrants of the Earth and the Heavens. Additionally, certain crystals were considered to be record keepers or storehouses of memories, and are believed to contain the knowledge of the Earth's energetic history.

Minerals and crystals are powerful healing tools that can be used to boost the sorcerer's natural healing powers. Each geometric shape and cut of the crystal affects its energetic field and power. Certain minerals and crystals are not only filled with energy, but also act as powerful conduits of energy.

The ancient Daoist sorcerers used these magical rocks and minerals as mystical tools, energetic generators, communication enhancers, and healing instruments. Archeological digs confirm their ancient use as magical talismans for protection and good fortune.

#### **HISTORY OF MAGICAL AND MEDICINAL ROCKS**

Many historians believe that human civilization had its origin in the East, and that the peoples of these regions (China and India, in particular) were the first originators and masters of magic and medicine. Research reveals that the magical properties of minerals and crystals were recorded by the ancient Chinese more than 3,500 years ago.

Eventually, the various magical properties of medical rocks and herbs were compiled into manuals, and used to assist ancient doctors in their healing practices. The oldest Chinese book specializing in magical and herbal medicine, *Shen Nong Ben Cao Jing* (Divine Husbandman's Classic of the Materia Medica) was written in the period of the Eastern Han Dynasty (25-220 A.D.), and gives precedence to several medicinal minerals over prescriptions made from just animal and plant products. This ancient book states that the position of these medicinal minerals as drugs is simply higher and more energetically powerful than that of animals and plants. The book further states that "when a plant is burned, it turns to ash; but when a mercuric mineral is burned (for example), it turns to mercury, and if the mercury is mixed with sulphur and heated, it returns to a mercuric mineral. Such cyclic behavior cannot be achieved by a plant."

The ancient Chinese have always used gems and special healing stones in clinical practice. In 1998, while I was in Beijing, China, a friend of mine presented me with a gift of a Chinese Healing Stone called "Sa Bin Fu Shi" (Sa Bin Floating Stone). The Floating Stones were believed to be volcanic rock and had energetic properties. She explained that in ancient China, these stones were originally used to treat individuals in a clinic. The mystic would emit Qi through the stones into the patient's body via the channel points in order to Tonify deficient conditions or breakup stagnant Qi. This ancient use of precious gems produced a miraculous effect within the body tissues. Later, as the population in China grew, the stones were eventually replaced with the insertion of metal needles in order to accommodate the larger patient load. Some Medical Qigong clinics in China still use the healing stones in their treatments today.

In ancient China, mineral remedies were included in the Daoist pharmacopoeia. Forty-six inorganic substances were commonly used, arranged according to three ranks, and categorized according to their importance in therapeutic value, for example:

- **First Rank:** These stones and minerals included alum, amethyst, various types of clays, cinnabar, copper carbonate, hematite, mica,



mineral waters, quartz, saltpeter, stalactites, and steatite.

- **Second Rank:** These stones and minerals included actinolite, azurite, copper sulphate, feldspar, magnetite, marble, mercury, orpiment, realgar, and sulphur.
- **Third Rank:** These stones and minerals included agate, arsenolite, fuller's earth, iron, iron oxides, lead carbonate, lead tetroxide, lime, salt, stalagmites, and tin.

With the passage of time, the number of medicinal minerals increased, growing from 46 to 83 entries for medicinal minerals used during the Tang Dynasty (618-907 A.D.) and eventually increasing to 133 entries in the source text used for Chinese medicine today.

The modern Chinese herbal pharmacopoeia includes as many as 5000 plant and animal species and other substances called "herbs" but which are actually derived from animals and minerals. Mineral substances, some of which are derived from animals, include oyster shell, talc, borax, dragon bone (fossil mammal bone), amber, and magnetite. These minerals are used to treat a wide variety of internal and external maladies.

**FORMATION OF MINERALS AND CRYSTALS**

Just as the physical body is constructed of the energetic components of cells which form tissues, organs, and organ systems, the Earth's energetic body is constructed of minerals and crystals which form the Earth's crust, rock formations, and mountain structures. These various mineral structures possess the ability to promote the physical, energetic and spiritual growth of animals, plants, and humans.

Crystals were created when the Earth formed, and have continued to metamorphose as the planet itself has changed. Crystals are considered the Earth's DNA, containing a chemical imprint of its many years of evolution. They are considered to be miniature storehouses containing the records of the development of the Earth and the powerful forces that shaped and transformed it.

Formed out of an array of minerals, a crystal is defined by its internal structure. While a number of crystals may be formed out of the same material or combination of minerals, each stone

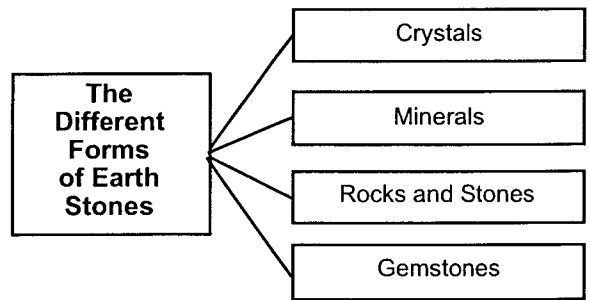


Figure 1.2. The Four different forms of Earth stones

will crystallize differently. Because of chemical impurities, radiation, Earth and solar emissions, and the exact means of their formation, each type of crystal has a unique energetic pattern.

Broken down or disintegrated mineral particles combine with the elements of air and water to form the Earth's soil. Every particle in the soil still retains the original primordial energy force of the mineral realm, which interacts with the energy of the Divine.

The Earth is composed of three basic layers: the core, mantle, and crust. The most extreme heat is found in the center or core of the Earth. Less heat is found in the mantle, where internal temperatures are less concentrated. The coldest areas of the Earth are found within and on top of the crust. Magma (molten rock from the mantle) is pushed to the surface, cooled and mixed with water to create distinctive types of rock. Such rock form as deposits of igneous rocks (formed by the solidification of molten rock), metamorphic rocks (formed by pressure, heat, and water), and sedimentary rocks (formed by water, wind, or glacier). Within the various structures of the Earth there are energetic and physical differences between crystals, minerals, rocks, and gemstones, described as follows (Figure 1.2):

- **Crystals:** This term often refers to clear quartz formations, yet there are numerous other types of crystals that contain small amounts of unique chemical elements which change its color and quality. Crystals are powerful energy conductors, containing various colors, shapes, and inclusions (foreign substances enclosed within the mineral), all of which influence how they magnify specific energies.

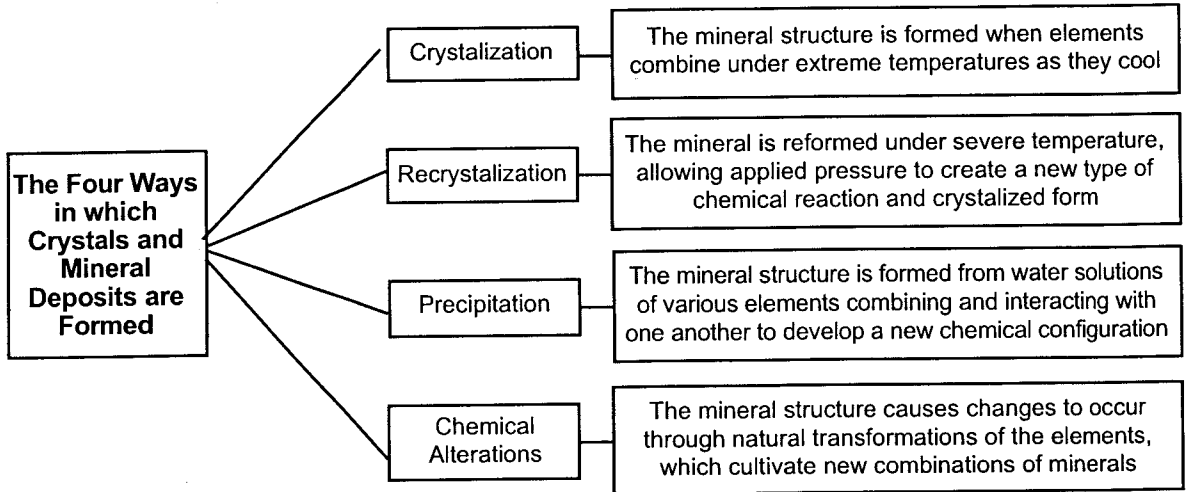


Figure 1.3. There are four ways in which crystals and mineral deposits are formed

- **Minerals:** These are chemical elements with a homogenous constitution (i.e., salt, coal, sulphur, etc.)
- **Rocks and Stones:** These are combinations of minerals formed from a unique mixture of elements and environmental circumstances.
- **Gemstones:** These are described as semiprecious or precious materials based on their purity, color, availability, and mining requirements.

Crystals, minerals, rocks and stones, and gemstones are formed from a wide range of environments. These rock formations are blended through various chemical ingredients and temperatures that create specific geological deposits through the mechanism of plate tectonics (the movement of sections of the Earth's crust). Basically there are four ways these deposits are formed (Figure 1.3):

1. **Crystallization:** In this type of mineral structure, the elements combine under extreme temperatures as they cool.
2. **Recrystallization:** In this type of mineral structure, a mineral is reformed (a second time) under severe temperature, which allows the applied pressure to create a new type of chemical reaction, thereby generating a different crystallized form.
3. **Precipitation:** This type of mineral structure is formed from water solutions, in which the various elements mix and move (interacting

with one another) in order to develop a new chemical configuration. For example, an opal is formed in this manner).

4. **Chemical Alterations:** This type of mineral structure is formed from changes that occur through natural conditions of the elements, creating new combinations of minerals (e.g., Malachite is formed through the oxidation of copper).

#### MINERALS IN TRADITIONAL CHINESE PHARMACOLOGY

Certain crystals can act as resonators and transducers of electromagnetic energy. All solid matter is composed of atomic particles arranged in some form of organized crystalline structure called a "lattice" (i.e., its geometrical arrangement). The crystal lattice structure found in minerals provides the stone with great energetic stability and also facilitates the regularity of electromagnetic energy that flows through the stone. This allows certain stones the ability of transforming and/or amplifying other forms of energy.

The ancient Chinese believed that minerals possessed the ability to promote the growth of plants, animals, and humans, or to assist individuals in building up resistance to disease. Wild animals instinctively perceive the state of their own health, and eat earth and drink spring water to recondition themselves. Furthermore, when

wounded, wild animals instinctively know which rocks are good for healing, and they rub their bodies against them and wait for their wounds to heal. Even animals bred in farm buildings will still lick stones and eat dirt when released into fields. They instinctively know that they need components from natural minerals for their bodies.

The following is a partial list of minerals used in Traditional Chinese Medicine; these are still being currently used in China because of their medicinal properties.

- **Ming Fan (Alumen) Alum:** This mineral enters into Lung, Large Intestine, Liver, Stomach, and Spleen Channels. It relieves toxicity, kills parasites, dries dampness, alleviates itching, stops bleeding, clears heat, and expels phlegm.
- **Peng Sha (Borax):** This mineral enters into the Lung and Stomach Channels. It relieves toxicity, prevents petrification, clears heat, dries dampness, dissolves Phlegm, and transforms stones.
- **Qing Fen (Calomelas) Light Powder:** This mineral enters into the Liver, Kidney, and Urinary Bladder Channels. It relieves toxicity, kills parasites, expels water, and unblocks the bowels and Urinary Bladder.
- **Zhu Sha (Cinnabaris) Vermillion Sand:** This mineral enters into the Heart Channel. It is used to calm the spirit and treat restlessness, insomnia, and palpitations with anxiety.
- **Zi Shi Ying (Fluoritum) Purple Stone Radiance:** This mineral enters into the Heart and Liver Channels. It sedates the Heart and settles tremors and palpitations. It is used in conditions of disorientation, insomnia, palpitations with anxiety, or convulsions due to Heart Blood Deficiency or Liver Yang Rising.
- **Shi Gao (Gypsum) Calcium Sulfate:** This mineral enters into the Lung and Stomach Channels. It clears the heat from the body, drains Fire, and is used to treat high fevers.
- **Dai Zhe Shi (Haematitum) Red Stone From Dai County:** This mineral enters into the Heart, Pericardium, and Liver Channels. It calms the Liver, anchors floating Yang, clears Liver Fire, directs Rebellious Qi downward, cools the Blood and stops bleeding.

- **Mi Tuo Seng (Lithargyrum) Elusive Reclusive Monk:** This mineral enters into the Liver and Spleen Channels. It absorbs fluids, reduces swelling, and stops bleeding.
- **Ci Shi (Magnetitum) Magnetic Stone:** This mineral enters into the Liver and Kidney Channels. It roots and calms the spirit, and is used to treat restlessness, palpitations, insomnia or tremors, especially in patients with Yin Deficiency and ascending Yang.
- **Qian Dan (Minium) Lead Elixir:** This mineral enters into the Heart, Liver, and Spleen Channels. It expels toxins, directs the Phlegm downward, and suppresses spasms.
- **Mang Xiao (Mirabilitum) Glauber's Salt:** This mineral enters into the Stomach and Large Intestine Channels. It is used to clear Heat and reduce swelling.
- **Hua Shi (Talcum) Slippery Rock:** This mineral enters into the Stomach and Urinary Bladder Channels. It is used to promote urination and drain heat from the bladder. The ancient Chinese believed that Talcum is born of the vapors of the Pole Star.
- **Fu Long Gan (Terra Flava Usta) Hidden Dragon Liver:** This mineral enters into the Stomach and the Spleen Channels. It is used to warm the Blood, stop bleeding, stop vomiting, and stop diarrhea.
- **Zi Ran Tong (Pyritum) Natural Copper:** This mineral enters into the Liver and Kidney Channels. It dispels Blood stasis and promotes the healing of the bones and sinews. It is used for relieving swelling and pain.
- **Xiong Huang (Realgar) Male Yellow:** This mineral enters into the Heart, Liver, and Stomach Channels. It is used to relieve toxicity, kill parasites, dry dampness, and expel Phlegm.
- **Lu Gan Shi (Smithsonitum) Stove Sweet Stone:** This mineral enters into the Liver and Stomach Channels. It brightens the eyes and removes superficial visual obstructions such as red and swollen eyes, and dries dampness.
- **Liu Huang (Sulphur) Sulphur Yellow:** This mineral enters into the Kidneys and Large Intestine Channels. It relieves toxicity, kills parasites, tonifies Mingmen Fire, and strengthens the Yang.

Sulphur was used in ancient China to ward off the "Five Noxious Creatures." In ancient times, sulphur was also believed to be able to force women who have assumed the form of snakes to revert back to their original shape and human form. At the Feast of the Summer Solstice (which is also a day when ghosts and demons are considered to be active) powered sulphur is rubbed on the ears and nose of children to protect them from spirit oppression or possession. It is for this very same reason that sulphur is put into coffins.

#### MAGICAL PROPERTIES OF STONES

The ancient Daoists believed that minerals and stones were vehicles through which the Earth's energy was distributed. Within the Earth's energetic body, these minerals acted as resonant cells that carried different frequencies of energy. According to the ancient Chinese, some of these magical stones acted as regulators and were therefore used for balancing energy. Other stones acted as tonifiers and were used for amplifying energy. Still others were respected for their ability to purge and were therefore used for cleansing and purifying energetic fields.

When a mineral or stone is brought into the body's energetic field two things will occur. First, the electromagnetic frequency created by the stone will vibrate the body's energetic fields according to the physical law of resonance. This energetic interaction creates a third (larger) energetic field of vibration. The body's nervous system then attunes itself to the subtle energetic shifts and transmits this new information to the brain. As the brain becomes stimulated, the subtle energetic frequencies initiate biochemical shifts that affect the physical body and trigger emotional experiences. These subtle energetic experience are also known to elevate the awakened conscious mind of a sorcerer and allow him or her to experience higher states of spiritual insight and perception.

The second thing that occurs is that tiny particles of minerals existing within the physical tissues also begin to resonate with the particles of minerals within the stone. This causes the body

to believe that it actually contains more of that mineral and react accordingly with additional biochemical shifts. For example, if an individual is holding a calcium-based stone, the calcium particles in his or her tissues will become activated by moving into resonance with the calcium particles inside of the stone. This energetic resonance creates a third, stronger energetic field that carries a calcium based energy signature to the brain. As the brain receives this information (via the body's nervous system), it reacts by adjusting the body's biochemistry, causing it to act as if it had more calcium within its physical tissues. Therefore, the experience of holding a mineral or stone is directly related to its electromagnetic energy signature, and to its effect on the physical, energetic and spiritual fields at which it resonates.

Because the ancient Daoists believed that magical stones vibrated at a very high energetic frequency, they used these minerals and stones in order to amplify their body's Ling Shen (Magical Spirit). In ancient China, there were several esoteric uses for the energetic properties of these magical stones, including Feng Shui, Magical Tools, Magical Stone Head-bands, Magical Rituals, Tinctures and Elixirs and Divination and Oracles, described as follows:

- **Feng Shui:** This category includes magical stones that were used for creating a protective energetic grid. In application, various magical stones were laid out in esoteric magical patterns. These patterns were used in order to enhance the energetic fields of a specific person, place, or thing. These powerful energetic grids could be used for purifying, healing, protection, or to induce deep meditative states.
- **Magical Tools:** This category includes magical stones that were used for the purpose of blending with and magnifying the sorcerer's personal energetic fields. In application, various magical stones were used for healing, protection, or for enhancing spiritual skills. A Daoist sorcerer's magical tools included the use of stone talismans, amulets, magical rings

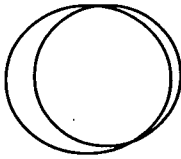


Figure 1.4. Magical Stone Ring

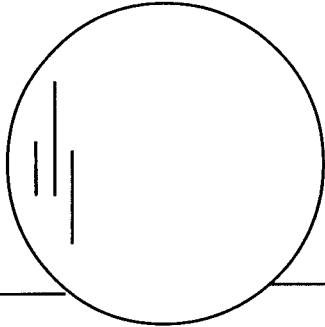


Figure 1.5. White Jade Ball Used for Scrying

(Figure 1.4), scrying balls (Figure 1.5), healing stones (Figure 1.6), protection stones (Figure 1.7), spirit stones (magical stones used to help connect the sorcerer to a certain Immortal or spirit entity), ascension stones (magical stones used to induce dreams, clairvoyant states, visions, and out-of-body experiences), prosperity stones, love stones, etc.

- **Magical Stone Head-bands:** This category includes magical stones that were placed into the Daoist sorcerer's head-bands and ritual hats. These magical stones were used as powerful tools for increasing the sorcerer's powers of Shen projection (Figure 1.8).
- **Magical Rituals:** This category includes magical stones that were used in rituals for summoning spirit entities. In ancient China, certain Daoist rituals required the use of magical stones laid out in a circular Postnatal Bagua pattern (Figure 1.9). This esoteric magical pattern allowed the sorcerer to manipulate and effect the life of any individual, represented by a rice or straw effigy that had been placed into the center of the magical circle.

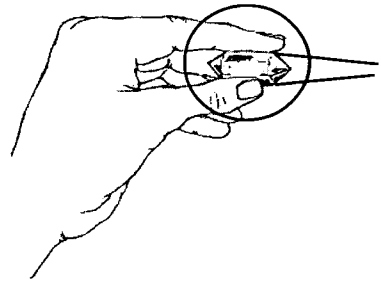


Figure 1.6. Emitting Qi from a Healing Stone

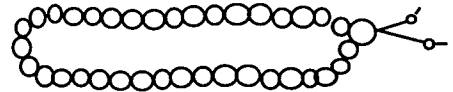


Figure 1.7. Prayer Stone Beads (Mala) Used for Protection

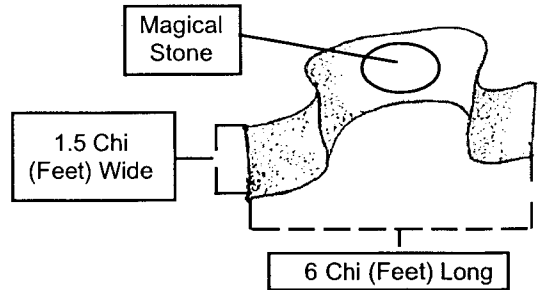


Figure 1.8. The One Character Hat (Yizi Jin) is one example of an ancient Daoist Head-band that used the esoteric powers of a Magical Stone

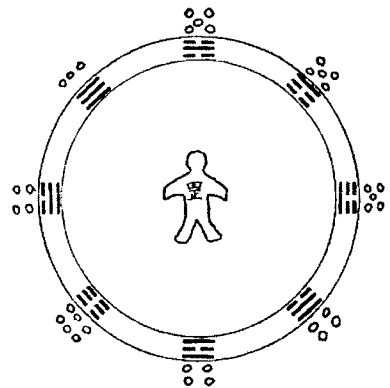


Figure 1.9. Certain ancient Daoist rituals required the use of magical stones laid out in the Postnatal Bagua pattern

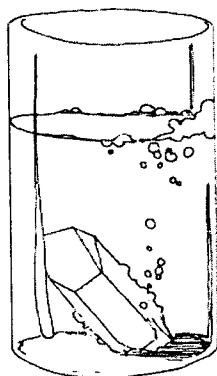


Figure 1.10. Magical Stones were used for creating Magical Tinctures and Elixirs

- **Tinctures and Elixirs:** This category includes magical stones that were placed into purified water (i.e., stream, well, or rain), and used for creating alchemical elixirs (Figure 1.10).
- **Divination and Oracles:** This category includes magical stones that were used for oracle casting (throwing the stones) in order to create the energetic patterns of the sixty-four hexagrams of the Yi-Jing. These energetic patterns were then deciphered according to their specific trigram images.

### FIVE ELEMENT AND GEMSTONES

Through the interaction of Wind, Fire, and Water, the formation of minerals and crystals were created in the womb of the Earth over millions of years. The ancient Daoists believed that these rock formations contain the life-force energy and magical powers of the Heavens and the Earth.

The ancient Daoists understood that from the Wuji, the Dao creates Yin and Yang, which in turn give birth to four phases of universal energy: Great Yang, Lesser Yang, Great Yin and Lesser Yin (Figure 1.11). The four phases of universal energy give birth to the eight natural forces of the Bagua (Heaven, Thunder, Water, Mountain, Earth, Wind, Fire and Lake). These four phases also form the energetic basis of the prenatal and postnatal transformations, manifested in the form of eight energetic actions (known as the Bagua Trigrams). These eight energetic patterns are therefore symbolized by combinations of Yin and Yang lines (Yao).

Traditionally, a Yin line is represented as a broken line (- -), and a Yang line is represented as a solid line (—). A Yao Trigram is composed of three lines, constructed with either Yin Yaos, Yang Yaos, or a combination of both Yin and Yang Yaos (Figure 1.12). These eight prenatal and postnatal energetic actions act as a template for all creation

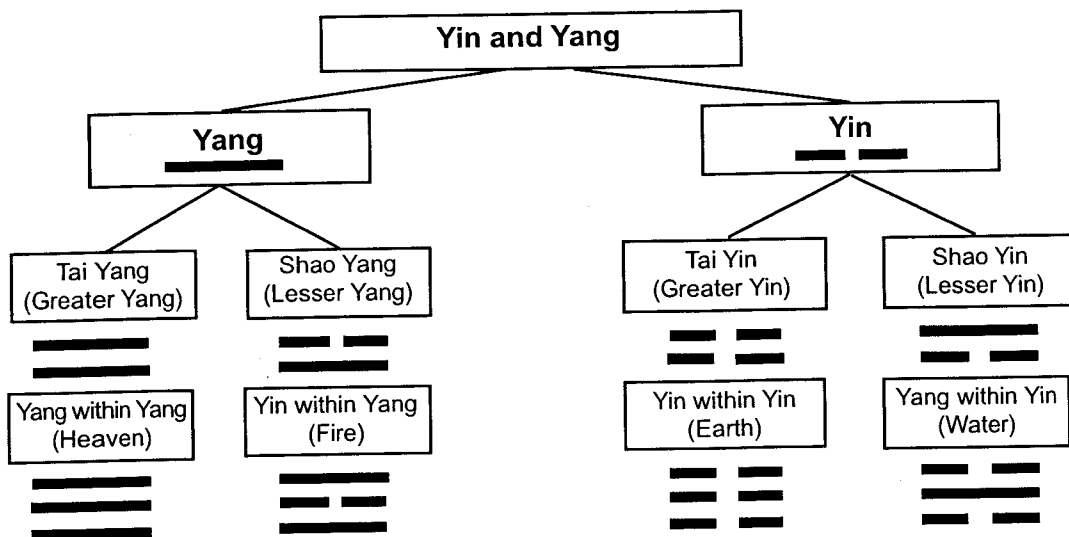


Figure 1.11. The Ancient Daoist Concept of Yin and Yang Expressing the Four Phases of Universal Energy



Figure 1.12. Yin and Yang Yao Trigram

and can be further combined in order to form the ever-changing energetic patterns of the 64 Hexagrams of the Yi-Jing.

The ancient Daoist believed that all of creation took place due to the combination of these Elements and through these Elements are all things sustained. Each of these Elements permeate an individual's entire physical, energetic and spiritual matrix. For example, within the creation of the physical body, the Five Elements can be organized in order of energetic progression, beginning from the most subtle and refined, and moving to the slower states of vibrational energy; 1 part Wuji (Infinite Space), 2 parts Air, 3 parts Fire, 4 parts Water, and 5 parts Earth (Figure 1.13). The total of these Element numbers of influence and material formation is 15, which is also the ancient Chinese number used to depict Man, as expressed in the Magic Square.

The ancient concepts of the Five Element Theory form part of a connected series in which each successive Element is derived from its predecessor, described as follows (Figure 1.14):

1. **The Wuji:** The first Element to evolve from the divine is associated with the infinite space, the Wuji of the Dao, existing within all matter. This is the most subtle of the Five Elements and is considered the energetic space or matrix in which to house Qi. This Element is also the energetic field from which everything within the universe is manifested and the space in which events occur.
2. **The Wind/Air Element (Yang):** As the energy inherent within the infinite space of begins to vibrate, movement is created, and the next Element emerges in the form of Air. The energetic particles of the Air Element have greater movement, therefore, the Air Element is seen as an Element of all-pervading motion. The Air Element is also associated with

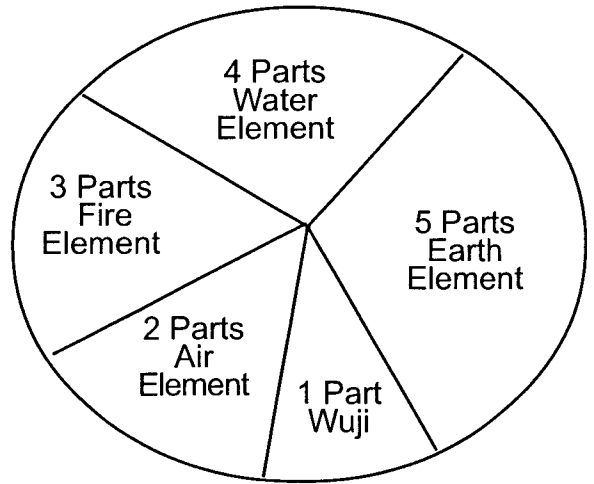
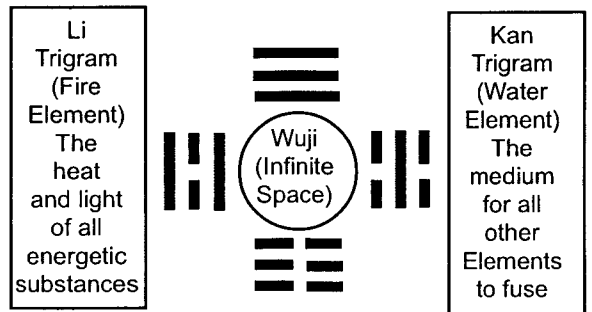


Figure 1.13. Within the creation of the Physical Body, the Five Elements can be organized in order of energetic progression, totaling 15 in number, which is the ancient Chinese number used to depict Man (as expressed in the Magic Square): 1 part Wuji, 2 parts Air Element, 3 parts Fire Element, 4 parts Water Element, and 5 parts Earth Element.

Qian (Heaven) Trigram  
(Air/Wind Element)  
The Element of all-pervading motion



Kun Trigram  
(Earth Element)  
The solid state of matter, and the bases from which physical things are constructed

Figure 1.14. In Daoist Rituals used for empowering magical stones, the sorcerer will summon the four specific powers of the Elements and elicit their help in imprinting the energetic matrix of the stone.

the gaseous state of matter, creating movement and keeping everything alive.

3. **The Fire Element (Yang):** As the energy of the Air Element continues to move, the excess motion generates heat, and the next Element emerges in the form of Fire. The Fire Element has no physical form.
4. **The Water Element (Yin):** The Fire Element's movement of energy is less active than that of the Air Element. This decrease of motion enables the Fire Element to dispel part of its radiative heat and cools to form the next Element, which emerges in the form of Water. The Water Element provides the cohesive medium that enables the other Elements to fuse. However, with the birth of the Water Element, the complete freedom of movement of the Air Element and the partial freedom of movement of the Fire Element are lost, and the particles of these Elements are now confined within a definite space, moving only within a small radius.
5. **The Earth Element (Yin):** The last Element to form evolves out of a further decrease in energetic vibration, which causes the Water Element to solidify into the Earth Element. It is within the Earth Element that the limited movement within the Water Element is lost. Each particle of the Earth Element has its own assigned place, and any vibration within this Element is confined to the specific space it occupies. The Earth Element is associated with form and the solid state of matter, and is the basis on which most physical things are built. The Earth Element provides stability and allows for the growth of energy.

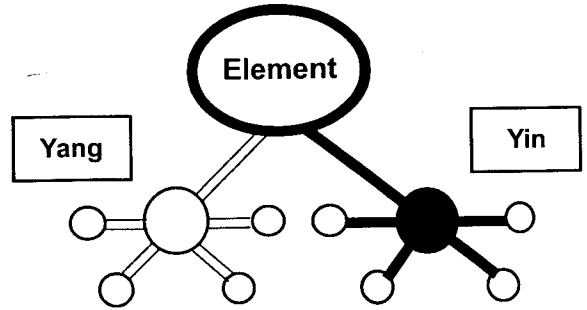


Figure 1.15. Each Element is divided into two equal parts, the second part of each Element is further divided into four equal parts for a total of eight energetic manifestations.

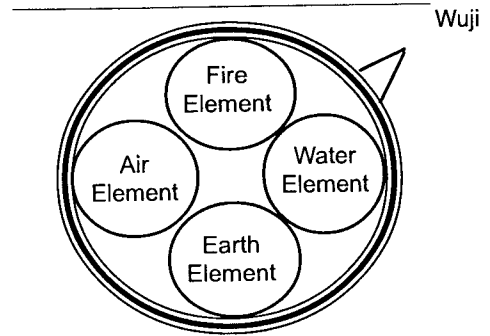


Figure 1.16. Each of the Five Elements Stands Alone

nature can be spiritually, energetically, and physically bound (contained and controlled), released (freed) or transmuted (the alchemic transformations of matter, energy and spirit) according to the sorcerer's magical skill and ability.

These Five Elements can furthermore be categorized into three primary functions, described as follows:

1. **Each of the Five Elements Stands Alone:** This is the ancient description of the specific powers contained within each individual single Element. These spiritual powers and energetic conditions are unique to each individual Element's manifestation (Figure 1.16).
2. **Compounded Degrees of each of the Five Elements Compose Matter:** Each substance, whether material or immaterial is a composition of varying degrees of each of the Five Elements. Therefore, the various textures and compositions of all material or immaterial things owe their existence to the specific Ele-

**CLASSIFICATIONS AND CHARACTERISTICS**

Each of the Five Elements are held together through the conscious will of the infinite Dao and take the primary role in the formation of matter. According to ancient Five Element theory, the continuous interaction of the energy (Qi) of these Five Elements manifests through two opposite and interdependent energetic forces called Yin and Yang (Figure 1.15) and produce within the matter a duality of energetic interactions.

The ancient Daoists believed that through the mastering of these Five Elements, all things in



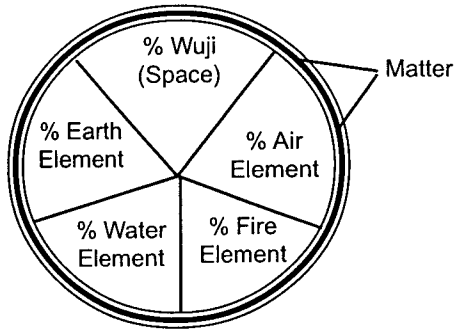


Figure 1.17. Compounded Degrees of each of the Five Elements Compose Matter

ment combinations that help to form, create and maintain their spiritual, energetic and physical matrix (Figure 1.17).

**3. Manifestations of the Five Elements Combinations:** Each of the Five Elements manifests powers through various mediums, including sound, light, heat, coldness and electromagnetic fields. For example, the Fire Element in all things gives it light and heat and makes it active.

When focusing on the magical power and influence of minerals and stones, their energetic effect can be divided into five categories: physical, energetic, emotional, mental, and spiritual. The physical level of a stone's vibration is governed by the Earth Element, the energetic level of stone's vibration is governed by the Fire Element, the emotional level of stone's vibration is governed by the Water Element, and the spiritual level of the stone's vibration is governed by the Wuji.

The following are some examples of some of the energetic influences through which the various Five Element stones manifest, and some of the energetic centers that they stimulate (Figure 1.18):

- **Earth Element Stones:** These magical stones stimulate and balance the energy of the body's Lower Dantian and First Chakra (located at the base of the perineum). Earth Element stones are also used in order to draw the body's energetic field downward, rooting the Qi into the lower Ninth Chakra (Earthly Transpersonal Point) located below the bottom of the feet (about a foot underneath the ground). On a more physical level, Earth Ele-

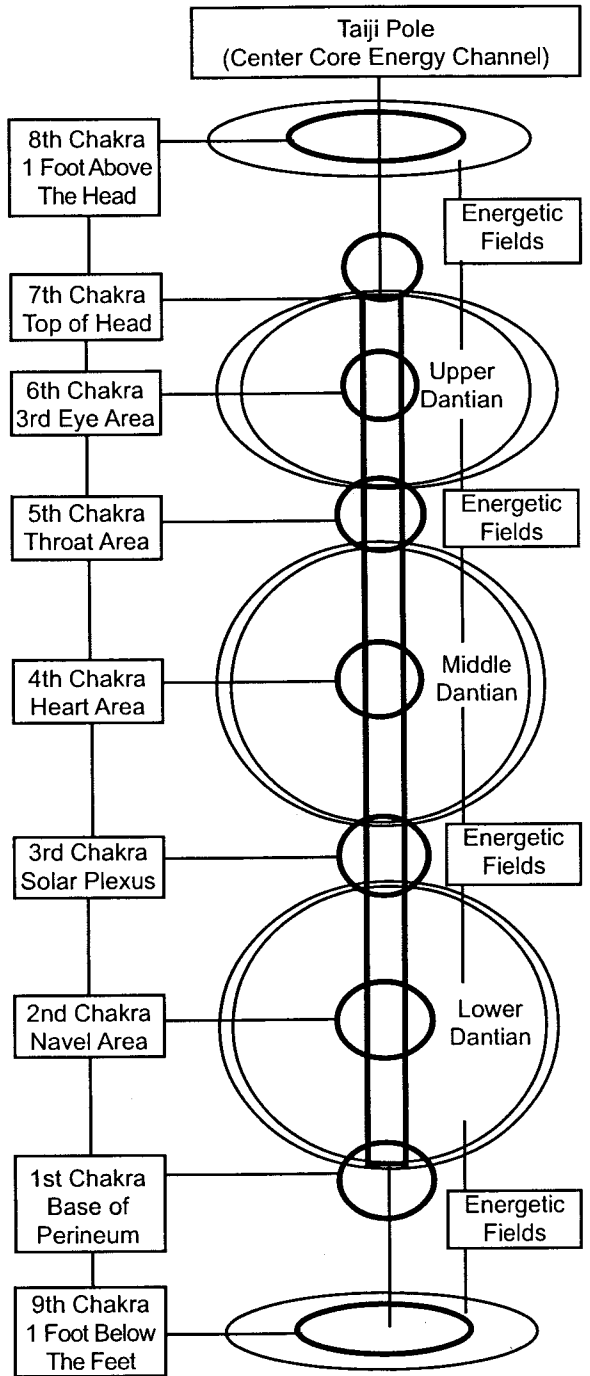


Figure 1.18. The Body's Interconnected Energetic System: The Taiji Pole, Seven Internal Chakras, The Three Dantians, and Two External Chakras

ment Stones fortify the vitality of the body's bones and tissues.

- **Fire Element Stones:** These magical stones stimulate the energy of the body's channel system (Eight Extraordinary and Twelve Primary), and fortify the vitality of the body's Chakra system. On a physical level, Fire Element Stones fortify the vitality of the body's reproductive system (used for treating sexual dysfunctions, fertility, and to induce passion), endocrine system (used for balancing hormones and treating glandular dysfunctions) and digestive systems (used for treating the body's metabolism). Fire Element Stones enhance the energetic ability of how to use the Zhi (will power), creativity, sexual expression and the ability to manifest. The Fire Element governs the energy of the Lower Dantian, Second Chakra (located at the navel area) and Third Chakra (also known as the Yellow Court, located at the Solar Plexus area).
- **Water Element Stones:** These magical stones enhance communication, and stimulate the energy of the body's Yuan Shen, as expressed through the spiritual communication of the True Self (Eternal Soul). On a more physical level, Water Element stones stimulate and govern the body's circulatory system, lymphatic system and the fluids of the body. The Water Element governs the energy of the Middle Dantian and Fourth Chakra (located at the heart area) and Fifth Chakra (located at the throat area). They are sometimes used in order to assist maintaining emotional balance, alleviating depression, and treat fear induced sleep deprivation.
- **Wind Element Stones:** These magical stones govern psychic perceptions and intuitions, and tend to be used in order to open energetic portals into the spirit realm. Wind Element stones are used to induce visions, facilitate deep meditative states, and enhance mental clarity. On a more physical level, Wind Element stones stimulate and govern the body's respiratory system, enhance brain function, and stimulate mental cognition. The Wind Element governs the energy of the Upper Dantian, the Sixth

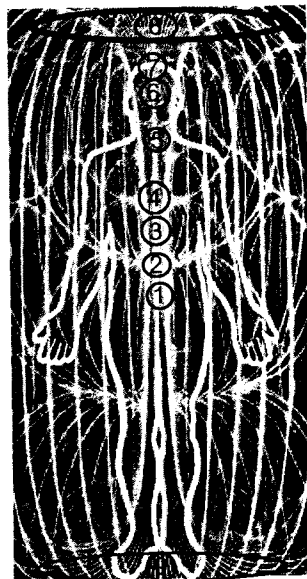


Figure 1.19. The Heavenly energy is received through the Eighth Chakra.

- Chakra (located at the Third Eye), and the Seventh Chakra (located at the top of the head).
- **Wuji Stones:** These magical stones are considered to be a synchronistic combination of the energetic powers and vibrational frequencies to the other four Elements. The Wuji stones stimulate the physical, energetic and spiritual aspects to the body's tissues, and can be used in order to stimulate any of the Three Dantians or Seven Chakra areas. These magical stones stimulate and balance the energy of the body's Upper Dantian and Seventh Chakra (located at the top of the head). Wuji stones are also used in order to draw the body's energetic field upward, rooting the body's Qi into the upper Eighth Chakra (Heavenly Transpersonal Point) located about a foot above the top of the head (Figure 1.19). Commonly used in Soul Retrieval and High Magic, Wuji stones can also be used in order to assist the sorcerer in bringing deep seated subconscious patterns to consciousness. Because of their immense power, Wuji stones are generally only used for short periods of time in order to induce radical states of transformation (energetic, emotional or spiritual), to cleanse, or to balance.

**CARE AND CLEANING**

In order to help retain their vitality and power, it is important for the sorcerer to provide adequate care and cleaning for all of his or her magical tools. Each magical tool works as an energetic extension of the sorcerer’s Qi and Shen.

A magical stone used for healing purposes can assist a sorcerer in releasing many forms of energetic impurities and blockages stored within an individual’s tissues. However, some of these released energies will cling to the surface of the stone. If these toxic energies are allowed to accumulate, they will eventually inhibit the stone’s ability to work at peak capacity. Therefore, regular cleaning purges the accumulated toxic energies and restores the magical stone back to its natural vibrant state.

The following are some basic guidelines used by sorcerers in order to protect the energetic integrity of their magical stones, and to assure their maximum powers:

- When regularly using a magical stone tool (i.e., scrying ball or bowl, ring, Mala, necklace, cluster, “wand,” or stone), clean it twice to three times a week.
- When not in use, place the cleansed magical stone tool inside a black silk container or pouch, and store it in a drawer or cabinet away from the public.
- Be sure that the thread is completely dry before wearing or storing magical stone Malas or necklaces. For example, if you rinse a Mala (prayer bead) or magical necklace before you go to bed, leave it to dry (flat) within three feet from your body while you sleep.
- Do not store magical stone tools (or any magical tool) near strong electromagnetic fields. Electrical appliances such as televisions and computers can energetically disrupt and altar the stone’s subtle energetic field.
- Avoid exposing any magical stone to X-rays (i.e., via the dentist office, hospitals, airport security stations, etc.). The X-rays will be absorbed into the energetic field of the magical stone and later released into the sorcerer’s Wei Qi (aura) fields.
- Avoid wearing magical stones in chlorinated swimming pools or hot tubs. Chlorine weak-

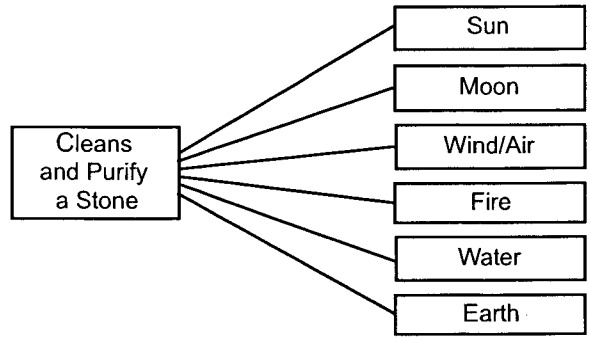


Figure 1.20. Six popular ways to cleans and purify a magical stone

ens the natural-fiber thread of certain stones and adversely affects the surface structure of these stones.

**CLEANSING METHODS**

The following methods are used to clean a magical stone from toxic energy that may have contaminated its energetic matrix. Because of their Elemental natures, each of the various magical stones require different methods of cleaning.

Some of the most popular methods are described as follows (Figure 1.20):

- **Sun:** One popular method of cleaning a stone is to leave it in the sunlight for half a day (from sunrise to high noon). This allows the Sun’s rays to burn away any negative imprinting. Avoid excessive exposure to the Sun. The Sun is considered to be the primary source of energy for all things on the Earth. However, its power is so great that it will overwhelm most other energies, especially those that have to do with the spiritual level of existence (this is why ghosts and other spirit entities rarely appear when the Sun is above the horizon). Any working using solar energies specifically can be charged by exposing the item to the direct rays of the Sun (especially during the two months after the Spring Equinox, when the Sun’s magical energies are at their highest).

However, when working with other planets, the item should be shielded from the sunlight, as the solar force will tend to de-consecrate the item’s energetic and spiritual powers. This is especially true when working with Lunar Magic.

- **Moon:** Because the Moon generates spiritual tides that are precisely equivalent to the physical tides of the ocean, it is one of the most important influences on the Earth's spiritual realm. Objects exposed to moonlight will pick up a spiritual charge that mirrors the Moon's influence (especially at the specific time of its exposure). Therefore, any preparation exposed to moonlight will take on its energies, especially if it contains lunar stones or herbs.

Performing a spell or creating a Gem Ens Elixir at the optimal time in the lunar cycle will maximize your magical power. Each lunar cycle begins with a new phase of the moon. Depending on the type of stone and the specific intentions for using for it, certain masters will leave the stones within the energetic field of their altar space for several days when beginning the cleansing ritual. The stone is placed in the center of the altar table for three nights, during the time of the waning moon (when the moonlight continues to decrease). The waning moon is a time of draining energies, and is the best time for any type of banishing magic. The theory is that as the moon wanes, so will any residual energies in the stone. It is important to make sure you place it where it will be in view of the Moon for most of the night (preferably outside). After the three days have passed, the incantations are spoken and the cleansing ritual is completed.

When using the celestial influence of the Moon, a sorcerer will utilize the Full Moon in order to help bring his or her desires into fruition. The New Moon is used for darker, more introspective types of magic (such as divination). The Waxing Moon (from new to full) is used for working with increasing types of magic (such as creating, acquiring, generating, etc.). The Waning Moon (from full to new) is used for decreasing types of magic (such as destroying, banishing, dispersing, etc.).

- **Wind/Air:** Wind can be used to purify and cleanse a Wind Element stone of impurities. Traditionally, Daoist sorcerers will pass the magical stone through the incense smoke (Air/Wind Element) rising from the incense burner. The

smoke from the incense is used to purify the ritual space, alert the gods that a ritual is about to be performed, and draw the celestial deities to the altar. Incense smoke is believed to resemble the swirling patterns of cloud-like energies underlying all matter. As such, the incense smoke infuses both the Daoist altar and the body of the priest with sacred energy.

- **Fire:** Fire can be used to purify and cleanse a Fire Element stone of impurities. Both fire and light are powerful tools used in communicating with the Spiritual World. Traditionally, Daoist sorcerers would pass the stone through the red candle flames on the Earth Altar, or through the incense smoke (Air/Wind Element) rising from the incense burner.

The candles represent the light of the Sun and Moon (the eternal light of the Dao, and the Yin and Yang of Heaven); they also represent the eyes of the human body (the windows of the eternal soul). They play a very important role Daoist rituals because their combined light is the symbol of life. They are called "guiding lights," and they illuminate the path of visiting gods to the place where the ritual is being conducted.

Together, the Daoist mystic, candles, and Altar table all symbolically form a trinity of power representing the emergence of Heaven, Earth and man within the infinite space of the Wuji. This is an essential esoteric key of ancient Daoist symbolism needed in order to enter the spiritual world.

- **Water:** Water can be used to purify and cleanse a Water Element stone of impurities. The ancient Daoists believed that water is the essence of the entire Heavens. It is considered to be the original essence of the Ancestor of the North. The magical power of water carries and maintains its spiritual significance throughout all generations. Holy Water, for example, is water that has been impregnated with divine light and thus contains condensed Heavenly power and the "magic that transforms."

Water can be used as a condenser (collecting and retaining energy), and can also be used as a powerful energetic eraser. Running

water, in particular, is considered to be the ultimate magical eraser (i.e., any magically charged object immersed into running water will lose its power). This erasing technique works especially well with cold water. For example, one technique used in ancient times to throw hostile spirits and spells off of one's track was to cross a cold stream.

When rinsing a magical stone, it is advisable to alternate hot and cold running water (for 5-10 second intervals) to gently shock the stone into releasing its accumulated energies. In order to avoid cracking the stone, it is important that the hot water not be scalding.

One popular method is to leave the stone in a stream or any form of moving water (i.e., the ocean) for 30 minutes. It is important to make sure that the stone is enclosed in some type of netting or device to ensure that it is not washed away. This process allows the water to wash away any impurities and recharges the stone as well.

- **Earth:** Earth can be used to purify and cleanse an Earth Element stone of impurities. One common purification method using the energy of the Earth involves burying the stone in the soil for three days. This allows the energetic field of the Earth to drain away any negative imprinting left within the stone.

One other method is to use plant life as a form of purification and revitalization. Plants generate living energy that can be absorbed, and can be used to transform the disharmonious energy we release daily. At the end of each day, the sorcerer can place the magical stone, power necklace or Mala, around the base of a healthy house-plant (or lay them in its branches). If possible, place the plant within three feet from the bed in order to maintain the stone's energetic connection with your Wei Qi field. During the night, the stone will be cleared of any accumulated energies. The stone can also be placed outside underneath or within the branches of a shrub or tree for several days.

Placing the stone the grass during a rainfall for several hours or overnight will also thoroughly cleanse and recharge them.

## LAPIDARY: THE SECRET POWERS OF ROCKS AND GEMS

In prehistoric times, it is believed that the ancient Chinese were among the first to understand the subtle energetic powers of precious stones and attribute magic virtues to them. Understanding how to use the magical powers contained within each stone was generally kept hidden from the public and passed on only from the tribal shaman to his or her acolytes. Information and experience was then most likely shared among shamans of different tribes at periodic intertribal gatherings.

Ancient Chinese folklore contains many stories that have been uncovered and reconfirmed by historians regarding the magical powers of stones and the incredible feats accomplished by the Daoist sorcerers who wielded them. These magical properties remained imprinted within the conscious and subconscious minds of the sorcerer's disciples. The mysterious techniques of these esoteric properties were eventually handed down to future generations in the course of time (sometimes in writing). These mystical writings or esoteric manuals are considered "lapidaries."

A "Lapidary" is a secret list of power-stones that the sorcerer uses as magical tools. It is considered to be his or her personal workbook, containing formulas for gem elixirs and certain incantations that activate the specific powers of each stone. It is similar in use to that of a sorcerer's "Grimoire" (a secret book containing specific spells and incantations used for summoning various spirit entities and demons). A Grimoire was sometimes called a "Goetia" meaning the "howling" or "crying," because when a demon was summoned, it usually materialized howling in order to terrorize the sorcerer.

The sorcerer's lapidary is generally divided into specific categories that deal with each stone's magical qualities and it's manifold properties (e.g., their specific healing, martial and/or spiritual natures). According to the times in which they were written and the nationality of their authors, each lapidary may differ, varying in length, scope of intention and practice, and in structural criteria. In terms of content, each lapidary will gener-

ally be inspired by esoteric works, magic, the occult sciences, or medicine.

The Eastern lapidaries (primarily those of China or India), are fundamentally magical, even though they also consider the intrinsic qualities of the stones, such as their commercial value, their fine points (clarity, color, etc.), and their defects (inclusions, impurities, etc.).

## THE MAGICAL QUALITIES OF GEMSTONES AND MINERALS

The following is a basic alphabetical list of the most commonly used magical gems and minerals, and comments from several ancient and modern Eastern (Chinese, Tibetan, and Indian) and Western lapidaries. This compilation is meant to educate the reader as to the many energetic potentials ascribed to magical stones.

### AGATE

The swirling, luminescent Agate can be brownish red, orange, blue or green in color. Agates are generally known as stones of lower energetic intensity that resonate at slower vibrational frequencies. They have a stabilizing and strengthening effect on the body's energetic fields. Each of the various colors have different magical powers.

- **Blue Laced Agate:** This stone is connected to the Water Element, and it stimulates the Fifth Chakra (throat). Blue Laced Agate is banded in intricate patterns of light blue and white. Working in a slow and steady manner, they are believed to be a wonderful healing stone. By activating and healing the Fifth Chakra (throat), Blue Laced Agate is a gentle stone that assists with verbal expression of thoughts and feelings, and is commonly used with spoken affirmations (e.g., it amplifies the power of the spoken intention coming through the throat). Blue Laced Agate is sometimes placed on the Third Eye to soothe and calm an overactive mind, and counteract mental stress. In the clinic, Blue Laced Agate has been used to treat inflammation of the throat (i.e., hyperactive thymus or thyroid glands, sore throat, laryngitis, and swollen glands).



Figure 1.21. Fire Agate

**Recharging Blur Lace Agate:** As the moon begins to wax (increase in size), use moonlight to recharge Blue Lace Agate.

- **Fire Agate:** This stone is connected to the Fire Element (Figure 1.21), its ruling planet is Mars, and it stimulates the Lower Dantian (First and Second Chakras), Mingmen Fire, and Yellow Court (Third Chakra) areas. Favored for its iridescent appearance, some sorcerer's believe Fire Agate contains the essence of fire, and is the physical manifestation of the absolute spiritual flame. The ancient Chinese believed that the blood of evil demons gives rise to red Fire Agates. Therefore the Red Fire Agate was used by the ancient Chinese to amplify the magical power of incense burning and candle magic.

The Brownish-Orange Fire Agate is credited with protective powers that fight against all kinds of evil. The orange and red glow in a Fire Agate is believed to be the most powerful energetic projection of the magical stone.

A Fire Agate has a deep connection to the Earth and its energy is used for protection and building an energy field around the body. The fire inside the red Agate provides a protective shield that banishes evil creatures and spirit entities, sending them back to their source. Fire Agate clears the bodies energetic blockages and naturally purges the body's three Wei Qi fields. It also stimulates sexual energy, increases stamina and blood circulation, and is sometimes used to treat sexual imbalances. It resonates with the Triple Burner channel (responsible for digestion and elimination) and can be used to bring the Triple Burner channel into balance. Holding onto a Fire Agate encourages introspection, effortlessly bringing up one's problems for emotional and mental resolution.



Figure 1.22. Moss Agate



Figure 1.23. Amber

**Recharging Fire Agate:** Pass the Red Fire Agate through the flame of the left red altar candle in order to recharge its energy.

- **Moss Agate:** This stone is connected to the Earth Element (Figure 1.22), and it stimulates the Lower Dantian (First Chakra) and Middle Dantian (Heart and Fourth Chakra) areas. Moss Agate can be used as a talisman for increasing the effectiveness of the Yi (Intention). For example, when meditating on Moss Agate, the sorcerer can project the image of a completed project or goal into the stone, the stone will then magnify the energy of the sorcerer's intention resulting in manifesting the desired goal. Because of its ability to accelerate the growth in plants, it is sometimes used in Plant Magic to increase the sorcerer's ability to understand the magical properties of herbs, flowers and trees.

Moss Agate is strongly connected to Earth energy, nature, and the spirit realm, and is commonly used by sorcerers to stimulate psychic contact with Elementals (spirits entities that dwell within the Air, Water, Fire and Earth) and Nature Spirits (spirits of mountains, forests, rivers, trees, and rocks). Because of their magical connection to the spirit realm and its ability to open up energetic portals, Moss Agate is often used in Weather Magic in order to create storms. Moss agate in particular has been used for "cloud busting," to help stabilize weather patterns, and is sometimes associated with rain and fog.

In Daoist magical rituals, Moss Agate was sometimes used by ancient sorcerers in rites of prosperity, in order to contact the Three Star Gods to request long-life, wealth, and position. It is also used to remove spiritual blockages and bring peace and stability to the Energy Body. As an elixir, Moss agate can be used in order to

tonify the immune system, cleanse the circulatory system and elimination system, and reduce swelling within the lymph nodes.

**Recharging Moss Agate:** Place the Moss Agate stone overnight inside the center foliage of a healthy plant in order to recharge its energy.

**Spiritual Properties:** All Agates have strong grounding powers and can be used for support in difficult times.

**Martial Properties:** Agates can be used to protect an individual against psychic attacks or to banish hostile spirits. It is used in Weather Magic in order to create storms. In sorcery, it is used to create a protective shield around the body and to return a curse back to its source.

**Healing Properties:** Agates can be used for healing the stomach, nervous system, endocrine system, and circulatory system.

#### AMBER

Amber is not a true crystal, but a solidified and fossilized resin. The opaque or transparent resin of amber can be either golden brown or yellow in color. It will sometimes contain insects or vegetation that has been trapped inside. In ancient China, Amber was believed to contain the souls of many tigers and the power of many Suns. Another belief claimed Amber to be the precious drops of petrified dragon's blood.

Amber, like Jet, has the property of becoming electrically charged when rubbed with wool or silk. Amber is connected to the Earth Element (Figure 1.23), and it stimulates the Yellow Court (Solar Plexus and Third Chakra) area.

**Spiritual Properties:** Amber is sometimes as a gateway to other realms, creating a doorway of radiance through which to travel. It also stimulates the intellect, clears depression, and attracts compassion and understanding. In some traditions it is used as an aid to help short-term

memory and develop trust. It can also stimulate the Lower Dantian and help ground and root the body.

**Martial Properties:** Amber has been held in high regard as a powerful protective talisman for thousands of years. It is considered a powerful protector that links the conscious-self to the higher spiritual-self. It purifies body's physical, energetic, and emotional fields, absorbing negative energies and transmuting them into clear, positive forces that stimulate the body to heal itself.

Amber also protects against psychic attacks released from sorcery or witchcraft, and it relieves nightmares. It is also used as a magical amplifier, and, because of its purification ability, it is sometimes used by sorcerers when traveling into the lower spiritual realms of the Underworld.

**Healing Properties:** Amber is considered to be a form of solidified sunlight and is therefore sometimes used as a powerful Chakra cleanser. On the physical level, it imbues the body with vitality and has the power to draw disease out of the tissues. Amber resonates with the throat, and is therefore used for treating goiters and other throat problems. It is also used to treat the stomach, spleen, kidneys, bladder, liver, and gallbladder. In certain traditions it is used to alleviate joint problems and strengthen the mucous membrane. Amber is also believed to "draw out disease," particularly afflictions of the brain, inner ear, thyroid gland, lungs and spleen. When used as an elixir it is an excellent natural antibiotic, and can protect against indigestion, loss of teeth (if held in the mouth in powdered form), deafness, and the spread of infection. It is also used to treat whooping cough, asthma, and erysipelas. In ancient times, Amber was sometimes worn around the throat in order to prevent nasal congestion, hay fever, and asthma.

**Recharging Amber:** Choose sunlight to recharge Amber, placing it outside at high noon for several minutes, rather than choosing moonlight.

**Caution:** Because of its natural ability to absorb toxic Qi from the body, you should clean Amber every time you use it. Additionally, since Amber is a centering and grounding stone, it should not be worn all the time.



Figure 1.24. Amethyst

#### AMETHYST

The amethyst can be from deep purple to transparent lavender in color. Prized for its beauty and its legendary energies, the amethyst is a pointed crystal that may come in various sizes (i.e., as a geode, cluster, or single point). Amethyst is connected to the Wind Element (Figure 1.24), its ruling planet is Jupiter, and it stimulates the Upper Dantian, Sixth Chakra (Third Eye), Seventh Chakra (Baihui), and Eighth Chakra (Heavenly Transpersonal Point) areas.

The Chinese have been wearing amethyst for more than 8,000 years. It is a powerful healing, cleansing and protective stone, that enhances higher states of consciousness and is used to improve and enhance meditation. It is a natural tranquilizer and encourages calmness. The violet-lavender amethyst has a particularly high vibration, and the double-terminated lilac crystals facilitate dropping the mind into a beta wave state of consciousness.

One ancient Chinese Love Ritual used to prevent infidelity required the Daoist sorcerer to tie a raw amethyst geode to a couples bottom bedpost with a red rope while speaking an incantation. This magical ritual was used to safeguard both the husband and the wife.

**Spiritual Properties:** Amethyst is one of the most spiritual of stones, promoting divine love and giving insights into the true nature of the core self. It accelerates the development of intuition and is used in order to enhance psychic abilities. This is an excellent stone for meditating and scrying and can be placed on the Third Eye (Sixth Chakra) to stimulate its awakening. Sleeping with amethyst facilitates out of body travel and brings about intuitive dreams. It transmutes the body's lower energies to the higher frequencies of the energetic and spiritual realms. Amethyst is also said to bring contentment and sincerity, prevent drunkenness, and keep its owner from falling in love foolishly.



**Martial Properties:** Amethyst is a powerful psychic enhancer. It can be used to energetically effect the Plant, Animal and Human realms. It can also be used to recharge other crystals with magical powers.

Amethyst clears the body's energetic fields of negative influences and attachments. It can be used in order to create a protective energetic shield or "bubble of violet flame light." When creating a protective energetic force field, one popular combination used by sorcerers is to mix amethyst with moldavite. The amethyst stone will naturally create a protective energetic field, while the moldavite stone will naturally raise the sorcerer's vibrational frequency to a higher energetic level. This higher energetic level will make it easier to ward off negative spirit entities who are attracted to and feed off lower energetic frequencies.

Ancient legends state that amethyst can be used to protect against nightmares, thieves, storms, hail, locusts, plagues, and infidelity. It also has been used in order to guard against psychic attacks, and it changes brightness when near poisoned foods.

**Healing Properties:** Amethyst is extremely beneficial to the mind as it turns thoughts away from the mundane and deepens spiritual understanding. Mentally it helps the individual become less scattered, and it assists in focused concentration and spiritual insights. Amethyst balances emotional highs and lows and promotes centering. It dispels anger, rage, jealousy, fear, and anxiety, and it alleviates grief and sadness.

Amethyst boosts the production of hormones and is used to balance the endocrine system and metabolism, and to strengthen the immune system. It was used in ancient China for strengthening the Yang organs (responsible for eliminating waste). It is used to reduce bruising and swelling, and to treat hearing disorders, as well as diseases of the respiratory track, digestive track, lungs and skin. It is used to treat headaches, toothache, gout, neuralgia, nerve trouble, and help maintain the body's blood-sugar balance.

**Recharging Amethyst:** Choose one of the three days of the Full Moon to recharge Amethyst rather than sunlight. It is also advised to clear the energies of Amethyst by holding it under running water two to three times a week. Because Carnelian connects more strongly with the physical body, it counteracts the energy of Amethyst.



Figure 1.25. Ametrine

**Caution:** Although amethyst can stabilize psychiatric conditions it should never be used in cases of schizophrenia or paranoia.

#### AMETRINE

This stone is a combination of both amethyst and citrine. It is a transparent stone that is purple and yellow in color. Ametrine is connected to the Wind and Fire Elements (Figure 1.25), its ruling planet is Mercury, and it stimulates the Yellow Court (Solar Plexus and Third Chakra), Sixth Chakra (Third Eye), and Seventh Chakra (Baihui) of the Upper Dantian.

**Spiritual Properties:** Ametrine facilitates and protects an individual during Soul Travel. It is a stone that combines the energetic qualities of the Wind Element (stimulating spiritual power and clarity) with that of the Fire Element (stimulating action and orientation). This combination allows for the connection to the spiritual realm to receive divine instruction and guidance. Once this connection has been established, the sorcerer's Zhi (Will) and Yuan Shen (Original Spirit) connect the divine inspiration to the energetic fields of the Sixth Chakra (Third Eye) and Upper Dantian area.

Ametrine is said to increase the sorcerer's divination ability and promote healing. It calms the Shen (thoughts and emotions), clears stress and tension from the head, and brings greater focus to meditation. It harmonizes the body's Yin and Yang, and connects the physical realm with the higher realms of consciousness. Ametrine also facilitates spiritual transformation, releasing emotional blockages (including negative programming and expectations). It can be used in moonlight in order to visualize energetic portals that lead into other dimensions.

**Martial Properties:** Ametrine is fast and effective in its action and is used to relieve psychic attacks. It is sometimes used in magical rituals to make contact with spirit entities and Power Animals.

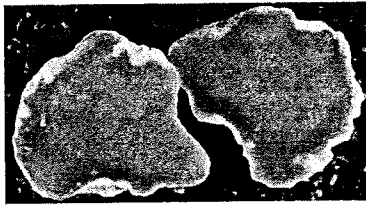


Figure 1.26. Angelite

**Healing Properties:** Ametrine has a powerful cleansing property which disperses negativity from the body's energetic field, and expels toxins from the body. It is an exceptional blood cleanser and energizer. It is used to purge the physical, energetic, and spiritual bodies, is also used to tonify the physical body and strengthen the immune system. It tonifies the autonomic nervous system, stabilizes the DNA/RNA, and oxygenates the body. Ametrine is used to heal chronic fatigue syndrome, depression, lethargy, tension headaches, gastric disturbances and ulcers.

**Recharging Ametrine:** Choose one of the three days of the Full Moon in order to recharge Ametrine (begin at sunset).

#### ANGELITE

This mostly blue and white stone can sometimes be flecked with red. It is opaque and often has veins resembling the etched wings. Angelite is connected to the Wind Element (Figure 1.26), its ruling planet is Jupiter, and it stimulates the Fifth Chakra (throat), Sixth Chakra (Third Eye), and Seventh Chakra (Baihui) of the Upper Dantian.

**Spiritual Properties:** Angelite is excellent for harmonizing the physical, energetic and spirit bodies. It is also considered to be a "stone of awareness." It is a stone that can be used as a magical talisman for two-way communication into the spirit realm (Angelite is thought to improve both sending and receiving thought patterns). Angelite is a condensed form of Celestite, and both magical stones are believed to place a sorcerer in contact with spirit entities of the celestial realm. Angelite facilitates psychic attunement, mediumship, clairvoyance, contact with ghosts, spirit entities and Celestial Immortals, enhances

Soul Travel and telepathy, deepens intuition, and heightens psychic perception. In ancient times angelite was used to enhance understanding of astrological powers and bring deeper comprehension of sacred mathematical formulas. It also facilitates telepathic contact between minds.

Angelite is considered to be an excellent stone to use for dreamwork (facilitating lucid dreams) and can be used to enhance the spiritual quality of a sorcerer's dreams and inner-visions (i.e., understanding and interpreting the symbolic content of specific images and energetic patterns). Angelite can also assist the sorcerer in retrieving the lost memories of past lives.

**Martial Properties:** Because it amplifies the spoken word, Angelite can be used when reciting incantations. When taken as an elixir, Angelite can be used to protect the body from psychic attacks. It also provides protection for the environment.

**Healing Properties:** When applied to the feet Angelite can be used to unblock the energetic channels that flow from the legs into the torso. It resonates with the throat and is used to alleviate inflammation, balance the thyroid and parathyroid glands, and repair tissues and blood vessels. It also acts as a diuretic, and is used to balance the body fluids. It particularly affects the lung organs and the arms, and can be used to cool the pain of sunburn.

**Recharging Angelite:** To recharge Angelite, place it on the Earth Altar during the purification ritual.

**Caution:** Because Angelite is quite soft, and can be scratched with a fingernail. Extra special care should be used when wearing this gemstone, keep it from water. Don't wear Angelite in the shower or swimming. When it gets wet, Angelite converts into Gypsum. Therefore Angelite is not recommended for everyday wear.

#### APATITE

This stone has inspirational properties, that aids in communication and self expression on all levels.

- **Deep Blue Apatite:** This stone is connected to the Wind Element (Figure 1.27), its ruling planet is Jupiter, and it stimulates the Upper Dantian and Sixth Chakra (Third Eye). Deep

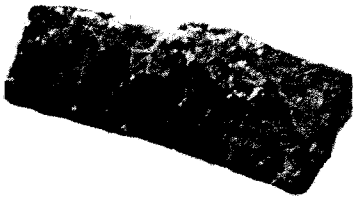


Figure 1.27. Apatite

Blue Apatite was once prized as a magical tool that induced visions, secretly passed down from one sorcerer to the next. It opens the Sixth Chakra (Third Eye) stimulating inner-vision and facilitating psychic intuition and insight. It is a powerful stone used by sorcerers to assist in dreamwork (i.e., inducing lucid dreaming, spirit travel, and soul travel), and past life recall.

- **Golden Yellow Apatite:** This stone is connected to the Fire Element, and it stimulates the Yellow Court (Solar Plexus and Third Chakra). Golden Yellow Apatite is considered to be a solar stone and energetically Yang in nature. Carrying or wearing Golden Yellow Apatite can increase self-confidence and enhance personal charisma. It can also be used to assist the sorcerer in connecting and manifesting his or her internal passions and dreams, and help them to overcome the “fear of success” and patterns of self-sabotage. Additionally, Golden Yellow Apatite can be used to assist the sorcerer in connecting his or her will to the “Divine Will.” It can also be used in all aspects of creation and manifestation rituals, bringing things from the realm of thoughts and ideas into physical form.

In healing, Golden Yellow Apatite is especially useful in removing toxins. It is thought to be important in helping treat arthritis and other bone problems. It activates the Yellow Court and draws off stagnant energy. It is used to treat lethargy and depression, and to overcome lack of concentration and inefficient learning. Golden Yellow Apatite also aids the digestive system by acting as an appetite suppressant. It is used to treat Liver, Gall Blad-

der, Spleen, Stomach and pancreatic problems.

**Spiritual Properties:** Apatite is believed to be enhance attunement to the future, yet it also has the ability to connect the user to past lives. It is used to increase psychic gifts and spiritual development. It is used for healing, storing information, communicating, balancing energy and teaching. Apatite can be used to stimulate the development of telepathy, clairvoyance, clairaudience, clairsentience and the awareness of the spiritual realm. It also deepens meditative states and raises the Kundalini.

**Martial Properties:** Apatite is used as a medium for communication between consciousness and matter, and it is therefore sometimes used as a stone of manifestation. It is also a powerful psychic stone, commonly used by mystics for increasing psychic communication between the sorcerer and animals, birds, and sea creatures.

**Healing Properties:** It is beneficial for hand-eye coordination and improving motor skills. Apatite is used to help hyperactive and autistic children, helping to clear confusion, stimulate creativity and intellect. Apatite is used to heal bones, especially the teeth, and for cartilage. It helps encourage the formation of new cells. It is also used to assist in the function of motor skills, and for treating arthritis joint problems and rickets. Apatite suppresses hunger by raising the metabolic rate, heals the glands, internal organs and channels and is used to overcome hypertension. The ancient mystics used it to balance the physical, spiritual, and energetic bodies and harmonize the Chakra systems.

**Recharging Apatite:** In order to recharge its energy, place the Apatite stone overnight in the Earth’s soil, surrounded by healthy plants.

**Caution:** Carrying or wearing Golden Yellow Apatite can increase self-confidence and can cause and individual with natural confidence to become overassertive. Because Apatite is quite soft, it should be worn with care. Use caution in cleaning any jewelry composed of Apatite, as the stone may be broken down by certain solvents.

**APOPHYLLITE**

This cube-like or pyramidal crystal is found in clear, white, grayish-white, green, yellow and peach color. It can be either transparent or opaque and may come in small single crystals or in large clusters. This mineral has a high water content, making it a very efficient conductor of energy. In ancient times, Apophyllite was used to access the infinite knowledge contained within the Wuji. It is a powerful vibrational transmitter, and its presence in a room enhances the environmental energies.

- **Clear Apophyllite:** This stone is connected to the Wind Element, its ruling planet is Mercury, and it stimulates the Upper Dantian, Sixth Chakra (Third Eye), and Seventh Chakra (Baihui) areas. Clear Apophyllite is an especially powerful energizer. Its ability to invoke the highest spiritual light into the surrounding environment makes it an excellent tool for developing prophetic vision. It is also used as a magical tool to open and increase the psychic abilities of Sixth Chakra (Third Eye). Ancient sorcerers believed that by staring into the base of the Clear Apophyllite pyramid he or she could open an energetic portal into other spiritual dimensions (like a "Star-gate").

Additionally, Clear Apophyllite can also be helpful in returning the sorcerer back to his or her true spiritual path, especially after experiencing emotional and spiritual disillusionment.

- **Green Apophyllite:** This stone is connected to the Wind Element and Earth Element (Figure 1.28), its ruling planet is Mercury, and it stimulates the Middle Dantian, Fourth Chakra (Heart), Upper Dantian, Sixth Chakra (Third Eye), and Seventh Chakra (Baihui) areas. Traditionally, Green Apophyllite was used in ancient times to open energetic portals and inter-dimensional doorways. Its ability to attune the sorcerer's psychic and intuitive perceptions to the Nature Spirits and invisible Immortals that existed within the Plant and Animal Kingdoms was a well kept secret. It has been used for centuries to assist sorcerers in communicating with individual animals, as well as the collective minds of entire species. Its magical communi-



Figure 1.28. Apophyllite

cating ability can also be used in order to contact plant spirits and other spirit entities that dwell within certain rocks and minerals.

Green Apophyllite was commonly used in ancient times for fire walking rituals as it facilitates deep meditative states and can be used to cool the feet after the walk. Green Apophyllite is also used by mystics to release hypnotic commands and other control mechanisms lodged within past or present lives.

**Spiritual Properties:** This spiritual stone has a calming effect. It enhances clairvoyant sight, stimulates intuition, and enables the mystic to access information of the future. Because it creates a conscious connection between the physical and spiritual realms, it is an excellent stone for scrying. It also facilitates out-of-body travel and spiritual vision. During out-of-body journeys, it helps maintain a strong connection with the physical body, allowing more information to be transmitted from the spiritual realm into the physical realm.

**Martial Properties:** Because this stone has a strong link to the spiritual realm, it can be used for improving dream recall, grounding the spirit, releasing mental blockages, and dissolving negative thought patterns.

**Healing Properties:** Because of the mystical qualities of the stone, it facilitates deeper states of relaxation and receptivity. It is therefore considered to be an excellent stone to assist Medical Qigong healing. Apophyllite works on the respiratory system and has been used to stop asthma attacks when held on the chest. It neutralizes allergies and promotes the regeneration of the mucous membranes and the skin.

**Recharging Apophyllite:** Place Apophyllite in sunlight (i.e., place outside at high noon for several minutes) in order to recharge its power.

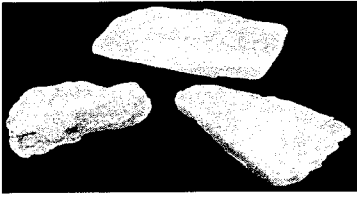


Figure 1.29. Azeztulite

**AZEZTULITE**

This is a rare, colorless or white light-bearing crystal. Being a clear or opaque quartz with striations, Azeztulite is extremely pure in vibration and one of the highest and most refined energetic powers of the mineral realm. It never requires cleaning and is always energized.

It is said that Azeztulite is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements (Figure 1.29). It energetically stimulates the center core Taiji Pole, Three Dantians, Seven Internal Chakras and Six External Chakras (three above the head and three below the feet).

**Spiritual Properties:** Azeztulite facilitates deep meditative states, instantly inducing the states of “no mind” and providing a protective spiritual shield around the physical body. It is a stone of vision and inspiration and opens the Upper Dantian, Third Eye, Baihui, and Heavenly Transpersonal Point, reaching into the most subtle realms. Azeztulite is used by modern sorcerers to expand the mystic’s consciousness and lift his or her spiritual awareness and vibrational resonance to a higher level. The crystal is considered an extremely powerful stone, so much so that mystics were cautioned to work with Ametrine or Aquamarine first in order to prepare for the spiritual transformations that are induced when working with Azeztulite. The opaque form of Azeztulite is not as powerful as the more transparent form.

**Martial Properties:** Azeztulite is used to access the center of the brain and to shift to the higher vibrational realm while still in the physical body. It can therefore be used for advanced stages of mental projection, traveling clairvoyance, and seeing into the future.

**Healing Properties:** Azeztulite is used to treat cancer, cellular disorders and inflammations.

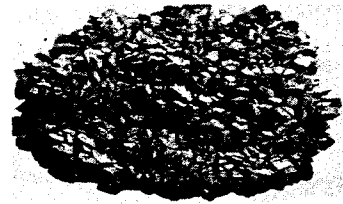


Figure 1.30. Azurite

Azeztulite crystals work on a higher spiritual vibrational level, and are therefore used when working on the Chakra’s twelve external energetic filters.

**Recharging Azeztulite:** Azeztulite is extremely pure in vibration and one of the highest and most refined energetic powers of the mineral realm. It never requires cleaning and is always energized.

**AZURITE**

This is a small deep blue stone that contains shiny crystals. It is said that no other stone has a purer embodiment of the dark-blue energy than Azurite, allowing it to be used as a stone of inner vision. Azurite is connected to the Wind Element (Figure 1.30), its ruling planet is Jupiter, and it stimulates the Upper Dantian, Sixth Chakra (Third Eye), and Seventh Chakra (Baihui) areas.

**Spiritual Properties:** Azurite is considered to be a stone of inner vision and psychic awareness. It facilitates development of psychic powers and intuitive perception, urging the soul towards enlightenment. Azurite cleanses and stimulates the Upper Dantian and Sixth Chakra areas, attunes spiritual guidance, raises consciousness, assists in past-life recall, and enables the sorcerer to Soul Travel. Azurite increases the ability to achieve trances, and helps bring on prophetic dreams. It is especially powerful when placed on the Sixth Chakra (Third Eye).

**Martial Properties:** In ancient times, Azurite was considered the most potent of psychic stones. Because of its energetic potential for connecting the sorcerer’s mind to various spirit deities, the secret of using its magical power was known only to the high priests and senior abbots. It can be used to strengthen the Energy Body and Spirit Body, making them less vulnerable to psychic attacks or attachments from parasitic spirit entities. Azurite can

also be used to seal holes in the body's aura field, alleviating tendencies of energetic fatigue.

**Healing Properties:** Azurite is a powerful healing stone that increases and facilitates the energetic effect that the Shen (mind and emotions) has on the body's Jing (essence and tissues). Azurite is used to clear the physical body of the energetic charges caused from stress related discharges. It can be used to clear away worry, grief and sadness, and to transmute fear and phobias by bringing about and understanding of how and why they originated. It increases Qi throughout the body, oxygenates the blood, and repairs brain cells.

Traditionally Azurite is used to treat arthritis and joint problems, align the spine, treat throat problems and restore any blockages or damage to the brain. It is also used to heal Kidney, Spleen, Liver, and Gall Bladder problems as well as treat the thyroid, bones, teeth, and skin. In ancient times, Azurite was used to treat brain damage, and to encouraged the development of the embryo within the womb.

**Recharging Azurite:** Place Azurite in the starlight, outside for several hours, after sunset during a New Moon in order to recharge its power.

**Caution:** Azurite may sometimes induce palpitations therefore the mystic should proceed with caution. Also, Azurite is rather soft and cleaves easily. Therefore, care should be used when wearing Azurite as jewelry, as it is not durable enough for every day wear.

#### **BERYL**

This is a prismatic and pyramidal crystal that may either be transparent or occur in shades of pink, golden, yellow, green, blue, and white. Beryl is connected to the Fire and Wind Element (Figure 1.31), and it stimulates the Yellow Court (Solar Plexus and Fourth Chakra), Upper Dantian, and Seventh Chakra (Baihui) areas.

**Spiritual Properties:** In ancient times, Golden Beryl was considered a powerful magical tool. It was traditionally cut into spheres for scrying and was considered superior to Clear Quartz. Almost all colors of Beryl, including Golden, are said to increase psychic awareness. It has the power to increase the wearer's attractiveness to the opposite sex, as well as to promote love. It opens and

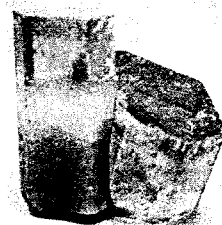


Figure 1.31. Beryl

activates the Yellow Court and Upper Dantian. In ancient times Beryl was used to reawaken the love in individuals who were once married but felt rejected and alone.

**Martial Properties:** Beryl is said to protect the wearer from psychic attacks, or from being manipulated telepathically.

**Healing Properties:** Beryl is said to energize the body in a general way and to boost the immune system. Beryl is traditionally used to treat the glands, eyes, liver, heart, stomach, and spine, and to heal concussions. An elixir of Beryl can be used to treat throat infections. Golden Beryl is a good stone to use for exhaustion or depression, nausea, diarrhea, ulcers, constipation, and obesity. It tonifies the Yang organs (the organs of elimination), strengthens the pulmonary and circulatory systems, and increases the body's Righteous Qi.

#### **BLOODSTONE**

This is a deep dark forest green form of Jasper spattered with specs of blood red. Bloodstone is probably the most famous of the Jasper family. It was revered by the ancient Chinese who saw it as a symbol of the setting Sun (Heavenly Yang) casting its fiery red over the green ocean (Earthly Yin). Bloodstone is connected to the Earth Element and Fire Element (Figure 1.32), its ruling planet is Mars, and it stimulates the Lower Dantian and First Chakra (Perineum) areas.

**Spiritual Properties:** Bloodstone has magical properties of controlling the weather, and is used in Weather Magic and in creating storms. It stimulates dreaming and was also believed to be an "audible oracle," giving off sounds as a means of guidance. According to ancient myths, Bloodstone has the power to detect changes in the Heavens. The ancient Chinese believed that the Bloodstone was a heliotrope (a stone that turns towards the



Figure 1.32. Bloodstone

Sun) and that it could detect solar eclipses (indicating the presence of the Moon as it approaches the Sun). Ancient tradition claim that it can be used in weather magic to call forth storms and thunder and to enable the wearer to read omens from the sounds of thunder and rain.

**Martial Properties:** Bloodstone is an intense healing stone and the "Stone of Courage." It is excellent for invigorating the body and raising all energy levels. It can be used to dispel states of bewilderment and obscure thought. Aligned with solar forces and sacred powers of healing, Bloodstone is a useful crystal to work with energizing and protection.

Bloodstone can also be used to increase the power of the sorcerer's magical incantations. In ancient times, it was believed that a bat engraved on bloodstone will give the wearer power over demons. Also in ancient times, it was believed that Bloodstone could bestow the power of invisibility onto its owner when rubbed with the juice of the heliotrope plant. When a sorcerer was thinking of casting a spell during an eclipse, he or she would traditionally include the use of a Bloodstone in the ritual.

**Healing Properties:** Bloodstone is used as an energy cleanser (purifying and dispelling negative influences from the Wei Qi field. It tonifies the immune system, increasing the body's Righteous Qi in order to fight against acute infections. It also stimulates the flow of the lymph glands and the body's metabolic processes. In ancient China, Bloodstone was connected with the blood and the circulatory system. It was ground and mixed with honey in order to shrink tumors and to stop hemorrhaging. Bloodstone was thought to stop the flow of bleeding, clear bloodshot eyes, cure hemorrhoids and protect the bearer from poison. Bloodstone has



Figure 1.33. Brookite

also been used to aid in the rectification of failing eyesight, lung congestion, and rashes. It purifies the blood and is used to detoxify the Liver, Spleen, Intestines, Kidneys and Urinary Bladder. In certain traditions, Bloodstone was ground up and taken in an elixir as an aphrodisiac.

**Recharging Bloodstone:** Place Bloodstone in sunlight (i.e., place outside at high noon for several minutes) or in running water (i.e., place it in a stream for several minutes two to three times a week) in order to recharge its power.

**Caution:** Once the Bloodstone has been used for energizing the body and energetic protection, it is believed that a permanent link between the stone and the sorcerer is made. Therefore, a personal Bloodstone (one worn next to the skin) is never discarded, and is always guarded and kept away from the public.

#### **BROOKITE**

This powerful magical stone forms in orange-brown platelike colored crystal. It is used for increasing and expanding psychic awareness. Brookite is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements (Figure 1.33). It energetically stimulates the center core Taiji Pole, Upper Dantian, Sixth Chakra (Third Eye), Seventh Chakra (Baihui), and Eighth Chakra (Heavenly Transpersonal Point) areas.

**Spiritual Properties:** Brookite has magical properties of connecting the upper Chakras of the Upper Dantian with the energy body and spirit body allowing the sorcerer the ability to explore the subtle realms of the spirit world. It is considered to be an ascension stone, one that enables the sorcerer to access and contact Nature Spirits and other spirit entities.

**Martial Properties:** Brookite attracts and retains energy, and has magical properties of helping the sorcerer absorb the specific powers of other stones and minerals.

**Healing Properties:** Brookite can be used to help assimilate and absorb the energetic properties of environmental Qi and Shen, as well as nutrients from food, water, and air (on a cellular level).

#### CALCITE

Calcite (or limestone) is a common, very soft, translucent and waxy mineral which comes in a rainbow of colors (black, clear, red, orange, golden yellow, green, blue, blue/gray, and pink). It may be completely transparent in its crystalline state, or opaque as in limestone and marble. All forms of calcite are attributed to the Fire Element (Figure 1.34), and are excellent at moving Qi through the energetic channels (i.e., the Twelve Primary Channels and Eight Extraordinary Vessels) and the body's Chakra system.

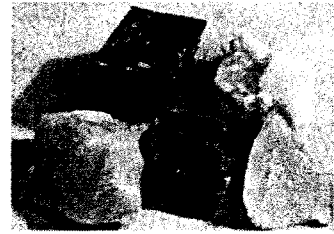


Figure 1.34. Calcite

clear quartz), and is considered to be a "cure-all" when taken as an elixir, dissolving energetic stagnation and restoring proper Qi flow. It is a powerful detoxifier and acts as an anti-septic. At a subtle level Clear Calcite clears and aligns all of the body's chakras.

- **Black Calcite:** This stone is connected to the Fire Element and Wind Element, and it stimulates the body's three Dantians. Thought to be a "record keeping" stone, Black Calcite is used for regaining memories. It returns the soul body after trauma and is a useful companion during soul retrieval healing.
- **Blue Calcite:** This stone is connected to the Fire Element and Air Element. It stimulates the Fifth Chakra (throat), and Sixth Chakra (Third Eye) areas. Blue Calcite helps remove blockages in the Third Eye and can aid in developing inner-vision, clairvoyant skills and telepathy. It is believed to have calming properties, able to soften the impact of projected psychic attacks. It lowers blood pressure and soothes the nerves, releasing negative emotions. Blue Calcite can be used to absorb energy, transform it, and return it back to benefit its sender.
- **Clear Calcite:** This stone is connected to the Fire Element and Wind Element, and it stimulates the body's three Dantians and all seven chakras. It can be programmed to amplify the effect of the sorcerer's thoughts and intention, helping to enhance clarity and focus, bring energetic manifestation into the physical world. Clear Calcite is colorless and transparent (similar to
- **Golden Yellow Calcite:** This stone is connected to the Fire Element and Wind Element, and it stimulates the Lower Dantian, First Chakra (perineum), Yellow Court, Third Chakra (Solar Plexus), Upper Dantian, and Sixth Chakra (Third Eye) areas. This is an excellent stone for meditation as it increases intellect and wisdom, and can assist in Soul Projection. It can be used to help the sorcerer understand how to place Divine inspiration and guidance into action. When placed on the Lower Dantian, Golden Yellow Calcite instills mental alertness and grounds the Yuan Shen (Original Spirit) into the physical realm.
- **Green Calcite:** This stone is connected to the Fire Element and Water Element, and it stimulates the Fourth Chakra (Heart) area. Considered to be an emotional cooling gemstone, Green Calcite can be a powerful support to people in transition, bringing joy, emotional balance, and clarity to the decision making process. Green Calcite can be used to improve the quality of meditation, helping to still the "monkey mind." Green Calcite is said to heal infections, and aid the lungs and heart. It is a powerful tonifier for the immune system and is especially useful in protecting a person or place from toxic energy. Green Calcite is also helpful in treating arthritis and assisting the tissue construction of muscles or ligaments. In ancient times it was used to cool fevers, burns and inflammation.



- **Orange Calcite:** This stone is connected to the Fire Element, and it stimulates the Lower Dantian, Second Chakra (Navel), Yellow Court, and Third Chakra (Solar Plexus) areas. Orange Calcite stimulates the physical body and is highly energizing, especially for the Lower Dantian and the Second Chakra areas and is sometimes used as a mineral aphrodisiac. It is also considered a stone of wisdom, especially for those in charge of other's fates, and is thought to be helpful in all new beginnings, including creating new projects. In ancient times, Orange Calcite was used to treat the reproductive system, Gall Bladder, and intestines, as well as to remove phlegm from the body. Orange Calcite is used to balance emotions, remove fear, overcome depression, support endocrine and hormonal balance, aid the digestive system and support the body's metabolism.
- **Pink Calcite:** This stone is connected to the Fire Element, and it stimulates the Fourth Chakra (Heart) area. Considered to be a "stone of forgiveness," Pink Calcite is used to release fear and grief trapped within the heart due to trauma. It is a gemstone that brings hope in despairing times, and is thought to improve diplomatic skills. Pink Calcite enhances the body's Wei Qi fields and can be used in order to support the body's ability to regenerate tissue (especially after heart surgery or traumatic injury to the heart). It can also be used to aid circulation and treat heart disease.
- **Red Calcite:** This stone is connected to the Fire Element and Earth Element, and it stimulates the Lower Dantian, First Chakra (perineum), Upper Dantian, and Seventh Chakra (Baihui) areas. Red Calcite is used to increase Qi and strengthen the body's life force energy. It is used to remove stagnation and dissolve blockages, balance hormones, heal broken bones, treat bone loss, and activate the endocrine system and the lymphatic system. It is also used for supporting reproductive health, pregnancy, and birth.

**Spiritual Properties:** Due to the amplifying ability of Calcite, many religious structures have been composed of marble and limestone. Because



Figure 1.35. Carnelian

calcium carbonate is excreted by living creatures, it was believed to mystically increase the power of prayer and rituals. Considered to be a mental stone, Calcite enhances intellect, improves wisdom, increases mental harmony, therefore it is also often recommended as a study aid.

**Martial Properties:** Because of its energetic properties as a psychic amplifier, Calcite is thought to double the intention of its wearer. It also is a memory booster and brings clarity to decision making.

**Healing Properties:** Calcite removes stagnant energy and clears the Yang organs (organs of elimination). It encourages calcium intake within the bones in order to strengthen the joints and skeletal structure. However, it is also used to dissolve calcifications. It is used to treat conditions of the large intestines or skin, as well as to stimulate blood clotting and tissue healing. As an elixir Calcite can be applied to the skin, ulcers, warts and suppurating wounds.

**Recharging Calcite:** Place Calcite in a stream for several minutes in order to recharge its power.

**Caution:** Because Calcite is extremely soft, it should not be worn every day. Extreme caution should be used when cleaning and recharging this mineral, as it is easily broken down by most solvents.

#### CARNELIAN

This small translucent stone can be red, orange, pink, or brown. Carnelian is a powerful stone that has the ability to cleanse other stones. Carnelian is connected to the Fire Element (Figure 1.35), its ruling planet is the Sun, and it stimulates the Lower Dantian, First Chakra (perineum), Second Chakra (Navel), Yellow Court, and Third Chakra (Solar Plexus) areas.

**Spiritual Properties:** Powered Carnelian was believed to fill the heart with happiness. It ensures friendship, banishes fear, and gives self-confidence. Carnelian is a stabilizing stone with high energy. It

is excellent for restoring vitality and motivation. It sharpens concentration, dispels mental lethargy and is used in removing extraneous thoughts which arise during meditation and prevents daydreaming. Therefore, Carnelian is said to root and ground the wearer into the present reality.

**Martial Properties:** Carnelian can be a powerful protector, especially when used as a defence against toxic emotions such as envy, rage and resentment, projected from other people. It is also said to protect against evil, impure thoughts, and lightning. Carnelian was believed to give its wearer courage in battle and help the timid to speak boldly. In ancient times, Carnelian was used to protect the dead on their journey through the afterlife.

**Healing Properties:** Because Carnelian is full of life force energy, it vitalizes and tonifies the body's metabolism. It activates the Lower Dantian and influences the female reproductive organs, increasing fertility. In ancient times, Carnelian was used to overcome frigidity and impotence as well as to heal lower back problems, rheumatism, arthritis, neuralgia and depression. It regulates the body fluids and balances the kidneys, accelerating healing within the bones and ligaments. Carnelian is also used to improve the absorption of vitamins and minerals and to ensure a good supply of blood to the body's organs and tissues.

**Recharging Carnelian:** Place Carnelian in sunlight, outside at high noon for an hour, or in running water (i.e., place it in a stream for several minutes two to three times a week) in order to recharge its power. Store Carnelian in a closed container to prevent it from absorbing negative environmental energies.

**Caution:** Because Carnelian connects more strongly with the physical body, it counteracts the energy emitted from Amethyst.

#### CAT'S EYE

This is usually a variety of Quartz or Chrysoberyl that resembles the image of a cat's eye due to the presence of inclusions of straight fibers of asbestos. Cat's Eye occurs in a broad range of colors, according to the various properties of the minerals contained within its formation. Cat's Eye is connected to the Wind Element and Water Ele-

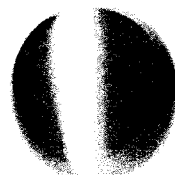


Figure 1.36. Cat's Eye

ment (Figure 1.36), and it stimulates the Yellow Court, Third Chakra (Solar Plexus) and Fourth Chakra (Heart) areas.

**Spiritual Properties:** Cat's Eye is used to clear the Third Eye, increase intuition, heighten perception, elevate the power of discrimination, and increase interest in the mystical aspects of life. In ancient times, Cat's Eye was used to alleviate survival fears, anxiety and fear of death, reduce and transform worry, diminish clinging to the past, and aid in releasing emotional tension.

**Martial Properties:** Cat's Eye has the ability to naturally create an energetic field of protection. It protects from accidents and ensures protection from and victory over enemies. Cat's Eye facilitates penetrating insight into the fear of death (both physical and emotional), activates creative psychic energies, and neutralizes "fevers of the spirit" (Shen Disturbances) that lead to fanaticism or obsession. It is sometimes used for scrying, and for increasing intuitive and clairvoyant powers.

**Healing Properties:** Cat's Eye protects against all diseases of the chest and throat, cures asthma, soothes the nerves (especially the facial and sciatic nerves) and relieves headaches and pain associated with the nervous system. It is said to assist in the treatment of fevers, intestinal disorders, and skin diseases. Cat's Eye is also used to strengthen eye sight and improve on one's concentrative abilities.

**Recharging Cat's Eye:** Place Cat's Eye in starlight, outside several hours after sunset during a New Moon, in order to recharge its power.

#### CAVANSITE

This is a blue or bluish-green prismatic or tabular crystal. Cavansite is connected to the Wind Element (Figure 1.37), and it stimulates the Upper Dantian, Sixth Chakra (Third Eye), and Seventh Chakra (Baihui) areas.

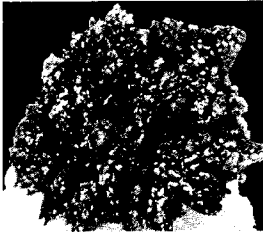


Figure 1.37. Cavansite

**Spiritual Properties:** Cavansite stimulates the intuition and enhances clairvoyance, clairaudience, prophecy and spiritual enlightenment. It unites the energies of the Fifth Chakra (throat) with those of the Sixth Chakra (Third Eye), and facilitates clear insight along with the ability to articulate the perceived revelations. It is therefore considered to be an important magical stone for those who “channel” spiritual information and work in mediumship, psychokinesis, psychometry, and spirit travel (remote viewing).

**Martial Properties:** Cavansite can be used to increase the power of sorcerer’s incantations, and is excellent for working with sacred forms (i.e., constructing Magic Circles, creating energetic vortexes, and creating magical grids, etc.). It can also be used for psychic protection.

**Healing Properties:** Cavansite is an excellent stone for psychic healing. It can be used in order to treat disorders of the eyes, teeth (associated with bone loss), and blood. It can also be used to stimulate the endocrine system (especially the pituitary gland and pineal gland) and promote healing at the cellular level.

**Recharging Cavansite:** To recharge Cavansite, place it on the Earth Altar during the purification ritual.

#### CELESTITE

This is a blue, yellow, red, or white transparent pyramidal crystal which comes in medium to large clusters, geodes or platelike pieces. It is a high vibrational stone believed to be imbued with divine energies. The ancient mystics believed that Celestite carries the spirit into the upper spiritual realms, and brings the sorcerer into contact with celestial immortals. Angelite is a condensed form of Celestite. Both magical stones place you in con-



Figure 1.38. Celestite

tact with spirit entities of the celestial realm. Celestite is connected to the Wind Element (Figure 1.38), its ruling planet is Jupiter, and it stimulates the Upper Dantian, Sixth Chakra (Third Eye), Seventh Chakra (Baihui), and Eighth Chakra (Heavenly Transpersonal Point) areas.

**Spiritual Properties:** Celestite is considered to be a “listening stone,” and “dream stone.” It is useful for stimulating clairvoyant communication, dream recall and out-of-body spiritual travels. It calms and sharpens the mind, thereby promoting mental clarity. All Celestites are valuable for opening and clearing the Upper Dantian and Third Eye areas. When placed on the third eye, Celestite opens a connection to the universal energies, bringing about an understanding of peaceful co-existence with the whole of creation. It is also used for scrying and for accessing deeper states of meditation. A geode of celestite crystal is believed to be filled with celestial energy and brings its owner the highest consciousness.

**Martial Properties:** A large piece of Celestite placed within a room heightens the vibrations within the surrounding environment. It can therefore be used to increase the mystic’s power when performing incantations and conjuring rituals. Celestite is also useful in clearing energetic parasites that may have attached to the body’s Wei Qi (aura) fields.

**Healing Properties:** Celestite is an excellent healing stone. It is used to treat disorders of the eyes and ears, eliminate toxins, dissolve pain, relax muscle tension, and calm Shen disturbances. Because Celestites are sulfates, they are also useful in clearing infections. Golden Celestite is especially helpful in treating kidney deficiencies.

**Recharging Celestite:** To recharge Celestite, place it on the Earth Altar during the purification ritual.

**CHRYSOCOLLA**

Chrysocolla is a soft, vibrantly colored semi-precious gemstone sometimes referred to as Gem Silica. It is an opaque green and blue colored stone that can be found in various sizes with colorful bands or inclusions. Chrysocolla is connected to the Water Element (Figure 1.39), its ruling planet is Venus, and it stimulates the Lower Dantian, First Chakra (perineum), Yellow Court, Fourth Chakra (Solar Plexus), and Fifth Chakra (throat) areas.

**Spiritual Properties:** Chrysocolla calms, cleans and reenergizes all of the body's chakras (especially the Heart Chakra) and aligns them with the Divine. When placed on the third eye it helps to open and increase psychic vision. This stone helps in meditation and spiritual communication. Chrysocolla is believed to improve psychic ability, aiding in prophetic dreaming, attaining trance states and communicating with the spirit world. It was traditionally used by musicians for its ability to ease expression and give greater beauty to the singing voice.

**Martial Properties:** Chrysocolla is used to draw off all types of energy. It can be helpful in invoking great inner strength. It also amplifies sensitivity to aid in understanding what is spoken, as well as what is unspoken. Chrysocolla governs all aspects of sound healing, whether through words or sound frequencies. Therefore, sorcerers who chant, sing, or speak mantras are strongly encouraged to wear or carry Chrysocolla, especially Gem Silica (a crystallized form in which the Chrysocolla is infused in Quartz).

**Healing Properties:** Chrysocolla is used to treat arthritis, bone disease, muscle spasms, digestive track disorders, ulcers, and blood disorders. It detoxifies the liver, kidneys, and intestines. It reoxygenates the blood and is used in rebuilding the cellular structure of the lungs, facilitating greater capacity for respiratory functions. Chrysocolla regenerates the pancreas, regulates insulin and balances the blood. It strengthens the muscles and alleviates muscle cramps and is also used for treating infections, especially those within the throat and tonsils. Because of its cooling action, Chrysocolla is often used to lower blood pressure and to soothe burns. It is also used to relieve arthritic pain, strengthen the Thyroid and tonify the metabolism.

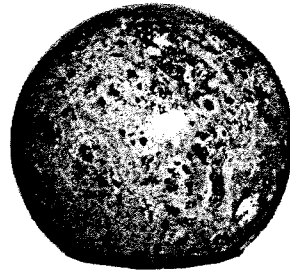


Figure 1.39. Chrysocolla

In ancient times Chrysocolla was used to treat PMS symptoms such as menstrual cramps.

**Recharging Chrysocolla:** To recharge Chrysocolla, place it on the Earth Altar in the copper Altar Dish during the purification ritual, and leave it overnight.

**Caution:** Because Chrysocolla is a hydrous or wet gemstone, it must be protected from heat and harsh chemicals which will cause the stone to dry and crumble.

**CINNABAR**

The stone Cinnabar, sometimes written "cinnabarite," is a name used to describe red mercury sulfide, or native vermilion, the common ore of mercury. It is a vermilion red or brownish red colored crystal that often forms around volcanic vents and hot springs. It may also occur in sedimentary rocks associated with recent volcanic activity. Cinnabar is connected to the Fire Element (Figure 1.40), and it stimulates the Lower Dantian, First Chakra (perineum), Second Chakra (Navel), Upper Dantian, and Sixth Chakra (Third Eye) areas.

To the ancient Daoists, the term "Cinnabar" has always been used in alchemical practices. The Lower Dantian for example, was sometimes referred to as the "Cinnabar Field."

In ancient Daoist magical practices, Cinnabar ink paste was traditionally used to officially fuse talismanic paper with the magical spirit of the sorcerer's will and the spiritual power and authority of his or her monastery. The Cinnabar ink paste was made by mixing cinnabar, seal oil, and moxa fibers. A wooden or stone chop was placed into the red paste while speaking a magical incantation and the talisman was then stamped and energetically "sealed" with the cinnabar ink.

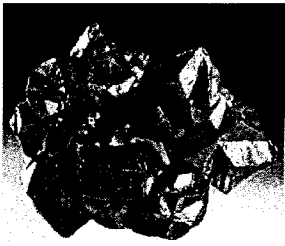


Figure 1.40. Cinnabar

In ancient China, transforming the physical body to that of an Immortal Body was the primary goal of the practitioners of Wai Dan (External Alchemy), who had hoped to transmute the highly toxic Cinnabar into the elixir of immortality. The use of Cinnabar in Daoist alchemy arose out of homological thinking that sought to connect the Cinnabar's red color with blood, and its transformation into liquid mercury "quicksilver" with the vitality of human semen, the source of new life. The ancient Daoist master Ge Hong (261-341 A.D.) wrote the alchemical text called Baopuzi (*The Book of the Master Who Embraces Simplicity*), which provides recipes for the transmutation of alchemical Cinnabar into the elixir of immortality.

However, by the end of the Tang Dynasty (618-907 A.D.), the esoteric formulas that required the use of Cinnabar powder in Wai Dan had declined and eventually died out, as Daoist adepts began to realize the extreme toxicity of the metals they were experimenting with.

**Spiritual Properties:** Cinnabar stones are considered to be magical talismans of alchemical transformation, stimulating the flow of Qi in the body and allowing for greater insight into the underlying energy of creation. In ancient China, it was used in order to help perceive the infinite power of the Dao through sexual union.

**Martial Properties:** Cinnabar has the ability to manifest energy into physical form and was used by ancient sorcerer and spiritual alchemists in the practice of shape-shifting, magical manifestation, and other forms of energetic transformation.

**Healing Properties:** Cinnabar is an excellent stone for treating deep-seated or systemic infections (viral or bacterial). It can help stimulate the body's immune system and to purify the blood.

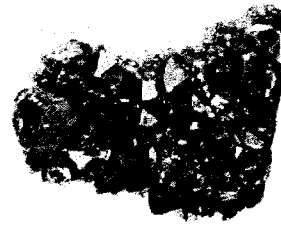


Figure 1.41. Citrine

Although Cinnabar is known to be highly toxic, it was nevertheless used in ancient China in powdered form as part of medicinal formulae. It can be mixed with water and sometimes prescribe on the basis of "using poison to cure poison." Used internally, Cinnabar is believed to clear away "heat" and tranquilize the mind. It is also used as a tonic to reduce the incidence of heart palpitations, restlessness, and insomnia, and to treat sore throats and cold sores that occur in the mouth and tongue. In addition, cinnabar is applied externally to treat certain skin disorders and infections.

**Caution:** Because mercury is a toxic material, caution should be used when handling Cinnabar.

#### CITRINE

This rare transparent yellow, yellowish brown, or smoky gray-brown crystal is often obtained as a geode, point, or cluster. Citrine is connected to the Fire Element (Figure 1.41), its ruling planet is Mercury, and it stimulates the Lower Dantian, First Chakra (perineum), Second Chakra (Navel), Yellow Court, and Third Chakra (Solar Plexus) areas.

**Spiritual Properties:** Citrine awakens the higher mind and is particularly useful for individuals who are sensitive to environmental and other outside influences. It has the ability to cleanse the chakras, especially those located in the Lower Dantian and Yellow Court areas. Citrine also activates the Upper Dantian, and stimulates the Sixth Chakra (Third Eye). It opens intuition, and is commonly used to cleanse and balance the spiritual body by aligning it with the physical body. Citrine increases the powers of concentration and revitalizes the mind, promoting inner peace so that true wisdom can emerge.

**Martial Properties:** Citrine absorbs, transforms and dissipates negative energy, and is there-

fore extremely protective for the environment. As an aura protector it acts as an early warning system so that action can be taken to protect oneself.

**Healing Properties:** Citrine is a powerful cleanser and regenerator, and is traditionally used for reversing degenerative diseases. It stimulates digestion and tonifies the spleen and pancreas. It negates infection of the kidneys and urinary bladder, helps eye problems, increases blood circulation, detoxifies the blood, activates the thymus and balances the thyroid gland. Its warming effect tonifies the nervous system. An elixir made from citrine is helpful for treating menstrual problems and menopausal symptoms (such as hot flashes), balancing the hormones and alleviating fatigue.

**Recharging Citrine:** To recharge Citrine, place it in the sunlight from sunrise to noon.

**Caution:** When cleansing and recharging Citrine, do not frequently overexpose it to intense sunlight, as it may start to crack.

#### CORAL

Coral is found in all the oceans of the world. Most ancient cultures revered coral for its medicinal qualities, as well as for its beauty. Coral occurs in all colors, but is most commonly found in black, blue, pink, red, or white forms. The specific healing qualities of each type of coral vary according to its specific color. All Coral is connected to the Water Element (Figure 1.42).

- **Black Coral:** This type of coral is believed to both absorb and transform negative energy when worn, carried, or taken internally as an elixir. Black coral is used to foster tranquility, and is used to energetically elevate an individual's creative intentions. It can also be used to dispel the fear of darkness and bring hidden matters to the forefront. In certain ancient traditions it was considered to be a stone of regeneration and purification, and it was used in the treatment of disorders relating to the internal organs, skin, pores, and digestive system.
- **Blue Coral:** This type of coral is used to clear the Second Chakra. It is also used to activate and energize the Fifth (throat) Chakra, treat throat ailments, and for the cleansing and purging the mucoid systems. Blue coral has been

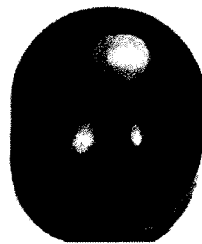


Figure 1.42. Red Coral

used to illuminate the Third Eye and enhance the sorcerer's psychic awareness. It is also been used to tonify the liver, pituitary gland, pineal gland and circulatory system.

- **Pink Coral:** This type of coral is used to stimulate and activate the Fourth (heart) Chakra and enhance the intuitive aspects of love. It has also been used in the treatment of disorders of the heart, breast, stomach, and reproductive organs.
  - **Red Coral:** This type of coral was used in ancient times to bring balance the physical and spirit realms, further aligning the sorcerer with the divine source of all wisdom. It both opens and activates the Lower Chakra and is believed to protect the individual from depression and despair. It has been used to treat hiccups, colic, and heartburn, and to stimulate the metabolic process and release impurities from the muscular system. It can also be used in the treatment of disorders of the kidneys, bladder, or parathyroid gland. In ancient times, Red Coral was scattered on fields in order to shield crops from storms, blight, and locusts. Red Coral was also used to protect ships and houses from storms.
- Red Coral is used in all Sea Rituals, Fertility Charms, for creating talismans used for psychic invisibility, and for Sex Magic (where brighter shades of Red Coral are used to attract passionate lovers).
- **White Coral:** This type of coral is used in different cultures to open and clear the Upper Dantian and Ground Chakra. It is also used to align the major Chakras of the body with the subtle energies of the spirit realm, helping to dissipate energetic blockages of the physical body and fill any holes in the body's second

Wei Qi field (aura). White coral is also believed to stimulate clairaudient abilities. It is used clinically to facilitate the renewal of the cellular structure of the brain and olfactory system.

**Spiritual Properties:** Coral enhances the mental process, creates emotional openness and enthusiasm, and pacifies the mind. Because coral is constructed of many generations of living organisms it is considered to be an energetic gateway to the past. It also facilitates intuition and visualization, helping to enhance the qualities of the mystic.

**Martial Properties:** In ancient China, Coral was believed to be able to calm the ocean and was commonly worn as a magical amulet or pendant. It loses its hue when the wearer's health declines (e.g., turning pale when the wearer is ill).

**Healing Properties:** Coral supports the growth of bones, cleanses the blood, and strengthens the circulatory system. It supports and balances the Heart, circulatory system, digestion, and metabolism. Coral can also enhance fertility, balance the body's Fire and Water energy, increase stamina and vitality, and ease internal pains. The ancient Chinese believed that coral could be used to prevent nightmares, epilepsy, and sterility in women. They also used it to cure fits and whooping cough in babies, and to treat ulcers and sores. When rubbed on the gums, coral was believed to strengthen the teeth. It was used in ancient times to stimulate tissue regeneration and has been used in modern times to nourish the blood cells, and to treat disorders of the spinal canal, nervous system, and thymus gland. Moonlight was believed to intensify the healing power of coral.

**Recharging Coral:** To recharge Coral, sprinkle it with seawater and then place it under the moonlight during the time of the Crescent Moon.

**DIAMOND**

This stone is generally considered to be the highest and purist of all gemstones, and was sometimes known as the "King of the Crystals." Diamonds have long been valued for their magical properties. The ability of the diamond to refract light into flashing multicolored prisms enhances its ability to increase the power of other minerals. Diamond is connected to the infinite space of the Wuji and contains the combined powers of the Wind,

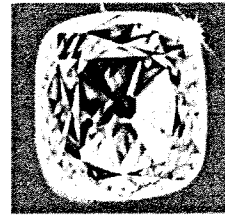


Figure 1.43. Clear Diamond

Fire, Water, and Earth Elements (Figure 1.43). It energetically stimulates the Middle Dantian, Fourth Chakra (heart), Upper Dantian, Sixth Chakra (Third Eye), Seventh Chakra (Baihui), and Eighth Chakra (Heavenly Transpersonal Point) areas.

**Spiritual Properties:** The diamond is a stone of manifestation, attracting abundance (the larger the diamond the more the abundance). Ancient sorcerers believed that diamonds aid intuition. Diamonds crystals are energetic transducers and can assist in activating the prefrontal lobes of the brain, the seat of most paranormal abilities and visionary consciousness. In ancient times, placing a diamond onto the Sixth Chakra was said to open doors to psychic powers, enhance inner-vision, and facilitate psychic intuition.

**Martial Properties:** Diamonds are one of the few stones that never need recharging. They are superb in conjunction with other stones because they amplify the properties of other gems. Diamonds are also known to imbue courage, feelings of invincibility, and fearlessness. They were sometimes used in ancient times against feelings of fear or actions of cowardice. Certain traditions believe that a diamond will provide its owner with protection from evil spirits, fire, poison, snakes, and illness.

**Healing Properties:** It is believed that the unique blue light of a diamond is helpful to treat eye conditions such as Glaucoma. Clear diamonds are known to stimulate the brain, clear emotional and mental pain, reduce fear, and bring about feelings of new beginnings. Diamonds are also believed to provide a link between the intellect and the higher mind. On the subtle level, diamonds are believed to fill and reenergize the body's energetic Wei Qi fields (aura). In ancient times diamonds were traditionally used to counteract poi-

sons. Because they promote greater strength and harmony in the body's Water Element, diamonds were used in ancient times to treat diseases of the kidney and reproductive organs. A large diamond is excellent for blocking pathogenic Qi.

**Recharging Diamonds:** Diamonds are one of the few stones that never need recharging.

**Caution:** Because diamonds will increase the power and intensity of an individual's emotional and energetic state, any negative state of mind will also be amplified.

#### EMERALD

Emerald is a form of green beryl that crystallizes in the structure of prismatic crystals. It is sometimes observed as being vertically striated and terminated by small pyramid-like faces. Emerald is connected to the Water Element (Figure 1.44), and it stimulates the Middle Dantian and Fourth Chakra (heart) areas.

**Spiritual Properties:** Emeralds are stones of wisdom, and they provide inspiration, intuition, mental clarity, discernment, and truth. They are known for their ability to strengthen the memory and inspire deep inner knowing. Emeralds are also known to open the Fifth Chakra (heart) and have a calming effect on the emotions, balancing the physical, emotional, and mental equilibrium. At one time, Emeralds were believed to assist the sorcerer in foretelling the future.

**Martial Properties:** Emeralds are believed to eliminate negativity and bring in positive actions. They can be used to focus intention, raise consciousness, enhance psychic abilities, increase clairvoyance, and stimulate the ability to gather wisdom from the spiritual realm. Traditionally an emerald was believed to protect from enchantment and the psychic attacks of other sorcerers, as well as banish nightmares and night phantoms. In ancient times, it was believed that an emerald could detect poison when worn as a ring. It was believed that the Emerald ring would change color and fade, or become hot and vibrate when around toxic substances. Emeralds were also said to bring victory in court cases and turn enemies into friends. Emeralds have long been used in order to protect sailors and fishermen from the perils of sea.

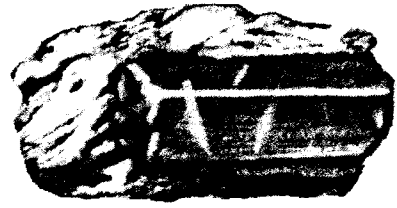


Figure 1.44. Green Emerald

**Healing Properties:** The emerald is considered a stone of the heart, offering healing benefits on the physical and emotional planes. It is commonly used to aid recovery after infectious diseases. Emeralds are used to alleviate diabetes, treat problems of the spine, back and skeletal system, lungs, heart, liver, eyes, and treat mental and emotional stress. Emerald has been used as an antidote for poisons. When worn around the neck, the emerald was believed to ward off epilepsy. In ancient times, the emerald was used for treating faintness, curing loss of memory, easing pain in childbirth, controlling blood pressure, and treating nervous disorders. It was also used to treat epilepsy, dysentery, sores, and ulcers. Emerald relieves eyestrain and eye inflammation and is said to protect the wearer against blindness and eye diseases. The ancient mystics believed the emerald to be able to negate the harmful effects of certain types of snakebites.

**Recharging Emeralds:** To recharge an Emerald, place it under the moonlight during the time the moon begins to wax (increase in size). It is also advised to clear the energies of an Emerald by holding it under cold running water two to three times a week.

**Caution:** It is important not to wear emeralds all the time as its super positive force will start to reverse.

#### EUDIALYTE

This is a relatively rare stone, that is red, pinkish red, yellow, yellowish brown, and violet in color. The black inclusions in Eudialyte purify its energies and provide a measure of psychic protection to those who use it. It is considered to be a stone of personal power that increases and revitalizes the energy of its user. Eudialyte is sometimes considered to be a harmonizer of the body's energetic and spiritual fields. Its pink and red colors activates the



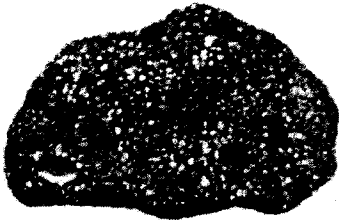


Figure 1.45. Eudialyte

Fourth Chakra (heart), and brings the First Chakra (perineum) root and Fourth Chakras (heart) into alignment. Eudialyte is connected to the Earth Element and Water Element (Figure 1.45), and it stimulates the Lower Dantian, First Chakra (perineum), Middle Dantian, and Fourth Chakra (heart) areas.

**Spiritual Properties:** Eudialyte helps to increase clairaudience, manifestation, and psychic abilities. It activates the Alpha brain wave pattern during the creative state and enhances the individual's dream state. Eudialyte opens the chakra centers and allows for a clear pathway of energetic movement between the First and Fourth Chakras (balancing one's emotions with one's external experiences).

**Martial Properties:** Eudialyte can be used as a psychically protective stone.

**Healing Properties:** Eudialyte is good for increasing vitality, healing the emotions, resolving disorders of the eyes, pancreas, or thyroid, and for purifying the blood. Eudialyte has also been used in the treatment of disorders of the optics of the eyes. Because it has a stabilizing effect on the nervous system, it can be used in the treatment of Multiple Sclerosis, Parkinson's Disease and Alzheimer's Disease. Eudialyte is sometimes used to help stabilize the terminally ill, and to ease the patient's final transitions from life into death. It can also be used in the treatment of premature infants or critically ill children.

#### FLUORITE

This transparent crystal, which comes in a rainbow of colors (yellow, blue, green, violet and purple, white or clear, and rainbow) and can be obtained in either cubical or octahedral shapes. Because of its softness, it was often carved into beautiful figures or vases. The ancient Chinese carved vases and tea

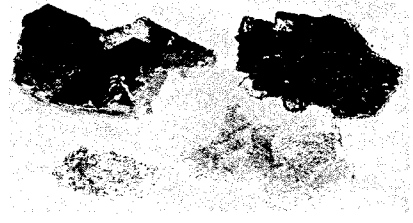


Figure 1.46. Fluorite

cups from Fluorite and considered them valuable treasures. Drinking tea out of the Fluorite cups, for example, enables one to absorb the stone's magical properties. Fluorite is connected to the Wind Element (Figure 1.46). The different colors of Fluorite will have various affects on the physical, energetic and spirit bodies, described as follows:

- **Black Fluorite:** This stone is considered to be the ultimate cleanser in removing energetic toxins (i.e., negative thought patterns or spiritual parasites) from the body. It is also used to treat mental imbalances, arrest nightmares and stop certain energetic forms of psychic attacks.
- **Blue Fluorite:** This stone enhances creativity, orderly thoughts and clears mental communication. It is considered a "dual-action stone" because it both calms the emotions and revitalizes the body's life force energy. Blue Fluorite is especially good for opening the Sixth Chakra (Third Eye) and ensuring psychic clarity. It amplifies the mystic's healing potential by tightly focusing the brain activities so as to invoke a spiritual awakening. It is also used to stimulate both the physical and energetic bodies. In healing, Blue Fluorite is effective for treating eyes, ears, nose and throat problems.
- **Golden Yellow Fluorite:** This stone is especially used for improving intelligence and awakening the memory. Yellow Fluorite enhances creativity and stabilizes group consciousness. It is particularly helpful as an aid for combining the psychic powers of several sorcerers, channeling the projected Qi and Shen into one single pointed endeavor. On the physical level, Yellow Fluorite releases toxins and was used in ancient times to aid the liver.

- **Green Fluorite:** This stone grounds excess Qi, and is used to dissipate emotional trauma, particularly negative environmental energies. Green Fluorite brings information up from the subconscious mind and accesses higher intuition. It is sometimes used in magical elixirs in order to increase the power of the herbs.

Green Fluorite is effective in clearing infections and is also used for clearing the body's energetic fields, Chakras and Shen (mind and emotions). Green Fluorite is sometimes used to relieve stomach pains and cramps within the intestines.

- **Pink Fluorite:** This stone is used to cleans and heal the emotions, harmonizes the heart with the mind, and activate the "seat of the soul," located deep within the Middle Dantian and Taiji Pole area.
- **Rainbow Fluorite:** The multicolored banded variety of Rainbow Fluorite is sometimes called the "Philosopher's Stone." The ancient Chinese believed that Rainbow Fluorite had special powers that could assist in the process of internal and external alchemy, increase telepathic abilities, and aid the sorcerer in shape-shifting. Rainbow Fluorite is considered to be one of the best overall energy cleansers and is sometimes used to repair energetic holes in the Wei Qi (aura) field.
- **Violet and Purple Fluorite:** The more common Violet and Purple Fluorite are energetic amplifiers. It stimulates the Sixth Chakra (Third Eye) and opens the Upper Dantian to the mystical powers associated with the upper realms of magic. It is used to impart common sense to psychic communication and is an excellent meditation stone. For healing, Purple Fluorite is useful for the treatment of bones and bone marrow disorders.
- **White or Clear Fluorite:** The White or Clear Fluorite is said to help to cleanse the spirit. This stone stimulates the Upper Dantian and energizes the body's Wei Qi fields. It harmonizes the mind and the emotions allowing the spirit to settle into a state of quiescence. Clear Fluorite aligns all of the body's chakras, bring-

ing the universal energy into the physical body. It can also be used for clearing obscure visions and to enhance the effect of other crystals during healing.

**Spiritual Properties:** Fluorite cleanses and stabilizes the body's energetic fields by naturally drawing off negative energy. It grounds and supports the body's spiritual energies and is said to give the spirit safe journey on soul projections and forays into the spirit world. Because it heightens intuitive powers, Fluorite gently opens the door to the subconscious mind and is excellent for advancing greater concentration, meditation, and spiritual awakenings. It links the Yuan Shen (Original Spirit) with the Shen Xian (Eternal Soul). It also helps one grasp higher, more abstract concepts, facilitates inter-dimensional communication, and balances the Yang (positive) and Yin (negative) aspects of the mind. Fluorite is used to purify and detoxify both the spirit and places. It is often recommended to reduce stress and relieve negative forces. Natural Healers associate Fluorite with concentration as it is supposed to bring balance to mental-emotional energies and reduce chaotic and misguided energies.

**Martial Properties:** Because of its pyramid-like cleavage planes, Fluorite is considered to be a highly protective stone, especially on the psychic level. It is most commonly associated with protection against psychic manipulation and antagonistic mental influences. It is used to foster the intellect and advance the mind from one mental reality to the next. Fluorite also aids in fighting mental disorder and gaining spiritual awakening. It helps to increase the assimilation of Qi into the body, and is said to give form and structure to thoughts (i.e., energies, ideas, and concepts), helping them manifest within the material world. Because Fluorite can be used to increase focused concentration, it is traditionally used to assist the mystic in working with large amounts of energy.

**Healing Properties:** Fluorite is a powerful healing tool that works with chakras and has various energetic attitudes according to color of stone. It can be used to help remove infections, repair

DNA damage, regenerate the skin and mucus membranes, particularly in the respiratory tract. It can also be used to heal ulcers, help in rebuilding wounds, strengthen the teeth and bones, and improves absorption of vital nutrients. Fluorite is also beneficial for dissolving adhesions, tonifying the blood vessels and spleen, and for alleviating pain caused from arthritis, rheumatism, and spinal injuries. It grounds excess energy, heals the skin and helps remove blemishes. When taken as an elixir, Fluorite is a powerful agent used against viruses.

**Recharging Fluorite:** Place Fluorite in the moonlight, during the three days of the Full Moon, or in running water (i.e., place it in a stream for several minutes) in order to recharge its power.

**Caution:** Because it is rather soft and cleaves easily, care should be taken when wearing any form of Fluorite jewelry as it is not durable enough for every day wear.

#### GARNET (RED)

Garnets get their name from the Latin *granatum*, meaning seed of the pomegranate, which the burgundy red varieties resemble (Figure 1.47). The traditional “red” garnet coloration is found in four types of stones, described as follows:

- **The Almandine Red Garnet:** This is a deep orange-red to purplish red colored stone. This stone is connected to the Earth Element, its ruling planet is Mars, and it stimulates the Lower Dantian, First Chakra (perineum), Middle Dantian, and Fourth Chakra (heart) areas. The Almandine Red Garnet allows for the manifestation of one’s heartfelt desires to materialize within the physical realm. It is also an excellent “grounding” stone, and because of its relative dense energies (used for rooting the energetic body and spirit body). It can also be used as a stone of psychic protection, making it more difficult for negative spirit energies to attach themselves. The Almandine Red Garnet is a strong regenerative healing stone, building strength and stamina.
- **The Pyrope Red Garnet:** This is a deep red to reddish black colored stone. This stone is connected to the Earth Element, its ruling planet

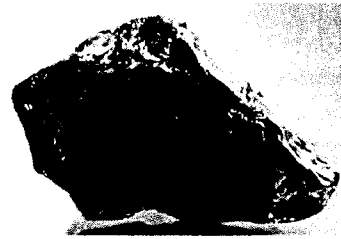


Figure 1.47. Garnet

is Mars, and it stimulates the Lower Dantian, First Chakra (perineum), Middle Dantian, Fourth Chakra (heart), Upper Dantian, and Seventh Chakra (Baihui) areas. The Pyrope Red Garnet stabilizes, strengthens, and protects the bodies three external Wei Qi (aura) fields by aligning the powers of the Lower Dantian with the subtle creative forces of the Middle and Upper Dantians.

- **The Rhodolite Red Garnet:** This is a wine colored stone, varying from rose red to pale violet. This stone is connected to the Earth Element, its ruling planet is Mars, and it stimulates the Lower Dantian, First Chakra (perineum), Middle Dantian, Fourth Chakra (heart), Upper Dantian, and Seventh Chakra (Baihui) areas. The Rhodolite Red Garnet combines the energies of all three Dantians in order to simultaneously facilitate physical, energetic and spiritual fusion. It encourages its owner to both receive and radiate the frequency of Divine love that is constantly flowing from the eternal light of the Dao. It realigns and balances the body’s external and internal energetic fields, cleanses and expands the body’s Wei Qi (aura) field, and opens the sorcerer’s psychic vision.
- **The Spessartine Red Garnet:** This is a brownish red to yellowish orange red colored stone. This stone is connected to the Earth Element and Fire Element, its ruling planet is Mars, and it stimulates the Lower Dantian, First Chakra (perineum), Second Chakra (Navel), Yellow Court, and Third Chakra (Solar Plexus) areas. The Spessartine Red Garnet is a powerful stone of attraction and manifestation. It increases the Qi of the Lower Dantian

(increasing creativity and sexuality). It can be used to enhance charisma or attract a person or thing into one's life. It also stimulates the Yellow Court and Third Chakra (Solar Plexus) area, increasing power to one's Zhi (Will).

**Spiritual Properties:** A Garnet is said to aid those interested in astral projection. Because it helps to align the emotional body to the spiritual body, sleeping with it will help you remember your dreams. A Garnet is said to perpetuates friendships, as it helps the wearer to be firm and steadfast in commitment yet aids in patience and persistence. It also helps to balance the body's energetic fields, stimulate desires, uplift mental attitudes, and enhance the imagination. It has a strong affinity with the Lower Dantian and the transformation of Jing to Qi. Therefore a Garnet is sometimes used to increase creative energy and sexual appetite. In ancient times the red garnet was used to stimulate the controlled rise of the "kundalini" energy and aid sexual potency. It stimulates expanded awareness and past life recall and clears away negative chakra energy.

**Marital Properties:** Garnets are believed to have the power to strengthen the will (Zhi) and are used by sorcerers as magical tools for making the products of his or her creative imagination manifest in the world of matter. In ancient times it was believed that an oath sworn over a Garnet was nearly impossible to break. A Garnet is said to ward off demons, night phantoms, and nightmares. It activates and amplifies the energetic effects of other crystals and is used in order to reinforce magical oaths. Red Garnet was said to change color when danger approaches, and in ancient times it was carried as a talisman in order to ward off danger, protect against lightning, thieves, and repel flying insects. In ancient times it was also believed that an unlawfully obtained Garnet would bring a curse upon its wearer until it was returned to its lawful owner. Additionally, Garnets are thought to help heal oneself and one's friends, but bring harm unto enemies.

**Healing Properties:** A Garnet is a powerful reenergizing stone. It cleans and reenergizes the chakras, stimulates the pituitary gland, and

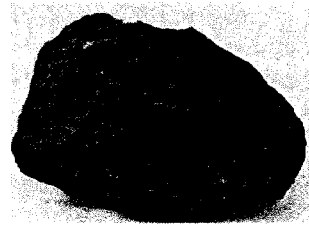


Figure 1.48. Hematite

strengthens the bloodstream. Energetically, it vitalizes, purifies, and balances the Qi. The Garnet is thought to be an antidote to fevers, and to ward off inflammatory diseases. It stimulates the body's metabolism and assists in the assimilation of minerals and vitamins. Red Garnet is used to treat spinal and cellular disorders, and to regenerate the body's DNA. It is also used to purify and energize the blood, heart, and lungs, as well as to .

Garnets come in many colors and different varieties are associated with different healing abilities. The blood-red varieties are often associated with blood diseases. Since it is the color of menstrual blood, it is believed to be a stone of fertility. Women were known to wear it around their waist to help with the menstrual cycle. The pink Grosular varieties is said to soothe a stressed nervous system and are used by healers for stress-related diseases, such as anorexia, mistrust, and people needing comfort. The browner varieties are used by healers to draw out stress.

**Recharging Garnet:** Place Garnet outside in the moonless light of a New Moon, or in the dark energetic field of a cloudy night in order to recharge its power.

#### HEMATITE

True Hematite is a black silvery red stone, and is quite heavy. In its raw form, Hematite is a "brain-like" black, reddish gray structure. When polished, it is sometimes known as a black diamond, and was used in ancient China as a Magic Mirror. It was also believed to have the power to reflect back psychic attacks and all forms of negativity. Hematite is connected to the Earth Element (Figure 1.48), its ruling planet is Mars, and it stimulates the Lower Dantian and First Chakra (perineum) areas.

**Spiritual Properties:** Hematite has long been associated with psychic awareness, and some people believe that it assists in spirit travel, soul travel, and scrying. When used as a talisman, Hematite is said to ensure for the wearer a favorable hearing of petitions addressed to the celestial kings and good fortune in the area of lawsuits and other judgements. In addition, it is also considered a grounding stone, which makes it useful for those people who have difficulty concentrating on the "here-and-now." Hematite brings a greater attunement, harmonizes the body with the mind and spirit. It eliminates emotional and spiritual disassociation, strengthens the intuition, and promotes common sense.

**Martial Properties:** Hematite is considered to be a stone of protection. Sorcerers use it to protect the soul and ground it back into the body after soul travel. In ancient times, warriors rubbed their bodies with the stone before battle, believing it protected them and made them invincible. A seal of hematite was thought to enable a man to destroy his enemies. By strengthening the physical and energetic bodies, it also energizes, vitalizes, and enhances personal magnetism, optimism, will, and courage.

**Healing Properties:** Hematite has a strong Yang influence and is used to balance the body's channels. Sorcerers historically have believed that when placed over the location of an illness, Hematite, will draw the "spirit" of the illness out of the patient and into the stone itself. Hematite is used for treating swollen and inflamed eyelids, headaches, blood disorders and hysteria. Because it has a positive effect upon the bloodstream, it can be used for lowering high blood pressure and treating cases of anemia. Hematite is a principal blood purifier among stone healers. It can be placed anywhere on the body for this purpose, or worn as a ring, pendant or necklace for continuous healing. Hematite helps circulate oxygen throughout the body and is good for treating kidney and spleen diseases. It assists the kidneys in cleansing the blood and stimulates the absorption of iron in the formation of red blood cells. Hematite is used to treat leg cramps, anxiety and in-

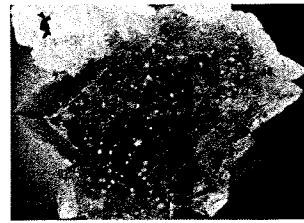


Figure 1.49. Herderite

somnia, and it aids spinal alignments and fractures. It can also be used as an elixir for the treatment of fevers.

**Recharging Hematite:** Place Hematite over the Altar's incense smoke in order to recharge its power.

**Caution:** Hematite should not be used where inflammation is present or for long periods of time.

#### HERDERITE

Herderite is a rare calcium beryllium phosphate that occurs in tabular or prismatic crystals. It can be colorless, pale yellow, green, brown, gray or lavender. Herderite is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements (Figure 1.49). It energetically stimulates the center core Taiji Pole, Upper Dantian, Sixth Chakra (Third Eye), Seventh Chakra (Baihui), and Eighth Chakra (Heavenly Transpersonal Point) areas.

**Spiritual Properties:** Herderite is one of the major stones used by sorcerer's for awakening and charging the Upper Dantian, and for energizing the body's psychic energy centers (all varieties of Herderite share this special energetic ability). These are incredible magical tools of power, used for initiating spiritual growth, practicing Spirit Travel, and increasing clairvoyant skills.

**Martial Properties:** Herderite can be used in order to raise the body's resonant vibrations, enabling the sorcerer to increase psychic perceptions, creativity, memory and learning ability.

**Healing Properties:** Herderite increases brain function, and can be used treat migraine headaches and other brain-orientated afflictions such as stroke. It can sometimes be used to assist and facilitate the process of "rewiring" the brain after stroke conditions.



Figure 1.50. Iolite

### IOLITE

Iolite is a translucent violet blue to purple gemstone that has the unusual property of being different colors from three different axes (pleochroic). Its scientific name is Cordierite but it is also referred to as a Water Sapphire. Its hardness makes it a beautiful and durable gemstone. Iolite is connected to the Wind Element and Water Element (Figure 1.50), its ruling planet is Jupiter, and it stimulates the Upper Dantian and Sixth Chakra (Third Eye) areas.

**Spiritual Properties:** Sometimes called the “stone of witches,” Iolite increases psychic perception and magical powers. It is a powerful stone of vision, and it activates the Sixth Chakra (Third Eye), increasing intuitive insight (“inner knowing”) and manifesting the creative expression of the sorcerer’s intent and spiritual ideas. Iolite is traditionally used to attain deep trance states. Because it increases the vividness and detail of inner visions (i.e., bringing up esoteric symbols from the subtle realms of the inner psychic), Iolite is used by both shamans and sorcerers in Soul Travel training. Iolite energizes the body’s Wei Qi field and aligns the subtle energetic and spiritual bodies.

**Martial Properties:** Placing Iolite on the Sixth Chakra (Third Eye) is thought to improve psychic abilities, bring accurate visions, and align spirits with the desired purpose. It also clears and removes thought forms and releases energetic cords that are attached to the body.

**Healing Properties:** Considered an important shamanic healing gemstone, Iolite is believed to create a strong energetic constitution and help the body release toxins. Therefore it is an important stone for the liver. It stimulates the pituitary gland and assists the sinuses and respiratory tract, kills bacteria and is used to alleviate migraine headaches. In ancient times it was used to treat malaria and fevers.

**Recharging Iolite:** To recharge Iolite, place it in the sunlight from sunrise to noon.

### JADE

More information is available on the ancient Chinese use of Jade than is available on any other material. For example, in ancient China food bowls were made out of Jade in order to energize the food with Qi.

The word “Jade” comes from the Spanish word “piedra de hijada,” meaning “stone of the flank,” because it was used to treat kidney disease. In China, where Jade has been venerated for thousands of years, over a hundred different names are in use for the equally numerous varieties of color and quality.

In ancient China, the Dark Green variety of Jade known as “Dragon Jade” was considered to be the semen of dragons. According to legend, dragons, like certain fish, do not ejaculate inside their female counterparts but on them. The females are then impregnated by absorbing the semen through their gills and scales. Any semen that is not absorbed by the female dragon falls to Earth and congeals becoming Dragon Jade.

The toughness of Jade made it a favored stone for making axes, war clubs, knives, and other various weapons. For many centuries, it was believed to strengthen the body’s Qi during life and protect its owner’s Shen (spirit) after death. As China’s great civilization expanded, Jade was eventually used for both tools and ornamentation (e.g., jewelry, incense burners, musical instruments, beads, talismans, religious icons, etc.), and even worn as magical amulets and symbols of power.

According to ancient Daoist belief, there are nine virtues that make Jade precious. These nine virtues are the reasons why the rulers of ancient China appreciated and valued Jade, and used it for making auspicious seals. The Nine Virtues of Jade are described as follows:

- Jade is warm, agreeable, and enriched with favors, this may be called its “benevolence”
- Its lines run back and forth close to each other, communicating systematically, this may be called its “wisdom”

- It is hard, but not over-compacted (Zu), this may be called its “righteousness”
- It is sharp, but its angles are not hurtful, this may be called its “conduct”
- It is fresh and bright, but cannot get dirty, this may be called its “purity”
- It can be broken but not bent, this may be called its “courage”
- Its cracks and spots all appear on the exterior. This may be called its “refined quality,” as it does not try to cover up its weak points.
- Its flourishing, shining, agreeable lights reflect each other but do not trespass upon one another, this may be called its “tolerance.”
- Upon being struck, it gives a clear, faraway and pure sound, not screaming, this may be called its “gentleness.”

Jade is connected to the Earth Element (Figure 1.51), its ruling planet is Venus, and occurs in two primary mineral forms: Jadeite (Sodium Aluminum Silicate) and Nephrite (Calcium Magnesium Iron Silicate).

- **Jadeite:** The Jadeite variety is generally considered more rare and expensive, especially the naturally occurring lavender and emerald green Jadeite. It is a metamorphic mineral with a hardness of 6.5 - 7. Jadeite that is semitransparent to translucent green is traditionally called “Jade.” The most common Jadeite colors are white to green, and white with greenish spots. Less common colors are pink, lilac, lavender, emerald green (known as “Imperial Jade”), lime green, silvery white, reddish brown, and brown with red. The most valued is the pink or lilac Jadeite. Jadeite’s value as a gemstone increases with the level of transparency, color, and flawlessness.
- **Nephrite:** The Nephrite variety usually appears more fibrous and is a deeper, richer green than its Jadeite counterpart. Tremolite is actually Nephrite in a less compacted form. Nephrite is an amphibole mineral of tremolite and actinolite with a hardness of 5 - 6. Green Nephrite with semitransparent to translucent characteristics is also referred to as “Jade.” Nephrite Jade can be white, all shades of green (from greenish yellow to intense dark green), dark

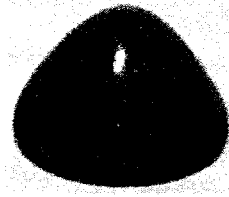


Figure 1.51. Jade

grey, grayish (with tinge of blue, red, or green), brown, or lavender. Again, its gemstone value increases with the level of transparency, intensity, evenness of color, and flawlessness. The search for the raw material was surrounded by an atmosphere of particular sacredness and was solely in the hands of women.

**Spiritual Properties:** In ancient China, pieces of Jade were always the most appreciated minerals, and were laden with particular symbolic significance and authentic celestial energy. The ancient mystics believed that the sacredness of “Jade” was such that it conferred upon its owner sovereignty, as well as magical and healing powers; Jade was also said to nourish the spirit and have the capacity of assuring immortality. Traditionally, Jade was placed on the eyelids or in the mouth of a dead person in order to bring back their spirit to another life on Earth.

Jade is considered one of the most important symbols of purity and serenity. It is also revered as an ancient symbol of love and as a stone that brings luck, especially specimens that are dark olive-green in color. The ancient Chinese felt that Jade helped inspire the mind to make quick and precise decisions. Ancient traders would often hold this gem in the palm of their right hand while he engaging in business transactions. Carved into a scarab, Jade is said to bring its owner a long and prosperous life. It is also said that wearing Jade while gardening will improve the health of the plants.

**Martial Properties:** Ancient Daoist mystics used Jade in amulets to turn hostile psychic attacks back onto their senders, therefore Jade is worn for protection during defensive magical workings. Similarly, small pieces of Jade can be energized and buried along the houses perimeter for this purpose. In ancient times Green Jade was believed to be able

to bring rain. Although it was commonly placed in the mouth of a corpse to protect the soul, necromancers often used it to raise the soul of the dead.

**Healing Properties:** Jade has been called “colic stone,” “spleen stone” and the “stone of the loins.” Its healing ability corresponds to the particular color of the stone. Wearing Jade is said to aid the body in its healing process, while simultaneously working on the underlying energetic problems that caused the disease in the first place. For example, in ancient China it was believed that Jade tied to the arm could help expel kidney stones, whereas Jade worn around the neck (and not removed) could ward off infantile disease. Jade bracelets were also worn to promote a long life, and Jade ornaments or jewelry were worn as charms to prevent eye infection.

Jade assists in healing digestive ailments, and it makes a good healing talisman for the kidneys, urinary bladder, heart, spleen, digestive and immune system. Jade is believed to help cleanse blood, increase longevity and fertility, avert epilepsy, and treat eye disorders and female problems.

A powerful emotional balancer, Jade is also said to prevent nightmares. The ancient Chinese believed that pure Jade radiates divine, unconditional love, dispels negativity, promotes clarity, modesty, courage, justice, peace and wisdom. It was considered to be the concentrated essence of love.

**Recharging Jade:** Place Jade in running water (i.e., place it in a stream for several minutes), or over the Altar incense smoke in order to recharge its power.

#### JASPER

Jasper occurs in patterns of various colors of the rainbow (black, brown, red, yellow, green, blue, and purple); however, red (Fire) and green (Water) Jasper are the most magically important. Jasper is connected to the Earth Element (Figure 1.52).



Figure 1.52. Jasper

Blue Jasper was used to sustain energy during long periods of fasting. When placed on the middle Dantian it is used for spirit travel. It also heals degenerative diseases and balances mineral deficiencies.

- **Brown Jasper:** This stone brings stability, balance, and centering and it facilitates deep meditative states. It is used in past life regression, revealing karmic causes, and encourages spirit travel. Brown Jasper improves night vision, heals the skin, and boasts the immune system by clearing toxins from the body and cleaning internal organs. It is also used to alleviate environmental pathogens.
- **Golden Yellow Jasper:** This stone is used for protection during spiritual work and spiritual travel. It gathers and releases positive energy, energizes the endocrine system, stimulates the yellow court, and releases toxins. It is also used for healing digestive and stomach problems.
- **Green Jasper:** Like Green Jade, Green Jasper is used in weather magic to bring rain. It is also used to release the body from emotional obsession and to stimulate the Middle Dantian and Fourth Chakra (heart) area. Green Jasper reduces toxicity and inflammation, and is sometimes used to treat skin disorders, dispel bloating, and treat diseases of the digestive tract. To recharge Green Jasper, place it in the seawater.
- **Purple Jasper:** This stone is used to stimulate the Upper Dantian and Baihui area.
- **Red Jasper:** This stone can be used in rituals of evocation to retain the control of summoned spirits, and to contend with the shadowy and dangerous side of the magical realm.



Of all the Jaspers, the red verity is considered to offer the most powerful form of energetic protection against physical threats and psychic attacks. It is used to return negative energies back to the sender.

Red Jasper also calms the emotions, and when placed under the pillow, it helps dream recall. It stimulates the Lower Dantian, increases the body's Qi, assists in spiritual rebirthing, cleanses and stabilizes the body's Wei Qi field, and strengthens energetic boundaries. Red Jasper helps activate sexuality and is commonly used in Sex Magic. It also strengthens and detoxifies the circulatory system, blood and liver, specifically dissolving blockages within the liver or bile ducts. Pass the Red Jasper through the flame of the left red altar candle in order to recharge its energy.

**Spiritual Properties:** Jasper represents the Earth Element. It can be use after completing a ritual to help the sorcerer regain his or her center and become grounded. Jasper is stabilizing, and is said to help reduce insecurities, fears, and guilt, and to de-crystallize illusions. Jasper brings about tranquility and wholeness, unifying all aspects of an individual's life. Because it aligns all the chakras, Jasper can be used for balancing the chakras and for spiritual attunement. It is also used to facilitate spirit travel and dream recall. Jasper balances the body's Yin and Yang energy and aligns the physical, energetic, and spiritual bodies with the energetic realm of existence.

**Martial Properties:** Jasper is used for protection, for absorbing negative energy, and for grounding the body's Jing and Qi. In ancient times it was used to bring about courage, stimulate the imagination, transform ideas into action. Jasper is one of the classic amulet stones and is worn in magical rituals of evocation in order to retain the control of summoned spirit entities, and to conjure rain storms. It is often worn to protect the wearer against supernatural evil and psychic attacks by dispelling destructive magic created by hostile sorcerers, driving away aggressive spirit entities. Jasper has a strong reputation as a rain-bringer, and for this reason it is regularly used in weather magic.



Figure 1.53. Jet

**Healing Properties:** Jasper is often water-worn and known as the "supreme nurturer." It is considered to be a powerful healing stone, with a strong impact on physical body. It also works with the chakras according to the specific color of the stone. It is an excellent stone for healers as it enhances and purifies the blood, lessens pain, stops bleeding, helps the anemic, vitalizes brain tissue, stimulates hormone balance, and prevents digestive pains. Jasper strengthens the liver, gall bladder, and urinary bladder. It also tonifies the body's circulatory system, digestive system and reproductive organs. Jasper is used to balance the body's auric field, and . It balances the mineral content of the body and is sometimes used for treating epilepsy, cancer, and wasting diseases.

#### JET

Jet is a soft, opaque black gemstone, easily identified because it is very, very lightweight. Jet is composed of carbonized wood (lignite coal). Jet, like amber, has the property of becoming electrically charged when rubbed with wool or silk. It is sometimes referred to as "Black Amber" or "Witches Amber," because Wiccan High Priestesses are said to wear necklaces of alternating Amber and Jet. Considered to be a very potent defence against all kinds of supernatural evil, in the 16th Century, Jet was universally used by the Catholic church to make rosaries because of its protective qualities. Jet is connected to the Earth Element (Figure 1.53), its ruling planet is Saturn, and it stimulates the Lower Dantian and First Chakra (perineum) areas.

**Spiritual Properties:** Jet is considered to be a link between the physical and the spiritual realms, and is therefore used to balance the emotions. It

cleanses the Lower Dantian and stimulates the rise of the “kundalini” energy (i.e., when placed on the Middle Dantian it directs the kundalini energy towards the Upper Dantian). It is said that those who are attracted to this stone are “old souls” who have long experienced being reincarnated on this Earth.

**Martial Properties:** Jet is used to ward off evil, especially psychic attacks, and is used to protect its owner from demon or spirit possession. It was also believed to be able to absorb any illness or negative energy, and remove fears and depression. Jet was important to the ancient Chinese. It was commonly used as a protective talisman against illness, protecting its owner from the energetic and spiritual harm of psychic and physical attacks. It provides protection during spirit travel, and was also believed to offer protection from thunderstorms. In ancient times, burning powered Jet as an incense was believed to be an effective way of breaking a very strong curse delivered from a hostile sorcerer. The Jet smoke was believed to banish all of the destructive energies.

**Healing Properties:** In ancient times, Jet was used to repel plague, fever and negativity. It acts as an energetic filter for germs and aids in healing migraine headaches, toothaches, stomach diseases, goiter, edema, epilepsy, hysteria and hallucinations caused by fever. It was used in treating women’s discomforts, especially during labor. In ancient times, it was powdered and mixed with bees wax, and applied to tumor formations. It also diminishes glandular and lymphatic swelling and heals stomach pain.

**Recharging Jet:** Place Jet in the Earth overnight (i.e., bury it in a sacred spot, surrounded by healthy foliage) in order to recharge its power.

**Caution:** It is important to note that several cultures also believe that Jet worn next to the skin will absorb some of the person’s soul essence, therefore personal Jet was always carefully guarded to avoid giving someone else power over the original owner. Also, because Jet is considered one of the most powerful absorbers of negative energy, and should be frequently cleansed by exposure to sunlight.



Figure 1.54. Kunzite

#### KUNZITE

Kunzite is a rare, expensive, and difficult to cut semiprecious transparent or translucent gemstone. This striated gemstone occurs in a rainbow of colors (yellow, green, lilac, and white). Kunzite is also referred to as Spodumene. It sometimes changes color with exposure to light, usually settling on a pinkish tone. Kunzite is connected to the Water Element (Figure 1.54), its ruling planet is Venus, and it stimulates the Middle Dantian and Fourth Chakra (heart) areas.

- **Green (Hiddenite) Kunzite:** This stone varies in color from yellow to emerald green. It is connected to the energetic and spirit worlds and assists in transfer of knowledge from the higher planes of existence. Green Kunzite benefits the Shen (mind and emotions) and grounds spiritual love. When placed over the Sixth Chakra (Third Eye), it stimulates spiritual insight. Green Kunzite is also used to support transformations and new beginnings. When gently combed over the body, it exposes areas of weakness, deficiencies and disease.
- **Lilac Kunzite:** Lilac Kunzite is said to enable the sorcerer to break through the barriers of time into the infinite space of the Wuji. This stone is considered the “celestial doorway” and is an entry portal to the infinite space of the Wuji. It is said that Lilac Kunzite facilitates the spiritual transition of dying (i.e., imparting the knowledge that the “freed soul” requires to move on into enlightenment).
- **White (Clear) Kunzite:** This stone is used in soul retrieval work. It facilitates the journey back to the site of the original trauma and can be used as a receptacle for the soul until it re-integrates back into the body.

- **Yellow Kunzite:** This stone clears environmental toxins and deflects turbid energy away from the body's Wei Qi fields. It aligns all of the body's chakras, restructures the DNA, stabilizing the body's cellular blueprint. Yellow Kunzite also harmonizes the body's calcium-magnesium balance.

**Spiritual Properties:** Kunzite is an extremely spiritual stone with high vibrations. It stimulates and awakens the Middle Dantian and aligns it with the throat (Fifth Chakra) and Sixth Chakra (Third Eye) of the Upper Dantian. It induces deep, centered, meditative states, and therefore also enhances creativity.

**Martial Properties:** Kunzite is considered a protective stone. It is used to defend against spirit possession and ward off spirit oppression caused from Elementals or Psychic Attacks created, summoned, and dispatched by malevolent sorcerers. Kunzite shields the body's external Wei Qi fields from unwanted energies dispelling any attached spirit entities and psychic attacks.

**Healing Properties:** Kunzite is a very important gemstone to natural healers, as it is said to align all of the chakras and remove energy blockages. It is most commonly used to help heal bone and spinal cord problems, treat hearing loss and ear canal disorders, and increase fertility. It also strengthens the circulatory system and the pericardium and is used to treat nerve conditions such as neuralgia, epilepsy and to soothe and alleviate joint pain. Kunzite neutralizes the effects of anesthesia, and it can be used to stimulate the body's immune system and Righteous Qi. The yellow variety (Triphane) is especially noted for this property. These special healing properties attributed to Kunzite may originate from its property of triboluminescence, or the stone's ability to absorb light and display a brief flash of light in the dark. Placing Kunzite on the Yellow Court alleviates panic.

**Recharging Kunzite:** Place Kunzite in the moonlight, during the waxing Moon, in order to recharge its power.

**Caution:** Sunlight causes Kunzite to fade and lose its color, so avoid long exposure to sunlight.



Figure 1.55. Kyanite

#### KYANITE

This stone forms in elongated, flat, blade-like crystals. It is excellent for energetic balancing and meditation, and it never requires cleaning. The ancient mystics believed that this crystal connects to spirit guides and celestial immortals. Kyanite facilitates spiritual transformation by drawing the spirit body into the physical realm and connecting the divine mind with divine frequencies. Kyanite is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements (Figure 1.55). Its ruling planet is Jupiter, and it energetically stimulates all three Dantians and seven chakra areas.

- **Black Kyanite:** This stone is both grounding and energizing. It is said to help manifest thoughts into action. Black Kyanite can be used to increase the sorcerer's vibrational frequencies, and is noted for its use with hypnosis and the projection of subliminal thoughts. It can also be used to clear blockages in all chakras as well as stimulate the body's channel system.
- **Blue Kyanite:** This stone is said to have the highest vibration, creating rapid transferences of energy. It opens the psychic channels and activates the mind to higher ideas. Blue Kyanite is said to improve telepathic communication between sorcerers, especially if both individuals are using Blue Kyanite. It helps to connect the physical, energetic, and spirit bodies and also stimulates lucid dreaming.
- **Green Kyanite:** This stone is said to help create a bridge between the sorcerer's inner-self, Nature, and the Dao. It is sometimes used Soul Travel and to assist the sorcerer in connecting with Nature Spirits and Earth Immortals.

- **Indigo Kyanite:** This stone is said to emanate energy that flows deeply into the centers of the mind. It stimulates the pineal gland and activates latent psychic abilities. It is sometimes used for training lucid dreaming, Spirit Travel, and Soul Travel.

**Spiritual Properties:** Kyanite is used to induce tranquility, assist in spiritual transformation and facilitate dream recall. It instantly aligns the chakras in the energy body, clearing the body's channel system and restoring Qi to the physical body and internal organs. It is also useful in assisting those going through the transition of death.

**Martial Properties:** Kyanite is a powerful transmitter and amplifier of high frequency energies, and it stimulates psychic abilities and intuition. Because of its ability to enhance telepathy, it is sometimes used to enter into the spirit realm to manifest thought. Kyanite is believed to be energetically linked with the inner dimensions of the Plant, Animal and Human realms.

**Healing Properties:** Kyanite is used to stabilize the body's Wei Qi fields and balance the body's Yin and Yang energy. It is used to treat disorders of the brain, throat, thyroid, parathyroid, adrenal glands, urogenital system, or muscular systems. Considered to be a natural pain reliever, it lowers blood pressure, supports the cerebellum and the motor responses of the body, heals infections, and lowers fevers. Kyanite is sometimes used to help bridge the energetic gaps caused by surgery and other intrusive trauma.

**Recharging Kyanite:** Place Kyanite inside the center foliage of a healthy plant for an hour after sunrise in order to recharge its energy.

#### LABRADORITE

This is a shimmery gem, usually khaki green, though sometimes gray, with characteristic flashes of "blue fire" called Labradorescence. Labradorite is connected to the Wind Element (Figure 1.56), and it stimulates all three Dantians and seven chakra areas.

**Spiritual Properties:** Labradorite is considered to be a powerful magical stone. It is sometimes referred to as a soul stone of esoteric knowledge, and it facilitates spiritual initiation into the



Figure 1.56. Labradorite

mysteries world of esoteric magic. It aligns the physical and energetic bodies in order to access one's divine purpose and destiny. It raises the sorcerer's consciousness and grounds the spiritual energies into the physical body. As an important mystical gemstone, Labradorite is said to connect with the universal energies and facilitates Soul Travel. It bridges the left brain (scientific and intellectual) with the right brain (mystical and psychic), allowing both worlds to unite. It is strongly associated with enhancing intuition and increasing all psychic abilities. It is also thought to protect the aura from energy leakage, improve rational thought, and help use power wisely. Because it enhances psychic ability, protects, improves the intellect and teaches the responsible use of power, Labradorite is referred to as the "Wizard's Stone" in many mystic circles. It is used to subdue an overactive Sixth Chakra (Third Eye) which facilitates intuition, psychic awareness and perceptive insight. It is believed to be helpful in becoming more self-aware, and is often mentioned as enhancing mental abilities and improving memory. Labradorite is used to banish fears, insecurities, and ward off other forms of psychic debris gathered from past disappointments, including those experienced in past lives. It is used to strengthen faith and trust in divine guidance. Labradorite is useful as a "companion" to accompany an individual through times of change, imparting strength and preservation. Considered to be a stone of transformation, it prepares the body and soul for the ascension process.

**Martial Properties:** Highly mystical, Labradorite is considered a protective stone and a bringer of light. It deflects unwanted energies from the body's external Wei Qi fields and pre-

vents energetic leakage. Labradorite forms a barrier that is used to prevent negative energy shed during training, therapy, and emotional transformations from entering into the sorcerer's physical body. It is used for improving Travelling Clairvoyance (Remote Viewing) and increasing extra-sensory perception. In ancient times it was used to take the sorcerer into other worlds or into other lives. Labradorite is also used to remove thought forms that have been projected from other sorcerers and have attached to the external Wei Qi field. It is used to dispel illusions, and it allows the mystic to go to the root of the matter and reveal the real intention behind thoughts and actions.

**Healing Properties:** Labradorite is used for cleansing and balancing the aura, reducing mental stress, and helping with problems associated with the brain. It is frequently associated with the eyes and is thought to improve night vision and assist the blind. Labradorite relieves stress, regulates the body's metabolism, lowers blood pressure, balances the hormones, and relieves menstrual tension. It is also used in the treatment of colds, gout, and rheumatism.

**Recharging Labradorite:** In order to recharge its energy, place Labradorite inside the center of a rainbow that has been refracted from the Sun's rays via a clear crystal.

#### LAPIS LAZULI

The Lapis Lazuli mineral or gem is cobalt blue in color, flaked with gold and permeated with magic and sacred meanings. It has been greatly appreciated and sought after ever since ancient times. The ancient Chinese believed that the blood of Zhang Hong forms Lapis Lazuli in the space of three years. Lapis Lazuli is connected to the Wind Element (Figure 1.57), its ruling planet is Jupiter, and it stimulates the Fifth Chakra (throat), Upper Dantian, and Sixth Chakra (Third Eye) areas.

**Spiritual Properties:** Lapis Lazuli is a vision-ary stone. It stimulates the Upper Dantian, opens up the Third Eye, enhances dream work, Spirit Travel and Spirit Travel, increases psychic abilities, and facilitates enlightenment. In ancient times it was used as a key to spiritual attainment, allowing the sorcerer to communicate with the spirit

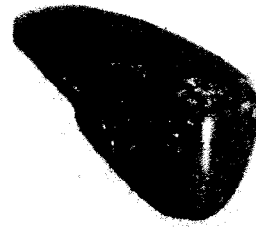


Figure 1.57. Lapis Lazuli

realm and invoke Divine inspiration. As a psychic stone, Lapis Lazuli is believed to harmonize the body on each physical, mental, emotional, and spiritual level.

**Martial Properties:** Lapis Lazuli is used in all forms of Night Magic. It is a powerful thought amplifier that stimulates the higher faculties of the mind, encourages creativity and focuses intention. It has been used since ancient times as a protective stone that contacts spirit guardians and blocks psychic attacks, returning the energy of the attack back to their source. It is also used to increase the power of the spoken word (incantation) and can reverse curses or diseases caused by not speaking out in the past.

**Healing Properties:** Lapis Lazuli alleviates pain, especially that of migraine headaches. When worn as a necklace it cures epilepsy, skin troubles, lungs, and poor blood. It relieves the pain of neuralgia, alleviates eye inflammation, tonifies the respiratory and nervous systems, strengthens the throat, larynx, thymus and thyroid glands, cleanses the internal organs, strengthens the bone marrow, counters depression, overcomes hearing loss, purifies the blood, strengthens the immune system, and increases the body's Righteous Qi. Lapis Lazuli is also used for treating insomnia, vertigo, and high blood pressure.

**Recharging Lapis Lazuli:** Place Lapis Lazuli in starlight (i.e., place outside several hours after sunset during a New Moon) in order to recharge its power.

**Caution:** Avoid rinsing Lapis Lazuli, it dulls the polish. Instead, wipe it with a soft cloth two to three times a week. Do not where Lapis Lazuli (which stimulates the Shen) with Blue Lace Agate (which relaxes the Shen).



Figure 1.58. Lazulite

**LAZULITE**

Found in clusters ranging from rich azure to pale blue (sometimes even greenish-blue) in color, Lazulite is highly valued as a healing stone and a stone that increases psychic abilities. Lazulite is connected to the Wind Element (Figure 1.58), and it stimulates the Upper Dantian and Sixth Chakra (Third Eye) areas.

**Spiritual Properties:** Lazulite can be used to activate the prefrontal cortex of the brain and increase such psychic skills as clairaudience, clairsentience, psychometry, telepathy, psychokinesis, Spirit Travel, and Soul Travel.

**Martial Properties:** Lazulite can be used to help the sorcerer remain in the dream state for extended periods of time. It can also help the sorcerer retain memory of the information (i.e., the knowledge and skill) gained while in the dream state.

**Healing Properties:** Lazulite is an excellent stone for treating migraine headaches.

**MALACHITE**

This green colored stone is striped, banded, or swirled in appearance. Malachite is quite heavy. Certain traditions believe that placing Malachite in copper will increase and accent the stone's magical powers. Malachite is connected to the Fire Element (Figure 1.59), its ruling planet is Venus, and it stimulates the Yellow Court, Third Chakra (Solar Plexus), Middle Dantian and Fourth Chakra (heart) areas.

**Spiritual Properties:** Malachite is a stone of transformation. When placed on the Sixth Chakra (Third Eye), it will activate inner-vision and psychic vision. It can be used for scrying or to access the internal or external dimensions of other worlds. Journeying through Malachite's convoluted patterns releases the mind and stimulates pictures released from the subconscious mind. Malachite amplifies the body's Yin and Yang Qi and it grounds

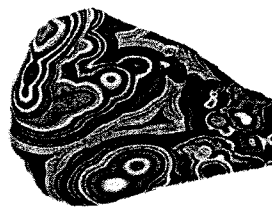


Figure 1.59. Malachite

the spiritual energy by rooting the Shen. When placed on the Yellow Court it facilitates a deeper emotional healing by releasing the negative experiences of old traumas and bringing suppressed feelings to the surface. When placed on the Yellow Court, it can also be used to balance the energy that flows from the Heart and Middle Dantian towards the Lower Dantian. It also absorbs negative energy. Malachite is useful in treating psychosexual problems, especially those caused by traumatic experiences. It is also useful in assisting spiritual rebirthing and transformation. It stimulates dreams and brings memories vividly to life.

**Martial Properties:** Malachite can be used to amplify the sorcerer's intent, and is considered to be a powerful weapon of Protective Magic. In ancient times, Malachite was believed to protect children from evil spirits, psychic attacks, and other magical spells issued from witches. It was also believed to protect the wearer against injuries caused by falling. The ancient Chinese believed it could protect against lightning. This stone has a strong connection to Nature Spirits and Celestial Immortals. The northern Mongolians believed drinking from a Malachite cup would give the power to understand the language of animals.

**Healing Properties:** Malachite is an extremely versatile healing stone, and can help restore anyone who is suffering from burnout. It is often used by midwives for the treatment of women's problems, such as menstrual cramps and facilitating childbirth. It lowers blood pressure and is used to treat asthma, arthritis, epilepsy, fractures, swollen joints, motion sickness, vertigo, tumors, optic nerve damage, and sexual diseases. Malachite tonifies the pancreas, spleen and parathyroid gland, and stimulates the liver to release toxins. It aligns the body's DNA and cellular structure and

enhances the immune system. It was also used to treat diabetes when worn around the waist as a belt. The ancient Chinese believed Malachite could protect against rheumatism and cholera, and it was also used to treat colds and diarrhea.

**Recharging Malachite:** Malachite should always be cleansed before and after use by placing it in a Quartz cluster in the sun for 30 minutes. Never use salt to cleans Malachite, it will damage the stone's surface. Be aware that Turquoise dampens the energy of Malachite.

**Caution:** Use extreme caution in cleaning this gemstone, as it is easily broken down by some solvents. Avoid rinsing Malachite in water, it dulls the polish. Instead, wipe it with a soft cloth two to three times a week.

Malachite requires extra care, in that it amplifies whatever energies are already existent within the environment. It can sometimes cause slight Heart palpitations when placed on the Middle Dantian, and therefore must be use with discretion. Also, Malachite is toxic in raw mineral form (avoid breathing its dust) and should only be used after it has been polished. When creating an elixir use only the indirect method.

#### MOLDAVITE

This dark green transparent stone is often glassy in appearance. It is formed when a giant meteorite strikes the earth. The heat of the impact changes and transforms the surrounding rocks, creating formations of Moldavite crystal. It is therefore considered to be a fusion of both celestial and terrestrial energies. Moldavite is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements (Figure 1.60). It energetically stimulates the Middle Dantian, Fourth Chakra (heart), Upper Dantian, and Sixth Chakra (Third Eye) areas.

**Spiritual Properties:** Moldavite is a powerful magical stone. It can activate each of the Three Dantians and all seven chakras. It is considered to contain its own celestial Ling Shen (Magical Spirit), and it allows the sorcerer access to the immortal realm and celestial messengers. This stone has an extremely high vibration that transforms consciousness, and enables the sorcerer to access his or her

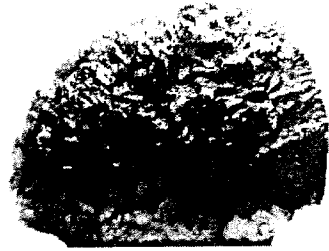


Figure 1.60. Moldavite

divine purpose (Zhi Yi Tian) and destiny (Ming). Moldavite accelerates spiritual growth and takes the mystic to the highest spiritual dimensions. It facilitates time travel (whether to the future or to the past), and allows for past life recall. Throughout the centuries sorcerers have used Moldavite to "download" information from the infinite knowledge of the Wuji into the spirit body. This information must then be processed and brought into consciousness in order to accelerate spiritual growth and raise the body's resonate vibration. Moldavite has also been used since ancient times as a talisman and amulet for promoting psychic ability, gathering good fortune, and ensuring fertility.

**Martial Properties:** Moldavite can greatly increase the power and magically enhance the effects of other crystals. Using Moldavite in conjunction with other crystals brings out the other magical stone's highest power and manifests its greatest potential.

**Healing Properties:** Moldavite is considered a potent healer, especially for brain and nervous system disorders. It is generally used as a tool for diagnosing making one aware of the cause and source of a disease.

**Recharging Moldavite:** In order to recharge its power, place Moldavite outside in stormy weather, particularly when lightning is flashing.

**Caution:** Moldavite is a fragile stone and should not be cleansed with salt, as it will scratch the stone's surface. Additionally, Moldavite is said to be so powerful that only seasoned adepts and highly trained sorcerers should use the stone. Symptoms caused from increasing the body's energetic field before the sorcerer has had chance to adjust to the stone's higher frequency can range from headaches, hot flashes, dizziness, to nausea.

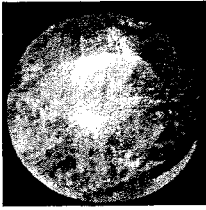


Figure 1.61. Moonstone

### MOONSTONE

Called Moonstone for its resemblance to the silvery moon. This milky, translucent stone comes in white, gray, peach, pink, yellow, and pure white with blue fire (called Rainbow Moonstone) colors. A sorcerer's Moonstone is said to be white and lustrous, and may have a pearly or opaline shimmer of other colors when exposed to the light. Moonstone is said to change color with the phases of the Moon. Moonstone is connected to the Wind Element and Water Element (Figure 1.61), its ruling planet is the Moon, and it stimulates the Upper Dantian, Sixth Chakra (Third Eye), and Seventh Chakra (Baihui) areas.

**Spiritual Properties:** Moonstone is known as the "stone of new beginnings." It promotes intuition and empathy and is most commonly associated with foretelling the future during the time of the full or waning moon. Moonstone is also known as a psychic mirror, associated with lucid dreaming and divination. To increase clairvoyance, answer questions, and determine a proper course of action, a Moonstone is placed in the mouth before bed during a waning Moon. The answer is said to come in dreams during the night. In ancient times, Moonstone was worn as a pendant to encourage the disciple to accept and access his or her psychic gifts. When placed on the Yellow Court it is used to draw out old emotional patterns so that they can be understood and resolved.

**Martial Properties:** Moonstone plays an important role in magical rituals that require the use of the celestial powers of the Moon. At night, the stone is believed to absorb the celestial powers of the Moon and transfer them into the ritual area. As the light and power of the Moon waxes (grows), the stone becomes more powerful, until it reaches its peak during the Full Moon.



Figure 1.62. Muscovite

Moonstone is also believed to protect travelers from danger, especially those who journey at night and on the sea. Moonstone is said to protect children from night terrors and help children establish a regular healthy sleeping pattern.

**Healing Properties:** Moonstone is connected to the pineal gland and balances the body's hormonal system. It stabilizes body fluids and balances and harmonizes the individual's biorhythms. It is believed to alleviate fevers, and to cure consumption, edema, and kidney troubles. Moonstone is helpful in treating problems of the digestive tract and in alleviating degenerative conditions of the hair, eyes, skin and fleshy organs. It is used to treat the liver and pancreas and to aid in the elimination of toxins and the assimilation of nutrients. Moonstone is excellent in the treatment of reproductive disorders, gynecological conditions such as PMS and obstetric conditions of conception, pregnancy, childbirth and breastfeeding. Moonstone can be used in cases of shock, and can also be used to calm hyperactive children. As an elixir, Moonstone is traditionally used to treat insomnia and prevent sleep walking.

**Recharging Moonstone:** In order to recharge its power, place Moonstone outside in the light of a Full Moon (i.e., leave it in a crystal cluster from moonrise to moonset).

### MUSCOVITE

Similar to Mica, Muscovite is a stone composed of many transparent sheets. Its primary colors are white, gray and clear, but can occur in an assorted array of colors ranging from brown, pink, red, yellow, green, and violet. Muscovite is connected to the Wind Element (Figure 1.62), and it stimulates the Upper Dantian, Sixth Chakra (Third Eye), and Seventh Chakra (Baihui) areas.



**Spiritual Properties:** Muscovite is a powerful stone of vision. It is connected to the celestial realm, opens psychic and intuitive vision, and is used in scrying. It stimulates awareness of the true self (Yuan Shen) and assists in Soul Travel. Muscovite stimulates the energetic connection of the Sixth (heart) Chakra and Upper Dantian and facilitates telepathy, clairvoyance, spirit travel, and soul projection. It releases tension within the physical body and aligns the energetic and spiritual bodies with the energetic channels flowing within the body's tissues.

The green variety of Muscovite (Fuchsite), stimulates the energy of the Fourth Chakra (heart) and the Middle Dantian. It allows the sorcerer the ability to connect the Zhi Shen (acquired intellectual mind) with the intuitive wisdom of the Yuan Shen (original spiritual mind).

**Martial Properties:** Muscovite is sometimes used as a protective stone and spiritual insulator, protecting the body's three external Wei Qi fields. It can be used in order to detach energetic cords or remove spirit entities that have psychically connected and attached themselves to the body. It can also be used in order to prevent reattachment to the body's Wei Qi fields.

**Healing Properties:** Muscovite controls the blood sugar, balances the pancreatic secretions, and alleviates dehydration. In ancient times it was used to help prevent and control hunger-pains while fasting. It stimulates the kidneys and imparts sheen to the hair and sparkle to the eyes. Muscovite also relieves insomnia and allergies.

**OBSIDIAN**

Obsidian is a shiny, opaque, glass-like gemstone (sometimes known as volcanic glass) that is created when a volcanic flow is cooled very quickly. It works extremely fast and with great power, and it comes in a variety of colors ranging from black, mahogany, red-black, green, green-blue, blue, electric-blue, silver-sheen, golden-sheen, and rainbow. All Obsidian is connected to the Earth Element (Figure 1.63), and it stimulates the Lower Dantian and First Chakra (perineum) areas.

- **Black Obsidian:** This stone is often referred to as the "Wizard's Stone," as it opens the gates to the Underworld yet also provides protection

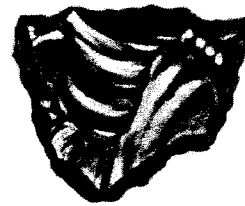


Figure 1.63. Obsidian

from misuse. It roots and grounds the soul and spiritual forces into the physical plane and brings them under the direction of the conscious will, making it possible to manifest spiritual energies within the physical realm. It highlights hidden factors and brings the shadow qualities of one's dark side to the surface for release. Black Obsidian affects an individual's past life and ancestral lineages. It reverses previous misuse of power and addresses power issues on all levels. It is used for protection, repels negativity, disperses evil intentions, and can be used to remove energetic cords and spirit entities that have attached to the Wei Qi field.

Black Obsidian is a stone of prophecy that amplifies magical powers. Spheres of Black Obsidian are used as powerful meditation tools, enhancing the gift of prophecy and aiding the sorcerer in scrying. Black Obsidian was used in ancient shamanism to remove physical disorders. It relieves pain and improves circulation.

- **Blue Obsidian:** This stone assists in spirit travel, facilitates divination, and enhances telepathy. It opens up the body's three Wei Qi fields by allowing the tissues to receive healing energy. It activates the body's fifth chakra and supports communication skills. Blue Obsidian is used to treat speech defects, eye disorders, Alzheimer's disease, schizophrenia, and multiple personality disorders.
- **Electric-Blue Obsidian:** This stone facilitates divination, trance states, spirit travel, psychic communication, and past life regression. It is an intuitive stone that opens the third eye and assists in inner journeys. Electric-Blue Obsidian is used for treating spinal misalignment, impacted vertebra, and circulatory disorders. When used as an elixir it heals the eyes.

- **Green-Blue Obsidian:** This stone assists in Qigong healing and is used to balance the body, mind and spirit. It activates the Fifth Chakra and supports communication skills. Green-Blue Obsidian improves the assimilation of vitamins A and E, and enhances night vision.
- **Green Obsidian:** This stone opens and purifies the Middle Dantian, Heart and Throat Chakras. It removes energetic cords that are attached to the body from other people, places and things. Green Obsidian is traditionally used to treat Gallbladder and Heart diseases.
- **Golden-Sheen Obsidian:** This stone is particularly effective for scrying, allowing the mystic to access the future and the past. Golden-Sheen Obsidian is used to impart knowledge of spiritual direction and balance an individual's energetic fields. It can be used to purge, clear, and stimulate the Yellow Court and Third Chakra (Solar Plexus) areas of negative energies.
- **Mahogany Obsidian:** This stone has a much gentler energy than Black Obsidian. It is used for grounding and protecting the body's energetic field, eliminating energetic blockages, and strengthening the internal organs and tissues. Mahogany Obsidian can be used in body layouts (placed on the tissues) to stimulate the energetic connection between the First Chakra (perineum) and the Second Chakra (navel) areas to purge unconscious memories of guilt, shame and humiliation. It also be used to stabilize and strengthen a weak energetic field, relieve pain, and improve circulation.
- **Rainbow Obsidian:** This stone has strong protective properties and is connected to the spirit realm. It releases energetic cords that are attached to people, places and things, and it replenishes the Middle Dantian and Fourth Chakra's (heart) energetic field. Rainbow Obsidian spheres are highly prized for their ability to enhance scrying, and are commonly used in all transformational rituals as well as for Night Magic. Worn as a pendant, Rainbow Obsidian will absorb negative energy from the body's Wei Qi fields and strengthen prophetic abilities.
- **Red-Black Obsidian:** This stone raises the

kundalini energy, promotes vitality, and tonifies the body's Jing. Red-Black Obsidian is used to treat fevers and chills.

- **Silver-Sheen Obsidian:** This stone is a perfect crystal for scrying. Silver-Sheen Obsidian enhances meditation and is helpful when journeying out of the body as it connects the spirit body with the physical body and is used to bring the soul back into physical incarnation.

**Spiritual Properties:** The more opaque Obsidian is, the more concentrated its powers. Obsidian polishes to a shiny mirror surface, which lends itself to many spiritual uses (especially in scrying, as an alternative to a Crystal Ball) and was utilized in numerous ancient civilizations. It provides deep soul healing, and is sometimes used to facilitate going back to heal past-life traumas. It can be used to protect against negative energy and psychic attacks, remove negative spirit influences, and dissolve blocks in the body's physical and energetic fields. Obsidian vitalizes the soul's purpose in life, anchors the spirit into the body, stimulates growth on all levels, and assists in supporting the life purpose. In ancient times Obsidian was used to help the sorcerer face his or her dark side and teach how to integrate it and control its energetic potential.

**Martial Properties:** All Obsidian is considered extremely protective and said to allow no negative energy or negative spirit to enter. In ancient times, it was believed to drive out demons. Hence it is often used as a grounding stone for spirit and soul projection and the training of other psychic skills. Obsidian is used to provide protection from psychic attacks cast by other sorcerers, as well as to provide protection from negative or impish spirits. It can be used to provide a grounding cord from the Lower Dantian into the center of the Earth to absorb any negative energies from the environment. Obsidian can be very useful in blocking geopathic pathogens (the subtle energetic emissions that stem from underground waterways, powerlines and negative earth energetic lines).

**Healing Properties:** Obsidian is said to aid and promote digestion, detoxify the body, and dissolve energetic blockages in the physical and energetic bodies. It reduces the pain of arthritis, joint



Figure 1.64. Opal

problems and cramps. Placing Obsidian by the bed or under the pillow can draw out mental stress and tension and have a calming effect on the body and mind. Used as an elixir it is beneficial for the treatment of shock, and can sometimes be used to shrink an enlarged prostate gland.

**Recharging Obsidian:** In order to recharge its power, place Obsidian outside in the sunlight.

**Caution:** Because of its enhancement of personal powers, Obsidian is considered to be a one person stone, and is generally not given as a gift.

#### OPAL

Opals come in a variety of colors including white, black, blue, pink and clear. Traditional Opals usually have various colors that flash their light across the surface of the stone. The various types of Opals have different energetic properties. However, in Chinese culture, the milky background and multicolored fire of the White Precious Opal is considered to be the most prized. The White Precious Opal is connected to the Water Element (Figure 1.64), its ruling planet is the Moon, and it stimulates all Three Dantians, and all seven chakra areas.

**Spiritual Properties:** White Opals have intense, fast-acting powers. They are associated with the gift of prophecy, and are believed to aid in spirit and soul projection. The primary use of a White Opal is in visionary work: it is used to stimulate the visionary senses, heighten scrying, and to intentionally shift in and out of lucid dream states. It enhances spiritual consciousness and induces psychic and mystical visions. The ancient Chinese believed the wearer must be pure of heart in order to receive the energetic and spiritual gifts of the stone.

White Opals are sometimes used in Sex Magic. However, they are said to impart bad luck on those who stray in love or attempt to use the power of the stone for selfish or evil purposes.

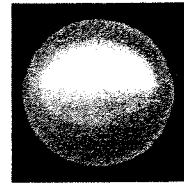


Figure 1.65. Silver/White Pearl

**Martial Properties:** White Opals are considered to be a protective stone and when energetically activated, it is believed to be able to renders the wearer invisible. White Opals will turn pale if in the presence of poison, and lose their shine if the owner dies.

**Healing Properties:** White Opals are used in the treatment of infections and fevers as well as Parkinson's disease. It purifies the blood and kidneys, regulates insulin and is beneficial to the eyes.

**Recharging White Opals:** Because the stone absorbs the emotions of its owner, in order to recharge its power, place or sprinkle the White Opal with Holy Water often.

**Caution:** Because White Opals are basically wet rocks, with water trapped in their crystal structure, giving the stone its beautiful iridescence. They must be protected from harsh chemicals, sunlight, and heat to keep the water from escaping. Opals are often stored in glycerin or water between wearing, or kept in a black silk bag when not in use. Even with the best of care, Opals will sometimes disintegrate over time.

#### PEARL

The formation of a pearl begins as a coating secreted over an irritating grain of sand inside of a fresh or salt water mollusk shell (oyster). Pearls occur in a wide range of colors, including pink, violet, black, gray, tan, gold, silver, and white. Pearl is connected to the Water Element (Figure 1.65), and it stimulates the Lower Dantian, Second Chakra (Navel), Upper Dantian, and Sixth Chakra (Third Eye) areas.

Pearls were believed to be magical items imbued with Yang Qi. According to ancient funereal rites, pearls were one of the primary objects placed into the mouth of the dead (i.e., feudal lords). Pearls were used in this manner to either facili-

tate corpse revival, or to retard the decomposition of a corpse (it was believed that the traveling soul could return to its body, especially if it found that its flesh and blood were still in a state conducive for re-occupation).

During the Han Dynasty (206 B.C.-220 A.D.), it was also believed that certain pearls could be useful in recalling to life those individuals who have already died, or are at the point of dying. There are many ancient stories, during the Han Dynasty time period, surrounding special pearls that were so full of Yang Qi that they emitted rays of light. These magical pearls were often called "Pearls That Shine During the Night," "Pearls That Lite The Moon," "Flaming Pearls," and "Pearls of Fire." These magical pearls were also placed into the mouths of the dead in order to provide light to the wandering soul, so that it could safely find its path in the dark Underworld.

- **White Pearl:** Although pearls are available in many colors, to the ancient Chinese, the white and silver colored pearls are considered to be the best. White and silver pearls were believed to be the essential powers of Yin, water and the Moon. They represented modesty and wholesomeness and were worn as symbols of perfection and purity. The White Pearls were considered to be the most "Yang within Yin" (i.e., the captured and condensed light of the Full Moon), and they were valued for their magical ability.

In order to recharge a White Pearl, begin at sunset and place it in the moonlight during one of the three days of the Full Moon.

- **Black Pearl:** There is an ancient Chinese story that says that the Full Moon produced so much Heavenly Dew from the discarded dreams and memories of men that it fell into the sea. Oysters came to the surface of the ocean and opened their shells to receive the light of the Moon and ingested the discarded Heavenly Dew, which fell inside and hardened into Pearls. The Black Pearls are all the sad thoughts that have been transformed into beauty and hope by the Moon Goddess Heng O. Therefore, Black Pearl is associated with the dark of the Moon.

Black Pearl is considered to be very magical for women, enabling them to contact their deeper core-self. It helps control mood swing and adjusts the physical body to a deeper form of sexual harmony.

Choose the time of the New Moon in order to recharge Black Pearl. Black Pearls can also be recharged by placing them onto a dark pointed Amethyst cluster overnight.

**Spiritual Properties:** Pearls act as a clear channel for receptive spiritual guidance. They increase spiritual as well as romantic love. Pearls harmonize the body's rhythms with those of the natural cycles of the Moon and the seasons.

**Martial Properties:** Pearls help to amplify the body's energy. In ancient times it was believed that the wearing of pearls would protect an individual from the harmful effects of Moon afflictions. The Pearl is also used to ward off evil, and it can forecast danger, sickness, or death by the way it loses its luster.

**Healing Properties:** In ancient China pearls have long been cherished, both for their medicinal qualities and for their use as a beauty aid. Pearls are excellent in the treatment of stress related illnesses and are especially good in the treatment of stomach aches, ulcers, hypertension, headaches, and fatigue. Pearl powder supports and balances the assimilation of nutrients, enhances fertility and procreative energy, and reduces Excess Heat in heart and brain. Pearls have also been used in order to treat madness, jaundice, and snake and insect bites. They also cure gastric disorders, asthma, breathing troubles, and lung disorders. In ancient China, pearls were sometimes used in creating love potions, and the ancient mystics believed that sleeping with a pearl beneath the pillow will help a childless couple to conceive.

**Cautions:** Like Jet and White Opal, the Pearls should only belong to one person. Each pearl is unique, and the energy of one pearl will not necessarily blend with the energy of another. White Pearls are environmentally sensitive and pick up the energetic vibrations emitted from the individual who is wearing them. It retains those feelings (either positive or negative) and later emanates that energy into the environment. Therefore, if the owner



Figure 1.66. Peridot

is feeling sad or in a bad mood, they should remove their pearls immediately so as to avoid unknowingly imprinting them with a negative, toxic energy. The more the pearl is exposed to chaotic emotional discharge, the more powerful the influence will be on the individual's thoughts. In the same token the owner is never to loan their pearls to another. In certain traditions, pearls are unlucky for brides. There is an ancient saying that goes, "Pearls in an engagement ring will bring tears to the marriage." Also, the flat type pearls should never be worn.

Keep Pearls away from all forms of heat and dryness. Frequently polish them with a silk cloth (it absorbs any emotional energy that may have attached to the Pearls).

#### PERIDOT

Peridot (also known as Chrysolite or Olivine) is an opaque clear crystal, usually light transparent green to yellow-green in color (not the deep green of an emerald). It is found in meteorites and in deep rock that may have been brought to the surface during volcanic activity. Peridot was one of the twelve magical stones associated with the power of creating miracles. The magical powers of Peridot are believed to be doubled if the stone is set in gold. Peridot is connected to the Earth Element (Figure 1.66), its ruling planet is Venus, and it stimulates the Yellow Court, Third Chakra (Solar Plexus), Middle Dantians, and Fourth Chakra (heart) areas.

**Spiritual Properties:** Peridot is a visionary crystal that helps the mystic understand his or her destiny and spiritual purpose. It is a powerful cleanser, releasing and neutralizing toxins on all levels. It purifies the energetic and spiritual bodies and activates the Middle Dantian and Yellow Court areas. It promotes psychological clarity and well being. One ancient legend states that Solomon drank "soma" from cups carved of peridot in order to gain wisdom.



Figure 1.67. Phenacite

**Martial Properties:** Peridot is believed to drive away evil spirits and madness, and protect against nightmares, enchantment, and psychic attacks. In certain ancient cultures, it was believed that a vulture engraved on a Peridot talisman would give the mystic the power to control demons, and that no demon would be able to be in the same place as the gemstone. Healers use Peridot to provide a protective shield around the entire body. It is believed to assist the sorcerer in contacting Nature Spirits and communicating with the Mineral, Plant and Animal realms.

**Healing Properties:** One legend states that any medicine drunk from a goblet carved out of Peridot will have magical healing powers. Peridot naturally has a tonifying effect on the body and is used to heal and regenerate the body's tissues. It strengthens the metabolism, benefits the skin and aids the heart, thymus, lungs, gall bladder, spleen, and intestines. Peridot is also used to treat ulcers, cool fevers, strengthen the eyes, and to treat speech impediments such as removing stutters. Its energy is said to balance Bi-Polar disorders and is sometimes used to overcome Hypochondria.

**Recharging Peridot:** Choose the moonlight of one of the three days of the Full Moon in order to recharge Peridot (begin at sunset).

#### PHENACITE

This rare stone has one of the highest energetic vibrations yet discovered in the Mineral Realm. It is a powerful generator of pure white light energy. Its pulsing energies are so powerful that it emanates a vibrational resonance strong enough to be felt by many people who are not normally sensitive to crystal energies. Phenacite is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements (Figure 1.67). It energetically stimulates the Upper Dantian, Sixth Chakra, and Seventh Chakra areas.



Figure 1.68. Pietersite

**Spiritual Properties:** Phenacite is connected to the Upper Celestial Realm and the Ascended Masters. This energetic crystal resonates with the energetic body and activates the spiritual body aiding the soul's ascension process. It heals the Yuan Shen (Original Spirit), and purifies the physical, energetic, and spiritual bodies. Phenacite stimulates the Upper Dantian and initiates the receptivity of esoteric knowledge flowing from the Eighth Chakra (Heavenly Transpersonal Point), enhancing access to inner knowing.

**Martial Properties:** Phenacite is used to connect the mystic's personal consciousness to a higher frequency, enabling him or her to gather information from infinite space that is to be manifested on the Earth. It also has the power to amplify the energy of other crystals and can be used to increase the energetic power of certain talismans. It can be used to awaken the latent psychic abilities capacities housed in the prefrontal lobes of the brain, allowing for the spontaneous experiences of telepathy, psychokinesis, prophetic visions, or spirit travel.

**Healing Properties:** Phenacite is used to treat the most subtle energetic realm, purifying the energy body, and cleaning the body's energetic pathways. Phenacite can help stimulate and enhance various aspects of brain function, it is therefore used to treat nerve damage and brain imbalances.

#### PIETERSITE

This is an iridescent mottled, multicolored stone. Pietersite is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements (Figure 1.68). Its ruling planet is Jupiter, and it energetically stimulates the Yellow Court, Third Chakra (Solar Plexus), Upper Dantian, and Sixth Chakra (Third Eye) areas.

**Spiritual Properties:** Pietersite is a visionary stone and is said to hold "the keys to the King-

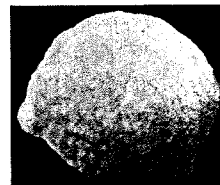


Figure 1.69. Prehnite

dom of Heaven." It stimulates the Sixth Chakra (Third Eye) and pineal gland, links the conscious mind to the subconscious mind, and allows for centering of the spirit body. Pietersite has the ability to ground an individual not into the Earth but into the energetic body. This facilitates spiritual journeying. It is also used to aid moving meditation and allows the individual to quickly access very high states of altered awareness. It helps increase intuition and promote profound spiritual visions and precognitions.

**Martial Properties:** Pietersite is a spiritual activation stone that can be used in order to increase the body's energetic field. It is sometimes known as the Tempest Stone, because it is connected to the power of the storm via the Wind Element.

**Healing Properties:** Pietersite stimulates the pineal and pituitary glands and facilitates balancing the body's endocrine system and the production of hormones. It governs the body's metabolism and promotes the absorption of nutrients from food. Pietersite can be used to regulate blood pressure and tonify the lungs, liver, and Intestines. It can also be used to clear and energize the body's channel system.

**Recharging Pietersite:** In order to recharge Pietersite, leave it outside in a storm or heavy rainfall for three hours.

#### PREHNITE

Gem-grade Prehnite is a rare, translucent to transparent, semiprecious gemstone, usually either green, clear or yellow in color. It often occurs as small greenish bubble-shaped stones. Prehnite is connected to the Earth Element and the Water Element (Figure 1.69), its ruling planet is Venus, and it stimulates the Yellow Court, Third Chakra (Solar Plexus), Middle Dantian, and Fourth Chakra (heart) areas.

**Spiritual Properties:** Prehnite is most often mentioned as being a powerful psychic amplifier.

It is used to enhance prophecy, induce lucid dreaming, deep meditation states, and in spirit and soul projection. This gemstone is said to stimulate the Upper Dantian and vibrate with the upper chakras. It aids in contacting spirit entities of all kinds, including Celestial Immortals and spirit guides. Meditating with this crystal puts the mystic in touch with the energetic field contained within the infinite space of the Wuji. Prehnite enhances precognition, inner-knowing, and prophecy. It also attunes one to the divine energetic field and escalates spiritual growth.

**Martial Properties:** Prehnite is used to seal the body's external Wei Qi fields and form a protective shield of divine energy. It revitalizes and empowers the surrounding area and is used for energetically charging spaces such as an altar or meditation room. Prehnite is also used to alleviate nightmares, phobias and deep fears, uncovering the energetic incantations and thought-forms that created them.

**Healing Properties:** Prehnite is used to remove toxins from the body, and it is useful in diagnosis. It is effective in healing the kidneys, urinary bladder, thymus gland, shoulders, chest and lungs. In ancient times it was used to treat gout and blood disorders, repair connective tissue, and stabilize malignancy. Prehnite is believed to be able to assist the body in processing fat, especially if worn next to the skin near the pancreas and liver.

**Recharging Prehnite:** Choose the moonlight of one of the three days of the Full Moon in order to recharge Prehnite (begin at sunset).

#### QUARTZ CRYSTAL

This is a clear, milky or striated, transparent stone. Quartz is often referred to as Rock Crystal and is the crystal clear transparent variety of crystalline Quartz. It is found in long, pointed crystal structures.

In the Orient, Quartz Crystal was regarded as the essence of the dragon (the dragon represents the powers of celestial creation), and was considered to be pure Qi. The Japanese revered Quartz Crystal as the crystallized breath of the White Dragon. The ancient Daoists believed that Quartz Crystal was congealed water that had transformed into solid matter during the course of a thousand years. Thus, the entry ways to sev-



Figure 1.70. Quartz Crystal



Figure 1.71. Phantom Quartz

eral ancient temples were decorated with Quartz Crystal to allow the magical light contained within the place of worship to be absorbed.

- **Clear Quartz:** Clear Quartz Crystal is considered to be pure Yang energy that is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements (Figure 1.70). Its ruling planet is the Sun, and it energetically stimulates all Three Dantians and all seven chakra areas. Clear Quartz Crystal is considered to be the most versatile of all crystals. It can be energetically used for healing, energizing, or protecting. In ancient Daoism, Clear Quartz Crystal was used to absorb energy from sunlight, moonlight, minerals, plants, trees, animals, and humans. This energy was then stored, concentrated, and released in magical rituals.

In order to recharge and remove all energetic imprinting from Clear Quartz Crystal, leave it in the midday sunlight among greenery.

- **Phantom Quartz:** This magical stone is created when the growth of the Quartz Crystal is interrupted and a shadowy, smaller crystal appears inside its structure. It connects the mystic to his or her spirit guides and enhances deeper meditational states (Figure 1.71). It facilitates accessing the energetic fields of the infinite

space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements. Its ruling planet is the Moon, and it energetically stimulates the Upper Dantian, Sixth Chakra (Third Eye), and Seventh Chakra (Baihui) areas. Because Phantom Quartz takes the mystic into the inner dimensions of the energetic and spirit realms, it is a popular tool for "ghost hunters." The sorcerer will look through the Phantom Quartz in order to see benign ghosts. Phantom Quartz can also be used for scrying and other divination work.

In order to recharge and remove all energetic imprinting from a Phantom Quartz Crystal, place it for several minutes in a steam bath created from boiling purifying herbs in water.

- **Rose Quartz:** This pinkish stone purifies and opens the heart at all levels and brings deep inner healing and self-love. Rose Quartz is connected to the Water Element (Figure 1.72), its ruling planet is Venus, and it stimulates the Middle Dantian and Fourth Chakra (heart) areas. It is used to strengthen empathy and sensitivity, and to enhance positive affirmations. Rose Quartz is calming, reassuring, and excellent for recovering from emotional trauma or crisis. Used in emotional healing, Rose Quartz releases unexpressed emotions, alleviates heartache, and soothes internalized pain. Rose Quartz is also used in both Sex Magic and Fertility Magic.

In order to recharge and remove all energetic imprinting from a Rose Quartz Crystal, place it for several minutes in a steam bath created from boiling rose petals.

- **Rutilated (Angel Hair) Quartz:** This clear or smoky colored stone has golden brown, reddish or black long thin strands. Rutilated (Angel Hair) Quartz is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements (Figure 1.73). Its ruling planet is the Sun, and it energetically stimulates all Three Dantians and all seven chakra areas. The gold strips within the Rutilated Quartz were believed to be crystallized sunlight, which contain the "cosmic" light that acts an illuminator for the soul, pro-



Figure 1.72. Rose Quartz

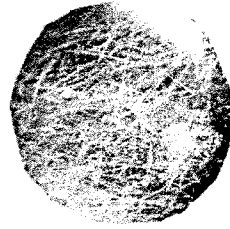


Figure 1.73. Rutilated Quartz

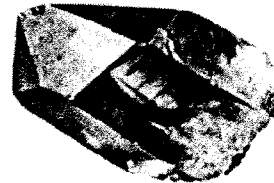


Figure 1.74. Smoky Quartz

moting spiritual growth and facilitating contact with the celestial Immortals. Rutilated Quartz removes negative energy, cleanses and energizes the body's Wei Qi fields, aids in Spirit Travel, increases telepathy and clairvoyance, and is used in scrying and psychic projection. It is commonly used for protection against psychic attack.

In order to recharge and remove all energetic imprinting from a Rutilated Quartz Crystal, place it on a sacred spot inside a Magic Circle for thirty-six minutes, buried in the Earth.

- **Smoky Quartz:** This brownish to black (sometimes dark yellow) stone is one of the most effective grounding and rooting stones, while it simultaneously raises vibrations during meditation. Smoky Quartz is connected to the Earth Element (Figure 1.74), its ruling planet is the Saturn, and it stimulates the Lower Dantian



and First Chakra (perineum) areas. This protective stone gently neutralizes negative energetic fields and blocks Sha Qi (geopathic pathogens such as subtle energetic emissions that stem from underground waterways, powerlines, and negative earth energetic lines). Smoky Quartz alleviates nightmares and facilitates the dream-state. It relieves pain, soothes headaches, and tonifies the reproductive system, adrenal glands, pancreas, kidneys, muscles, nerves, and heart. It also aids in assimilation of minerals and regulates the minerals within the body.

Smoky Phantom Quartz is used to assist the mystic in identifying and reconnecting with individuals of his or her "soul group" (a group of kindred spirits that incarnate together).

In order to recharge and remove all energetic imprinting from a Smoky Quartz Crystal, place it on a sacred spot inside a Magic Circle for thirty-six minutes, buried in the Earth.

- **Quartz Clusters:** All varieties of Quartz Crystals are known to occur in large or small cluster formations. The energetic properties of these cluster formations have been used by numerous shamans and mystics throughout the centuries in order to purify and energize other stones.

**Spiritual Properties:** Quartz has a long history of being used in conjunction with both shamanism and mysticism. It has been used throughout the centuries to foretell the future and commune with spirit entities, especially Nature Spirits and Celestial Guides. The stone's ability to align one's psychic self with the cosmos is often ascribed to the stone's piezoelectric properties (the ability to become electrically charged under pressure). Quartz is not only piezoelectric, but it is also pyroelectric (i.e., heating quartz also charges the stone electrically). The water infusions of Quartz crystal allow it to be used in Weather Magic to bring rain.

**Martial Properties:** Quartz is said to be a powerful amplifier of psychic energy. Because of its ability to hold on to magical energy, it was traditionally used to assist specific talismans in con-



Figure 1.75. Rhodochrosite

taining and holding on to energetically imprinted charges. It can also be used to multiply the power of Qi and Shen emission, enhance meditation, and facilitate access to the hidden knowledge within the infinite space of the Wuji. Quartz opens clairaudience and is used in order to connect with a spirit guide. It is also believed to have protective qualities, especially against night spirits.

**Healing Properties:** Quartz is a master healer and can be used for any condition. It is commonly used in order to increase the body's natural healing abilities, stimulate the immune system, soothe burns, and remove aches and pains.

**Caution:** It is important to note that once the Quartz Crystal has been energetically energized and imprinted, it should never be exposed to direct sunlight unless you intend to erase its charge.

#### **RHODOCHROSITE**

This stone's color ranges from pink to deep red, yellow, tan, orange, and brown. It is said to absorb, contain, and transmit the pulsating electrical energy and power of unconditional love, the strongest power in the universe. It expands consciousness and integrates the spiritual energetic field with the physical body. Rhodochrosite is connected to the Fire Element and Water Element (Figure 1.75), and it stimulates the Yellow Court, Third Chakra (Solar Plexus), Middle Dantian, and Fourth Chakra (heart) areas.

**Spiritual Properties:** Rhodochrosite brings together the spirit realm with the material realm. It stimulates creativity and spiritual expression and can be used to deepen meditation. It is an excellent stone for healing the heart and sexual abuse, and is sometimes used in past-life regression. In ancient times it was used to attract a soul mate. It is also used for diagnosis at the psychological level, as individuals who have an aversion to the stone are generally repressing an emotional state for which they



Figure 1.76. Red Ruby

refuse to confront. Rhodochrosite links the individual to the spirit realm of the divine mind and helps integrate new information. It is also used to enhance creativity and the dream state.

**Martial Properties:** Rhodochrosite is excellent in overcoming fear, paranoia, mental unease, and poor memory. It prevents mental breakdowns, and aids in generating the healing power of forgiveness.

**Healing Properties:** Rhodochrosite purifies the circulatory system and Kidneys. It relieves asthma and respiratory problems, restores poor eyesight, stabilizes the heartbeat and blood pressure and invigorates the sex organs. It is sometimes used to relieve migraine headaches, treat infections, improve the skin, and balance the thyroid. Rhodochrosite is ideal for treating nervous system imbalances, especially in treating the myelin sheath that covers and protects the nerves.

**Recharging Rhodochrosite:** Pass the Rhodochrosite through the flame of the left red altar candle in order to recharge its energy, or smudge the crystal over the Altar Incense Burner while reciting purification incantations.

#### RUBY

A ruby is a type of corundum that crystallizes in the form of tubular and rhombohedral prismatic crystals. Its colors range from pink, crimson red, to orange red. In ancient China the ruby was considered a stone of nobility and a harbinger of health and happiness. The ancient Chinese Emperor Kublai Khan was said to have offered an entire city in exchange for a huge Ruby. Ruby is connected to the Earth Element and Fire Element (Figure 1.76), its ruling planet is Mars, and it stimulates the Lower Dantian and First Chakra (perineum) areas.

**Spiritual Properties:** The ruby promotes prophetic dreams and clear visions. It also stimulates the pineal gland and are said to bring joy and bliss.

**Martial Properties:** Ruby is a stone of cour-



Figure 1.77. Sapphires

age. One ancient legend states that inserting a Ruby into one's flesh would make the individual invulnerable. In ancient China, it was believed that any fading of a Ruby warned its owner of impending problems. Ruby is an energetic amplifier that magnifies any energy that is present, whether positive or negative. It is valued for its ability to replenish drained Qi and restore its owner to peak levels of vitality, strength, and stamina. The ruby is a powerful shield against psychic attack and energetic vampirism of the Fourth Chakra (heart).

**Healing Properties:** Rubies have been known to affect the First Chakra (perineum) and fill in and repair energetic holes in the body's Wei Qi field (aura). Ruby is also said to eliminate energetic blockages in the reproductive system. Rubies have been used clinically to detoxify the body, blood, and lymph systems, and to tonify the spleen, adrenal glands, kidneys, and reproductive organs. They can also be used to treat fevers, infectious diseases, and stimulate the circulatory system.

**Recharging Rubies:** Wipe the Ruby with a dark red silk cloth and recharge its energy by placing it outside under the stars at night during the New Moon.

**Caution:** The ruby's energetic amplification is extremely intense. It magnifies the individual's energetic field, whether positive or negative. A ruby's intense red color can quickly give rise to feelings of passions of romance and sexual desire, as well as amplify feelings of anger and rage.

#### SAPPHIRE

Sapphires are known as the stones of wisdom, with each color having its own particular form of energetic wisdom. Sapphires occur in a wide range of color, including black, blue, green, pink, purple, royal, star, white, and yellow. Most Sapphires are connected to the Fire Element (Figure 1.77); however, one exception is the White Sap-

phire which is connected to the Wind Element. Its ruling planet is Saturn.

- **Black Sapphire:** A Black Sapphire is a protective stone. It provides protection and balances both the body's external and internal energetic fields. It also absorbs toxic energy and draws turbid Qi away from the body's tissues.
- **Blue Sapphire:** Blue Sapphires stimulate the Fifth Chakra (throat) and Sixth Chakra (Third Eye) areas. It can be used in order to assist in communication and enhance insight. It is believed that utilizing a Blue Sapphire when training increases the sorcerer's access to esoteric knowledge, intuitive insights, and psychic perceptions. Certain Blue Sapphires are recognized as record keepers containing the ancient knowledge of civilizations that existed long ago. A Dark Blue Sapphire is a powerful tool for deep meditation. It helps avoid negative energy and can be used to remove pathogenic Qi from the body as well as from the environment. It also amplifies the magical power of the voice and can be used to increase the power of the sorcerer's incantations. The Light Blue Sapphire is considered a stone of inspiration, bringing new ideas and thought patterns to mind.

Additionally, a blue sapphire should be worn only after a trial. It is also believed that the blue sapphire dims in the presence of evil, and will only keep its rich coloring if worn by someone in love.

- **Green Sapphire:** The Green Sapphire (also known as Oriental Emerald) is used to help support vision. It stimulates the Fourth (heart) Chakra and has also been used to help a sorcerer to vividly remember his or her dreams.
- **Pink Sapphire:** The Pink Sapphire is used to help the individual cooperate and harmoniously integrate with others. It stimulates the Fourth (heart) Chakra and is a fast acting stone that teaches its owner how to master his or her emotions, clearing and integrating emotional blockages.
- **Purple Sapphire:** Sometimes known as the "Stone of Awakening," the Purple Sapphire (also known as Oriental Amethyst) is considered to be a stone of spiritual insight and un-

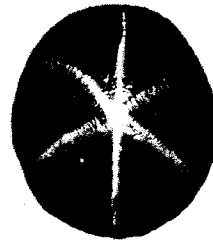


Figure 1.78. Star Sapphire

derstanding. It was used in ancient times as a tool for contemplation and meditation as its energetic nature stimulates the Upper Dantian and Crown Chakra.

- **Star Sapphire:** Star Sapphires combine the vibrational properties of Sapphires and Rutile, which makes this stone the most energetically active of all Sapphires. Star Sapphires focus and reflect spiritual energies in the same ways that they respond to light. They are strongly associated with clairvoyance, clairaudience, scrying and prophecy. In certain traditions, the Star Sapphire was believed to facilitate contact with the celestial immortals of the planetary realms and manifest Divine knowledge and light into the physical realm (Figure 1.78). The most popular colors of Star Sapphires are black, blue, pink, purple, and yellow.
- **White Sapphire:** The White Sapphire is a stone of self protection. It facilitates spiritual clarity, and focus and direction of attention. It also stimulates the Upper Dantian, Sixth Chakra (Third Eye) and Seventh Chakra (Baihui) areas. It opens the esoteric powers of the mind by stimulating the pineal and pituitary glands and strengthens the ability to energetically communicate with the spirit realm.
- **Yellow Sapphire:** The Yellow Sapphire (also known as Oriental Topaz) is a stone of knowledge, inner knowing, and trust. It can be used to enhance memory and the retention of knowledge. It is also used as a stone that brings wealth and the fulfillment of one's ambition. It was used in ancient times to protect its owner from poverty and snakebite. It can be used to treat the Yellow Court and Third Chakra (Solar Plexus) areas, as well as

disorders of the spleen, stomach, liver, and gallbladder. Gem Elixirs made from Yellow Sapphire are traditionally used in order to remove toxins from the body.

**Spiritual Properties:** Sapphires help to clear the mind and focus the intention towards spiritual and mystical interests. They strengthen faith and enhances wisdom, discernment, and divine knowledge. They also spur philosophical thinking and improve comprehension and objective understanding. Sapphires engender a positive mental disposition, aid in the overcoming depression, and generate a bright and positive perspective. They are also known to reveal new possibilities and light, help overcome doubts, develop trust, and create optimism, contentment, peace and happiness.

**Martial Properties:** Sapphires naturally increase all psychic and spiritual powers. A sapphire can also be used to free oneself of depression and spiritual confusion and stimulate focused concentration.

**Healing Properties:** Sapphire is used to treat disorders of the blood, stop excessive bleeding, and strengthen the walls of the blood vessels and veins. In the clinic, sapphire has been used to treat cellular disorders and bring about cellular healing. Sapphire stabilizes and strengthens the nervous system, upholds the integrity of body's physical and energetic structure, strengthens the skeletal system, and supports spinal alignment. It gives health to bones, nails, and hair, relieves headaches, preserves sight, strengthens and stimulates the Heart, and reduces stress, tension, anxiety, worry, insomnia, and fear.

**Recharging Sapphires:** To recharge a Sapphire, place it in the sunlight from sunrise to noon. It is also advised to clear the energies of a Sapphire by holding it under running water two to three times a week.

**Caution:** Sapphires tend to focus, emanate, and radiate energy without their owner's conscious initiation. Therefore, do not wear large sapphires too frequently, as they can begin to drain the body's Qi. The healing energy of the large sapphire will cause a mental discharge of unprocessed emotional baggage which could sometimes lead to mental dissociation (spacing out).

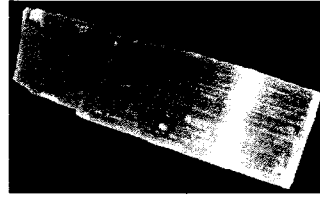


Figure 1.79. Selenite

#### SELENITE

Named for the moon, this is a translucent stone varying from a fine ribbing fish tail design to petal-like designs. The primary color of Selenite used in Daoist magic is pure white. Selenite is connected to the Water Element and Wind Element (Figure 1.79), its ruling planet is the Moon, and it stimulates the Upper Dantian, Sixth Chakra (Third Eye), Seventh Chakra (Baihui), and Eighth Chakra (Heavenly Transpersonal Point) areas.

**Spiritual Properties:** This is a great stone for affecting the Shen (it calms the spirit and is excellent for mental focus). It has a powerful connection to the Spirit Body, and is used by many sorcerers to open doorways to the subtle energetic chambers of the Upper Dantian, increase telepathy, and allows for accessing higher consciousness for divine guidance. Pure White Selenite is considered to be a link to the spiritual body and the material realm, and it helps to anchor the Shen to the vibrational resonance of the Earth. It instills a deep peace of mind and is excellent for meditation or spiritual work. When holding a piece of Selenite, the sorcerer's telepathy and psychic communication is enhanced. It can therefore be used for scrying and accessing events that have happened in either the past or the future.

**Martial Properties:** Selenite can be used to detach spirit entities from an individual's second Wei Qi field. It can also be used to create a protective force-field around a meditation room or dwelling place. When combines with other stones, Selenite greatly magnifies the stones magical powers and amplify the sorcerer's focused intention.

**Healing Properties:** Selenite aids in moving energy throughout the water and fluids of the physical body, encouraging the health and "enlightenment" of each cell. It can be used to align the spinal column, promote flexibility, and heal



Figure 1.80. Seraphinite

the nerves and reproductive organs. In ancient times Selenite was used to guard against epileptic seizures. It can also be used for breast-feeding and nurturing a child.

**Recharging Selenite:** To recharge a Selenite, place it outside in the moonlight during one of the three days of the Full Moon.

**Caution:** Selenite is water soluble and must be handled with care.

**SERAPHINITE**

This is a powerful stone of spiritual enlightenment. In ancient times it was used for making spiritual connections with the immortal realm of existence. Seraphinite is connected to the Earth Element and also extends its energetic influence into the infinite space of the Wuji (Figure 1.80). It energetically stimulates all three Dantians and all seven chakra areas.

**Spiritual Properties:** When placed on the Sixth Chakra (Third Eye) or used in meditation, Seraphinite naturally energizes the Upper Dantian and all of the body's upper chakras. Seraphinite promotes living from the heart, and it draws the Yuan Shen (Original Spirit) into higher spiritual vibrations.

**Martial Properties:** Seraphinite is an excellent stone for spirit traveling and protects the physical body while the spirit is out of the tissues. It is a powerful stone of communication, used to connect Celestial Immortals.

**Healing Properties:** Seraphinite is excellent for accessing self-healing. It is an excellent tool for healing systemic imbalances or diseases, and can be used to regulate the growth and reproduction of all types of cancer cells.

**SODALITE**

Sodalite is an opaque, navy blue semiprecious gemstone, usually with characteristic white streaks. This is a stone of logic, rationality, and



Figure 1.81. Sodalite

efficiency. It is also known as a stone of truth, as it unites logic with intuition, opens spiritual perception, and brings information from the Yuan Shen (Original Mind) to the conscious awareness of the Shen Zhi (Acquired Mind). Sodalite is connected to the Water Element and Wind Element (Figure 1.81), Its ruling planet is the Moon, and it stimulates the Upper Dantian, and Sixth Chakra (Third Eye) areas.

**Spiritual Properties:** Sodalite is said to stimulate the pineal gland and Sixth Chakra (Third Eye), facilitate spiritual growth, psychic vision, and assist in deepening one's meditative state. It increases intelligence, knowledge, and learning, and can unite the logical mind with the spiritual mind. Sodalite is believed to bring an energetic realm of calmness to its wearer, and is also said to have a strong feminine (Yin) polarity.

**Martial Properties:** Sodalite is a stone of insight and pattern-recognition and can be used to achieve hypnotic or deep trance states. It has a balancing effect on one's emotions and mental state, and is said to be effective in combating toxic electromagnetic fields, increasing one's confidence, and enhancing creativity.

**Healing Properties:** Sodalite is a cooling stone, that is said to help balance the metabolism and prevent diabetes. It is useful in the treatment of digestive system disorders, and in the treatment of the throat, vocal cords and larynx. It also helps to strengthen the lymphatic system, improve cellular hydration, boost the immune system, cool fevers, lower blood pressure and stimulate the absorption of body fluid. It has been used in certain cases to treat attention deficit disorder (ADD).

**Recharging Sodalite:** In order to recharge its power, place Sodalite in the Earth overnight (i.e., bury it in a sacred spot, surrounded by healthy



Figure 1.82. Stibnite

foliage) during the time of a Full Moon. Sodalite absorbs the gases released by plastic, therefore it should be kept away from all forms of this synthetic material.

#### STIBNITE

This crystal is a grey to black colored mineral. It forms in masses, aggregates, columns, blades, radial groups of column-type crystals, needlelike crystals, and prismatic crystals with vertical striations, sometimes exhibiting well-developed faces. In meditation it is used to help keep away intrusive energies. Stibnite facilitates an undistracted entry into deep meditative states and is used to protect against spirit entities. Stibnite is connected to the Earth Element (Figure 1.82), and it stimulates all three Dantians and all seven chakra areas.

**Spiritual Properties:** Stibnite is considered a stone that carries the power of the Underworld. It is used to enhance intuitive knowing and manifest Divine Light into the physical realm. Stibnite can enhance Soul Travel and stimulates endurance. It was used by ancient mystics to lead the Spirit Body into the inner realms of deep magic, as well as to provide access into the spiritual dimensions of the animal realm.

**Martial Properties:** Stibnite can be used to remove spirit parasites and unwanted entities that have attached to the body's second Wei Qi field. It enhances the body's external energetic field and acts as an impenetrable barrier fortifying the Wei Qi field. Stibnite is also used to eliminate the physical presence of hostile energetic forces emitted from both animals and people.

**Healing Properties:** Stibnite can be used to treat disorders of the esophagus and Stomach, as well as to relieve rigidity and stiffness. Because of



Figure 1.83. Sugilite

its ability to purify energy, Stibnite can also be used to treat infections in cuts or wounds, herpes, cold sores, boils, and other lesions.

**Caution:** Stibnite is a stone of manifestation and its energetic power that must be purposely directed. Therefore, when using Stibnite in summoning rituals, it is important to keep the mind directed and intently focused onto the specific purpose and function of the magical invocation. Otherwise, the sorcerer may experience unexpected and undesired results.

#### SUGILITE

This is a very rare semiprecious gemstone, and is extremely expensive. It ranges in color from deep purple to pale lavender and sometimes violet blue. Sugilite is connected to the Wind Element (Figure 1.83), its ruling planet is Jupiter, and it stimulates the Upper Dantian, Sixth Chakra (Third Eye), Seventh Chakra (Baihui), and Eighth Chakra (Heavenly Transpersonal Point) areas.

**Spiritual Properties:** Sugilite clears negativity and opens all of the body's chakras to divine love, bringing them into spiritual alignment. This stone inspires spiritual awareness and reminds the eternal soul of the reasons for its reincarnation. It facilitates spirit travel and the moving in between the energetic and spirit realms. Sugilite is used for spirit quests in many ancient traditions. It protects the soul from shock, trauma, and disappointment and relieves spiritual tension.

**Martial Properties:** Sugilite is considered one of the most powerful psychic gems, and it can be used in order to increase psychic abilities. It is commonly used in order to strengthen the sorcerer's Wei Qi fields against psychic assault. It is said to provide a barrier from all negativity, both physical and nonphysical. Sugilite is also believed to be effec-

tive against psychic vampirism where the spirit and energy of an individual is being sapped away (either by an individual or a situation).

**Healing Properties:** Sugilite helps to realign and balance the pineal, pituitary and adrenal glands. It is commonly used in treating brain dysfunctions that are related to learning disorders. It is used in the treatment of nervous disorders, paranoia, and schizophrenia. Sugilite is excellent for overcoming learning disabilities, removing blocks that prevent new patterns of thought. It is also used in the treatment of autism by helping to ground the soul in a more present reality. It helps reorganize the brain patterns and assists in harmonizing left and right communication, therefore it is also used in treating dyslexia.

**Recharging Sugilite:** In order to recharge its power, place Sugilite onto an Amethyst cluster for twenty-four hours.

#### TEKTITE

These black or dark brown, glassy, densely translucent stones are created when a meteorite strikes the earth, melting both the meteorite and the earth's surface to create glass. The brown/black variety is generally the stone that is referred to as a Tektite. It is usually brought from Tibet and is considered to be helpful in past-life regression. The clearest and best gem quality variety of the Tektite stone is called Moldavite. This powerful stone is generally coke-bottle green with ripples (sometimes called Vltava), and it has been used in magical jewelry for at least 25,000 years. The stone Tektite is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements (Figure 1.84). Its ruling planet is Jupiter, and it energetically stimulates all three Dantians and all seven chakra areas.

**Spiritual Properties:** Tektites are powerful stones. In ancient China, Tektites were associated with the gods of thunder and lightning, and were used as powerful talismans in Daoist sorcery. More than 2,000 years ago, the ancient Chinese Daoist master Liu Sun gave Tektite the name "Lei Gongmo," meaning "Ink-stone of the Thundergod."

Placed over the chakras, a Tektite balances the energetic flow and can be used to reverse the dam-



Figure 1.84. Tektites

age to a chakra. When placed over the Sixth Chakra (Third Eye) area, it can facilitate the opening of the Crystal Chamber and increases the powers of telepathy and clairvoyance. Tektite was used in ancient times to assist the mystic in communicating with spirit entities in other energetic and spiritual dimensions.

**Martial Properties:** Tektites can be used to strengthen the body's three Wei Qi fields. These powerful stones are often considered to be transmitters of messages from other places, other planes, and other dimensions. Holding a Tektite in the hand is said to make one receptive to these subtle messages.

**Healing Properties:** Tektites are used to reduce fevers, aid the capillaries and facilitate the proper circulation of Qi and blood. It also prevents the transmission of diseases. Certain magical traditions use Tektites in psychic surgery.

**Recharging Tektites:** In order to recharge its power, place the Tektite outside in stormy weather, particularly when lightning is flashing.

#### TOURMALINE

This striated stone is a shiny, opaque or transparent, and often hexagonal in shape. It is one of the most significant mineral groups used in metaphysical practices. A Tourmaline crystal can become electrically charged, creating a positive and negative end, through either heating (pyroelectricity) or rubbing (piezoelectricity).

Tourmaline comes in a myriad of colors: black, brown, pink, watermelon, red, yellow, green, blue, purple-violet, multicolored, and colorless. Its magical property and energetic effect on the body's Three Dantians and seven chakra systems is dependent on its specific color.

- **Black Tourmaline (Schorl):** Black Tourmaline is connected to the Earth Element (Figure 1.85), and it stimulates the Lower Dantian and First Chakra (perineum) areas. It is a powerful stone used for protection and purification, and can be used against external pathogens and spirit parasites, as well as psychic attacks and spells cast by ill-wishing sorcerers. It connects to the energy of the Lower Dantian, can be used for grounding and rooting the energy and is used for increasing physical vitality. When placed with the point pointing away from the body, Black Tourmaline draws off negative energy. It is used in the treatment debilitating diseases, to purify the body of toxins and wastes, to strengthen the immune system, to treat dyslexia and arthritis, and to provide pain relief.
- **Black Tourmaline With Quartz:** Tourmaline Quartz is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements. It energetically stimulates all three Dantians and seven chakra areas. Tourmalinated Quartz is thought to combine the spiritual properties of Quartz with the spiritual properties of Tourmaline. This is a powerful stone for promoting inner strength and change, as well as for neutralizing psychic attacks. Black Tourmaline (Schorl) is considered one of the strongest protectors and removers of negativity. Tourmaline crystals act as energetic "ramps" that can magically propel the mystic out of his or her physical body. Therefore it is said that, with proper concentration, Tourmaline crystals can facilitate spirit and soul projection. Tourmaline is also thought to enable the mystic to bring about changes in things that were previously believed to be beyond his or her control. It is also thought to grant the mystic the power and wisdom necessary to free him or herself from ruts and seemingly immovable situations. The crystals of this stone are sometimes believed to provide internal confidence, providing the individual with the strength to find his or her own personal power.
- **Blue Tourmaline (Indicolite):** Blue Tourmaline is connected to the Water Element and the Wind Element. It stimulates the Fifth Chakra (throat),

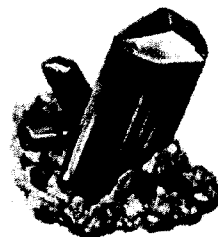


Figure 1.85. Tourmaline

Upper Dantian, and Sixth Chakra (Third Eye) areas. It aids in the development of psychic awareness, promotes visions and spirit communication. It facilitates the spiritual attributes of the body's Prenatal Wujing Shen, and awakens the original spirit to divine compassion, order, truth, integrity, and wisdom. Blue Tourmaline is an excellent stone for healers because it prevents negative energy from sticking to the body's Wei Qi fields. It is used as an aid to meditation and in the expansion of spiritual consciousness. It benefits the pulmonary and immune systems, as well as the brain, kidneys, and urinary bladder. Blue Tourmaline regulates fluid imbalances and tonifies the thymus, thyroid, lungs, esophagus, and the eyes. It is helpful in cases of insomnia, night sweats, sinusitis, and bacterial infections. In ancient times it was used to treat burns and prevent scarring. Dark blue tourmaline is especially helpful to the eyes and brain and is generally made into an elixir.

- **Brown Tourmaline (Dravite):** Brown Tourmaline is connected to the Earth Element and to the infinite space of the Wuji. It stimulates the Lower Dantian, First Chakra (perineum), Middle Dantian, and Fourth Chakra (heart) areas. This stone is an excellent grounding tool and is used to root the body's energetic field into the Earth. It clears the body's energetic field and aligns and protects the energetic body. Brown Tourmaline is used to treat intestinal disorders and skin diseases as well as to stimulate the regeneration of the body's tissues. It is sometimes used for blood purification and for clearing and healing the body's lymph system.
- **Green Tourmaline (Verdelite):** Green Tourmaline is connected to the Water Element, and



it stimulates the Middle Dantian and Fourth Chakra (heart) areas. It is one of the premier healing stones used for treating the heart. It transforms negative energy into positive energy and rejuvenates and inspires creativity. Green Tourmaline is sometimes used as an energetic gateway to psychically connect with Nature Spirits. It has an energetic effect on the plant realm and is sometimes used with healing plant remedies. It aids sleep, quiets the mind and fortifies the nervous system. It is also used to treat brain, eye, thymus, heart and the immune system. It is used as a detoxifier and heals constipation and diarrhea.

- **Pink Tourmaline:** Pink Tourmaline is connected to the Water Element, its ruling planet is Venus (for lighter shades) and Mars (for darker shades), and it stimulates the Middle Dantian and Fourth Chakra (heart) areas. This stone varies in shade (from pale pink the deep red), the redder the stone, the more powerful its energies. It is sometimes used as an aphrodisiac to energetically attract love in both the material and spirit worlds. It enhances physical pleasure, disperses emotional pain, and synthesizes love with spirituality.

Because of its effectiveness in blocking negative energy and powerful psychic attacks, Pink Tourmaline was a favorite crystal of the last Empress of China Zi Xi. When the Empress Zi Xi died, her head was supported by a pillow made of Pink Tourmaline.

Pink Tourmaline can be used to repair energetic holes in the body's Wei Qi fields. It is excellent to use for children because it provides a calming and centering type of energy. When placed on the Middle Dantian and Fourth Chakra (heart) areas, Pink Tourmaline can be used to balance a dysfunctional endocrine system and treat the heart, lungs and skin.

- **Red Tourmaline (Rubellite):** Red Tourmaline is connected to the Water Element and Earth Element, and it stimulates the Lower Dantian, First Chakra (perineum), Middle Dantian and Fourth Chakra (heart) areas. This stone energizes the heart, increases levels of creativity and helps the mystic to connect with the

physical realm. It is used to increase stamina and endurance and to give vitality to the physical body. Red Tourmaline is used in the treatment of diseases of the heart, digestive system, reproductive system, circulatory system, and muscle spasms.

- **Watermelon Tourmaline (Pink Enfolded in Green):** Watermelon Tourmaline is connected to the Water Element, and it stimulates the Middle Dantian and Fourth Chakra (heart) areas. This stone is considered to be a super activator of the heart, working simultaneously with the Jing (physical), Qi (energetic), and Shen (spiritual) components of the heart organ. It is sometimes used in order to reconnect the mystic to his or her higher self, shifting the consciousness from the head to the heart. Watermelon Tourmaline treats emotional dysfunction and releases old pain. It encourages the regeneration of nerves and is used in the treatment of paralysis and multiple sclerosis.
- **Yellow Tourmaline:** Yellow Tourmaline is connected to the Water Element, and it stimulates the Yellow Court and Third Chakra (Solar Plexus) areas. This stone is used to repair energetic damage to the Yellow Court. It promotes clear thinking, goal-setting, problem-solving, and enhances personal power. It is also said to help a timid individual find the courage to confront unavoidable obstacles. In ancient times, Yellow Tourmaline was used to open up a spiritual pathway and benefit intellectual pursuits. In healing, it is placed on the Yellow Court in order to treat the liver, gall bladder, stomach, spleen and kidneys.

**Spiritual Properties:** Tourmaline has a strong connection to Nature Spirits, especially Plant Spirits. It can also be used for scrying. It roots and grounds the Shen (Spirit), cleanses and balances all of the body's chakras, and creates a stronger Wei Qi field. It is an excellent stone when used for balancing the body's energetic channels and connecting the body's energetic field to all of the chakras.

**Martial Properties:** Tourmaline protects against psychic attacks and provides a protective energetic shield around the body. In ancient times it was used to form a protective seal around the

body and was commonly used for protection during summoning rituals.

**Healing Properties:** Tourmaline is a powerful mental healer and is used for balancing the left and right hemisphere of the brain. It enhances the body's energy and can also be used to remove energetic blockages. Tourmaline is used in treating paranoia, overcoming Dyslexia and improving hand to eye coordination. It cleanses, purifies and transforms dense Qi into lighter vibrations. Each of the different colors of Tourmaline has its own unique healing abilities.

**Recharging Tourmaline:** In order to recharge its power, place the Tourmaline outside in the sunlight during the sunset for three consecutive nights.

#### TURQUOISE

The name turquoise means "Turkish stone" as it first traveled to Europe along the Silk Route from Turkey (Figure 1.86). The ancient Chinese believed that turquoise was a representation of the earth and sky.

In the ancient Bon tradition of Tibetan magic, Turquoise stones were considered to be seats of the La (Shadow Soul), and were used in the magical rituals of La Gug (Summoning the Shadow Soul) in order to return the wandering soul back to the body.

- **Turquoise:** Turquoise is used extensively in "cloud busting." In certain Shamanic traditions, it is thrown into a river or held under running water in order to initiate rain. Turquoise is connected to the infinite space of the Wuji and contains the combined powers of the Wind, Fire, Water, and Earth Elements. Its ruling planet is Venus, and it energetically stimulates the Fifth Chakra (throat) area.

In order to recharge its energy, pass the Turquoise through the flame of the left red altar candle, or smudge the stone by placing it over the Altar Incense Burner while reciting purification incantations.

- **Chinese Turquoise:** Chinese Turquoise is often greener than the variety found in the Middle East and in the Americas. Chinese Turquoise is excellent for creating psychic



Figure 1.86. Turquoise

dreams, and is sometimes used in Sex Magic and Fidelity Magic. Because it is "softer" in power than ordinary Turquoise, it is sometimes used as talismans and amulets for protecting babies and young children.

In order to recharge its energy, place the Chinese Turquoise in the Moonlight (under an early waxing moon), or smudge the stone by placing it over the Altar Incense Burner while reciting purification incantations.

**Spiritual Properties:** Turquoise is a spiritual stone that inspires and uplifts; it literally elevates the energy of the Chakras. When placed on the Third Eye, it promotes spiritual attunement and enhances communication between the physical and spirit worlds. Turquoise opens the Fourth "heart" Chakra, allowing one to connect with others in a loving way.

**Martial Properties:** Because of its ability to absorb all forms of negative energy, Turquoise is commonly used as a protective stone, and has also been used in magical amulets to ward off evil and release negative emotions from the body. According to certain traditions it is believed to change color to warn of danger and to indicate infidelity.

**Healing Properties:** Turquoise can aid the body in the absorption of nutrients and help to stimulate the regeneration of tissues. It can also be used as a "drawing stone" to purge toxic Qi from the body. It can be placed upon an area of affliction for quick pain relief. It is especially helpful for alleviating headaches.

**Caution:** Because Turquoise projects an individual's energy into the environment, discretion should be used when wearing it. Additionally, avoid any overexposure to the Sun, as all Turquoise fades in sunlight and from exposure to oils.

## GEM STONE REMEDIES

The following is a modern example of various gem stone remedies that are currently being used in clinics throughout the world. This short list is in now way exhausted, as each of the various cultures have their own unique beliefs and mineral combinations that are used to treat patients in order to ease their physical, mental, emotional, and spiritual suffering and pain.

### DIGESTIVE-METABOLISM PROBLEMS

- **Bacterial Infection:** Anhydrite, Malachite, Sulfur
- **Bowels:** Lepidolite
- **Colic:** Amber, Boji Stones,
- **Constipation:** Ruby, Smoky Quartz, Black Tourmaline
- **Diabetes:** Citrine, Anhydrite, Jade
- **Diarrhea:** Black Tourmaline, Smoky Quartz
- **Digestion:** Amber, Citrine, Sulfur
- **Gout:** Prehnite
- **Nausea:** Green Calcite, Peridot, Golden Calcite
- **Pancreas:** Herderite
- **Stomach:** Holley Blue, Sunstone, Jet, Peridot, Varascite
- **Ulcer:** Sunstone, Peridot, Lepidolite, Smithsonite
- **Vomiting:** Lapis Lazuli

### ENDOCRINE- IMMUNE SYSTEM PROBLEMS

- **Adrenal Glands:** Kansas Pop Rocks, Sulfur, Kyanite, Black Tourmaline
- **Allergic Reactions:** Bloodstone, Hematite
- **Chronic Fatigue Syndrome:** Ruby
- **Detoxification:** Malachite, Anhydrite, Sulfur
- **Endocrine Glands:** Pietersite, Topaz
- **Goiter:** Amber
- **Hay Fever:** Blue Lace Agate
- **Herpes Simplex #1 (Shingles):** Green Tourmaline, Black Tourmaline, Kyanite
- **Herpes Simplex #2 (STDs):** Jadeite, Lapis Lazuli
- **Hypothyroidism:** Blue Tourmaline, Aquamarine, and Anhydrite
- **Immune System:** Angel Hair Quartz, Herkimer diamond, Rutilated Quartz
- **Infections:** Sulfur, Anhydrite, Malachite
- **Inflammations:** Pyrite, Chrysocolla
- **Laryngitis:** Stilbite
- **Mumps:** Aquamarine, Topaz

- **Meniere's Disease:** Dioptase, Diopside
- **Prostate Gland:** Zincite
- **Reproductive Organs:** Orange Tourmaline, Rubellite Tourmaline
- **Thyroid Gland Balancing:** Citrine, Halite
- **Vitality:** Garnet, Vanadinite, Sunstone

### GYNECOLOGICAL PROBLEMS

- **Birthing:** Peridot, Shiva Lingham
- **Bleeding (Decrease in Menses):** Bloodstone, Malachite, Sodalite, Sapphire
- **Breast Milk:** Carnelian, Chalcedony, Chialstolite, Turquoise
- **Childbirth:** Shiva Lingham, Hematite, Ruby, Bloodstone, Opal
- **Conception:** Quartz Scepter, Rhodochrosite, Shiva Lingham Stone
- **Cramps:** Lepidolite , Hematite
- **Fertility (improving):** Garnet, Shiva Lingham Stone, Quartz Scepter, Realgar
- **Hormone Production:** Pietersite, Amethyst
- **Hot Flashes:** Moonstone, Chrysocolla, Gem Silica
- **Infertility:** Shiva Lingham Stone, Quartz scepters
- **Lactation:** Carnelian, Chalcedony, Chialstolite, Turquoise
- **Menopause:** Moonstone, Carnelian
- **Menstrual Cramps:** Carnelian, Cuprite, Moonstone
- **Miscarriage (Prevention):** Shiva Lingham Stones, Carnelian, Ruby, Aquamarine
- **Miscarriage (Recovery):** Chrysocolla
- **Morning Sickness:** Moonstone, Red Jasper, Malachite, Sodalite, Oligoclase
- **Pre-Menstrual Cramps:** Moonstone, Jade, Chrysocolla, Turquoise, Kunzite
- **Water Retention:** Chrysocolla, Cuprite

### HEART-BLOOD PROBLEMS

- **Anemia:** Hematite, Garnet, Bloodstone
- **Blood Purifying Disorders (Circulation):** Chialstolite, Garnet, Malachite, Ruby
- **Blood Pressure (Balancing):** Chialstolite, Malachite, Ruby
- **Blood Circulation:** Bustamite, Fire Quartz, Tektite
- **Heart Attack:** Garnet
- **Heartburn:** Dioptase, Peridot, Sulfur
- **Heart Disease:** Garnet, Dioptase
- **Hypertension (High Blood Pressure):** Chrysocolla

- **Leukemia:** Chrysocolla
- **Varicose Veins:** Amber, Blue Lace Agate, Bloodstone

### INTERNAL ORGAN PROBLEMS

- **Gall Bladder:** Carnelian, Citrine, Malachite, Emerald, Green Tourmaline
- **Intestines:** Thulite, Brown Tourmaline
- **Kidney and Urinary Bladder Diseases:** Cuprite, Prehnite
- **Liver:** Danburite, Imperial Topaz, Opal

### LUNGS- RESPIRATORY PROBLEMS

- **Asthma:** Malachite, Vanadinite
- **Breathlessness (Dyspnea):** Amber, Vanadinite
- **Bronchitis:** Aquamarine, Chrysocolla, Amazonite, Aventurine
- **Cough:** Aquamarine, Turquoise, Chrysocolla
- **Lungs:** Bustamite, Garnet, Pyrite
- **Pneumonia:** Fluorite
- **Respiratory System:** Coral, Topaz, Amber, Tigers Eye, Zircon, Agate
- **Tuberculosis:** Morganite
- **Whooping Cough:** Amber, Blue Lace Agate, Topaz

### MUSCLE-TENDON-BONE PROBLEMS

- **Arthritis:** Boji Stones, Chrysocolla, Lapis Lazuli, Imperial Topaz
- **Backache:** Amber, Green Tourmaline, Double Terminated Quartz
- **Bone Marrow:** Malachite, Lapis Lazuli
- **Broken Bones:** Axinite, Calcite, Green Tourmaline, Topaz, Selenite
- **Bursitis:** Amber, Blue-Lace Agate
- **Fibromyalgia:** Amethyst, Aventurine, Blue Lace Agate, Citrine, Quartz Crystal, Rose Quartz
- **Hip Pain:** Jadeite
- **Joint Soreness:** Green Calcite, Hiddenite
- **Leg Cramps:** Jadeite, Lepidolite
- **Muscle Aches:** Diopside, Jadeite, Lepidolite
- **Osteoporosis:** Amazonite, Calcite, Selenite
- **Rheumatism:** Boji Stones, Imperial Topaz
- **Sciatica:** Green Tourmaline, Kyanite, Smoky Quartz
- **Sprains:** Sphene, Green Calcite, Aventurine, Double Terminated Quartz
- **Spine:** Tigers Eye, Labradorite, Selenite, Calcite, Magnetite

### NERVOUS SYSTEM PROBLEMS

- **Degenerative Nerve Disease:** Malachite, Azurite, Rhodochrosite, Lapis, Sapphire, Sodalite
- **Multiple Sclerosis:** Lapis Lazuli, Sodalite, Blue Sapphire, Moonstone, Amethyst
- **Neuralgia:** Lapis Lazuli, Carnelian, Amber
- **Parkinson's Disease:** Opal

### SKIN PROBLEMS

- **Blisters:** Anhydrite, Sulfur, Rose Quartz
- **Burns:** Boji Stones, Chrysocolla, Blue-Lace Agate
- **Eczema:** Blue Sapphire
- **Itching:** Chrysocolla
- **Measles:** Turquoise
- **Psoriasis:** Sulfur, Green Tourmaline, Rhodochrosite
- **Skin Rash:** Larimar, Blue Calcite, Blue Lace Agate, Angelite
- **Skin Rash (from Poison Ivy):** Serpentine

### MISCELLANEOUS PHYSICAL PROBLEMS

- **Altitude Sickness:** Hematite, Jet
- **Cataracts:** Green Apophyllite
- **Colds/Sinusitis:** Azurite, Amethyst, Fluorite, Kyanite
- **Earache:** Amber, Amazonite
- **Eye Problems:** Obsidian, Topaz, Tigers Eye, Jade, Opal, Obsidian
- **Fevers:** Brazilianite, Opal, Pietersite, Ruby, Tektite
- **Gum Problems:** Agate (all varieties)
- **Headaches:** Holley Blue, Aquamarine, Chrysocolla, Turquoise, Sodalite and Blue Tourmaline
- **Hearing Loss:** Lapis Lazuli
- **Heat Stroke:** Sunstone
- **Jet Lag:** Hematite, Black Tourmaline
- **Migraine Headaches:** Aquamarine, Chrysocolla, Turquoise, Sodalite and Blue Tourmaline
- **Nail Problems:** Apatite
- **Nosebleed (Chronic):** Carnelian
- **Pain:** Peridot, Jet, Smoky Quartz, Amber
- **Sight (Improve):** Obsidian, Topaz, Tigers Eye, Jade, Opal, Obsidian
- **Sinus Problems:** Azurite, Blue Lace Agate
- **Skin, Nails and Hair Problems:** Bustamite, Lepidolite
- **Smell (Improving):** Hessonite Garnet

- **Sore Throat:** Blue Lace Agate, Blue Calcite, Angelite
- **Surgical Recovery:** Amber, Smoky Quartz, Jasper, Chrysocolla, Chrysoprase
- **Swelling:** Peridot, Emerald, Green Tourmaline, Aquamarine, Sapphire, Sodalite
- **Teeth (Strengthen):** Calcite, Selenite, Sphene
- **Throat:** Blue Lace Agate, Citrine, Turquoise
- **Trauma:** Aventurine, Citrine, Blue Lace Agate, Malachite
- **Tumors:** Malachite, Bloodstone, Smoky Quartz
- **Urinary Tract Infection:** Blue Sapphire, Kyanite
- **Vertigo:** Cuprite, Lapis Lazuli, Elestial Quartz,

### MENTAL PROBLEMS

- **Alzheimer's Disease:** Blue Chalcedony, Fluorite
- **Anorexia:** Rose Quartz, Thulite, Golden Calcite, Malachite
- **Attention Deficit Disorder:** Fluorite, Hour Glass Selenite, Selenite, Azurite
- **Bi-Polar Disease:** Kunzite, Rutilated Quartz
- **Creative Blocks:** Orange Calcite, Chialstolite, Golden Calcite
- **Dyslexia:** Sugilite
- **Epilepsy:** Red Jasper, Carnelian, Malachite, Coral, Golden Beryl, Emerald
- **Focus (Improve):** Yttrian Fluorite, Fluorite slices
- **Intellect (Improve):** Imperial Topaz, Hiddenite
- **Learning Difficulties:** Fluorite, Azurite
- **Memory Problems:** Yttrian Fluorite
- **Mental Confusion:** Apophyllite, Bayleyite, Danburite, Fluorite,
- **Psychiatric Disorders:** Diopside

### EMOTIONAL PROBLEMS

- **Abuse:** Pink Tourmaline, Rose Quartz, Thulite, Larimar
- **Addiction:** Avalonite, Crysocolla with Cuprite, Malachite-Azurite, Peridot
- **Alcoholism:** Avalonite, Crysocolla with Cuprite, Golden Calcite, Peridot, Phenacite
- **Anger:** Black Tourmaline, Chrysocolla, Peridot, Oligoclase
- **Anxiety:** Aventurine, Lepidolite, Amethyst, Amazonite
- **Assertiveness:** Chrysoprase, Golden Calcite, Tigers Eye

- **Burnout:** Garnet, Ruby, Vanadinite, Zincite
- **Calming:** Manganocalcite, Angelite,
- **Communication (Improving):** Amazonite, Blue Calcite, Turquoise, Oregon Opal
- **Confidence (Improving):** Golden Calcite, Orange Calcite, Malachite
- **Confusion:** Charoite, Fluorite, Howlite
- **Courage (Improving):** Charoite, Chrysoprase, Golden Calcite, Tigers Eye, Sunstone
- **Depression:** Amethyst, Angelite, Elestial Quartz, Holley Blue, Lepidolite, Smoky Quartz, Sugilite
- **Drug Abuse:** Smoky Quartz, Jet, Tigers Eye, Rutilated Quartz
- **Eating Disorders:** Rose Quartz, Avalonite, Thulite
- **Emotional Healing (Wounded Heart):** Chrysoprase, Danburite, Kunzite, Thulite
- **Fatigue:** Barite, Red Calcite, Vanadinite, Zincite, Peru Opal
- **Fear:** Angelite, Kunzite, Sunstone, Golden Calcite, Holley Blue, Jet, Lepidolite, Tigers Eye
- **Forgiveness:** Angelite
- **Grief:** Apache Tears, Sugilite, Smoky Quartz, Jet, Elestial Quartz, Angelite, Kyanite
- **Grounding:** Hematite, Jasper, Mochi Marbles, Obsidian, Smoky Quartz
- **Guilt:** Larimar
- **Hysteria:** Hematite, Obsidian, Smoky Quartz
- **Impotence:** Varascite, Shiva Lingham
- **Incest Recovery:** Avalonite, Thulite, Rose Quartz
- **Insomnia:** Amethyst, Labradorite, Smoky Quartz, Celestite
- **Irritability:** Amethyst, Blue Lace Agate, Turquoise
- **Jealousy:** Peridot
- **Joy:** Blue Sapphire, Sunstone, Vanadinite
- **Loneliness:** Shiva Lingham, Thulite
- **Love:** Thulite, Rose Quartz, Manganocalcite, Stellar Ice Calcite
- **Nervousness:** Barite, Sodalite, Watermelon Tourmaline
- **Nurturing:** Shiva Lingham, Thulite, Manganocalcite
- **Obesity:** Avalonite, Heulandite
- **Peace:** Angelite, Blue Calcite, Celestite, Kyanite
- **Rape Recovery:** Lapis Lazuli, Chrysocolla, Black Tourmaline
- **Relationships (Improving):** Brazilianite, Peridot, Manganocalcite, Kyanite,

- **Relaxation:** Blue Lace Agate, Turquoise
- **Self-Esteem & Self-Worth (Improving):** Golden Calcite, Isis crystal, Oregon Opal
- **Self-Sabotage:** Golden Calcite, Rose Quartz, Thulite, Avalonite
- **Shock:** Bloodstone, Larimar, Sunstone
- **Shyness:** Golden Calcite, Orange Calcite, Hessonite Garnet
- **Stage Fright:** Golden Calcite, Aquamarine, Amethyst
- **Stress:** Amethyst, Angelite, Aventurine
- **Trust (Improving):** Axinite, Hiddenite, Lepidolite, Oligoclase

### SPIRITUAL STATES

- **Divination:** Crystal Ball, Obsidian
- **Dreamwork:** Bustamite, Herkimer diamond, Holley Blue,
- **Intuition (Increasing):** Amethyst, Azurite, Selenite
- **Meditational States (Entering Deeper):** Amethyst, Fluorite, Holley Blue, Lapis Lazuli, Moonstone, Record Keeper Quartz,
- **Past-Life Regression:** Kunzite, Apophyllite

- **Balancing the Body's Yin and Yang Polarity:** Kunzite, Rutilated Quartz
- **Prosperity:** Angelite, Blue Sapphire, Citrine, Varascite
- **Protection:** Amber, Black Tourmaline, Chiastolite, Hematite, Hawks Eye, Mochi Marbles, Obsidian
- **Psychic Development:** Azurite, Fluorite, Iolite
- **Psychic Vision (Increasing):** Rutilated Quartz
- **Screaming:** Crystal Ball, Obsidian
- **Soul Travel:** Angelite, Hawks Eye, Hour Glass Selenite, Time-Link Crystal
- **Spiritual Development:** Amethyst, Apophyllite, Azurite, Celestite, Epidote, Fluorite, Holley Blue, Iolite, Hour Glass Selenite, Selenite
- **Spirit Entities (Contacting):** Angelite, Celestite, Kunzite, Scolecite
- **Telepathic Communication:** Celestite, Azurite, Selenite, Apophyllite
- **Telepathic Communication With Animals:** Atelestite, Ilmenite, Julienite, Clear Topaz
- **Wisdom and Encouragement:** Apophyllite, Avalonite, Holley Blue Agate, Oregon Opal, Sodalite

**COLOR STONES**

The following are some examples of treatment stones and the organs that respond to their energetic Influence (Figure 1.87):

- **Green Gemstones:** This category includes such stones as the emerald, peridot, tsavorite, chrome tourmaline, chrome diopside, green Jade and other natural green gems. The green colored gem stones can be used to treat the tissues of the Wood Element orb (tendons, ligaments, small muscles, peripheral nerves, eyes, vision, tears, bile, nails, and external genitalia), as well as the liver and gall bladder organs and channels.
- **Red Gemstones:** This category includes such stones as rubies and other natural red gems. The red colored gem stones can be used to treat the tissues of the Fire Element orb (blood vessels, complexion, perspiration, and the tongue), as well as the heart, small intestine, pericardium, and triple burners organs and channels.
- **Yellow Gemstones:** This category includes such stones as yellow sapphires, topaz, citrine, heliodor, and other flawless yellow gems. The light yellow or golden colored gem stones can be used to treat the tissues of the Earth Element orb (large muscles, lymph, saliva secretions, mouth, lips, and taste), as well as the spleen and stomach organs and channels.
- **White Gemstones:** This category includes such stones as clear diamonds, quartz crystals, zircons, goshenites, white topaz, white sapphires, and other colorless gemstones with clear transparency. The white or clear colored gem stones can be used to treat the tissues of the Metal Element orb (skin and mucous membranes, body hair, nose, and the sense of smell), as well as the lungs and large intestine organs and channels.
- **Black or Dark Blue Gemstones:** This category includes such stones as onyx, blue sapphire, blue spinel, tanzanite, indicolite, iolite, amethyst and other natural blue to violet gems with transparent clarity. The black, dark blue

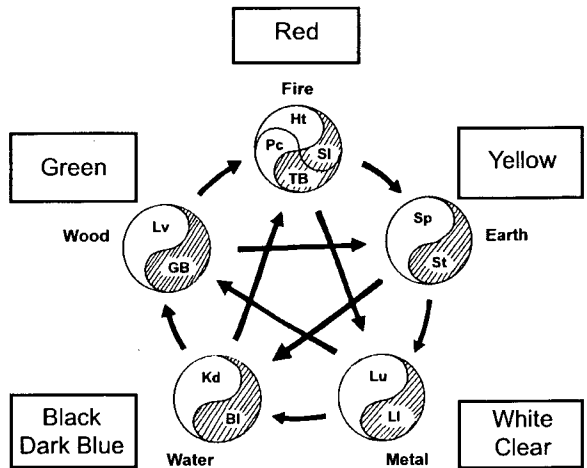


Figure 1.87. The Five Precious Gems of the Five Elements

or violet colored gem stones can be used to treat the tissues of the Water Element orb (brain, inner ear, hearing, spinal cord, cerebrospinal fluid, bones, bone marrow, ovaries, testes, head and pubic hair, anus, urethra and sexual fluids), as well as the kidneys and urinary bladder organs and channels.

**THE MAGICAL ENERGETIC PROPERTIES OF GEMSTONE FORMULAS**

In ancient Daoism, there is a long history of using minerals, stones, crystals, and gems for magical amulets, rings, and talismans. Each stone's specific colors and powers gave way to creating powerful tools used in ancient rituals for conjuring and spell casting.

The following formula is one of many energetic mineral formula used by mystics throughout the world for their various magical properties.

- **Combining Different Minerals for Protection:** Sometimes, various magical stones were combined in order to enhance and increase their energetic properties. For example, the combination of Chlorite, with Carnelian and Ruby Crystals are sometimes used to elimi-

nate psychic attack, and were also in exorcism rituals to cause any "Earthbound spirit" to leave a possessed or oppressed person, place, or thing. By grinding these three magical minerals, a sorcerer could energetically protect him or herself (as well as the environment) from the return of unwanted spirit entities and negative energies.

- **Combining Quartz and Colored Silk:** In ancient China, clear quartz crystals were placed onto various colored silk cloths (and were also sometimes placed into various colored lamps). The clear quartz was used to absorb, reflect, and radiate the energy of the vibrant silk color into the environment (Figure 1.88). This specific mineral and colored silk combination was often used for creating a healing or meditative environment.

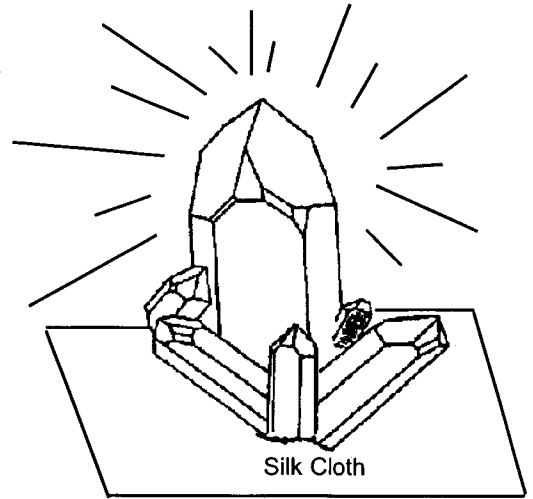


Figure 1.88. The Clear Quartz Crystal was used to absorb and radiates the color of the silk cloth into the environment



## PURIFYING AND IMPRINTING THE MAGICAL STONE

In order to help establish a powerful spiritual defence, the Daoist sorcerer will sometimes teach the disciple how to charge a special stone, mineral, crystal, or gem, and imbue it with magical intention. After the stone has been imprinted and charged with Ling Shen (Magical Spirit), the disciple can then begin his or her esoteric work in Daoist mysticism. Each time the imprinted stone is uncovered and brought forward, the disciple is immediately surrounded by the stone's magical power and can begin healing, defence (counter-attacking curses), or spiritual enlightenment, depending on how and why the stone was imprinted.

In ancient Daoism, before performing a ritual to energetically activate any magical talisman, magical tool, herbal formulae or magical stone, a sorcerer would usually designate an auspicious day on which to perform the ceremony. Sometimes the first or fifteenth day of the Chinese Lunar calendar month was chosen. During this time period, the sorcerer was prohibited from eating goose, eel, or dog meat. The sorcerer also stayed away from the public, in a secluded area, in a state of quiet contemplation. This quiescent state of mind was needed in order to insure that the sorcerer's focus of attention and power was at its peak during the Cleansing, Imprinting and Activation process of the ritual. It was also important that the sorcerer abstain from any form of sexual contact for at least seven days before magically Imprinting the Daoist tools. Additionally, female sorcerers were not allowed to Imprint any of their magical tools during their time of menstruation, or if they were pregnant.

Once the auspicious day was selected, the sorcerer showered and purified themselves before proceeding to the altar area.

### RITUAL CLEANSING

Normally, the energetic clearing of a sacred altar space of unwanted influences is the first act of any magical ritual. The sorcerer will create a

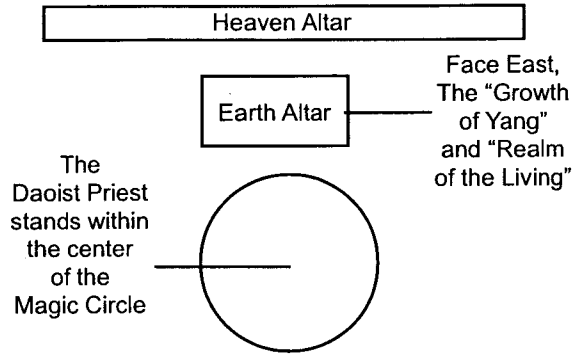


Figure 1.89. Face the East and stand before the Earth Altar

Magical Circle from which to perform this ritual.

The ritual cleansing is also used to create a sacred space for the celestial deities and Four Powers to inhabit, and it requires the mystic to fill the altar room or area with divine light.

As the sorcerer creates a circular space of divine light, its magical image creates and facilitates an energetic form of divine sanctuary. This act of creating a magical circle should always be performed before all acts of magic, spirit projection, soul projection, and deep meditation.

After creating a Circle of Light, the Daoist mystic then sanctifies the altar room. This quiets the chaotic Qi surrounding the altar table and initiates peace from within the infinite space of the magical circle. Next, the sorcerer will "create, imprint, and activate" his or her magical tools, used for magical defense. In order to perform the Activation Ritual needed to create magical tools (i.e., imprinting a magical stone), the Daoist sorcerer proceeds as follows:

### PURIFYING THE ALTAR ROOM

The more you use your altar, the more powerful your spells and incantations will be. In order to purify the altar, begin as follows:

1. Begin by facing the Earth Altar. The Earth Altar should be facing East. This is the energetic direction attributed to the "Growth of Yang" and the "Realm of the Living" (Figure 1.89). Certain Daoist schools will sometimes face the Southern direction, considered to be

the realm of "Pure Yang."

2. After performing the "One Through Ten Meditation" and the "Three Invocations," imagine the divine healing light flowing through the center core Taiji Pole into the lower abdominal area, and gathering within the Lower Dantian.
3. Begin to visualize a powerful ray of divine white light rising from the Lower Dantian, moving upward to the center of your solar plexus and Yellow Court area. Focus on the combined energies of the Prenatal Wu Jing Shen (Hun, Shen, Yi, Po, and Zhi) transforming the Qi of the Yellow Court into a bright indigo light. Focus on this light and transform it into a bright indigo pearl. This indigo pearl continues to grow brighter and hotter, until it transforms into a bright red ball of flame. The vibrant red flame then travels up the Taiji Pole and enters into the Upper Dantian, immediately activating all nine chambers.
4. Next, visualize the left eye as a bright Sun, and the right eye as a bright luminous Full-Moon. Roll both eyes to the Sixth Chakra (Third Eye) area and imagine that both luminous orbs combine with the red flame in the Upper Dantian area, forming a single white flame that immediately bursts out the Baihui area at the top of the head. Focus your mind on feeling the powerful divine light emanating as a white flame positioned above your head (Figure 1.90).
5. Imagine and feel the energy of the spiritual white light descending around your body in a clockwise circular rotation, surrounding your body in a six foot circumference. Imagine and feel the energy of this divine white light drilling and penetrating deep into the ground. This image represents the power of the Eternal Divine active within the infinite space of the circle. Imagine and feel this protective circle descending several feet into the Earth.

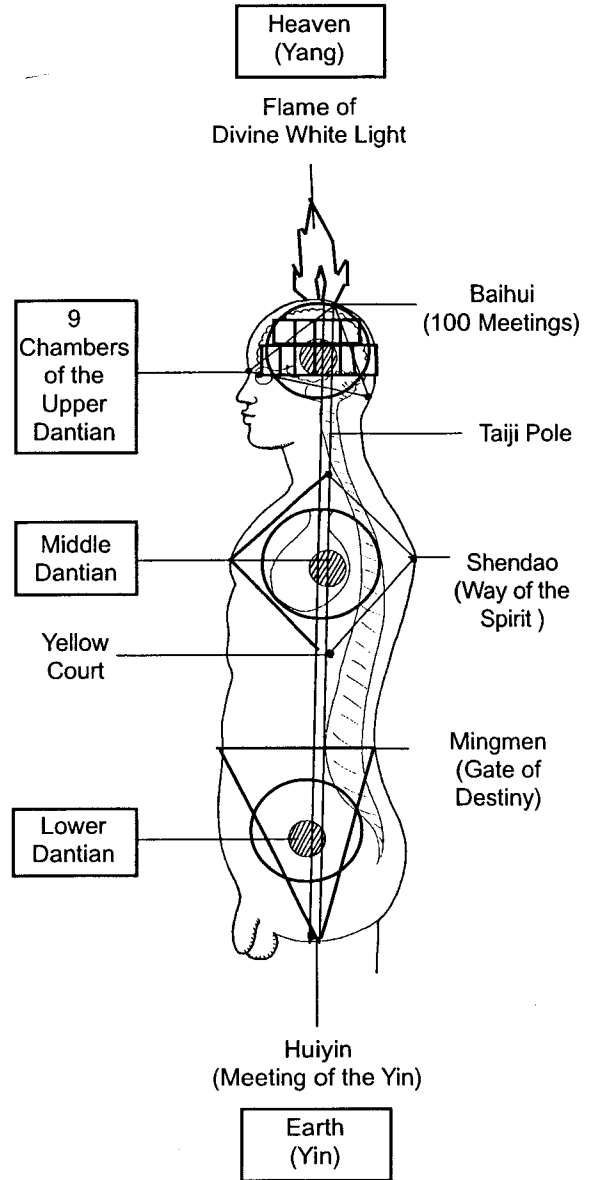


Figure 1.90. The Three Dantians and the Taiji Pole

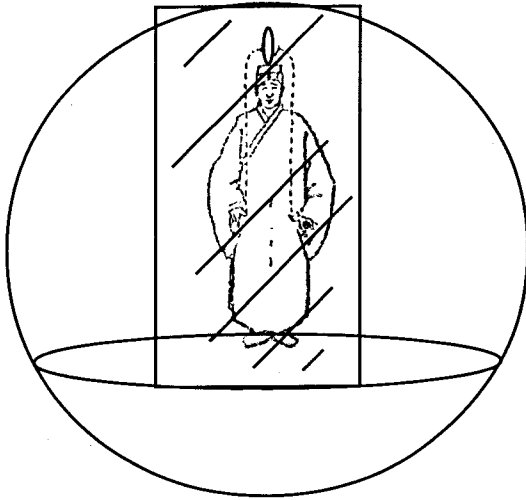


Figure 1.91. Begin to create an energetic wall constructed of white and golden light

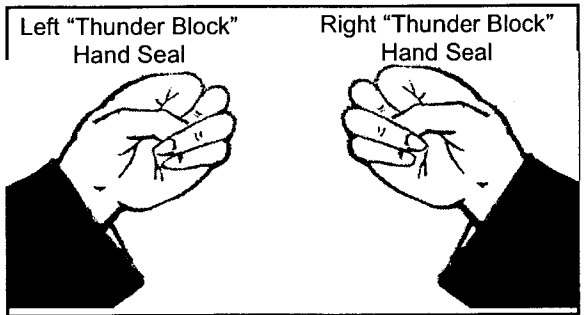


Figure 1.92. The Left and Right "Thunder Block" Hand Seal.

6. Next, extend your arms in front of you (palms facing outward), and again begin to redirect your focus onto the divine white light flame burning above your head. Focus and concentrate on the divine flame, and slowly begin to emit golden light from your palms. Imagine and feel the divine white light and projected golden light fusing in front of your body, forming a powerful energetic wall (Figure 1.91). Imagine, see, and feel this magical wall immediately forming and becoming activated behind the Heavenly Altar (the altar closest to the wall).
7. Begin to turn in a counterclockwise rotation (180 degrees), and visualize a powerful magical wall of divine white light forming from beyond your palms, following the outlined altar walls. In your mind's eye, see this wall constructing itself out of the divine white light from the top of your head and golden sparkles emitted from your palms. This image represents the creation and activation of a spiritually empowered wall, one that has been constructed out of white divine light and golden (Yang) light. Imagine and feel this powerful

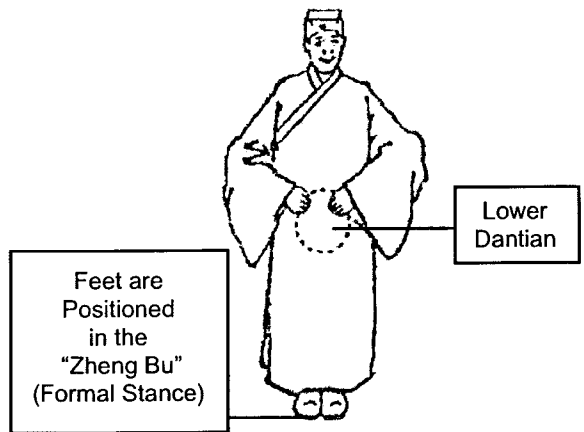


Figure 1.93. Using The Thunder Block To Circle The Ancestral Palace (Lower Dantian)

energized wall extending along the walls of the altar room as you move your hands along the circumference of the magic circle. After completing one-half of the circular rotation, and creating half of the energized wall, you should be facing the Western direction. This is the energetic direction attributed to the "Growth of Yin" and the "Realm of the Dead." Certain Daoist schools will end facing the North, considered to be the realm of "Pure Yin."

- Immediately form the Two Thunder Fists (Figure 1.92), and circle rotate the Lower Dantian three times, gathering its Jing, Qi, and Shen (Figure 1.93); next circle rotate the Middle

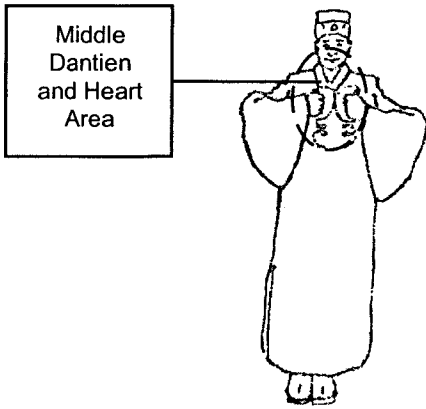


Figure 1.94. Using the Thunder Block To Circle the Five Qi of the Chest

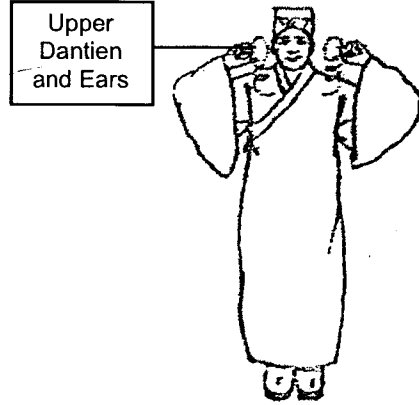


Figure 1.95. Using the Thunder Block To Circle the Ears and Hear the Sound of Thunder

Dantien three times, gathering its Jing, Qi, and Shen (Figure 1.94); then circle rotate the Upper Dantien three times, gathering its Jing, Qi, and Shen (Figure 1.95).

- Then, after circulating the two Thunder Fists above your head, stamp your right (Yin) foot and then your left (Yang) foot and shout

**“Begone Afar-Unholy Ones!”**

Through years of practice, the sorcerer will eventually say the Breath Incantation in his or her mind, and the stomping of the feet will eventually progress to a slight compression of the heels within the shoes.

- As you proclaim the banishing charge, know that through the internal strength of your Eternal Soul (which is intimately connected to the divine light), you are magically banishing all undesirable and toxic forces from your magical altar area.
8. Next, again extend your arms in front of you (palms facing outward), and again focus and visualize the divine white light flame above your head. Begin to emit golden light from your palms and imagine the white light and golden light fusing and creating a powerful

energetic wall. Finish by continuing your counterclockwise circle to face the Earth Altar, having imagined the magical wall has now completely surrounded the altar area.

9. Perform one Pulling Down the Heavens, and then raise your hands once more. This time imagine that the white light flame above your head is expanding outwards and radiating 360 degrees within the circle. As the energy of the divine white flame expands outward, visualize and imagine rivers of vibrant blue light (representing pure energy) with silver sparkles (representing the Yin) emitting from your hands. Imagine the white light and blue light fusing and creating a powerful energetic medium that fills the entire area within the golden and white light wall completely (like blue water filling the space between the golden walls of an aquarium). This image allows the energetic space within the altar room to become impregnated with powerful magic.
- This completes the creation and formation of the magic circle and the purification of the altar room. At this time, the sorcerer will begin the process of energetically activating of the altar room, described as follows:

**SUMMONING THE CELESTIAL IMMORTALS**

The ritual used to gather the specific powers needed in order to activate the Daoist tools is called Summoning the Celestial Immortals. In this ritual, the sorcerer first summons and pays respect to the Three Pure Ones, and then contacts and invokes the Four Element powers, described as follows:

- Begin by first lighting the altar candles. First light the Red candle positioned on the left (Celestial Yang) of the altar table, then light the Red candle positioned on the right (Celestial Yin) of the altar table (Figure 1.96). This ceremony is known as "lighting the eyes of the altar," and it is used to summon the Celestial Immortals, inviting them to observe and assist the sorcerer's actions within the physical realm.
- Next, light three incenses and bow 3 times in front of the Earth Altar, giving respect to the "Three Pure Ones," represented in the Heavenly Altar. In order to summon the Three Pure Ones to the altar, it is important to repeat the following magical invocation. While reciting the above incantation, imagine and visualize the presence of the Heavenly Daoist Masters and Celestial Immortals descending to the altar in vibrant luminous light:

**"The Heavens approve! The Earth Approves!  
Where is the spirit of God?  
Your disciple -----,  
who lives in -----,  
beckons you to come to the Earth Altar.**

**Today I hold three sticks of incense,  
Transform them to make a  
hundred million fragrant clouds!  
Shake the Heavens and move the Earth!  
Summon the Wind and invoke the Rain!  
Emitting numerous flowers with five rays  
of bright numinous clouds!**

**I invite the Lord of Jade Purity,  
the Lord of Highest Purity,  
and the Lord of Supreme Purity,  
together with the host of Celestial Immortals.**

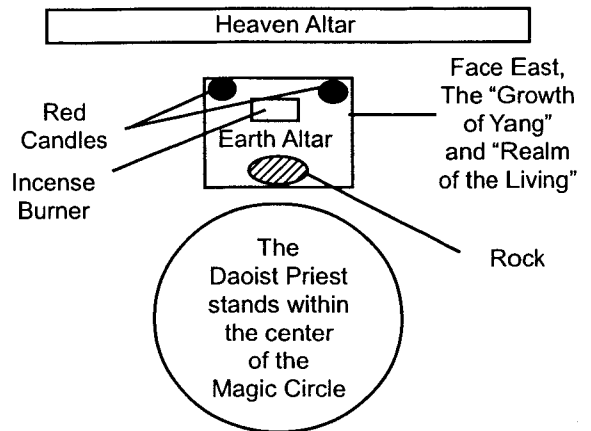


Figure 1.96. Face the East and stand before the Earth Altar

**Stepping on clouds,  
Approach to protect and suppress,  
the Ten Direction of the World,  
Above and below devoid of emptiness,  
East, West, South, and North,**

**The Omnipresent is everywhere,  
There is no place that cannot be reached!  
Respectfully invite all  
Heavenly Daoist Masters and Celestial  
Immortals,  
Draw quickly and approach immediately!**

**Today your disciple -----  
beseech all Celestial Immortals  
to draw quickly and approach immediately!**

**To sit and suppress,  
Bestow upon your disciple  
The effective divine power  
to create this powerful magical tool.**

**Spread the Law of the Dao  
to help those in distress,  
protect, bless and confer good fortune,  
so that your disciple can be extremely  
powerful  
and effectively able to lead other to  
salvation!  
I bow three times  
and invite the Divine for help."**

- Repeat this incantation three times. Each time you complete the incantation stomp your right foot on the ground.
- After giving respect to the “Three Pure Ones,” begin to summon the Four Element Powers and elicit their help in imprinting the energetic matrix of the stone (Figure 1.97). This is accomplished by turning counter-clockwise to face the direction of the Kun (Earth) Trigram. With your back positioned to the Earth Altar, bow 3 times with the incense to pay respect to the energy of the Earth Element. The Earth Element is associated with the solid state of matter, structure, shape and formation. It is the basis from which physical things are constructed. The Earth Element provides stability and allows for the growth of energy.
- Then continue turning counter-clockwise and face the Kan (Water) Trigram. With your left side positioned to the Earth Altar, bow 3 times with the incense to pay respect to the energy of the Water Element. The Water Element provides flexibility, and fusion. It is the cohesive medium for all other Elements to unite, blend, and fuse.
- Then continue turning counter-clockwise and face the Li (Fire) Trigram. With your right side positioned to the Earth Altar, bow 3 times with the incense to pay respect to the energy of the Fire Element. The Fire Element is associated with heat and light, and it is the vibrational frequency through which Qi manifests its power.
- Then turn back towards the altar and face the Qian (Heaven) Trigram and the Earth Altar. Bow 3 times with the incense to pay respect to the energy of the Air/Wind Element. The energetic particles of the Air Element have greater movement, therefore the Air Element is seen as an Element of all-pervading motion. The Air Element is also associated with the gaseous state of matter, creating movement and keeping everything alive.
- Place your mind on understanding that all four Element powers evolve from the Divine

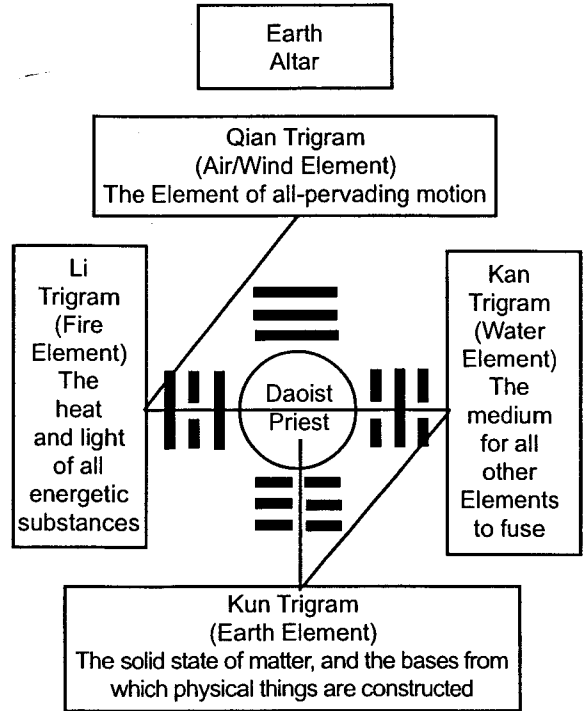


Figure 1.97. Summon the Four Powers of the Elements and elicit their help in imprinting the energetic matrix of the stone.

and are therefore associated with the infinite space (Wuji) of the Dao and exist within energetic matrix of all matter. These four unique powers of the Dao are now active within the magical circle in which you stand. This magical circle is considered the energetic space or matrix in which to gather and mold Qi. It is the energetic field from which everything within the universe is manifested and the space in which all events occur. Therefore, bow three last times with the incense, and then place the incense with your left hand into the incense burner on the Earth Altar.

Now that the purifying and summoning rituals are completed, the sorcerer can begin to imprint, program, and activate his or her magical stones. This energetic imprinting and activation process is described as follows:

**USING BREATH INCANTATIONS TO OPEN, IMPRINT, AND ACTIVATE A MAGICAL STONE**

In ancient China, the use of Breath Incantations and the release of the “Ancestral Breath” was essential in the construction of all magical tools (i.e., talismans, stones, elixirs, etc.). The Yellow Court (sometimes known as the “secret court”) was considered by the ancient Daoists to be the place from which the “Ancestral Breath” (sometimes known as the “Ling Qi”) originates and is released. Without the use of the Ancestral Breath from the Yellow Court, it was believed that the magical charm or tool would have no effect, and that the magical weapon would prove powerless in the spirit world.

In order to transform an inert mineral or stone into a powerful magical tool, it is important that the sorcerer first visualize and invoke the stone’s hidden powers. This is accomplished by internally observing and mentally comprehending the stone’s energetic power, size, shape and position; then writing it down on a blank piece of paper.

Next, it is important to write down the stone’s purpose and function, and to become completely aware of why the stone is being energetically imprinted. For example:

- What is its specific energetic function?
- Will this stone be used for healing, protection, or defence?
- Will this stone be used for increasing the sorcerer’s psychic powers?
- What types of energetic imprinting will it require (colors, sounds/mantras, etc.)?
- What are its energetic potentials (strengths and weaknesses)?
- What will trigger or activate it?
- How long will it last?
- Will this stone only be used for by the sorcerer, or is it being created by the sorcerer for another individual (i.e., as in a healing stone for a patient)?

All of these questions must be addressed before starting the ritual, seeing, feeling, and experiencing exactly how the magical stone will be energetically active. After understanding, experiencing and feeling the stone’s energetic function, the construction of a magical “tool” can begin.

**OPENING THE MAGIC STONE**

After the above questions have been answered, the sorcerer proceeds to Open the magical stone. This Opening ritual is later followed by a ritual used for Imprinting, Charging, and Activating the Magic Stone. One common Daoist ritual used for Opening a magical stone proceeds in eighteen stages, described as follows:

1. The stone should be placed in the center of the Earth Altar before beginning the ritual. After completing the purifying and summoning rituals, the sorcerer will pick up the stone in his right (Yin) palm, and cover it with the left (Yang) palm. This is a symbolic representation of the recreation of the Earth Altar (Yin-Moon) being surrounded by the Altar Room (Yang-Sun). The circular form of the sorcerer’s cupped hands symbolize the infinite space of the Wuji and the living energy of the Divine.
2. Next, raise the stone upward in front of the Earth Altar three times, each time presented as an offering to the “Three Pure Ones” and the “Jade Emperor.”
  - During the first offering, imagine and feel that the physical structure of the stone dissolves, so that all that remains is the energetic and spiritual matrix of the stone.
  - During the second offering, imagine and feel that the energetic structure of the stone dissolves, so that all that remains is the spiritual matrix of the stone.
  - During the third offering, imagine and feel that the spiritual structure of the stone dissolves, so that all that remains is the infinite space contained within the divine matrix of the stone.
3. After the third offering of the stone, place it on the center of the Earth Altar and leave both palms suspended at the right and left of the stone. Then mentally connect with the Divine and pull an energetic cord from the Heavens into your Lower Dantian. Imagine and feel the divine light flowing through your Taiji Pole into the Lower Dantian.
4. Begin to visualize a powerful ray of divine white light rising from the Lower Dantian up

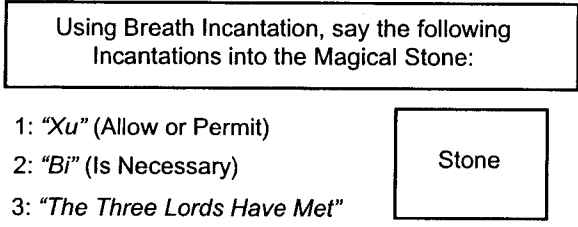


Figure 1.98. "Openting" the Stone #1

into your Yellow Court. Focus on the combined energy of the Wu Jing Shen transforming the Qi of the Yellow Court into a bright golden mist.

5. Next, focus on the energetic matrix of the stone and exhale a Breath Incantation through the mouth by sounding the seed word "Xu" (allow or permit), while envisioning a golden yellow ray of light diffusing over the surface of the stone and impregnating its energetic structure.
  - Then inhale this golden yellow vapor into the body through the nose. Feel its energetic power reach and connect with the Yellow Court, located at the solar plexus. This energetically attaches the sorcerer's Qi and Shen to the energetic matrix of the stone.
6. Then focus on the energetic matrix of the stone and exhale a Breath Incantation through the mouth by sounding the seed word "Bi" (is necessary), while envisioning a golden yellow ray of light diffusing over the surface of the stone and impregnating its energetic structure.
  - While inhaling the energy of the second incantation through the nose, combine the magical powers of both golden mists. The combined energies will be gathered and blended within the sorcerer's Yellow Court.
7. Next, focus on the energetic matrix of the stone and exhale a Breath Incantation through the mouth by sounding the magical incantation: "The Three Lords have met" (Figure 1.98).
8. Once the incantation has been sounded, immediately inhale and imagine the three vapors joining together inside the Yellow Court

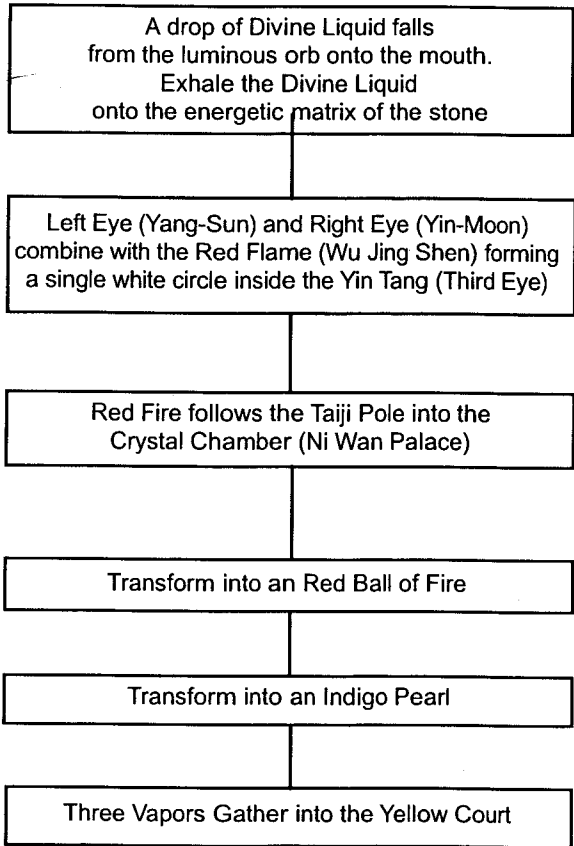


Figure 1.99. "Openting" the Stone #2

and form this energy into a small indigo pearl. This small indigo pearl will begin to vibrate, heat and glow brighter, until it transforms into a ball of red flames.

9. The red flames will then shoot upwards following the Taiji Pole, past the internal organs, straight to the Ni-Wan Palace (located in the Upper Dantian), energizing the Crystal Palace and Nine Chambers of the Upper Dantian.
10. Then imagine that a drop of divine liquid falls from the luminous orb into your mouth. With the exhale, release the energetic vapor of divine liquid onto the energetic matrix of the stone. This represents the releasing of the energetic transformational power of the Dao within the infinite space of the Wuji (Figure 1.99). While exhaling, use the right Sword Fin-



gers to energetically draw a magical circle around the stone, and speak the magic incantation "Kai" (Open). This is initiated in order to make the stone ready for the energetic imprinting (Figure 1.100).

11. Using the right Sword Fingers, place an energetic dot in the center of the circle on the stone and recite the following magic incantation: *"The One Primordial Breath of the Prior Heavens, by ordered stages, rules the myriad spirits"* (Figure 1.101).
12. Then draw a second circle in order to seal the incantation into the stone.
13. A second and final energetic dot is drawn on the stone at the center of the second circle. This second dot represents the transformational energetic nature of Yin and Yang, and symbolizes the awakening of the full power of the Taiji Pole. It is important to note the Taiji Pole of an object is not the physical center of the object, but is the center core of all molecules existing within the energetic space of that item (person, place, or thing). Therefore, awakening the Taiji Pole allows the sorcerer to gain access into the energetic molecules that create and sustain the energetic formation of the stone (Figure 1.102).
14. As the second energetic dot is placed in the center of the circle, place your imagination into the center of your Taiji Pole. Connecting with the "Taiji Pole of Man," also immediately connects your mind and intention to the Celestial "Taiji Pole of Heaven" (the Pole Star). This energetic fusion causes the seven stars of the Big Dipper to descend the Celestial Pole and energetically cover your physical, energetic, and spirit body (Figure 1.103).
15. Enveloped in the power of the Seven Stars of the Big Dipper, you can now begin to energetically create, imprint, feel and activate the magical stone.
16. After completing the imprinting, the sorcerer will energetically write his personal Daoist magical seal with his right Sword Fingers onto the energetic matrix of the magical stone. This magical seal (Jing and Qi) is needed in order

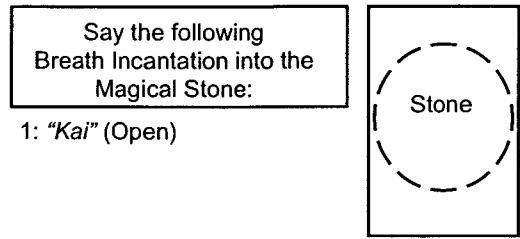


Figure 1.100. "Openting" the Stone #3

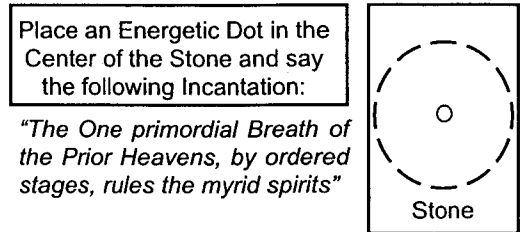


Figure 1.101. "Openting" the Stone #4

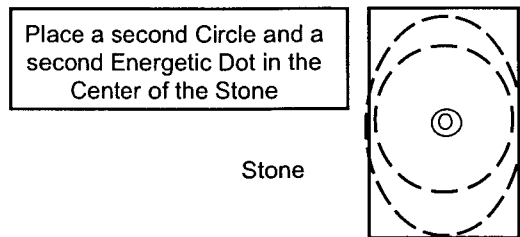


Figure 1.102. "Openting" the Stone #5

- to prevent anyone else other than the sorcerer from using the magical tool.
17. Then look into the Heavens and face the direction of the Big Dipper tail (the tail points to the opening of the Celestial "Gate of Life"). Imagine the Celestial "Gate of Life" opening and releasing its "Golden Vapor of Life." While inhaling this "Golden Vapor of Life" into the Yellow Court, draw your personal Daoist magical seal with your tongue on the upper palate of your mouth.
18. With the exhale, release the final breath to energetically seal (Qi and Shen) the magical stone by allowing both energetic seals to fuse and solidify your magical power within the stone. The stone has now received the finishing seal used to contain and activate its magical power.

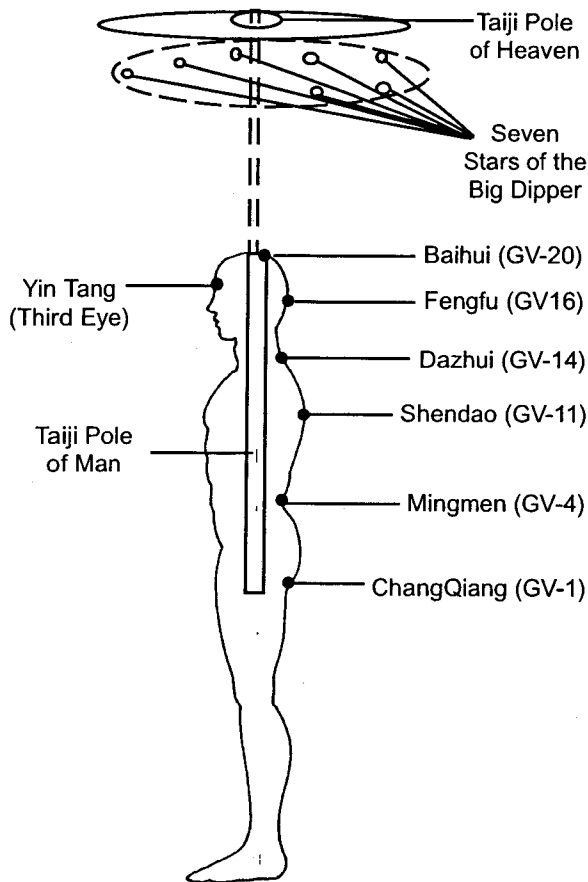


Figure 1.103. The Seven Stars of the Big Dipper Envelop the Daoist Master's Body

Depending on the specific design and purpose of the magical stone, there can be several additional steps that must be performed. The empowering and energetic loading (imprinting, charging, and activating) of a magical stone is carried out either by the sorcerer or by a spirit entity that the master has summoned for this specific purpose. When a spirit entity carries out the imprinting, charging, and activation of a talisman or magical stone, the energy that is used is at the expense of the spirit entity's own personal reservoir of energy (the Qi and Shen of that particular spirit entity). When a spirit entity is used for this purpose, the traditional signs or symbols used to carry out this process are generally engraved and passed on from one master to another throughout history.

### IMPRINTING, CHARGING, AND ACTIVATING THE MAGIC STONE

After completing the basic protocol needed to energetically "Open" the stone, the sorcerer next begins to synchronize the focused intention of his or her personal energetic field with the stone's energetic field. All stones possess natural energies, each having its own unique powers and energetic potentials. When performing the imprinting, charging, and activation, the stone's inherent energies merge and fuse with the personal powers of the sorcerer. All of the sorcerer's intentions can now be imprinted and made manifest through the energetic structure of the stone.

For a Daoist sorcerer, one of the first steps in programming a magic stone is the dedication of the stone and its specific purpose and function for divine service. If the stone's power is not as effective as anticipated, it is usually due to a lack of will, clarity, or intention of the sorcerer in the initial dedication ritual.

In the beginning ritual used for the energetic "Opening" of the stone, the sorcerer has already stated through magical Breath Incantation the seed words "Xu" (allow or permit), "Bi" (is necessary), and "Kai" (Open).

The sorcerer also connected with the Divine and proclaimed his or her authority to magically imprint the stone by saying,

**"The One Primordial Breath  
of the Prior Heavens,  
by ordered stages,  
rules the myriad spirits"**

Now, in order to dedicate the stone, the sorcerer proceeds as follows:

1. After Opening the magical Stone, place it in your right hand, enveloped by your left hand (the left hand should be positioned on the outside of the right hand).
2. Imagine, feel, and experience a divine light descending from the heavens and surrounding the external and internal energetic structures of the stone.
3. After the stone has been completely enveloped and saturated in divine light, say the following incantation:

**“The power of this stone is only for exacting good of the highest order. In this stone of the Earth, there is only the power of love and divine light.”**

#### **ENDING THE RITUAL AND CLOSING THE MAGICAL CEREMONY**

After completing the imprinting, charging, and activation of a Magical Stone, it is important to complete the ritual with a proper ending. The ending is just as important as the opening and should be performed with reverence and respect.

4. Now begin to energetically Imprint the type of energy (i.e., healing, defensive, or spiritual purpose) that you want to activate within this stone of power. This is accomplished through the use of thought projection, intention, and repeated Mantras (sounded Breath Incantations that are repeated in order to increase the power of the stones function). It is important to speak the incantation in a low vibrating tone until you feel its energy resonate through every particle of the stone.
  5. After energetically Imprinting the stone, Charge and fortify it by adding divine Qi. It is important that the Divine Qi, your Qi, and the Qi of the stone fuse to become a three cord link of power. Each strand represents one of the Three Treasures.
  6. Next, to energetically Activate the magical stone, a secret Hand Seal and Words of Power (Breath Incantations) are imprinted into the energetic matrix of the stone. This allows only the sorcerer to access the stone’s full power, and simultaneously prevents any other individual from carelessly utilizing this magical tool. Throughout history, certain sorcerers have neglected to complete this process, thereby allowing other individuals the opportunity to misuse the original sorcerer’s initial intention and creative powers, resulting in adverse Karmic.
  7. After Imprinting, Charging, and Activating the Magic Stone, if you always remain mindful of the great power that the stone has been imprinted with, you will be in good position to hold and utilize its divine power.
1. After activating the magical stone, place it on the Earth Altar and light three incense.
  2. After lighting three incenses, bow 3 times in front of the Earth Altar, giving respect to the “Three Pure Ones” and the “Jade Emperor,” represented in the Heavenly Altar.
  3. Next, it is important to acknowledge and thank the four powers for their assistance and help in the construction and imprinting of the energetic matrix of the magical stone.
    - Begin by facing the Earth Altar, and bow 3 times to pay respect to the energy of the Qian (Heaven) Trigram and its power of Air/Wind. The Wind/Air Element is seen as an Element of all-pervading motion and is also associated with the gaseous state of matter, creating movement and keeping everything alive. Acknowledge this Element’s power, and thank it for its assistance in the construction of the magical stone. Then bid it part in peace.
    - Then turning counterclockwise with your right side facing the Earth Altar (East), bow 3 times to pay respect to the energy of the Li (Fire) Trigram and its power of heat and light. The Fire Element is associated with the heat, light and vibrational essence of all energetic substances. Acknowledge this Element’s power, and thank it for its assistance in the construction of the magical stone. Then bid it part in peace.
    - Then turn clockwise and face the Kan (Water) Trigram. With your left side positioned to the Earth Altar, bow 3 times to pay respect to the energy of the Water Element and its

power of unity and fuse all other Elements. The Water Element provides the cohesive medium for the other elements to fuse. Acknowledge this Element's power, and thank it for its assistance in the construction of the magical stone. Then bid it part in peace.

- Next, continue to turn clockwise to face the Kun (Earth) Trigram, with your back positioned to the Earth Altar, bow 3 times to pay respect to the energy of the Earth Element. The Earth Element is associated with the solid state of matter, and is the basis from which all physical things are built. The Earth Element provides stability, form and structure; it allows for the growth of energy. Acknowledge this Element's power, and thank it for its assistance in the construction of the magical stone. Then bid it part in peace.
  - Finally, continue to turn clockwise to face the Qian (Heaven) Trigram and the Earth Altar.
4. Then, placing the three incense into the incense burner on the altar table, approach the two red candles. This next part of the ritual is known as "Closing the Eyes of the Altar," and is used to dispatch the Celestial Immortals from the physical realm.
  - Begin by showing your respect and thanking the Three Pure Ones and the Jade Emperor for their assistance, and then bid they depart in peace.
  - Next, extinguish the right (Celestial Yin-Moon) candle first, followed by the left (Celestial Yang-Sun) candle. It is important to not blow the candle flames out; use a candle snuff to extinguish the flames instead.
  5. Finally, place your mind on understanding that the various powers of all four Elements evolve from the Divine, and are associated with the infinite space (Wuji) of the Dao, ex-



Figure 1.104. The "Buddhist Greeting Posture"

isting within all matter. Since the power of the Dao is still active within the magic circle in which you stand, close your eyes and bring both hands together forming a "Buddhist Greeting Posture" Hand Seal at your Middle Dantian (Figure 1.104).

- Next, separate your hands by moving your left (Yang) palm upwards (fingers pointing to the Heavens) while simultaneously moving your right (Yin) palm downwards (fingers pointing towards the Earth). As you separate the celestial powers of Yang and Yin, repeat the following incantation:

**"I now release the combined powers  
of Heaven and Earth,  
and return this spirit back into this vessel  
for divine purpose."**

6. Then perform one "Pulling Down the Heavens," and return to a quiescent Standing Wuji posture. Now that the rituals are completed, you can begin use the magical stone whenever appropriate.

## CREATING GEM ELIXIRS

When absorbing the healing properties of the magical stones, gems and metals, the ancient Daoists noted the magical properties of these minerals could be internally ingested through two main methods, described as follows:

- **Ingesting the Magical Powers of Gem Stones:** The first method used for absorbing a magical stone's energetic qualities was through a visual interactive process. This process involves the absorption of the gem's celestial light through the physical eyes. Sacred symbols (such as Yantras) reflect the stone's planetary energies and can enliven the universal powers in one's intuitive awareness. In ancient times, articles of clothing, armor, jewelry or other accoutrements were encrusted with gems as a means of receiving their power and blessing.
- **Gem Elixirs:** The second method used for absorbing a magical stone's energetic qualities involves the ingestion of the gem as living liquid light. The value of the Planetary Gem Elixir lies in its ability to be taken at frequent intervals, infusing the body's Jing, Qi, and Shen with its subtle transformative properties over time.

A Gem Elixir is the name given to a fluid that has been infused with the energies of a particular crystal, either through the power of infused sunlight or moonlight. An "Ens" is the "First Extract" of a mineral's energetic nature. It is defined as an extract of the latent and previously untapped energetic potential of a rock or mineral. Hence the Ens is also termed "First Matter," and is believed to be the potency and magical substance of an item's first natural life-impulse. The Gem Ens is to the Mineral Kingdom what an Essential Oil is to the Plant Kingdom. Therefore, the Ens is to be sought after above all things in the Mineral World.

Mineral or Gem Ens Elixirs are traditionally known as the "Greater Circulation" in External Alchemic traditions. They are formed by cultivating and extracting the Jing, Qi, and Shen of specific metals and minerals. This alchemical process

follows the same principles as those used in plant work, which is known as the "Lesser Circulation." In certain magical traditions however, the "Greater Circulation" is traditionally undertaken only by a sorcerer after a certain degree of plant mastery has been attained.

Crystals have the ability to absorb negative electromagnetic pathogens, as well as emit pure clean energy. Because crystals have powerful vibrations it is easy to transfer these energetic vibrations into water which act as a condenser. In ancient China, gem remedies (also known as elixirs or essences) were either taken internally as tonics (unless the stone was toxic), or applied externally and used as energetic and spiritual "enhancers" (sometimes the stones were applied directly onto the skin, or placed in bath water).

Before going on an expedition, the famous Mongolian ruler Genghis Khan, would give his soldiers a handful of pulverized rock as a drug for the treatment of arrow and sword wounds, and a handful of ground up rock as a remedy for fatigue and food poisoning. It is also believed that these rock powers were boiled in water, drunk, and used in cooking (known as rock soup, or "mineral soup"). Also, for hundreds of years up till the present time, many of the main components of drugs in Tibetan Lama medicine have been pulverized minerals.

Gem elixirs are liquid preparations that contain the condensed healing vibrations of a particular gem or mineral. Much of the information that exists on the energetic healing qualities of gem stones has been derived from their physical signatures. These include the crystal system or family that a particular stone belongs to, its color, hardness, composition, and the geologic process by which it was formed. With that information in mind, the primary focus for creating ancient magical Gem Elixirs has been on summoning, condensing, and ingesting the most subtle invisible energetic and spiritual powers of a particular stone, as well as the specific Elemental powers that were called into service during the time of its preparation.

Gem elixirs can be used in order to access the healing support of the mineral realm in a very efficient way through their ease and flexibility of application. For example, they can be applied internally or externally, by themselves, or in combination with other vibrational remedies. They are particularly effective when used in conjunction with Plant Elixirs (e.g., Flower Essences), as they help to physically stabilize and root the spiritual shifts in consciousness that are catalyzed by the transformational energies of the plants.

#### **CHOOSING A CRYSTAL**

In order to make an elixir, the Daoist sorcerer must first choose a crystal that matches his or her specific needs. Although the size of the crystal does not matter, it is extremely important to begin by thoroughly cleansing the crystal. After obtaining a crystal, there are a few things that must be done in order to ensure that it used without incurring harm.

Stones are subject to a wide range of energetic imprinting before they arrive into your possession. Prior to using them in magic, or charging them with your own personal energies, it is strongly suggested that you perform a cleansing ritual on the stone. This will neutralize any unwanted energies that have been imprinted into and are currently residing within the stone. It is important to note, however, that certain masters believe that if you have collected this stone yourself from nature, there is no need to worry about purification.

If after the cleansing process, you still feel some negative energy imbedded within the stone when you hold it, you will need to repeat the cleansing process. After you feel that the stone has been cleared and cleansed, then you are ready to use it for whatever purpose you desire.

#### **RITUALISTIC CLEANSING AND INCANTATIONS**

The sorcerer will then begin purging and cleaning the stone of any and all negative influences. Next, the stone is dedicated to an appropriate deity or celestial power, with a statement of intention, such as the hidden magic and power of the stone will be used for self-defense, healing, intuitions, etc.

The following is a very basic ritual used for cleansing and purifying magical tools used by Daoist mystics. There are many variations and modifications that can be add to this ritual, depending on the sorcerer's intended goal. After becoming more familiar with the Daoist magic techniques, the rituals can be modified to become as simple or complicated as the sorcerer desires.

In order to perform the following Cleansing Ritual, you will need sea-salt, a small amount of purified water, a red candle, and three sticks of incense (preferably myrrh, frankincense, or white sage). Although you do not need to use an altar to perform this ritual, if you have already established one, you are encouraged to use it.

- Firstly, sit comfortably in a quiet location.
- Have your crystals and the other items that you need for the purification ritual laid out in front of you. The salt represents the Element of Earth. The Water is the Element of Water. The candle represents the Element of Fire (its red color is symbolic of purification), and the three sticks of incense represents the Element of Air (and the fervent prayers to the Three Pure Ones).
- Add a pinch of salt to your small bowl/container of water, and say the following incantation:

**“I Now Combine  
the Powers of Water and Earth.”**

- Next, take your crystal, and dip it into the solution of salt water, and say the following incantation:

**“By the Powers of Water and Earth  
I Now Cleanse and Purify You.”**

- Now, quickly pass the crystal through the candle flame three times, and say the following incantation:

**“By the Powers of Fire  
I Now Cleanse and Purify You.”**

- Now, quickly pass the crystal through the incense smoke three times, and say the following incantation:

**“By the Powers of Air  
I Now Cleanse and Purify You.”**

With any Daoist ritual or esoteric magical working, visualization is a vital part of the ceremony. You have to concentrate extremely hard, and actually see in your mind’s eye the candle flame, incense smoke, and salt solution draining away all of the stone’s toxic energies. Feel them flowing out of the stone as you perform your work. Allow the powers of nature work through you. Feel, experience, and know that the magical words of the various incantations accomplish your will and heart’s desire. Know that what you feel and see in your mind’s eye gives any magical work its power.

#### **CHARGING A STONE**

Before you use any stone for magic or as a talisman, it should be charged or programmed with the desired energies. All stones possess a natural energy of their own. Many ancient civilizations held great respect for the power that stones held, and various stones were often used as a central part of their religious life. The process used for charging the stone personalizes this energy, and lets you focus your needs and intentions into the stone.

#### **Using The Energetic Power of The Sun**

Some simple methods of energizing a crystal (i.e., quartz) include leaving it in bright sunlight for a day, with the Sun’s warm rays shining full on it. This is also a method used in cleansing a stone.

#### **Using The Energetic Power of Other Crystals**

You can also use other crystals to assist in the cleansing and energizing process. A cluster of clear quartz is excellent for this. Simply sit the stone on the cluster for a couple of days. It is suggested that any stone you are using to purify and energize others be cleansed on a regular basis, to rid it of any negative energy it may have absorbed from the other stones.

#### **Reprogramming and Imprinting**

You can reprogram and imprint the specific personal energies into a stone. This imprinting process is described as follows:

- First, choose a stone whose properties specifically fit your required needs. This makes the imprinting easier, especially when you can fuse your own energies together with the energetic powers of the stone.
- After the stone has been fully cleansed, sit comfortably and hold it in your right (Yin) hand and seal it with your left (Yang) hand.
- Imagine and feel the specific type of energy and power that you want the stone to hold (e.g., love, protection, clairvoyance, or wealth), and experience this energy with your whole being.
- Visualize, feel, and experience this energy flowing through your core self and into the crystal. The more you can concentrate, and really see, feel, hear, smell, and taste the energy flowing into the stone, the more effective the programming will be. Experience this cultivated energy residing within you and acting as your personal power. You can now move this energy from your body, out into stones, talismans, charms, candles, weapons, and other magical objects to help you achieve your magical goals. The movement of this or other forms of natural energy is at the heart of Daoist magic.

## CHOOSING THE WATER

Different kinds of water have different magical powers. The effect of water depends substantially on the water's source, temperature, and level of purity. Water constantly changes its energetic properties according to the subtle life-energy it absorbs from the environment (e.g., water from a spring, well, rain, or morning dew). It is for this reason that water from various sources is specially collected during certain seasons of the year. Additionally, the ocean and all water courses connected to it are said to be linked to the Underworld, the Moon, and Nature Spirits.

Gem Elixirs are generally "born" in water (e.g., rain water, well water, spring water, mineral water, Holy Water, or morning dew). Water has the ability to hold energy patterns intact for long periods of time, therefore making this an ideal medium for capturing the powers of a stone. The elixir can then be used for healing or empowering the physical, energetic, or spiritual body, depending on the disciple's specific needs and the specific energies of the particular crystal or gem.

### Gathering Rain

The ancient Daoists noted that all forms of water fall from the Heavens, including rain, snow, hail, and sleet. Each of these share a connection with the subtle Yin and Yang forces of life. According to ancient alchemy, the energies of Yin and Yang gather in the clouds as part of the subtle cycle of energies linked to the seasons. During the second, third, and fourth lunar months (March, April, and May) these forces descend in the form of rain to bring new life to the soil. At this time, rain water is caught in clean containers will have special magical properties, giving additional strength to any Gem Elixir. However, the gathered rain water cannot be kept for more than a few days before the energies begin to depart. Additionally, the rain water should only be collected in places where the air is pure.

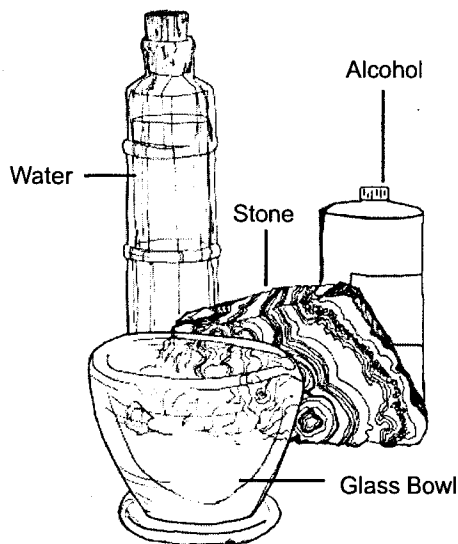


Figure 1.105. Creating a Stone Elixir

### Gathering Morning Dew

Dew is water that condenses out of the air and morning mist onto leaves, grass, and other surfaces (i.e., Magic Mirrors). In ancient Daoist alchemy, dew was believed to carry the subtle energies of life, forming one of the main pathways through which the energies of Heaven and Earth unite. Therefore, during the Spring and Autumn times, the Daoist mystic would gather dew at dawn from the leaves of specific herbs, Magic Mirrors, and crystal formations left out overnight. Another method was to simply drag a thin, clean, cotton towel over the grass until the sheet was dripping with moisture.

The dew should only be collected in places where the air is pure and the soil has not been contaminated with chemicals. It is also important to note that dew should always be gathered before the direct rays of the Sun touches it. Additionally, the gathered dew cannot be kept for more than a few days before the energies begin to depart.



### CREATING THE GEM ELIXIR

Make sure that you have gathered together all of the items and specific ingredients that you will need to create the Gem Elixir. This should include the following list (Figure 1.105):

- **A Stone:** Any particular crystal, mineral, rock, and gemstone that contains the specific energetic and spiritual qualities and powers necessary to achieve your magical goal.
- **Glass Bowl:** A clear glass bowl is needed as a “birthing” chamber through which to combine and infuse the Gem Elixir.
- **Water:** The particular type of Water (rain water, well water, spring water, mineral water, Holy Water, or Talismanic Water) containing the specific energetic and spiritual qualities and powers needed to hold the Gem Elixir’s energetic patterns intact for long periods of time.
- **Alcohol:** After the crystal has been placed in the water during the infusion process, its extracted essence can then be preserved by blending it with rice wine, brandy, or other form of spirit alcohol.
- **Mother Container:** A dark colored glass bottle is needed for storing the “mother” elixir.
- **Child Container:** A dark colored glass eye-dropper bottle is needed for storing the “child” elixir, and is to be completely used up before refilling from the “mother” container.

In order to make a Gem Elixir, begin by placing a cleansed non-water soluble crystal in a glass bowl and cover it with the pure water. Then place the bowl in an area that will be exposed to the direct sunlight (or moonlight) for the selected period of time. If possible, place the glass bowl on the roof of your house, so that it catches the rays from all angles, and is less likely to have any shadows pass over it during the infusion process.

### USING SUNLIGHT OR MOONLIGHT TO INFUSE THE GEM ELIXIR

When making your elixir, you will need to decide whether you are going to use sunlight or moonlight for infusing your Gem Elixir. Sunlight (the gathering of Yang) is traditionally used for elixirs that are designed for aiding the physical body. Moonlight (the gathering of Yin) is used for those elixirs that are directed towards spiritual and magical needs. As a general rule any elixir that will be used for physical purposes or bodily healing should be created with sunlight, and any elixir that will be used for magical, psychic, or mental purposes should be created with moonlight.

You will also need to choose a day or night when the sky is cloud-free, as the infusion process requires direct Sun or Moon light for at least three hours. If there is some cloud covering, you will not be able to create a strong enough infusion in only 3 hours, and will need to leave it out all day or night for the complete 12 hour process. Keep the gemstones in the water solution for a minimum of 24 hours. Some sorcerers take from seven to 14 days to make an elixir, spending some time each day to mentally reinforce and infuse the elixir with Breath Incantations (Mantras).

After the crystal has been placed in the water during the infusion process, its extracted essence can then be preserved by blending it with rice wine, brandy, or other form of spirit alcohol. The resulting liquid is taken orally, usually a few drops in a glass of water. Sometimes a piece of the crystal or gem is left in the bottle after the infusion process to further enhance the potion. In order to further reinforce your intentions, specific visualizations, affirmations, and incantations can also be incorporated while consuming the Gem Elixir.

**STORAGE AND CARE OF THE GEM ELIXIR**

Leave the infusion elixir untouched for at least 3 hours (7 hours for maximum results), then pour the liquid into the clean dark glass bottle. Fill half of the bottle with your infusion, and then fill the rest of the bottle with rice wine, brandy, or another form of spirit alcoholic. Seal the bottle, and then shake vigorously for 30 seconds. This completes the construction of the mother elixir. Next pour some of the Gem Elixir in a child container. This container is to be used every day.

After you have labeled the bottle, store its contents in a cool dark spot for later use. In some Daoist schools, the sorcerer will leave the crystal or gem in the bottom of the mother elixir in order to further infuse its properties.

After you remove the crystal from the mother container, make sure that you have bottled the original tincture in a dark glass bottle with an airtight stopper. This original tincture will keep for more than a week if you added 50% Brandy or Vodka as its preservative. Store the mother elixir in a cool dark place.

**DOSE AND ADMINISTRATION**

The prescribed dosage of the Gem Elixir will vary according to the strength of the elixir and the specific gems used. Some practitioners recommend only 3 to 5 drops of elixir in a glass of water twice a day, while others may suggest 12-18 drops twice a day, or even drinking a small tea cup three times a day. Because each individual has his or her own unique constitutional reactions to a specific Gem Elixir, it is best to use your own energetic sensitivity and intuition to decide on the dosage and frequency of administration. This can be done through quiescent meditation, by sitting

quietly with the bottle of elixir in your hands, and attuning yourself to its energetic resonations. Each stone has a guardian spirit or spirit entity responsible for its magical power. Ask the spirit of the stone for guidance, and see if you can intuit the information.

Elixirs can be also be administered directly under the tongue, undiluted, as with flower essences. The rich blood supply to the mouth area, and the thin skin under the tongue allows for rapid absorption of the elixir. You can also apply some to an afflicted area of the body that you are wishing to treat, or use a Gem Elixir in a bath.

Some masters recommend that the disciple start with the undiluted, sublingual (under the tongue) administration for the first few weeks, then move on to the dilution method (i.e. in a glass of water) for a few weeks to a month.

The important thing to remember is that when you choose a specific dosage, stick with it. Also, only use one Gem Elixir at a time and completely finish a bottle before you refill it. Once you finish a bottle the desired shift is usually complete. Elixirs, like Essences, work best when used in increments of three or seven. Each bottle will last approximately one week when kept in a dark glass bottle with an airtight stopper, away from sunlight.

Gem elixirs are designed to gently affect the body, mind, and spirit over a period of time, not instantaneously. Therefore, you will need to continue to use the specific dosage for at least a month in order to achieve the best results. Afterwards, you may then feel the need to decrease the dosage, and then eventually stop. The treatment can be repeated, as you feel the need arise.

**TOXIC STONES**

There are quite a few gems and crystals that should never be used to make elixirs in the above mentioned manner. The basic rule of thumb is that any stone containing metals should not be used. This includes most brightly colored blue and green stones, as these often take their coloring from metals, and metals can be toxic in humans. Water leaches the toxins from the stone, which would then be ingested.

If you are using toxic stones, It is important that you use the indirect method, by placing the stone in a small glass jar and then placing the glass jar into the bowl of water. Alternatively, you can use the below mentioned stones in a safe manner, by taking a glass of water, holding the stone to the side of the glass, and visualizing the energies infusing the water. Drink the glass of water immediately, and repeat two to four times daily, for two months. This will not, however, be as effective as the traditional Gem Elixir recipe.

Before constructing a Gem Elixir, to make sure that you have not selected a stone that can cause you harm. The following is the list of stones, and their potentially toxic ingredients:

- Amazonite - Copper
- Atacamite - Copper
- Auricalcite - Zinc and Copper

- Azurite - Copper
- Boji-stones - Sulfur
- Bronchantite - Copper
- Chalcantite - Copper
- Chalcopyrite - Copper & Sulphur
- Cinnabar - Mercury
- Conicalcite - Copper
- Crysocolla - Copper
- Cuprite - Copper
- Diopside - Copper
- Gem Silica - Copper
- Galena/Galenite - Lead (almost 90%)
- Garnierite/Genthite/Falcondoite - Nickel
- Halite - will dissolve in water
- Hematite - will rust in water
- Lapis Lazuli -Pyrite inclusions contain Sulfur
- Magnetite - will rust in water
- Malachite - toxic, only used in polished form.
- Markasite - Sulfur
- Mohawkite - Copper & Arsenic
- Psiomelan - Barium
- Pyrite - Sulfur
- Realgar - Sulfur & Arsenic
- Stibnite - Lead
- Smithsonite - Zinc & Copper
- Ulexite - stone will lose its luster in water
- Vanadanite - Lead
- Wulfenite - Lead & molybdenum

## PLANETARY GEM ELIXIRS

The qualities and uses of gemstones are best understood through the study of their colors, growth patterns, and mineral components. However, they can also be energetically classified according to planetary affiliations and chakra affiliations.

The ancient Daoists considered gemstones to be celestial gifts from the Heavens, and understood that they were responsible for activating and awakening the inner dimensional awareness of the psyche. Gems, like people, were believed to receive their unique powers from the cosmic energies of the planets. The ancient sorcerers believed that the color-coded energy emitted from each of the planets in our solar system was filled with an interstellar intelligence that infused itself into the natural landscape of Earth. The stars of the galaxy and the cosmic rays that permeate their celestial territory were seen as evidence that revealed the Daoist sorcerer's true spiritual identity as ambassadors of divine awareness. Gems were believed to possess a unique capacity to reflect this chromatically coded light in physical form. Thus, they secretly served as precise vehicles of expression for the mechanics of manifest and un-manifest creation.

One closely guarded secret in ancient China was the utilization of precious gems as transmitters of light and specific frequencies of consciousness. Throughout the centuries, the use of Planetary Gem Elixirs was often limited to members of the imperial royal court, the elite strata of Chinese society, or certain secret Daoist and Buddhist sects with political influence. Planetary Gem Elixirs embody the sacred art and science of imprinting a fluid medium with the subtle energetic field and spiritual power of a specific planet along with the intrinsic energetic pattern of its representative gem.

In ancient times, the elixirs were prepared from rare and superior stones (i.e., those that were natural, flawless, and untreated) in a geometrically refined state. The alchemical principles involved in the creation of Planetary Gem Elixirs reflect a high degree of discipline, prayerful intent, and in-depth knowledge of 60 year astrological cycles, including patterns of the Sun, Moon, Five Planets, 28 Star Constellations, 10 Heavenly Stems, and 12 Earthly Branches. Amplified by the carefully guided ritual practice with which they were prepared, the elixirs were considered to be powerful catalysts for personal evolution and transformation.

Through their elegant but powerful interplay with human consciousness, the Planetary Gem Elixirs work with the highest levels of the human emotional and mental processes. Their celestial influences transmute the limited thought structures of the conscious self, creating an energetic bridge to the spiritual realm of the Divine Self. The ancient Daoist sorcerers therefore sought after the celestial infusion and empowerment of planetary realms in order to assist them in their goal of constructing the "Immortal Fetus."

The Planetary Gem Elixirs were also believed to be capable of opening the inter-dimensional portals that align the mystic with advanced interstellar intelligence, and they were therefore used while performing certain Daoist Star Stepping patterns and Hand Seals.

### THE SEVEN CELESTIAL PLANETS

In order to understand the significance of Planetary Gem Elixirs and the type and extent of their influence, it is important to first understand the specific celestial planets from which they receive their stellar powers.

According to ancient Daoist teachings, the Seven Stars are the embodiment of Dao. Heaven

and Earth depend on the Perfect Vital Breath of the Sun, Moon, and Stars to nourish all things. According to the *Book of the Mysterious Gate and Precious Sea*, "the essence of Yang is the Sun, and the essence of Yin is the Moon. Sharing the essence of the Sun and Moon are the Stars. Together, they nourish the twelve thousand things by the perfect Dao. Even the beasts and grass are nourished by Secret Dao and Essential Virtue of the Sun, Moon, and Stars."

In ancient China, it was common practice for people to worship Stellar Sovereigns or Star Gods. The original Star Gods consisted of the Celestial Immortals that lived and ruled over the powers of the Sun, Moon and Five Planets. In ancient Daoist mysticism, these seven celestial energies were sometimes collectively known as the "Seven Celestial Stars" or "Higher Phase Stars" (Shangxingxing). In this celestial model, the Sun and Moon represent the Yang and Yin energies of Heaven, while the Five Planets symbolize the Five Element energies of Heaven.

Since the Five Planets do not radiate light like the Sun does, they were therefore considered to have a Yin quality like the Moon and Earth. The ancient Chinese believed that the Five Planets were responsible for the internal Yin organ energy formation within the body during fetal development, and that they sustained these vital pools of energy throughout the individual's life on Earth. Because they were connected to the specific color resonances vibrating within each of the body's five internal Yin organs (Figure 1.106), these seven celestial planets became the focus of several Qigong meditations and elixir prescriptions developed in ancient China. According to the section written on stars in the ancient Daoist text *Seven Slips of a Cloudy Satchel*, each of the Five Planets has its own name, energetic power, and spiritual influence. For example:

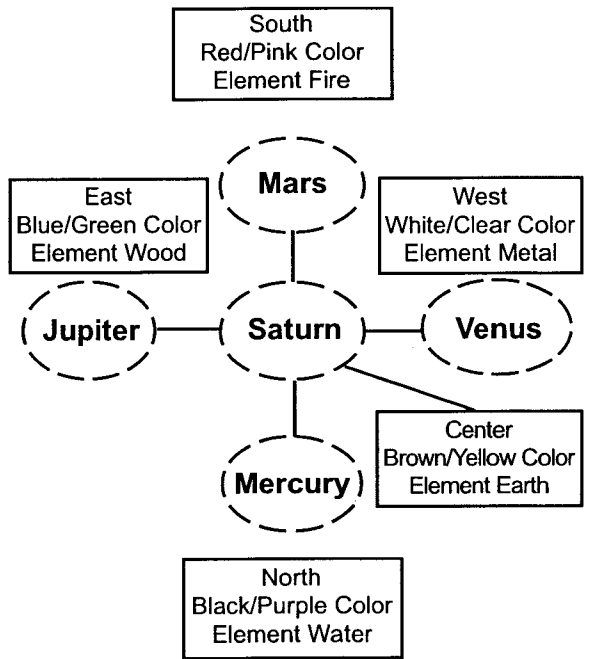


Figure 1.106. The Directions, Colors, and Elements of the Five Planets

- **The Year Star is Jupiter:** Its Direction is East, Color is Blue/Green, and its Element is Wood.
- **The Sparkling Deluder is Mars:** Its Direction is South, Color is Red, and its Element is Fire.
- **The Grand White Star is Venus:** Its Direction is West, Color is White, and its Element is Metal.
- **The Chronographic Star is Mercury:** Its Direction is North, Color is Black/Purple, and its Element is Water.
- **The Quelling Star is Saturn:** Its Direction is Center, Color is Brown/Yellow, and its Element is Earth.



Figure 1.107. The Planet Jupiter

### THE CATEGORIZATION OF PLANETARY GEM ELIXIRS AND SPECIFIC POWERS

In order to effectively construct "Planetary Gem Elixirs," it is necessary to have a thorough comprehension of the nature of each of the Seven Celestial Planets. This includes the colors, directional influences, Elements, ruling deities, associated gems, and Hand Seals needed in order to obtain a specific astrological connection to the desired planets.

#### THE PLANET JUPITER

The planet Jupiter (Figure 1.107) represents the celestial energy flowing from the easterly direction of the Heavens and emits a blue/green light energy. This celestial energy influences the energetic function of the body's Liver and Gall Bladder organs. The planet Jupiter is called "Muxing," the Wood Element Star. Its position in the heavens relates to the left side of the body's center Taiji Pole. It is associated with Spring, growth, and birth.

The ancient Daoist text known as the *Secretly Transmitted Supreme Pervasive Perfect Book of the Five Planets* states "In the East is the Perfect Imperial Sovereign of the Year Star (also known as the Perfect Sovereign of the Virtue of Wood)."

The name of the ruling Celestial Immortal of Jupiter is Chenglan, though this deity is also known as Qingning (Figure 1.108). The Perfect



Figure 1.108. The Green Emperor of the Eastern Direction. His name is Chenglan, also known as Qingning. He is the Perfect Sovereign of the Virtue of Wood.

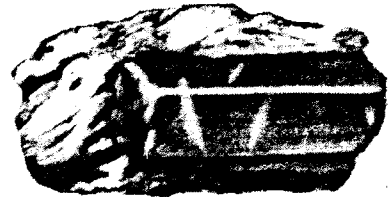


Figure 1.109. The Jupiter Planetary Elixir is generally constructed using Green Emerald

Sovereign of the Virtue of Wood is in charge of the birth of all things. It changes depression into stimulation. People who are fortunate and lucky should encourage its kindness, entice it, and seek after its influence and power.

**THE JUPITER PLANETARY ELIXIR  
(USING GREEN EMERALD)**

In Chinese alchemy, the color used to gather the planetary essence of Jupiter and the Wood Element is blue/green. Gemstones governed by Jupiter include emerald, peridot, tsavorite, chrome tourmaline, chrome diopside, green Jade, and other natural green (or blue gems) of flawless (eye-clean) quality. When making a Jupiter Planetary Elixir, a green emerald can be chosen because of its beautiful color (Figure 1.109). An emerald can be found in colors ranging from deep velvet green to light grass green. The best and most auspicious gem should be radiant in color, smooth and transparent, with bright refracting rays.

**Metaphysical Properties**

When placed beneath the tongue, a Jupiter Planetary Elixir constructed from a vibrant green emerald enables the sorcerer to conjure evil spirits. The ancient mystics believed that this elixir could be used in order to reveal hidden secrets by heightening the sorcerer's sensory perceptions and activating the his or her psychic abilities. A Jupiter Planetary Elixir also enhances receptivity to celestial and terrestrial energies and inspires communion with nature.

**Preparation and Imprinting**

When creating a Jupiter Planetary Elixir, it is important for the sorcerer to form an energetic bridge that connects together the specific planet (Jupiter), the celestial Immortal responsible for bringing the planetary power down to the Earth (Celestial Immortal Chenglan), the specific direction the energy is being transferred from (East), and the specific gem stone being used (green emerald). These components form the "Four Pillars" of the Planetary Elixir, and they must all be utilized when energizing and imprinting the elixir.

Each planet has a ruling day of the week, as well as a ruling time period. The time period changes from season to season depending on the position of the Sun. When a planet is at its "High

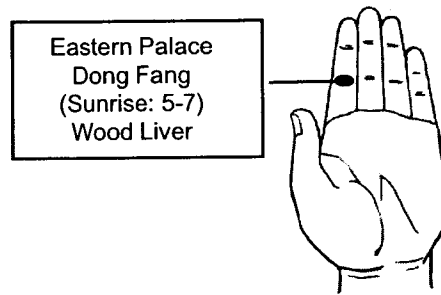


Figure 1.110. Hand Seal pattern used for bringing Wood Element Qi from the planet Jupiter (via the Eastern Direction) into a glass of water for energetic imprinting.

Tide" (the season of the specific planet) it manifests its strongest influence of celestial power. Therefore, Jupiter Planetary Elixirs are generally constructed in the Springtime, on Thursdays, and between the hours of 11 P.M.-3 A.M. Certain Daoist traditions may utilize different days or prefer to construct Jupiter Planetary Elixirs at dawn (5-7 A.M.), when the energy of the Eastern Palace is at its peak.

**Incantation and Hand Seal**

The magical act of speaking the proper incantation and using the proper Hand Seal (Figure 1.110) is needed for gathering and condensing the planetary energy into the Qi of the elixir. Each Hand Seal technique is combined with a specific Breath Incantation.

The following Breath Incantation is from the Mao Shan Daoist tradition and is used for bringing Qi from a specific celestial direction into a vessel of water for making a Planetary Elixir. If a Daoist sorcerer wishes to gather Heavenly Qi from the planet Jupiter to imprint into the water, he or she can repeat the following Breath Incantation:

**"Dong fang wuji fei tian shen  
wang su jiang Gan Qi yu wu sui zhong."**

This translates as: "Eastern Palace of the infinite flying heavenly god, quickly bring down the Liver Qi into my water, do this as it is law."

Each Breath Incantation and Hand Seal is changed according to the sorcerer's needs by substituting the specific Palace and the specific internal organ Qi. Each of the palaces also has corresponding times, Elements of control, organ energies, altar gifts, and governing immortals.



Figure 1.111. The Planet Mars

**THE PLANET MARS**

The planet Mars (Figure 111) represents the celestial energy flowing from the southerly direction of the Heavens and emits a red light energy. This celestial energy influences the energetic function of the body's Heart and Small Intestine organs. The planet Mars is called "Huoxing," the Fire Element Star. Its position in the heavens relates to the front side of the body's center Taiji Pole. It is associated with influencing energetic vitality and physical strength.

The ancient Daoist text known as the *Secretly Transmitted Supreme Pervasive Perfect Book of the Five Planets* states "In the South is the Perfect Imperial Sovereign of the Sparkling Deluder (also known as the Perfect Sovereign of the Virtue of Fire). The name of the ruling Celestial Immortal of Mars is Haokong Weichun, though this deity is also known as Sanrong (Figure 1.112). The Perfect Sovereign of the Virtue of Fire is in charge of the growth of all things. It lightens the dark and obscure. People who are unfortunate, unlucky, or suffering from illness and troubles should encourage its kindness, entice it, and seek after its influence and power."



Figure 1.112. The Red Emperor of the Southern Direction. His name is Haokong Weichun, also known as Sanrong. He is the Perfect Sovereign of the Virtue of Fire.

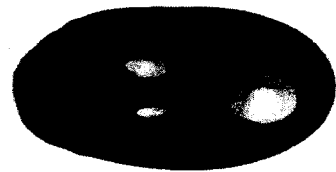


Figure 1.113. The Mars Planetary Elixir is generally constructed using Red Coral



**THE MARS PLANETARY ELIXIR  
(USING RED CORAL)**

In Chinese alchemy, the color used to gather the planetary essence of Mars and the Fire Element is red. Mars is a masculine planet that radiates an intense and fiery energy. Gemstones governed by Mars include natural coral, carnelian, ruby, garnet, and other red colored gems. When making a Mars Planetary Elixir, red coral can be chosen because of its dark cinnabar red color (Figure 1.113).

Coral can be found in colors ranging from deep cinnabar red to light orange-red. The best and most auspicious coral should be radiant in color, smooth, and free of defects (this is imperative for proper transmission of auspicious celestial energy).

**Metaphysical Properties**

When swallowed, a Mars Planetary Elixir constructed from a red coral enables the sorcerer to ward off evil. It also imbues the sorcerer with sudden insight and wisdom and protects him or her against madness.

The ancient mystics believed that drinking red coral Elixirs could protect an individual from encountering natural calamities (i.e. being struck by thunder and lightening, overtaken by floods, avoiding fires, etc.).

**Preparation and Imprinting**

When creating a Mars Planetary Elixir, it is important for the sorcerer to form an energetic bridge that connects together the specific planet (Mars), the celestial Immortal responsible for bringing the planetary power down to the Earth (Celestial Immortal Haokong Weichun), the specific direction the energy is being transferred from (South), and the specific gem stone being used (red coral). These components form the "Four Pillars" of the Planetary Elixir, and they must all be utilized when energizing and imprinting the elixir.

Each planet has a ruling day of the week, as well as a ruling time period. The time period changes from season to season depending on the position of the Sun. When a planet is at its "High Tide" (the season of the specific planet) it manifests its strongest influence of celestial power. Therefore, Mars Planetary Elixirs are generally constructed in the Summertime, on Tuesdays, and between the

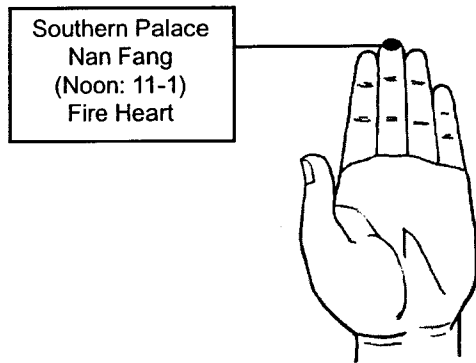


Figure 1.114. Hand Seal pattern used for bringing Fire Element Qi from the planet Mars (via the Southern Direction) into a glass of water for energetic imprinting.

hours of 11 A.M.-3 P.M. Certain Daoist traditions may utilize different days or prefer to construct Mars Planetary Elixirs at noon, when the energy of the Southern Palace is at its peak.

**Incantation and Hand Seal**

The magical act of speaking the proper incantation and using the proper Hand Seal (Figure 1.114) is needed for gathering and condensing the planetary energy into the Qi of the elixir. Each Hand Seal technique is combined with a specific Breath Incantation.

The following Breath Incantation is from the Mao Shan Daoist tradition and is used for bringing Qi from a specific celestial direction into a vessel of water for making a Planetary Elixir. If a Daoist sorcerer wishes to gather Heavenly Qi from the planet Mars to imprint into the water, he or she can repeat the following Breath Incantation:

**“Nan fang wuji fei tian shen  
wang su jiang Xin Qi yu wu sui zhong.”**

This translates as: “Southern Palace of the infinite flying heavenly god, quickly bring down the Heart Qi into my water, do this as it is law.”

Each Breath Incantation and Hand Seal is changed according to the sorcerer’s needs by substituting the specific Palace and the specific internal organ Qi. Each of the palaces also has corresponding times, Elements of control, organ energies, altar gifts, and governing immortals.

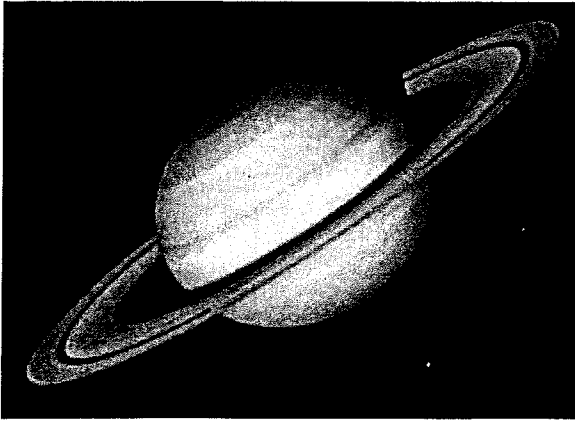


Figure 1.115. The Planet Saturn

**THE PLANET SATURN**

The planet Saturn (Figure 1.115) represents the celestial energy flowing from the central direction of the Heavens and emits a golden-yellow or light brown light energy. This celestial energy influences the energetic function of the body's Spleen and Stomach organs. The planet Saturn is called "Tuxing," the Earth Element Star. Its position in the heavens relates to the center core of the body's Taiji Pole.

The ancient Chinese believed that it took approximately twenty-eight years for Saturn to make a complete revolution around the Sun. Each year, when Saturn entered into another constellation, it was said that "Saturn held authority over that constellation for one year."

The ancient Daoist text known as the *Secretly Transmitted Supreme Pervasive Perfect Book of the Five Planets* states "In the Center is the Perfect Imperial Sovereign of the Quelling Star (also known as the Perfect Sovereign of the Virtue of Earth). The name of the ruling Celestial Immortal of Saturn is Cangmu, though this deity is also known as Danyan (Figure 1.116). The Perfect Sovereign of the Virtue of Earth is in charge of the breeding of all things in the four seasons. It reaps the fruits. People who are suffering from legal cases and worries due to bad luck should encourage its kindness, entice it, and seek after its influence and power."



Figure 1.116. The Yellow Emperor of the Central Direction. His name is Cangmu, also known as Danyan. He is the Perfect Sovereign of the Virtue of Earth.



Figure 1.117. The Saturn Planetary Elixir is generally constructed using Yellow Sapphire

**THE SATURN PLANETARY ELIXIR  
(USING YELLOW SAPPHIRE)**

In Chinese alchemy, the color used to gather the planetary essence of Saturn and the Earth Element is golden-yellow or light brown. Gemstones governed by Saturn include yellow sapphires, topaz, citrine, heliodor, and other flawless (eye-clean) yellow gems. When making a Saturn Planetary Elixir, yellow sapphire can be chosen because of its beautiful color (Figure 1.117). A yellow sapphire can be found in colors ranging from deep golden yellow to light yellow. The best and most auspicious gem should be radiant in color and transparent, with bright refracting rays.

**Metaphysical Properties**

When swallowed, a Saturn Planetary Elixir constructed from a yellow sapphire strengthens the sorcerer's inner light and increases his or her ability to assimilate celestial light. It clears vision, expands awareness into the higher mind, opens spiritual insight, sharpens clarity and continuity of thought, deepens soul alignment to divine guidance and supreme source, and strengthens the core self.

**Preparation and Imprinting**

When creating a Saturn Planetary Elixir, it is important for the sorcerer to form an energetic bridge that connects together the specific planet (Saturn), the celestial Immortal responsible for bringing the planetary power down to the Earth (Celestial Immortal Cangmu), the specific direction the energy is being transferred from (Center), and the specific gem stone being used (yellow sapphire). These components form the "Four Pillars" of the Planetary Elixir, and they must all be utilized when energizing and imprinting the elixir.

Each planet has a ruling day of the week, as well as a ruling time period. The time period changes from season to season depending on the position of the Sun. When a planet is at its "High Tide" (the season of the specific planet) it manifests its strongest influence of celestial power. Therefore, Saturn Planetary Elixirs are generally constructed during the 18 days of energetic transformation that occur at the end of each of the four seasons. Some

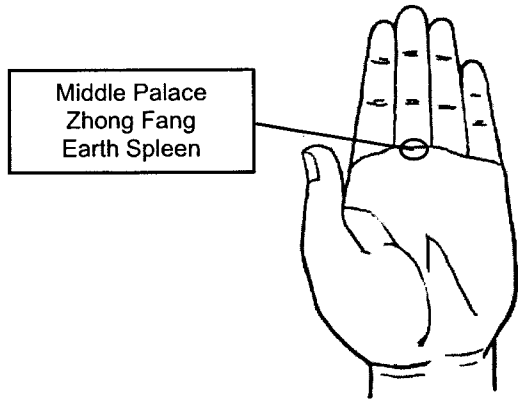


Figure 1.118. Hand Seal pattern used for bringing Earth Element Qi from the planet Saturn (via the Middle Direction) into a glass of water for energetic imprinting.

Daoist traditions construct Saturn Planetary Elixirs on Saturdays, though the specific time of day will vary according to the season.

**Incantation and Hand Seal**

The magical act of speaking the proper incantation and using the proper Hand Seal (Figure 1.118) is needed for gathering and condensing the planetary energy into the Qi of the elixir. Each Hand Seal technique is combined with a specific Breath Incantation.

The following Breath Incantation is from the Mao Shan Daoist tradition and is used for bringing Qi from a specific celestial direction into a vessel of water for making a Planetary Elixir. If a Daoist sorcerer wishes to gather Heavenly Qi from the planet Saturn to imprint into the water, he or she can repeat the following Breath Incantation:

***"Zhong fang wuji fei tian shen  
wang su jiang Pi Qi yu wu sui zhong."***

This translates as: "Middle Palace of the infinite flying heavenly god, quickly bring down the Spleen Qi into my water, do this as it is law."

Each Breath Incantation and Hand Seal is changed according to the sorcerer's needs by substituting the specific Palace and the specific internal organ Qi. Each of the palaces also has corresponding times, Elements of control, organ energies, altar gifts, and governing immortals.

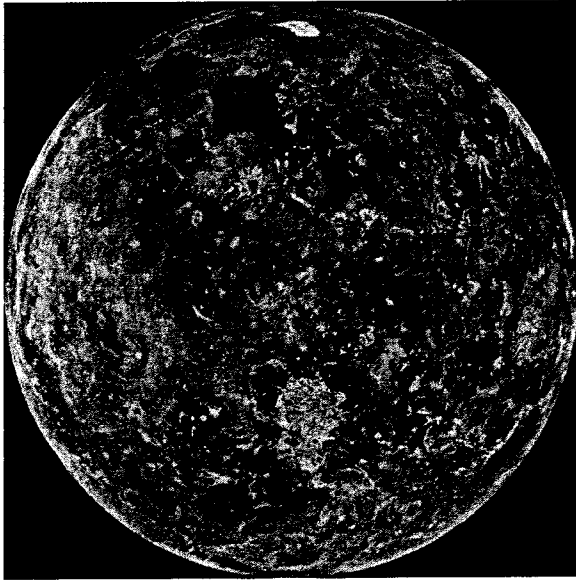


Figure 1.119. The Planet Venus

**THE PLANET VENUS**

The planet Venus (Figure 1.119) represents the celestial energy flowing from the Westerly direction of the Heavens and emits a clear/white light energy. This celestial energy influences the energetic function of the body's Lungs and Large Intestine organs. The planet Venus is called "Jinxing," the Metal Element Star. Its position in the heavens relates to the right side of the body's Taiji Pole.

The ancient Daoist text known as the *Secretly Transmitted Supreme Pervasive Perfect Book of the Five Planets* states "In the West is the Perfect Imperial Sovereign of the Grand White Star (also known as the Perfect Sovereign of the Virtue of Metal). The name of the ruling Celestial Immortal of Venus is Haokong Debiao (Figure 1.120). The Perfect Sovereign of the Virtue of Metal is in charge of the ending of all things. It reaps the fruits. People who are involved in many legal cases should encourage its kindness, entice it, and seek after its influence and power."

**THE VENUS PLANETARY ELIXIR  
(USING CLEAR DIAMOND)**

In Chinese alchemy, the color used to gather the planetary essence of Venus and the Metal Ele-



Figure 1.120. The White Emperor of the Western Direction. His name is Haokong Debiao. He is the Perfect Sovereign of the Virtue of Metal.

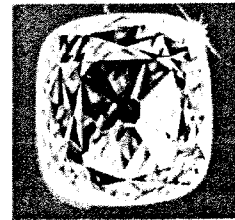


Figure 1.121. The Venus Planetary Elixir is generally constructed using Clear Diamond

ment is clear or white. Diamond is ruled by the planet Venus. Although a diamond can be white, blue, red, and black in color, the planet Venus only transmits its cosmic energy through clear diamonds, quartz crystals, zircons, goshenites, white topaz, white sapphires, and other colorless gemstones with clear transparency. When making a Venus Planetary Elixir, a diamond can be chosen because of its clear transparency (Figure 1.121). The best and most auspicious gem should be radiant and transparent, with bright refracting rays.

**Metaphysical Properties**

When swallowed, a Venus Planetary Elixir constructed from a clear diamond has a unifying effect with the body's Yang (positive) and Yin (negative) energetic fields. It opens and cleanses the Sixth Chakra (Third Eye), enhances clear vision and insight, strengthens the energetic matrix of body's Ling Shen, and is used in order to amplify the projection of Qi (energy) and Shen (spirit). It creates a charismatic energy field, increases artistic abilities, and deepens the feelings of appreciation and beauty. A Venus Planetary Elixir constructed from a clear diamond can be used in order to help fuse Shen (spirit) into Jing (matter). It can also be used in order to ward off evil, drive away evil spirits, and remove the bad effects of "Evil Eyes." In ancient times, this elixir was used to protect against the plague.

**Preparation and Imprinting**

When creating a Venus Planetary Elixir, it is important for the sorcerer to form an energetic bridge that connects together the specific planet (Venus), the celestial Immortal responsible for bringing the planetary power down to the Earth (Celestial Immortal Haokong), the specific direction the energy is being transferred from (West), and the specific gem stone being used (clear diamond). These components form the "Four Pillars" of the Planetary Elixir, and they must all be utilized when energizing and imprinting the elixir.

Each planet has a ruling day of the week, as well as a ruling time period. The time period changes from season to season depending on the position of the Sun. When a planet is at its "High Tide" (the season of the specific planet) it manifests

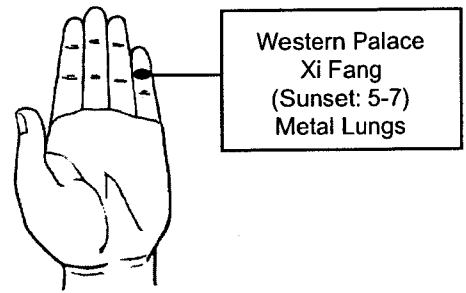


Figure 1.122. Hand Seal pattern used for bringing Metal Element Qi from the planet Venus (via the Western Direction) into a glass of water for energetic imprinting.

its strongest influence of celestial power. Therefore, Venus Planetary Elixirs are generally constructed in the Autumn, on Fridays, and between the hours of 3 A.M.-7 A.M. Certain Daoist traditions may utilize different days or prefer to construct Venus Planetary Elixirs at sunset (5-7 P.M.), when the energy of the Western Palace is at its peak.

**Incantation and Hand Seal**

The magical act of speaking the proper incantation and using the proper Hand Seal (Figure 1.122) is needed for gathering and condensing the planetary energy into the Qi of the elixir. Each Hand Seal technique is combined with a specific Breath Incantation.

The following Breath Incantation is from the Mao Shan Daoist tradition and is used for bringing Qi from a specific celestial direction into a vessel of water for making a Planetary Elixir. If a Daoist sorcerer wishes to gather Heavenly Qi from the planet Venus to imprint into the water, he or she can repeat the following Breath Incantation:

**"Xi fang wuji fei tian shen  
wang su jiang Fei Qi yu wu sui zhong."**

This translates as: "Western Palace of the infinite flying heavenly god, quickly bring down the Lung Qi into my water, do this as it is law."

Each Breath Incantation and Hand Seal is changed according to the sorcerer's needs by substituting the specific Palace and the specific internal organ Qi. Each of the palaces also has corresponding times, Elements of control, organ energies, altar gifts, and governing immortals.

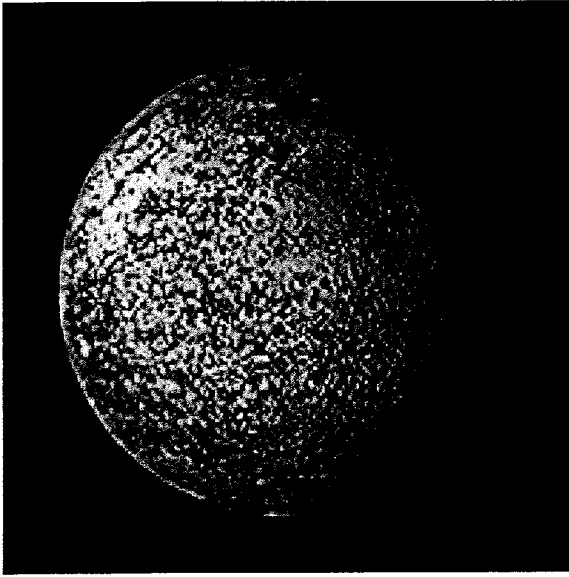


Figure 1.123. The Planet Mercury

**THE PLANET MERCURY**

The planet Mercury (Figure 1.123) represents the celestial energy flowing from the Northern direction of the Heavens and emits a black or dark "midnight" blue light energy. This celestial energy influences the energetic function of the body's Kidneys and Urinary Bladder organs. The planet Mercury is called "Shuixing," the Water Element Star. Its position in the heavens relates to the back side of the body's Taiji Polè. It influences communication and the energetic function of the nervous system.

The ancient Daoist text known as the *Secretly Transmitted Supreme Pervasive Perfect Book of the Five Planets* states "In the North is the Perfect Imperial Sovereign of the Chronographic Star (also known as the Perfect Sovereign of the Virtue of Water). The name of the ruling Celestial Immortal of Mercury is Qiyuan, though this deity is also known as Jiyuan (Figure 1.124). The Perfect Sovereign of the Virtue of Water is in charge of the moistening and dredging of all things. People who are suffering from many robberies due to bad luck should encourage its kindness, entice it, and seek after its influence and power."



Figure 1.124. The Black Emperor of the Northern Direction. His name is Qiyuan, also known as Jiyuan. He is the Perfect Sovereign of the Virtue of Water.



Figure 1.125. The Mercury Planetary Elixir is generally constructed using Blue Sapphire

**THE MERCURY PLANETARY ELIXIR  
(USING BLUE SAPPHIRE)**

In Chinese alchemy, the color used to gather the planetary essence of Mercury and the Water Element is black or dark midnight blue. Gemstones governed by Mercury include blue sapphires, blue spinels, tanzanite, indicolite, iolite, amethyst, and other natural blue to violet gems with transparent clarity. When making a Mercury Planetary Elixir, blue sapphire can be chosen because of its beautiful color (Figure 1.125). A blue sapphire can be found in colors ranging from dark blue to deep blue. The best and most auspicious gem should be radiant in color and transparent, with bright refracting rays.

**Metaphysical Properties**

When swallowed, a Mercury Planetary Elixir constructed from a blue sapphire can be used for inducing trances and gathering wisdom. It fosters a contemplative nature, enhances intuitive psychic perception, induces meditative states, and cultivates a state of calmness, tranquility, and peace of mind. It expands and slows down the experience of time, giving rise to a transcendent view of reality, tolerance, and non-attachment. A Mercury Planetary Elixir constructed from a blue sapphire also creates a protective influence in the three Wei Qi fields, it strengthens faith and commitment to spiritual dimensions of life, and enhances self-love and acceptance.

**Preparation and Imprinting**

When creating a Mercury Planetary Elixir, it is important for the sorcerer to form an energetic bridge that connects together the specific planet (Mercury), the celestial Immortal responsible for bringing the planetary power down to the Earth (Celestial Immortal Qiyuan), the specific direction the energy is being transferred from (North), and the specific gem stone being used (blue sapphire). These components form the "Four Pillars" of the Planetary Elixir, and they must all be utilized when energizing and imprinting the elixir.

Each planet has a ruling day of the week, as well as a ruling time period. The time period changes from season to season depending on the position of the Sun. When a planet is at its "High Tide" (the season of the specific planet) it manifests its strongest influence of celestial power. Therefore,

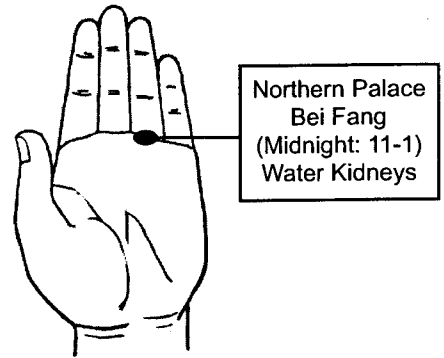


Figure 1.126. Hand Seal pattern used for bringing Water Element Qi from the planet Mercury (via the Northern Direction) into a glass of water for energetic imprinting.

Mercury Planetary Elixirs are generally constructed in the Winter, on Wednesdays, and between the hours of 3 P.M.-7 P.M. Certain Daoist traditions may utilize different days or prefer to construct Mercury Planetary Elixirs at midnight, when the energy of the Northern Palace is at its peak.

**Incantation and Hand Seal**

The magical act of speaking the proper incantation and using the proper Hand Seal (Figure 1.126) is needed for gathering and condensing the planetary energy into the Qi of the elixir. Each Hand Seal technique is combined with a specific Breath Incantation.

The following Breath Incantation is from the Mao Shan Daoist tradition and is used for bringing Qi from a specific celestial direction into a vessel of water for making a Planetary Elixir. If a Daoist sorcerer wishes to gather Heavenly Qi from the planet Mercury to imprint into the water, he or she can repeat the following Breath Incantation:

**"Bei fang wuji fei tian shen  
wang su jiang Shen Qi yu wu sui zhong."**

This translates as: "Northern Palace of the infinite flying heavenly god, quickly bring down the Kidney Qi into my water, do this as it is law."

Each Breath Incantation and Hand Seal is changed according to the sorcerer's needs by substituting the specific Palace and the specific internal organ Qi. Each of the palaces also has corresponding times, Elements of control, organ energies, altar gifts, and governing immortals.

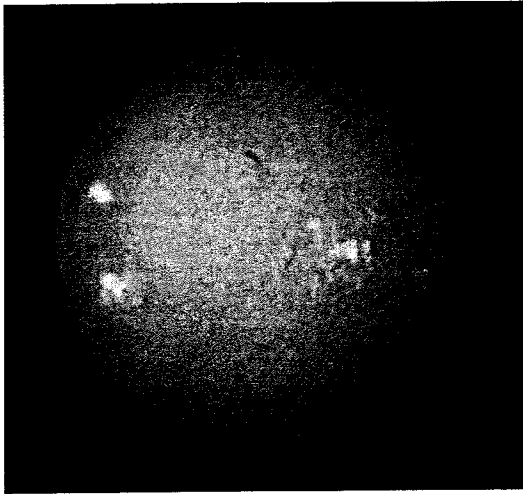


Figure 1.127. The Sun



Figure 1.128. The Sun God Shen Yi

**THE SUN**

The Sun (Figure 1.127) represents the celestial Yang energy flowing from the Heavens. During the Han Dynasties, the ancient Daoists regarded the Sun as a male deity, the immortal Shen Yi (Figure 1.128), and referred to him as the “Essence of Yang.” The ancient Daoists also called the energetic and spiritual manifestation of the Sun the “Supreme Yang Sovereign of the Sun Palace.”

The ancient Daoists believed that absorbing light-energy from the Sun could be used to replenish an individual’s spiritual energy. This belief originated from the conviction that when Heaven and Earth separated during creation, spiritual energy (being light), ascended into the Heavens and collected into the celestial bodies of the Sun, Moon and Stars. Thus conscious exposure to the energy of these celestial bodies could be used to increase and fortify one’s spiritual energy.

**THE SUN PLANETARY ELIXIR  
(USING CITRINE)**

In Chinese alchemy, the color used to gather the planetary essence of the Sun and the Celestial Fire Element is golden yellow. Gemstones that are specifically ruled by the Sun are natural citrine, Golden Amber, and Golden Yellow Topaz. When making a Sun Planetary Elixir, citrine can be chosen because of its beautiful yellow color (Figure 1.129). Citrine can be found in colors ranging from



Figure 1.129. The Sun Planetary Elixir is generally constructed using Golden Yellow Citrine

dark yellow to yellowish brown. The best and most auspicious gem should be radiant in color and transparent, with bright refracting rays. In order to properly transmit solar energy, Sun stones must be flawless (visually clear).

**Metaphysical Properties**

When swallowed, a Sun Planetary Elixir constructed from citrine can be used to cleanse the chakras (especially those located in the Lower Dantian and the Middle Dantian areas), activate the Upper Dantian, increase intuition, and cleanse and balance the spiritual body by aligning it with the physical body. It also increases the powers of concentration, awakens and revitalizes the mind, and promotes inner peace so that true wisdom can emerge.

**Preparation and Imprinting**

When creating a Sun Planetary Elixir, it is important for the sorcerer to form an energetic bridge that connects together the specific planet (Sun), the celestial Immortal responsible for bringing the plan-





Figure 1.130. The Moon

etary power down to the Earth (Celestial Immortal Shen Yi), the specific direction the energy is being transferred from (the position of the Sun in the sky), and the specific gem stone being used (citrine). These components form the “Four Pillars” of the Planetary Elixir, and they must all be utilized when energizing and imprinting the elixir.

**THE MOON**

The Moon (Figure 1.130) represents the celestial Yin energy flowing from the Heavens. The ancient Daoists regarded the Moon as a female deity, the immortal Heng O (Figure 1.131), and referring to her as the “Essence of Yin.” The ancient Daoists also called the energetic and spiritual manifestation of the Moon the “Supreme Yin Sovereign of the Moon Palace.” The Moon governs the mind, and it’s position in the horoscope can determine a person’s habitual patterns of thought, feeling, and decisions.

**THE MOON PLANETARY ELIXIR  
(USING SILVER/WHITE PEARL)**

In Chinese alchemy, the color used to gather the planetary essence of the Moon and the Water Element is silvery white. The gemstones ruled by the Moon are natural pearl, white coral, and moonstone. Flawless (eye-clean) round pearls of superior quality are required in order to properly transmit the beneficial powers of Lunar energy (Figure 1.132).



Figure 1.131. The Moon Goddess Heng O

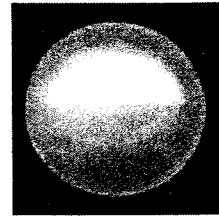


Figure 1.132. The Moon Planetary Elixir is generally constructed using Silver/White Pearl

**Metaphysical Properties**

When swallowed, a Moon Planetary Elixir constructed from a silver/white pearl can be used to stimulate the inner constructs of the psyche. It can also be used in order to enhance lucid dreaming and dream recall.

**Preparation and Imprinting**

When creating a Moon Planetary Elixir, it is important for the sorcerer to form an energetic bridge that connects together the specific planet (the Full Moon), the celestial Immortal responsible for bringing the planetary power down to the Earth (Celestial Immortal Heng O), the specific direction the energy is being transferred from (the position of the Full Moon in the sky), and the specific gem stone being used (silver/white pearl). These components form the “Four Pillars” of the Planetary Elixir, and they must all be utilized when energizing and imprinting the elixir.

## CREATING A PLANETARY GEM ELIXIR

A Planetary Gem Elixir is constructed using the same equipment that is required for the construction of a normal Gem Ens Elixir. This includes the following materials:

- **A Stone:** Any particular crystal, mineral, rock, and gemstone that contains the specific energetic and spiritual qualities and powers necessary to achieve a magical connection with the desired Heavenly body.
- **Glass Bowl:** A clear glass bowl is needed as a “birthing” chamber in which to combine and infuse the Planetary Gem Elixir.
- **Water:** The type of water (rain water, well water, spring water, mineral water, Holy Water, or Talismanic Water) used for creating the Planetary Gem Elixir is chosen so that its specific energetic and spiritual qualities enhance the magical powers of the stone and planet.
- **Alcohol:** After the crystal has been placed in the water during the infusion process, its extracted essence can then be preserved by blending the water with rice wine, brandy, or other form of spirit alcohol.
- **Mother Container:** A dark colored glass bottle is needed for storing the “mother” elixir.
- **Child Container:** A dark colored glass eye-dropper bottle is needed for storing the “child” elixir, and is to be completely used up before refilling from the “mother” container.

In ancient Daoism, the Seven Celestial Planets were considered to be the Heavenly Palaces of certain Celestial Immortals, each possessing different attributes, aspects, temperaments, and magical powers (Figure 1.133). Therefore, in order to construct a Planetary Gem Elixir, the sorcerer will also need to know the following information before starting the ritual:

- **The Planet:** It is important to understand the specific planet’s energetic powers, physical traits (distinctive physical characteristics), location (direction of influence), color, sound, season (orbital period), time (day and hour), and key words (incantations) in order to evoke the planet’s energetic properties.

- **The Deity:** You should have an intimate understanding of the Planetary Deity that you will be summoning (i.e., name, appearance, color, palace, weapons, sacrifices or offerings required, specific requirements for summoning and then releasing the Planetary Deity’s power).
- **The Altar:** You should determine if the ritual will be performed outside or inside, in the morning (to utilize the heating power of the Sun) or in the evening (to utilize the condensing power of the Moon).
- **The Purpose:** Before beginning, it is extremely important to know what you are doing and why (i.e., what the magical effects of that specific Planetary Gem Elixir will be). You also need to know what specifically to do if things “go wrong,” and you inadvertently incur the wrath of an agitated celestial deity.

### PERFORMING THE PLANETARY GEM ELIXIR RITUAL

The key aspect in using the celestial power of a planet in conjunction with a gem is timing. The planetary correspondences work most effectively in a spell when it is cast at an astrologically appropriate time. In timing a ritual, the goal is to catch and use the pivotal movement wherein all of the forces of the cosmos are aligned in just the right way so as to initiate a powerful magical influence onto the forming elixir.

In order to create the Planetary Gem Elixir, proceed as follows:

- First, gather all of the ingredients together and place the Gem within the water inside glass bowl.
- Next, place the Gem and glass bowl onto the Earth Altar and perform a purification ritual.
- After summoning the powers of the Four Directions (Elemental powers), begin to focus your attention onto the stone.
- Focus your mind on the specific planet and deity that you have chosen to assist you in empowering the elixir.
- State the purpose and function of the Planetary Gem Elixir and perform the required Hand Seals while speaking the invocations needed to bring the Planetary Deity into the altar room

Planet/Palace	Immortal	Association	Gem	Alter Gift	Spell	Metal
Jupiter Eastern Palace: Wood Element	Green/Blue Immortal Chenglan	Generosity, Growth, Expansion	Emerald, Green Jade	Incense: <i>Xiang</i>	Prosperity	Tin
Mars Southern Palace: Fire Element	Red Immortal Haokong Weichun	Aggression, Conflict, Violence	Red Coral, Ruby, Garnet	Light: <i>Deng</i> (Candles)	Power	Iron
Venus Western Palace: Metal Element	White Immortal Haokong Debiao	Harmony, Romance, Sensuality	Diamond, Quartz	Flowers: <i>Hua</i>	Love	Copper
Mercury Northern Palace: Water Element	Black Immortal Qiyuan	Communication, Information, Logic	Blue Sapphire	Water: <i>Shui</i>	Divination	Quick Silver
Saturn Middle Palace: Earth Element	Yellow Immortal Cangmu	Discipline, Constraint, Restriction	Yellow Sapphire	Fruit: <i>Gua</i>	Binding	Lead
Sun Palace: Fire Element	Supreme Yang Sovereign Shen Yi	Life Force, Vitality, Power	Golden Amber, Citrine, Topaz	Fire: <i>Huo</i> (Candles)	Health	Gold
Moon Palace: Water Element	Supreme Yin Sovereign Heng O	Intuition, Emotion, Subconscious	White Pearl, Moonstone	Water: <i>Shui</i>	Fertility	Silver

Figure 1.133. The Daoist Chart of Seven Celestial Planets and their Correspondences

and infuse it into the elixir water.

- After completing the ritual, present offerings to the Planetary Deity and then dispatch the powers of the Four Directions.

**DOSE AND ADMINISTRATION**

Elixirs can be also be administered directly under the tongue, undiluted, as with flower essences. The rich blood supply to the mouth area, and the thin skin under the tongue allows for rapid absorption of the elixir. You can also apply some to an afflicted area of the body that you are wishing to treat, or use a Gem Elixir in a bath.

Some masters recommend that the disciple start with the undiluted, sublingual (under the tongue) administration for the first few weeks, then move on to the dilution method (i.e. in a glass of water) for a few weeks to a month.

The important thing to remember is that when you choose a specific dosage, stick with it. Also, only use one Gem Elixir at a time and completely finish a bottle before you refill it. Once you finish a bottle the desired shift is usually complete. Elixirs, like

Essences, work best when used in increments of three or seven. Each bottle will last approximately one week when kept in a dark glass bottle with an airtight stopper, away from sunlight.

Gem elixirs are designed to gently affect the body, mind, and spirit over a period of time, not instantaneously. Therefore, you will need to continue to use the specific dosage for at least a month in order to achieve the best results. Afterwards, you may then feel the need to decrease the dosage, and then eventually stop. The treatment can be repeated, as you feel the need arise.

**STORAGE**

It is extremely important to have an altar, shrine, or power center in your home where you can keep your stones and perform rituals without being disturbed. This magical area is considered to be your energy source, the sanctuary where you renew yourself and activate your spirit. The more you use these magical stones placed on your altar, the more Qi and Shen they will develop, and the more effective your incantations and spells will become.

## SECRET POWERS OF METALS

Alchemy in China, has been associated mainly with the development of magic and medicinal positions. To the ancient Daoist alchemists, the secret powers of metals were traditionally kept away from the public, hidden within the confines of the specific school's secret training. The magical components of each metal contained both energetic and spiritual properties that had tremendous influence and power over the sorcerer's energetic fields.

Traditionally, the use of metals were commonplace in ancient Daoist alchemy. So much so, that secret code words were used in order to describe the transformative powers of Jing and Qi using lead and gold. All metals are attributed to the Earth Element.

### GOLD

To the ancient Chinese, gold was an important metal in alchemy. It is considered to be associated with the Yang energetic properties of the Sun. Gold is heavy, soft and yellow or red in color, and is considered to be a powerful energetic conductor. It not only revitalizes one's physical energies, but also enhances any stone or mineral that is encircled within its metal, promoting the energetic power of the stone with a dose of quickening energy.

Because gold is a powerful energetic conductor, it was commonly used for its healing properties. To the ancient Chinese, gold was considered to be impermeable to weather and the effects of aging, therefore, it was used as a healing agent of renewal and regeneration.

Gold can be used to help with arthritis, blood and circulation problems, chemical and hormone imbalances, stress-related illnesses, pulmonary problems, and mild Shen Disturbances (mental and emotional confusion and emotional imbalances).

### MERCURY

To the ancient Chinese, mercury was an important metal in alchemy. The ancient Chinese alchemists used formulations of mercury as elixirs and attempted to transmute other substances into gold to use the gold as an elixir to prolong life. Gold colored powders and liquids were a mainstay of the Chinese alchemist's practice.

Intriguing because of its silver hue and liquid state at room temperature, elemental mercury was known to the ancient Chinese as a form of liquid power. Although mercury's mystique held the promise of power, many of the ancient alchemists also knew it to be toxic. It was in the mining of the element where mercury first became associated with human illness beginning as tremors and progressing to severe mental derangement.

The largest natural source of mercury is cinnabar. This reddish mineral containing mercury and sulfur has been used as a pigment since ancient times. Mercury is primarily a neurological poison, causing tremors, extreme mood changes, and eventually loss of hearing and restricted vision. Certain forms of mercury poisoning also cause damage to the liver and kidneys.

In the ancient art of alchemy, mercury, sulfur, and salt were the Earth's three principle substances. The Hindu word for alchemy is "Rasasiddhi," meaning "knowledge of mercury." Believing that mercury was at the core of all metals, alchemists supposed that gold, silver, copper, tin, lead and iron were all mixtures of mercury and other substances.

In 2nd century China, the study of mercury centered on a search for an elixir of life to confer longevity or immortality. The prominent Chinese alchemist Ge Hong, who lived in the 4th century, believed that man is what he eats, and so by eating gold he could attain perfection. Yet, he reasoned, a true believer was likely to be poor, and so it was necessary to find a substitute for the precious metal. This, in his estimation, could be accomplished by making gold from cinnabar. Ge Hong's other uses for cinnabar included smearing it on the feet to enable a person to walk on water, placing it over a doorway to ward off thieves, and combining it with raspberry juice to enable elderly men to beget children.

### SILVER

This metal is considered to be associated with the Yin energetic properties of the Moon. It is a soft, relative heavy white metal known for its watery, cold and moist properties.

Formed as part of an amulet, silver can be used to invoke lunar forces, and to communicate with

nature spirits. In certain magical traditions, it is used in order to disrupt a sorcerer from shape-shifting and transformation into an energetic animal form.

Silver is thought to intensify and purify when used as a setting for gems. It is thought to be feminine and protective. In Tibet, silver bells are rung during ceremonies to invoke the celestial Yin powers, and to repel evil spirits.

Traditionally, silver is considered to be a healing metal that acts as a mirror to your inner spirit and should therefore not be worn all of the time. Stones that should not be set in silver include amber, tourmaline and zircon.

Silver is also a detoxifying agent, that is beneficial to the throat and lungs. Your synapses fire more efficiently when wearing silver because it acts as an energy conductor. Silver is also believed to purge the body of infection, improve eyesight, and is mentioned with regards to treating epilepsy, oozing, and festering wounds.

#### **COPPER**

To the ancient Chinese, copper was an important metal in alchemy. It was considered to be a powerful conduit, used for channeling the energies that flowed between Heaven and Earth. It is naturally red in color (turning greenish in color during corrosion), easily shaped, and excellent for conducting energy.

The ancient Daoist sorcerers believed that copper could easily carry the Qi and Shen (thoughts and feelings) of the priest into the spirit realm. Copper was also believed to be able to guard and protect the sorcerer against evil, therefore most Daoist magical tools placed on the altar (i.e., knives, purification vessels, incense trays, incense holders, candle stick holders, Bagua talisman diagrams, etc.) were constructed out of copper.

Copper is known for its healing effects and its power as an energetic conductor. In fact, many of healing stones have copper as a trace element (i.e., Azurite, Chrysocolla, Malachite and Turquoise).

Copper supports and reinforces the mineral content of gems and crystals so that they interact better with the physical body. Copper reacts best with stones that contain a high metal content, such

as Aventurine, Rhodonite, Tiger's-eye, and Mica. It is important to note that Copper has little reaction to stones that lack metal ore in their makeup. Also, do not place coral, pearls, and most crystalline stones in copper (amethyst is one of the few exceptions).

Because it energizes and stimulates the flow of Qi throughout the body and mind, copper is most consciously worn as a healing agent to release energy blocks. The healing benefits of copper also include relieving arthritic pain, menstrual cramps, tension headaches, repeated stress injuries, sports-related soreness, as well as tonifying and purifying the blood, treating the immune system, metabolism and mucous membranes.

#### **BRASS**

Although brass is the result of combining copper and zinc, it is the iron content in the brass that makes it an energetic stabilizer. Traditionally, most healers favor brass as a detoxifier and cleanser for patients who have too much metal in their bloodstream

#### **BRONZE**

Bronze is also the result of combining copper and zinc, and it has the same healing power as brass. Bronze is believed to give strength of character to its owner.

#### **PLANETARY METALS**

Each planet is associated with certain metals, stones, colors, animals, and incenses. Traditionally, if a magical stone was to be imprinted and set into an amulet, its corresponding planetary metal was used to increase its energetic power. The ancient Daoists believed that the energetic virtues of these specific metals would help increase the celestial properties of the planets. A list of planetary metals is described as follows:

- **Moon (Silver):** The metal silver naturally shines bright like the Moon. Therefore, the luminous quality of silver was believed to be associated with the Moon.
- **Mercury (Quicksilver or Pewter):** The metal used to represent the planet Mercury was traditionally a white alloy such as quicksilver (not silver or tin). Because this liquid metal

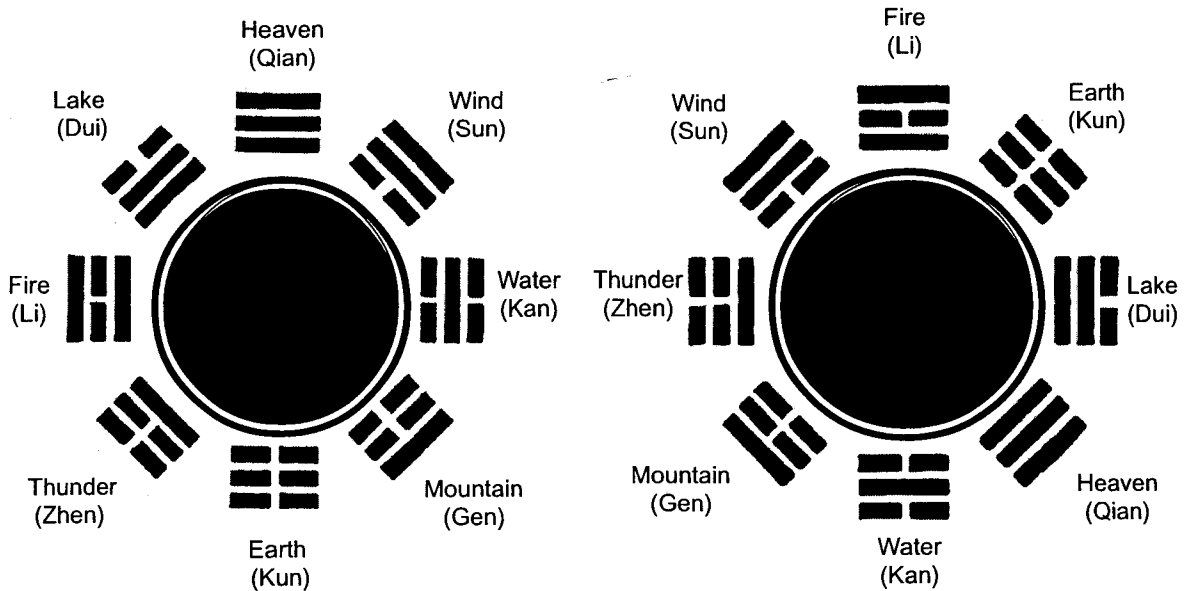


Figure 1.134. Magic Mirrors have always be considered a gateway into the Energetic and Spiritual Worlds.

could not be used to construct talismans, in ancient China an alloy constructed of silver and gold was traditionally used to make a Mercury. In modern times, a mixed metal such as pewter is commonly used to represent the planet Mercury.

- **Venus (Copper):** The metal copper was traditionally associated with the planet Venus.
- **Sun (Gold or Brass):** The metal gold naturally shines bright like the Sun. Therefore, the luminous quality of gold and brass were both believed to be associated with the Sun.
- **Mars (Iron or Steel):** The metal iron is red in its natural oxidized state (which gives blood its crimson color), and was used to make weapons and tools. Therefore, the planet Mars was believed to be associated with the metal iron. Because steel is a metal based on iron, it is also believed to be ruled by the planet Mars.
- **Jupiter (Tin):** The metal tin was formerly used to construct religious metals because it was plentiful and cheap. Jupiter was therefore considered to be the ruler over the various types of religions because of its abundance.
- **Saturn (Lead):** The metal lead was considered to be the densest and heaviest metal, and was

therefore associated with the slowest, outermost planet Saturn. Because it is poisonous, the planet Saturn is also considered to be the ruler of death.

It is important to note that for various reasons, some of these metals are considered to be toxic and should not be habitually kept in contact with the skin.

### BRONZE MAGIC MIRRORS

The magical use of metals have been incorporated into Daoist sorcery for the construction of magical tools for thousands of years. One example of using specific metallic combinations in order to make magical tools is the construction of ancient Magic Mirrors used for scrying.

The bronze Magic Mirrors (Jing) used in ancient China during the Han Dynasty period (206 B.C.-220 A.D.) have always been considered a gateway into the energetic and spirit worlds. The ancient Daoist knowledge about the mysterious properties of Magic Mirrors dates back thousands of years, to a time when mirrors were made of water bowels and polished stone. Daoist sorcerers, skilled in the arts of esoteric sorcery use magical mirrors for many purposes, such as for sum-

moning celestial deities and demon entities. Additionally, Magic Mirrors were also used in exorcism in order to force a hostile and evil spirit that possessed an individual to reveal its true shape. By the Tang Dynasty (618-907 A.D.), most Magic Mirrors were constructed of white base metals such as tin, silver, or high-polished steel.

The term "Magic Mirror" can be misleading, as in actuality you are not looking into the reflection in the surface of the glass, this would interfere with the visions. The purpose for the black surface of the Magic Mirror is to eliminate all reflections and give the illusion of looking into a depths of a deep, dark well. Since the observer has nothing to fix his or her gaze upon, it draws the awareness deep into the depths of the mirror's spiritual pool (Figure 1.134).

To the ancient Chinese Daoist, the mirror represents consciousness and its circular form represents the infinite space of the Wuji. Its power is in its natural ability to be clear, pure and bright, reflecting whatever appears within its reflection with impartiality and no judgement.

Magic Mirrors or "Divination Mirrors," were used to obtain prophetic visions through the oracular intervention of certain deities. The art of using a Magic Mirrors for divination is called scrying, crystallo-mancy, catoptromancy, or hydromance (gazing into a quiet pool with no waves). Water scrying later evolved into crystal scrying (in ancient times, crystal were considered to be petrified water) and mirror scrying (Mirrors reflected images and were therefore regarded as little dry pools of water). The spiritual virtue of reflection was associated with the surface of water. Therefore, any surface that duplicated the virtue of water's reflection was also capable of the spiritual transmission of visions.

In ancient China, Magic Mirrors were commonly used in divination rituals, rituals of healing, and for exorcism. The ancient Chinese viewed the Magic Mirror itself is a microcosm, a living Icon (Mandala) which represented the entire world in small, unique detail. Everything in creation is held within the Magic Mirror. It can contain the likeness of all things reflected within its various energetic and physical boundaries, as well

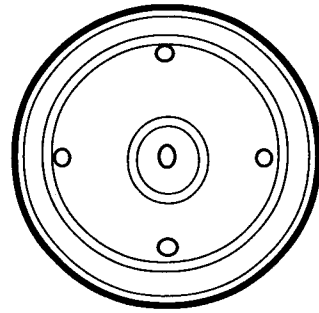


Figure 1.135. The back of the Magic Mirror has five small embossed circles that are arranged in the form of a cross on the back of the mirror, used to gather the Qi from the five directions.

as include specific images of the past, present, or future, laid out within the four quadrants of heaven, according to the four directions of space. The Chinese Magic Mirror represents esoteric knowledge and understanding. It calls upon the forces of nature and the Heavens to help the bearer in times of need, as well as to bring him or her blessings from various types of deities.

#### THE SPECIFIC DESIGN OF A MAGIC MIRROR

The most ancient Chinese character used to signify mirror, "Jian," originally referred to a large tub of water used for bathing during the Spring and Autumn Period (770 B.C.-476 B.C.) and the Warring States Period (475 B.C.-221 B.C.). The second Chinese character used to signify mirror, "Jing" originally referred to a bronze mirror, dating back to the Han Dynasty period (206 B.C.-220 A.D.). The *Shuo Wen*, a popular Han Dynasty dictionary, describes the Jing as "an object that reflects light and shadow, the form and shape of things."

The most ancient Chinese Magic Mirrors do not have handles. They are circular in design, and have pierced knobs in the center of their back from which a cord of red rope or various colored silk was passed for holding. This design continued unchanged until the Tang Dynasty (618-907 A.D.).

Magic Mirrors contained five small embossed circles that were arranged in the form of a cross on the back of the mirror's surface (Figure 1.135). According to the ancient Daoist tradition, these five small circles symbolized the combined spiritual nature of both the observer's Prenatal

Wujingshen (Five Essence Spirits: Hun, Shen, Yi, Po, and Zhi) and the Five Element correlations (North-Water, South-Fire, East-Metal, West-Wood, and Center-Earth).

In the Buddhist tradition, the mirror was placed upright in a container of barley or grain, and was covered with one of five colored silk cloths representing the Five Buddhas. According to the ancient Buddhist tradition, these five small circles symbolized the Five Buddha Wisdoms. The ancient Buddhist priests commonly used Magic Mirrors in order to show chosen disciples the form in which they would be reborn.

Tibetan Magic Mirrors always contained various colored silk cloths (white, yellow, or red) attached to the mirror. The white, yellow, or red silk colors represented the rituals of pacification, enrichment, and empowerment. A black silk ribbon was never used, as it was believed that the black color would "cloud" the mirror with the influences of malignant or disease causing spirits (Figure 1.136)

According to ancient Chinese Daoist texts, within the metal or glass (and sometimes on the back of a Magic Mirror) were painted strange patterns of divine landscapes. These patterns could also include the energetic forms of the Twelve Astrological Animals, the Prenatal or Postnatal Bagua Trigrams, the Twenty-Eight Constellations, specific cloud formations, or lake and mountain formations. These mirrors were designed so that various images would appear when they were exposed to certain types of light. In sunlight, for example, the form of flowers would appear on the back of certain Magic Mirrors. In the moonlight, the same mirror's form would change and take the shape of a hare.

It was believed that Magic Mirrors made spirits visible, and before mirrors were made from various metals or polished stones, the ancient Daoist priests used still bodies of water from within lakes, ponds, or bowls as access portals into the Spirit World. Shiny stones were also used as Magic Mirrors before the invention of polished metals. It was also believed that mirrors that have been painted black (Yin) on the convex side were excellent tools for developing clairvoyance. Today in China, there are still certain ancient Daoist sects that use a large

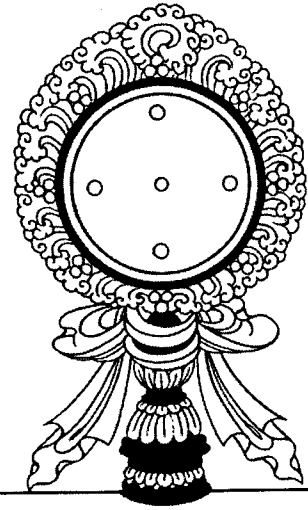


Figure 1.136. The back of the Magic Mirror has five small embossed circles that are arranged in the form

drop of black ink smoothed over a special stone or placed inside a teacup as a Magic Mirror.

Later, Magic Mirrors were constructed from polished metals, usually silver, bronze (two parts copper one part tin), bell-metal (a combination of copper and tin), or a combination of silver and tin. However, the ancient Chinese bronze mirrors were believed to possess magical qualities on account of the wisdom they had absorbed. The best Magic Mirrors were believed to be those formerly produced at Yang-zhou in Central China, particularly those made on the 5th day of the 5th month.

#### **SPECIFIC FUNCTIONS OF A MAGIC MIRROR**

The Magic Mirror is designed to be used as a medium, separate from the physical body, in order to receive projected images and patterns. When used correctly, the Magic Mirror acts as an antenna that traps the subtle vibrations of the spirit realm and directs them into the mirror where they can be viewed. Every thought, feeling, and action creates an energetic echo in the spirit realm. Modern research into infrared patterning reveals that all of our actions and emotions leave tangible echoes behind. The ancient Daoists considered the impressions observed within the Magic Mirror to be messages contained from within the infinite space of the Wuji.



**DIVINATION**

Magic Mirrors were commonly used for divination, reading signs, and observing visions. This is accomplished by first placing the mirror on the altar in front of them while performing certain rituals.

In order to see visions, the ancient Daoist priests would empty their minds, gaze into the mirror, and recite a specific Incantation. This Incantation would draw the powers from the five directions (South, North, West, East, and Center) into the back of the mirror. As these specific energies combined, they would merge with the infinite energetic space of the Wuji (depicted by the circular back of the mirror), and converge onto the surface of the Magic Mirror. All the Daoist priests needed to do was initiate a second Incantation and they could begin to see into the past, present, or future.

Other Daoist mystics who are very skilled in this method, take a round mirror in one hand and breathe on its surface as they walk in a circle around a yellow candle placed on the floor. They can then see future events reflected on the mirror's foggy surface.

It is important to understand that these images are not formed by patterns of spots on the surface of the mirror, nor are they simple reflections transmitted through the eyes. When using the Magic Mirror, the sorcerer observes images only with his or her mind.

The Subconscious Mind is allowed to express itself in the form of images that the Conscious Mind observes, similar to those images experienced in a dream. When manifesting in energetic form, sometimes the images or visions will appear on the surface of the mirror, other times they will appear inside of the mirror, or even within the energetic field surrounding it.

**SPIRITUAL WEAPONS**

Every magical tradition teaches its disciples a form of spiritual defense in order to banish spirit entities and malevolent thought forms (psychic attacks). The principle of spiritual defense is so essential, it would be dangerous to ignore such training. Since sojourning into the deeper spirit realms

will ultimately reveal both friendly and hostile spirit entities, spiritual defense becomes increasingly even more critical for the sorcerer as he or she becomes more adept at magical activities.

At one time, Magic Mirrors were also used by the Daoist priests as weapons to deflect Evil Qi. According to the *Books of the Later Han Dynasty* (25 A.D. - 220 A.D.), in ancient times, travelling Daoist used to protect themselves by placing Magic Mirrors fastened onto their backs. The travelling Daoist also used Magic Mirrors to observe the true shape or identity of any approaching animal spirit, which was believed to be able to assume human form. Because of their brilliance, the magic mirrors make visible the invisible. Therefore, it is believed that the true form of the evil spirit or demon is reflected in the mirror, and exposed.

**SUMMONING SPIRITS**

When Daoist mystics want to attract ghosts or spirit entities, they place a candle, a piece of fresh fruit, and a Magic Mirror on the alter table at midnight. The food and candlelight will attract the spirits, whose vaporous images will be reflected in the mirror. A sensitive mystic will immediately be able to determine how many ethereal visitors have appeared and to identify who or what they are.

**HANGING MIRRORS ON THE WALL**

As a precautionary step, a student of Daoist mysticism should hang a Magic Mirror in his house, in a place where it will reflect the images of most of the people who visit him. He should occasionally try to look at their reflections, to see if his guests' bodies or faces are distorted in any way. If they are, it means that his visitors have bad intentions.

**GHOST HUNTING**

If a house or any other place seems to be haunted, the Daoist mystic can take a lit candle in the right hand, and the Magical Mirror in his or her left, and walk through its rooms. While walking, the mystic holds the candle close to the mirror so it reflects the light of the flame. This sacred light will immediately dissolve any evil shadows that linger on walls, in corners, or in corridors.

Ghosts commonly try to distract a mystic by making sounds that seem to come from a location opposite to the place where they are located. But

if the mystic takes a magical mirror measuring at least five inches in diameter and uses one of the candles on the altar to reflect light throughout the room, the sweeping brilliant light will clean the area of evil ghosts.

#### **SOLAR AND LUNAR MIRRORS**

A Solar (Yang Sui) Mirror, is used for exorcising evil influences: If a Solar Mirror is exposed to the Sun, the fire of Heaven appears. This is because the Yang Sui Mirror attracts and embodies the fire of the Sun on Earth.

A Lunar (Fang Chu) Mirror is also a mirror used for defending against and removing evil influences: A Lunar Mirror picks up heavenly dew when it is exposed to the Moon, because it quickly absorbs the watery essence of the Moon.

The ancient Daoist believed that the Magic Mirror accomplishes the same thing as the gaze of a saint, by illuminating what is truly there in time and space. One Daoist meditation used to achieve this skill consists of imagining a white breath as big as an egg, being projected through the moisture or mist of Breath Incantations onto the surface of the Magic Mirror. The inner light contained within the combined elemental energies of Water and Metal are suddenly activated on the surface of the Magic Mirror. The ancient Daoists considered this magical energetic fusion to cause the Yang (i.e., the magical images appearing within the light) to appear within the Yin (i.e., the metallic mirror combined with the watery mist of the exhaled breath are both considered Yin substances).

The illuminating power of the mirror's ability to reflect the past, present, or future can also be increased by having the Daoist sorcerer absorb light-talismans, while imagining and visualizing the left eye as a shooting star and the right eye as lightning. This allows the sorcerer to spirit travel and clearly see the images of mountains and forests, people, and spirit entities.

#### **THE MAGIC MIRROR USED AS A TOOL TO TRAIN SPIRITUAL VISION**

The student is cautioned against regarding the Magic Mirror itself as possessing any particular magical power. On the contrary, the Magic Mirror only serves as a physical instrument for the

observer's trained spiritual vision. However, after the Magic Mirror has been imprinted with the sorcerer's breath and intention, it serves as a powerful magical tool.

The continued use of the Magic Mirror often has the affect of polarizing its molecules so as to render it far more effective as time passes. The longer the Magic Mirror is used by one individual, the better and more functionality powerful it becomes. The Magic Mirror tends to become polarized according to the specific energetic and spiritual requirements of the individual habitually using it. Therefore, it is generally believed that each person should keep their own Magic Mirror away from other individuals, and not allow it to be indiscriminately used by strangers.

When using the Magic Mirror it is important to maintain a quiet and serious state of mind. Always have the light behind your back instead of facing you. Gaze calmly into the mirror, but do not strain your eyes. Do not try to avoid blinking, as the initial goal is to gaze and not stare into the mirror. Some Qigong masters advise their disciples to make funnels of their hands when observing the mirror, as if looking through binoculars.

When first beginning to observe energetic patterns and various forms within the Magic Mirror, it is a good idea to try to envision something that you have already seen with your physical eyes. The first images generally seen within the Magic Mirror usually appear cloudy in appearance. Eventually this energetic fog or mist gradually loses its transparency, as forms, faces, or scenes inevitably appear and can be identified.

#### **CHARGING THE MAGIC MIRROR**

In ancient China, the use of Breath Incantations and the release of the Ancestral Breath was required in order to charge the Magic Mirror. The Yellow Court (or "secret court") was considered by the ancient Daoist to be the place in which the Ancestral Breath dwells. Without the use of the Ancestral Breath (released from the Yellow Court), the Magic Mirror would have no effect and prove to be powerless in the spirit world. Therefore, before using the Magic Mirror it was important to first charge its energetic field.

The actions of the following Daoist ritual are used in order to charge the mirror by fusing the observer's Qi (i.e., the sorcerer's internal and external energy) and Shen (i.e., the sorcerer's conscious and subconscious mind) with the energetic field of the Magic Mirror. This ritual establishes a powerful energetic and spiritual link between the observer and the Magic Mirror, and is described as follows:

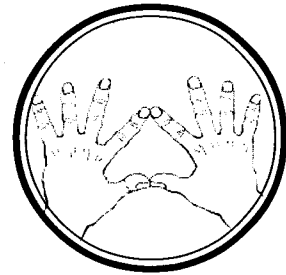


Figure 1.137. Hold both hands over the surface of the mirror, forming a triangle

1. Light two candles and place one on each side of the Magic Mirror. Then, purify the area by performing the 1-10 Meditation and connecting with the Divine through the Three Invocations.
2. Next, connect with the Divine and pull an energetic cord of divine healing light into the Baihui (GV-20) through the Taiji Pole and into the Lower Dantian.
3. Place the Magic Mirror on its base in front of you, but continue to hold it with both hands forming a triangle over the surface of the mirror. Imagine and feel divine light flowing from the Lower Dantian, out the arms and penetrating the mirror's energetic field (Figure 1.137).
4. Next, begin with a Breath Incantation, by exhaling the seed word "Xu," (allow or permit) through the mouth, while envisioning a golden yellow ray of light coming up from the Lower Dantian and exhale it over the surface of the mirror, like wind rippling the water of a still pond. Imagine the spirit of the breath Incantation impregnating the mirror's energetic matrix. Then inhale this same golden yellow vapor back into the body through the nose, until it reaches and connects with the Gate of the Yellow Court, located at the center of the chest. This energetically attaches the observer's energy and spirit to the energetic matrix of the Magic Mirror.
5. Then, exhale a second Breath Incantation, the seed word "Bi" (is necessary), onto the surface of the Magic Mirror from the Lower Dantian. While inhaling the energy of the second character back into the body through the nose, combine its energetic nature with the energetic nature of the first character. The combined energies will be gathered on the tip of the tongue while the mouth is closed. The

internal blending of both of the Breath Incantation energies will generate saliva.

6. Swallow the saliva and circulate the combined breath so that it is exhaled out of the mouth again over the surface of the Magic Mirror, impregnating its energetic structure with the Breath Incantation:

**"The Three Lords have met"**

7. Once the Breath Incantation has been sounded, inhale and imagine the three vapors joining together inside the Yellow Court, forming into a small indigo pearl. This small indigo pearl will begin to vibrate, heat and glow brighter, until it transforms into a ball of red spiritual flames.
8. The red spiritual flames will shoot upwards past the Yellow Court, in a single line into the Ni-Wan point (located in the Upper Dantian), energizing the Crystal Palace and Nine Chambers of the Upper Dantian.
9. Then visualize a bright Sun immediately shining above the left eye, and a bright luminous full Moon shining above the right eye. Both luminous orbs will combine together forming a single white circle inside the Sixth Chakra (Third Eye) area.
10. Imagine that a drop of divine liquid falls from the luminous orb into the mouth. While exhaling, imagine and feel the energetic vapor issuing from the divine liquid onto the surface of the Magic Mirror. As you exhale, visualize that you are blowing away gray mist that obscures the depths of the black mirror, like wind that blows away clouds that veil the great mirror of the sky. Imagine that the black

surface of the Magic Mirror becomes transparent and illuminated. When the energetic field of the mirror begins to respond and vibrate to the divine spiritual vapor whispered onto its surface, it is now ready.

11. Next, draw an energetic circle around the circumference of the Magic Mirror. This energetic circle represents the energetic nature and transformation from Dao into the infinite Wuji. While saying the Daoist magic Incantation "Kai" ("Open!"), focus and place the mind's intention onto the center of the Magic Mirror.

It is interesting to note that at this part of the consecration, certain Christian Mystics will chant the Enochian phrase: Za-car'-ay, Zod-am'-ran; Oh'-doe Sic'-lay Kee'-ah, meaning "Move! Show yourself! Open to the mysteries of your creation!"

12. Now affirm that you can look into the depths of the mirror, not simply upon its surface. Imagine that you are looking into a deep dark well or magical window into spirit realm to view the events occurring in the past, present, and future.
13. Finally, exhale the "Thunder Breath" (gathered from the Yellow Court) into the surface of the Magic Mirror in order to complete the ceremony. By meditating on the power of the Thunder Element and recalling its energetic power from the direction of the Heavenly Gate of Life, the energetic and spiritual power of the Magic Mirror is sealed and contained.
14. After the Magic Mirror has been cleansed, consecrated, and charged, it is important to not allow anyone else to handle it, as it is now tuned to the energetic matrix of your own Qi and Shen. You may now begin to use the Magic Mirror, or perform the Closing described below and place it in a safe area away from the public.

#### **TYPES OF VISIONS COMMONLY OBSERVED WITHIN THE MAGIC MIRROR**

According to ancient Chinese Daoism, mirror gazing can be performed by first placing a Magic Mirror on the table next to the southern wall, and then projecting the spirit (Yuan Shen) into it. After a long time of practice, the Yin spirit

realm eventually becomes manifested within the reflection of the mirror.

It is interesting to note that in many ancient tribal societies, the reflection in the mirror is believed to be the image of one's soul. As the individual stares into mirror, the changes of the images may sometimes reflect the many faces of his or her own past lives. It was also believed that if a man looks into a Magic Mirror and cannot recognize his own face, it is a sign that his death is near.

What is desired through the regular use of the Magic Mirror is to cultivate a personal degree of clairvoyant power so that the visions reflected within the Magic Mirror may appear clearly to the individual's Yuan Shen. In this particular pursuit, the use of the Magic Mirror becomes both a wonderful and harmless tool of clairvoyant instruction. All visions occurring within the Magic Mirror can be classified as follows:

1. Images of something unconsciously observed. These are images that are either involuntary or spontaneously projected from the subconscious mind, and bring no fresh knowledge to the observer.
2. Images of ideas unconsciously acquired from others. These are images of specific memories or imaginative effects which do not come from the observer's self, but are derived from his or her memory and manifest as illustrations of thought.
3. Images that are prophetic or clairvoyant. These images give specific information as to something from the past, present, or future, that the observer has no chance of knowing.

Generally, the first visions observed at the center of the black surface of the Magic Mirror are the images of clouds that billow and roll like thunderheads. The clouds will begin to change in color and expose a white radiance at the center of the mirror, surrounded by a milky mist that will eventually lift to reveal images.

Visions generally progress from seeing clouds and mist, to seeing symbols and images, and then to seeing specific scenes, like a movie. At first, these images may be viewed as a single dominant color. Later, as you progress through practice, you will observe various colors, hear sounds, and smell different types of smells.

Other times, these images will unfold quickly, like watching someone flash a deck of cards. At this point, the Subconscious mind is searching to find a specific theme that connects the image and clarifies the visions of the surrounding incident. This is similar to dipping into a individual's physical body and observing the creative origin of his or her diseased condition. Once the origin has been located, the image or scene holds steady for a period of time. At certain times the observer will see and experience the actual drama that created the condition.

When first observing images within the black surface of the Magic Mirror, you may generally see rolling clouds, forms that resemble rushing water, moving shadows, or flashing lights. Traditionally, these movements have specific meanings, described as follows:

- **Form on the Left:** When images appear on the left side of the mirror, they are considered to pertain to material matters and manifestations.
- **Move to the Left:** When images move from the right toward the left side of the mirror, they are considered to pertain to the withdrawal of spiritual energy, and manifest an ending.
- **Form on the Right:** When images appear on the right side of the mirror, they are considered to pertain to ideas, insights, spiritual matters and manifestations.
- **Move to the Right:** When images move from the left toward the right side of the mirror, they are considered to pertain to the approach of spiritual energy, and manifest a beginning.
- **Move upwards:** When images move from the bottom toward the top of the mirror, they are considered to pertain to affirmation and revelation.
- **Move downwards:** When images move from the top toward the bottom of the mirror, they are considered to pertain to negation and concealment.

#### TRAINING TO OBSERVE THE MAGIC MIRROR

Each time you use the Magic Mirror, you imprint an energetic and spiritual reflex. This reflex eventually causes the mind to automatically enter a receptive state. Once it becomes a programed pattern, it will only take a few minutes for the images to reveal themselves.

When training the skill of observing the Magic Mirror, it is important to have solitude, especially in the beginning, when you are energetically imprinting the spiritual conditioning necessary to access your subconscious mind. Also, be consistent (same time, same place). Begin at either daybreak, noon, or sunset, for a minimum of 10 minutes, three times a week. After two weeks increase to 20 minutes, then later to half an hour. Generally it takes about 30 days to become proficient.

The energetic field of the Magic Mirror is strongly influenced by the energetic fields of the Moon and the Five Planets. Most of the magical substances used to aid the sorcerer in observing the images of within a Magic Mirror have historically been constructed from lunar materials (water, black ink, mirrors, crystals, or obsidian). These lunar materials access the primordial link between water and the subconscious mind (water having the property of reflecting images).

The strongest influence occurs during the time of the increase of the Heavenly Yang, when the Moon is waxing (from New Moon to Full Moon). Because the Moon rules visions and dreams (functions of the spirit realm), visions during this time period become more frequent. Additionally, Moon trines (when the planets appear to be 120° apart) and sextiles (when the planets appear to be 60° apart) are considered to be helpful, especially with Mercury, Venus, and Jupiter.

When practicing with the Magic Mirror, the Daoist mystic should proceed as follows:

1. Select a quiet room where you will be undisturbed, free from pictures, ornaments, other types of mirrors, and things of distraction. The room should be of moderate temperature. Should a light be necessary, it should be screened off so as to prevent the light rays from being reflected within the mirror. The room should not be too dark, but rather shadowed, with a dull light which permeates the interior.
2. The Magic Mirror should either be placed on a stand on a table, lie flat inside a bed of rice, or lie enveloped within a black velvet cushion (you do not wish to see a reflection in the mirror). Some teachers advise their students to surround the Magic Mirror with a black silk

or similar type of wrapping in order to cut off any undesirable reflections from the external environment.

3. Purify the area by performing the 1-10 Meditation and connecting with the Divine through the Three Invocations.
4. Next, connect with the Divine and pull an energetic cord of divine healing light into the Baihui (GV-20) through the Taiji Pole and into the Lower Dantian.
5. Sit comfortably with both eyes fixed on the Magic Mirror. Imagine that its surface is liquid, and that you are looking into a deep well. Using the Long and Deep Breathing Method, begin breathing in a rhythmical pattern which allows you to inhale for a series of five counts, hold for three counts, then exhale for seven counts. Some masters insist that you exhale for twice as long as you inhale.
6. Once you have established this rhythmic breathing pattern, visualize Qi flowing into your body from the center of your hands and feet. As you inhale, imagine and feel the energy rush into your Upper Dantian, energizing all Nine Chambers. As you exhale, imagine and feel the energy flow away from the Upper Dantian, exiting through the center of your hands and feet.
7. When first training with the Magic Mirror, begin by looking into its surface for only ten minutes, taking care not to tire yourself. Blink as much as you need, but fix your thoughts solely on whatever you wish to see. Use a soft, calm gaze for no more than 10 minutes only during the first, initial practice. When the time is up, carefully place the Magic Mirror away from public view. Keep it in a safe, dark place, allowing no one but yourself to touch it.

At the second sitting you should be positioned at the same place, at the same time of day. After two weeks, begin to increase the length of meditation time to 15 minutes. Continue in this way by increasing five minutes per day during the next several days of sitting. After which, you may gradually increase the meditation time up to, but not exceeding 30 minutes. This specific order of progression

should always be followed until the student has developed an almost automatic ability to readily obtain results. As the mirror becomes cloudy with a milky mist in its center, the image will gradually form.

8. When you find the Magic Mirror beginning to look dull or cloudy with small pinpoints of light glittering therein (like tiny stars) you will know that you are beginning to obtain the skill that you are seeking. The images in the Magic Mirror will sometimes alternately appear and disappear, as in a mist. Eventually this hazy appearance will transform quite suddenly into a bluish ocean of space, which at first blinds the senses, then manifests the vision.
9. Once you have developed the ability to access the spirit world via the Magic Mirror, you may then be able to submit questions. When asking questions, use a very gentle, low, and slow tone of voice, and never use sudden or forceful mannerisms.
10. In regards to the time at which certain events will come to pass, as a general rule, visions appearing in the extreme background indicate more remote time (either past or future); while visions appearing in the foreground, or closer to the observer, denote the present or the immediate future.
11. Generally two primary types of vision will present themselves to the observer; A symbolic image, indicated by the appearance of specific symbols, and/or actual scenes relating to the individual's personal life.

#### THE CLOSING

Sometimes when observing the spirit realm with the Magic Mirror, several spirits can be evoked. As certain spirit entities can be hostile, it is important to make sure that these unfriendly spirits have completely gone away and not flooded the environment with specific patterns that can be detrimental to the observer. If the environment becomes flooded with detrimental spiritual intentions, it will have an influence on the observer's mind, affecting his or her attitude and emotions (in much the same way as most modern advertising attempts to subconsciously lure unsuspecting individuals into purchasing unneeded products). Therefore, in order to

end the Magic Mirror viewing session, it is advised to proceed as follows:

1. Using a very gentle, low, and slow tone of voice (and never sudden or forceful mannerisms), politely thank the Divine for allowing you to observe the following visions. When you start working with spirit entities of any type, it is important to always show the utmost respect.
2. Sometimes benevolent spirit entities will give you a type of symbol or signal (analogous to a phone number) from which to assist you in contacting them again. These are to be written down in a special book and kept away from the public. Send these spirit entities away with God's blessings. Be polite, but make sure that they go.
3. Take a moment to clear the mind and root the Heart. Then tell the Magic Mirror that its time to shut down. Thank it again, and be careful to cherish it as you put it away. Insulate it from the various energies of the spirit world by wrapping it in silk or covering it with a black silk cloth.

**THE PROJECTED TUNNEL OF LIGHT**

While using the Magic Mirror, in order to increase his or her power over the individual observed, the Daoist mystic can also employ the unique skill of projecting a "Tunnel of Light." The Tunnel of Light technique is initiated during strong, focused concentration. This allows an energetic connecting channel or line of force to be established in the spirit world, energetically and spiritually linking the Daoist mystic and the individual being observed. This powerful connection causes a polarization of the particles existing within the composition of both energetic and spiritual substances (e.g., of the Mystic and individual). The polarized particles manifests in a constant current of intense vibrations, which serves as a channel for the transmission of energy and spirit.

This Tunnel of Light, serves as an already established conductor of energetic vibrations, currents, and waves, which carry the Daoist mystic's perceptual senses back and forth to the individual being observed. It is through this Tunnel of Light that the Daoist mystic can perceive and observe all people, places, and things within the time-

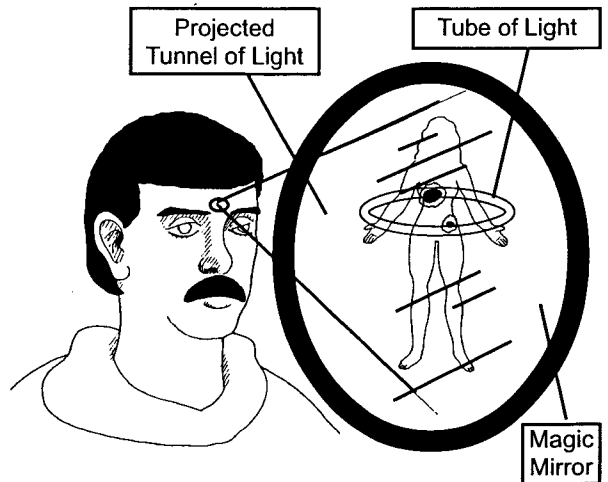


Figure 1.138. Emitting A Tube of Light Within The Projected Tunnel of Light

space continuum. Through the Tunnel of Light, the Mystic's physical senses can actually feel, see, and hear things being manifested at a distance.

**EMITTING A TUBE OF LIGHT WITHIN THE PROJECTED TUNNEL OF LIGHT**

In order to strengthen the energetic field within the Tunnel of Light, the Daoist mystic can also imagine a whirling vortex (from six to twelve inches) projecting from his or her Yintang (Third Eye) area, like a luminous ring of smoke. The Daoist mystic should imagine that the projected energetic vortex-ring, or "Tube of Light," is quickly moving forward, boring a tunnel through space, while simultaneously following the energetic current or line previously established by the Tunnel of Light. This visualized Tube of Light is imagined as a vibrant ring of light and will vibrate powerfully and with a subtle intensity, as it moves along the Tunnel of Light.

This projected Tube of Light forms a more powerful conductor, capable of transforming vibrational resonance, particle to particle, and is sometimes used for Binding (prohibiting certain energetic or physical actions). Once the Tube of Light overtakes and envelops the receiving individual, positioned at the other end of the Tunnel of Light, he or she will then be more susceptible to the energetic influence of thought produced induction (Figure 1.138).

### PRECAUTIONS WHEN USING THE MAGIC MIRROR

When using the Magic Mirror, individuals can sometimes incur symptoms of headaches or dizziness. This happens if the body is allowed to become energetically depleted or fatigued. Also, when sick or in physical pain avoid using the Magic Mirror, as these conditions tend to distort the visions or images.

The Magic Mirror should not be practiced soon after taking a meal, and specific care should be taken as to one's diet (i.e., eat lightly, avoid alcohol, greasy or fried foods, and avoid hard to digest foods). During the practice, additional attention should be placed on Natural Breathing.

Additionally, if the Magic Mirror is used to obtain some unethical advantage, it increases the risk of involving destructive forces. As a consequence, such practices can lead the individual to suffer from delusions and destructive hallucinations.

### ENCOUNTERING SPIRIT ENTITIES WHEN USING THE MAGIC MIRROR

When attention is placed onto any material object, its shadow or energetic field is energized in the spirit realm. The more intently the individual concentrates on the object, the brighter the illumination, and the easier it is for spirit entities to perceive it (and the observer).

The spirit entities that a sorcerer will encounter generally behave as intelligent, independent life forms, with their own personalities and purposes. It is important to treat them with respect and consideration. Not all of the entities that a sorcerer encounters on the spirit realm will be benevolent. Some spirit entities are parasites or predators who release their pain on convenient unsuspecting targets. Whether these spiritual encounters are actually those of an individual's projected suppressed subconscious mind, or that of a deal demonic entity is immaterial. If a negative influence begins to consistently appear, the sorcerer is encouraged to immediately stop the practice and record the images. Because the energy is still within the energetic field of the Magic Mirror, it is important to determine what part of the sorcerer is receptive to this type of energy, and devise a way of spiritually purging and transforming it.

If an individual encounters an entity that tries to dominate, threaten, deceive, or tempt him or her during the meeting, it is a sign that the observer should be very alert and cautious. The basic rule for encountering spirit entities while observing the Magic Mirror are as follows:

- Do they help you become a better person?
- Do they help you find real solutions to your problems?
- Does their message build up your dreams or lead you to frustration?

The Daoist metaphysical rule of thought, when using the Magic Mirror, is that encounters which occur within the realm of the spirit world can become or cause real patterns to emerge within the material world. As the ancient saying goes, "the spirit informs matter." Therefore, when using the Magic Mirror, one's spiritual integrity is of the utmost importance.

Christian mystics are taught to use a specific Mantra before utilizing a magic mirror (holy water within a bowl) or crystal ball. In order to observe the spirit realm, the Christian mystic will say the following Incantation:

**"Thou, oh inanimate creature of God,  
unite with me to banish  
all deceitful spirits and fantasies,  
and reveal to me God's unending truth."**

At this point, the magic mirror is supposed to help the Christian mystic see into the divine spiritual realm. If, however, an evil entity manages to get into the magic mirror, the divinely charged mirror is supposed to help make it tell the truth.

### THE APPLICATION OF BRASS ICON MIRRORS

Since ancient times, Daoist mystics have used the skill of constructing brass "Icon Mirrors." The specific images or symbols etched within the Icon Mirror are created for the sole purpose of visibly accessing the energetic and spirit worlds (Figure 1.139). As explained previously, the Icon acts as a visual base from which the individual's imagination is given direction and focus, and is the medium from which to direct his or her concentration. Through visualization and creative imagination, an Icon can also lead an observer into the "inner room"



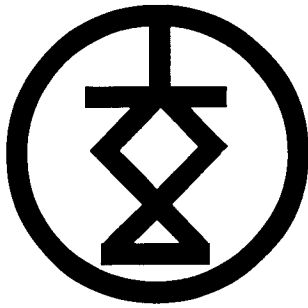


Figure 1.139. A Maoshan Daoist Tool used for entering into the spirit world. This energetic icon acts like a Magic Mirror, allowing the subconscious mind the ability to transcend the material realm and enter the infinite space of the Wuji.

of prayer and meditation, which brings the individual closer to the heart of the Divine.

As the mind begins to explore the Iconic symbol, it is lead into the deeper ideas and perceptions which lie beyond the grasp of the Analytical Mind (Shen Zhi), and that are interactively linked to the individual's Yuan Shen. As the individual continues to build an inner world of visions and symbols, the forces of the mind become stronger because he or she is creating the images through their own mental powers.

#### THE APPLICATION OF A MIRROR IN FENG SHUI

Since ancient times, Feng Shui masters have used mirrors to help in warding off bad luck, Sha (Evil Qi), and Gui (ghosts, devils, or spirits) from houses, temples, and shrines. A mirrored plaque, with a Yin and Yang design drawn at its center and the Eight Trigrams positioned around its circumference is used to deflect negative or evil influences. Mirrors are also placed above doorways to repel evil spirits.

The Magic Mirror can be used to absorb all of the bad energy in a house, temple or shrine. This particular mirror must be dedicated for this specific purpose, and only used for space clearing thereafter.

- After performing the One Through Ten Meditation and the Three Invocations, move around the various rooms in the house, temple or shrine, holding the mirror to reflect the walls and each corner. Concentrate on

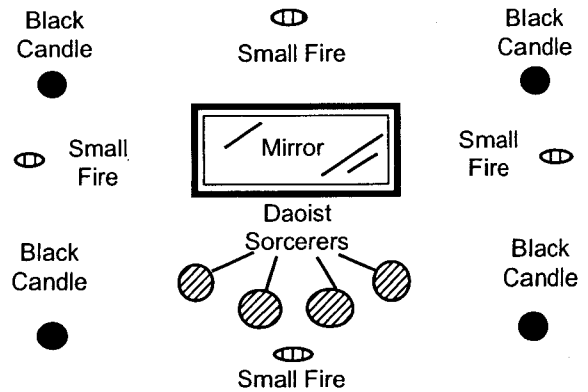


Figure 1.140. A Daoist Tool for entering the spirit world and attacking an individual

dark corners and places that are seldom used. Be especially thorough with the bathrooms and kitchens.

- After having gone through each of the rooms in the house, temple or shrine, soak the mirror in sea water or salt water for a few minutes. This serves to cleans and dissolve all bad energy collected in the mirror.
- After completing the ritual, wrap the mirror in a black silk cloth and keep it stored inside a closet or cupboard, away from the public.

#### USING THE MAGIC MIRROR FOR ATTACKING AND DEFENDING

In certain Daoist rituals, Black Sorcerers use Magic Mirrors in order to attack individuals. The assault can be directed towards individuals living in far away countries. In order to initiate such an attack, the priests sit in a circle, surrounded by four small fires and four black candles (Figure 1.140). They concentrate and focus their mind on a large four-sided mirror, thinking of nothing else but the destruction of their target. As the members of the group chant a special incantation or Mantra to concentrate their mental powers, each man looks at his own face in the mirror, focusing intently on the spot between his eyebrows. The aim is to mentally enter into the mirror in order to travel to faraway lands in pursuit of enemies.

If the ritual is done correctly, each monk will soon find himself inside the mirror looking out at his own motionless body. Once there, the

monks can instantly transport their minds to any place in the world they wish.

However, if the monks arrive in front of an individual who is surrounded by a divine energy shield created by the individual for protection, all they will see is a brilliant, blinding wall of light. When the defending individual who is creating this divine energetic shield sense the evil intention of the intruders, he or she can trap them by placing special mirrors in closed rooms. This creates a corridor through which the invading force can enter but not escape.

Once the invading force is trapped in the mirrors, the defending individual then determines who these invading sorcerers are, and then covers the mirrors with special veils. Then, the defending individual destroys the invaders through performing specific rituals. Once the intruders' energy has been destroyed, their distant bodies will die of heart attacks or cerebral hemorrhages.

### **ADDITIONAL MIRROR TRAINING**

The purpose for mirror training is to allow the sorcerer the ability to project his or her Qi and Shen into specific dimensions (i.e., a room, town, or different country) for observation, and gathering information. The training system is progressive and allows the student to go from basic to complex spirit projection.

#### **MIRROR TRAINING #1**

This training covers several stages of concentration, based on developing the skill of projecting the spirit. Always remember that whatever you see in the mirror is nothing more than a projection or manifestation of your own self.

1. Select a quiet room where you will be undisturbed, free from pictures, ornaments, other types of mirrors, and things of distraction. The room should be of moderate temperature. Should a light be necessary, it should be screened off so as to prevent the light rays from being reflected within the mirror. The room should not be too dark, but rather shadowed, with a dull light which permeates the interior.
2. The mirror should either be placed on a stand on a table, lie flat inside a bed of rice, or lie enveloped within a black velvet cushion (you do not wish to see a reflection in the mirror). Some teachers advise their students to surround the mirror with a black silk or similar type of wrapping in order to cut off any undesirable reflections from the external environment.
3. Purify the area by performing the 1-10 Meditation and connecting with the Divine through the Three Invocations.
4. Next, connect with the Divine and pull an energetic cord of divine healing light into the Baihui (GV-20) through the Taiji Pole and into the Lower Dantian.
5. Sit comfortably with both eyes fixed on the mirror. Imagine that its surface is liquid, and that you are looking into a deep well. Using the Long and Deep Breathing Method, begin breathing in a rhythmical pattern which allows you to inhale for a series of five counts, hold for three counts, then exhale for seven counts (some masters insist that you exhale for twice as long as you inhale).
6. Once you have established this rhythmic breathing pattern, visualize Qi flowing into your body from the center of your hands and feet. As you inhale, imagine and feel the energy rush into your Upper Dantian, energizing all Nine Chambers. As you exhale, imagine and feel the energy flow away from the Upper Dantian, exiting through the center of your hands and feet.
7. After quieting the mind, relax and open your eyes. Look forward into the mirror (be sure to place a black cloth underneath the mirror), and focus your gaze onto the Sixth Chakra (Third Eye) area of your reflection.
8. Continue to gaze at your reflection for several (five) minutes, but do not strain your eyesight. Then, immediately close your eyes and visualize your own reflection. At first it may be difficult to reassemble, however, after a few times you will become proficient.
9. Continue to visualize your own reflection until it disappears. Then, immediately try to reassemble it again.
10. Then, open your eyes and start the practice again. Practice for 30 minutes a day.

**MIRROR TRAINING #2**

This advance training covers several stages of concentration, based on developing the skill of projecting the spirit and spirit traveling. Always remember that whatever you see in the mirror is nothing more than a projection or manifestation of your own self.

1. Select a quiet room where you will be undisturbed, free from pictures, ornaments, other types of mirrors, and things of distraction. The room should be of moderate temperature. Should a light be necessary, it should be screened off so as to prevent the light rays from being reflected within the mirror. The room should not be too dark, but rather shadowed, with a dull light which permeates the interior.
2. The mirror should either be placed on a stand on a table, lie flat inside a bed of rice, or lie enveloped within a black velvet cushion (you do not wish to see a reflection in the mirror). Some teachers advise their students to surround the mirror with a black silk or similar type of wrapping in order to cut off any undesirable reflections from the external environment.
3. Purify the area by performing the 1-10 Meditation and connecting with the Divine through the Three Invocations.
4. Next, connect with the Divine and pull an energetic cord of divine healing light into the Baihui (GV-20) through the Taiji Pole and into the Lower Dantian.
5. Sit comfortably with both eyes fixed on the mirror. Imagine that its surface is liquid, and that you are looking into a deep well. Using the Long and Deep Breathing Method, begin breathing in a rhythmical pattern which allows you to inhale for a series of five counts, hold for three counts, then exhale for seven counts. Some masters insist that you exhale for twice as long as you inhale.
6. Once you have established this rhythmic breathing pattern, visualize Qi flowing into your body from the center of your hands and feet. As you inhale, imagine and feel the energy rush into your Upper Dantian, energizing all Nine Chambers. As you exhale, imagine and feel the energy flow away from the

Upper Dantian, exiting through the center of your hands and feet.

7. After quieting the mind, relax and open your eyes. Look forward into the mirror (be sure to place a black cloth underneath the mirror), and focus your gaze onto the Sixth Chakra (Third Eye) area of your reflection.
8. Continue to gaze at your reflection for several (five) minutes, but do not strain your eyesight. However, continue to gaze at your reflection until it disappears, and then immediately reappears on the other side of the mirror. You should be able to observe yourself from the inside of the mirror, observing yourself on the outside of the mirror.
9. Then, once you are able to reverse the images, turn around (inside the mirror) and imagine traveling to a specific place and location.
10. To end the practice and return home, close your eyes and imagine that you are back safely in your physical body. Then perform three Pulling down the Heavens" in order to root your mind in the Lower Dantian.

**MIRROR TRAINING #3**

Mystics and sorcerers use magic mirrors in order to foresee or manipulate future events through true magic and not illusion. True magic is defined as the manipulation of nature and events. The sorcerer will first perform a lengthy conjuring ritual inviting the spirit world in manipulating the future. After a magical incantation is spoken the sorcerer then directs his gaze into the mirror as a point of concentration. Other traditions will use a bowl of water or a crystal ball. In the beginning the sorcerer will only observe slight movements of blurred forms, or quick little images. However, after several months of consistent practice the sorcerer will actually be able to attune into the future and predict self oriented events that will occur on a specific, day, month or year later.

Once the sorcerer has mastered the ability of scrying, he or she can then begin to manipulate people, places and things, even those that are far away. For example if a dark sorcerer sees his victim standing at the top of a flight of stairs he could cause the victim to fall down and break his arm. These malicious acts will be carried out by de-

monic spirits that are summonsed and commanded as part of the imprinting ritual used to activate the magic mirror. In order to make the victim fall down the stairs the demonic spirit could either momentarily disorient the victim causing him to slip or even provide a psychokenetic push.

This type of scrying is extremely advanced because it works with the summonsing and dispatching of spirit entities. Therefore, there is a great danger involved in this type of sorcery. For the evil that is caused to others can begin to rebound back onto the sorcerer and infest his own home and actively engage in oppressing him. In order to stop this type of haunting, the ritual must be reversed and all action must be immediately stopped, which can be extremely dangerous.

## MAGICAL STONE TOOLS

The following are several magical tools constructed out of magical stones, gems and minerals. These magical tools were used in ancient Chinese sorcery.

### DIVINATION USING A WHITE JADE BALL

Over the centuries, Chinese mystics have developed countless devices to foresee the future, such as tea leaves, Yarrow Sticks, Magic Mirrors, the Yi-Jing, and the White Jade Ball. The Jade Ball is one of the most intriguing magical tools used by the ancient Daoist mystics for scrying. Scrying is defined as the magical art of gazing onto the surface of something and receiving information in the form of visions.

The Jade Ball is made of fine White Jade that had undergone a special magnetizing process. By observing the reflections on the ball's surface, the Daoist mystic can see events that will take place in a person's or country's future. Although very few mystics know how to use this ball to foresee the future, it can be very effective in the hands of a skilled seer (Figure 1.141).

When gazing into the White Jade Ball, your Yintang (Third Eye) will begin to open, and subconscious visions and intuitions coming from the inner recesses of the mind will be projected into the White Jade Ball, which acts as a medium to

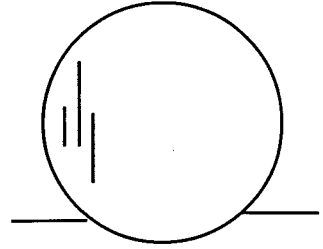


Figure 1.141. The White Jade Ball

catch these images. The more you train your mind, the clearer the patterns will become, and the energetic impressions will slowly begin to stabilize. The ancient Daoist technique used for scrying with a White Jade Ball is described as follows:

- In order to practice scrying with a white Jade or crystal ball, it is important to first sit in a dark room with the ball placed between your palms and two red candle placed beside the White Jade Ball.
- Next, perform the One Through Ten meditation and the Three Invocations (see *Chinese Medical Qigong Therapy #3*, Chapter 26).
- After the last invocation, bring the divine light up from the Lower Dantian along the Taiji Pole and energize the heart and Middle Dantian area. Connect this energetic center to the center core of the White Jade Ball.
- Next, bring the divine light up from the Middle Dantian along the Taiji Pole and energize the Third Eye and Upper Dantian area. Connect this energetic center to the center core of the White Jade Ball.
- Slowly begin to focus your attention onto the surface of the White Jade Ball. Envision pure white light inside of the ball and maintain that image for half an hour. Do not stare, but allow you vision to softly observe the surface image of the ball.
- After training for half an hour, end the meditation and place the ball into a black silk protective bag. Keep this bag safe, away from people and curious individuals. After one month of consistent practicing for about half an hour each day, visions will begin to appear on the surface of the ball.

It is important to note that choosing a stone ball

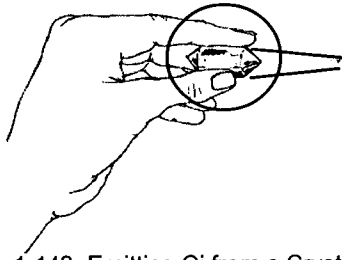


Figure 1.142. Emitting Qi from a Crystal

for scrying should not be undertaken lightly. This is a powerful and deeply personal tool that has its own energy and will become intimately imbued with your own projected Qi and Shen. It is a powerful energetic container that should never be touched or handled by others. If this happens, it should be again cleansed before using.

### HEALING WITH CRYSTALS

The energy in the human body produces a polarity similar to that of crystals. A crystal is a natural silicon formation extracted from the Earth, it collects Yin and radiates Yang. The ancient Chinese believed that crystals gathered up ancient messages from deep within the Earth, and that crystals allowed the mind to focus in such a way as to unite an intuitive individual with these ancient messages.

The ancient Chinese believed that quartz rock crystal is water that has been transformed into solid matter during the course of a thousand years. It can be used to multiply the power of Qi and Shen emission (Figure 1.142).

There are three types of crystals commonly used in ancient Daoist healing: the Round Crystal, the Diamond-Shaped Crystal, and the Purple Mountain (Amethyst) Crystal. Each of the crystals should be alive, brilliant in color, and shine from within.

Because crystals emit a very strong white light energy, they can be used to enhance energetic treatments, allowing the Daoist mystic to cut deep into the individual's energetic tissues like a laser beam. Crystals can be used for scooping energetic toxins, cleansing and purging an individual's body, and for cutting loose pathogenic Qi within the individual's tissues and external fields of Qi. Crystals can also be used for tonification by enhancing the Mystic's energetic extension and projection abilities.

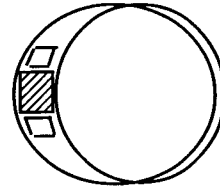


Figure 1.143. The Magical Stone Ring

### MAGIC STONE TALISMANS

Magical stone talismans have always been used by Daoist sorcerers. In ancient China, stone talismans were constructed of specific materials and infused with special magical properties. For stone talismans, the special powers of the crystalline mineral were chosen to naturally support the magical inscriptions etched into the rock by the sorcerer. Depending on its specific design, a stone talisman could provide healing power, protection, wealth, or love. Certain talismans could even act as keys that opened magical gateways into other dimensions. Additionally, the ancient Chinese Grimoires (Daoist books of seals and incantations) offer instruction on making specific talismans and detail the magical powers that they invoke.

People often confuse the magical properties of amulets with those of talismans. Amulets are responsible for passively protecting an individual from harm, evil, and negativity. Talismans, however, actively transform the individual's energetic field, enabling him or her to have certain magical powers.

### MAGIC STONE RINGS

Magical rings have been one of a sorcerer's tools of power for centuries. In ancient China, Daoist mystics would construct their rings of power out of Jade, special metals, esoteric minerals, or special woods. The Daoist mystic's magic ring had many functions, and depending on how it was magically charged and imprinted, it offered the sorcerer the utmost protection (Figure 1.143).

The sorcerer's magic ring is considered to be one of the most powerful tools that he or she will possess. The wearing of a magic ring was believed to help ward off many types of malevolent spirits. When the ring was used with a guardian stone, and it contained such gems as Amber, Garnet,

Hematite, Jet, Labradorite, Lapis Lazuli, Malachite, Obsidian, Opals, Peridot, Prehnite, or Sugilite, the magical power of the sorcerer was said to double. In order to magnify the magic ring's power, the guardian stone was traditionally worn next to the sorcerer's skin.

Symbolically, the magic ring represents the infinite space of the Wuji and the magical circle through which the sorcerer invokes and controls all forms of magic. It is a sacred space: the space in which the union of Yin and Yang takes place and in which all Elements are gathered, created, activated, destroyed, and dispersed.

The Daoist sorcerer's magic ring is traditionally either completely constructed out of stone (e.g., Jade, Quartz Crystal, Lapis Lazuli, or other powerful stones) or was constructed out of specific metals that were magically combined in order to form a powerful circular talisman. The power of the ring's magical circle energetically binds the sorcerer to the esoteric power of the material with which the ring is constructed (e.g., Jade, gold, silver, etc.).

Over the years the ring will begin to develop a kind of magical personality and become synchronized with the sorcerer's life force energy. Therefore, the magic ring symbolizes the sorcerer's entire magical personality, and the ring can bring this power forth merely by being placed on the sorcerer's finger.

A magic ring can either be a ring that has been previously constructed, or it can be purposefully constructed by the sorcerer, according to his or her level of understanding. The secrets behind the actual construction of magic rings are well guarded and known only to a few, so magic rings can rarely be bought and are very treasured gifts. Sometimes special gems are added to the ring, denoting or enhancing specific powers. Other times the rings will contain magical symbols that gather and generate subtle energetic power.

Certain schools will only wear their rings of power when performing magical rituals. In these schools the sorcerers accustom themselves to only wearing the magical rings whenever they meditate or perform any type of magical work. In all schools of sorcery, when a magician places the ring

of power on his or her finger, he or she become a person of power, attuned to the life force and divine light contained within all things. The sorcerer is now capable of realizing and utilizing every faculty and power of the universe and is able to claim his or her spiritual birthright.

#### **IMPRISONING A SPIRIT IN THE MAGIC RING**

In ancient China, there were numerous ways to acquire a spirit servant, although in order to keep it, the spirit servant (also called a fetch) had to be imprisoned in a magical object such the sorcerer's magic ring. For example, if an evil sorcerer wished to acquire a human soul for a spirit servant, the sorcerer would first decide on a way to put the intended victim in a coma (e.g., usually poison). Once the victim fell into a coma, the sorcerer would remove the soul from the victim's body, after which he or she could choose to imprison the victim's soul within the metal alloy of a magic ring. If the sorcerer did not wish to acquire a human soul as a spirit servant, then he or she could choose to become partners with an evil entity and ask it for a "servant" to imprison in his or her magic ring. Once imprisoned in the ring, the spirit servant at the service of the sorcerer until the ring was destroyed. Such magic rings are often passed down for generations.

One traditional function of the magic ring was as a ring of protection, which warned the sorcerer of any impending ill will bent towards him or her. For example, whenever the magic ring was near any individual who harbored ill intention towards the sorcerer, it would begin to turn from a silvery white color to an inky-black color. The more evil the intention sensed by the ring, the darker the magic ring would become. If the sorcerer was not paying attention to the message emitted from the magic ring, it would begin to heat up and vibrate in order to warn the sorcerer of the individual's intentions.

#### **EXAMPLES OF IMPRISONING A SPIRIT IN A MAGIC RING**

A few years ago one of my students contacted a sorcerer and commissioned him to make a magical ring. Magical properties were imprinted into this metal ring and were designed for my student's protection. This metal ring was empow-

ered in such a manner that if any individual approached my student and harbored ill intention, the silver colored ring would react to that energy by turning black. If, for some reason, the student was not aware of the color transformation, the ring would immediately become hot and vibrate. The stronger the individuals ill intent -the more powerful the ring's reaction. A few years later, the sorcerer who made the magical ring became a "born-again" Christian. This change of heart caused him to recant all of his previous magical acts of sorcery. At that point, my student's magical ring (being a thin ban) broke, which caused the ring to lose its magical properties. I explained to my student that the reason the ring responded the way it had is because the sorcerer had imprisoned a spirit entity into the metal through a magical incantation when he formed the ring. In order to free the spirit entity it was important that the ring be destroyed. Consequently, when the sorcerer became a "born-again" Christian and renounced his previous practice, he set the spiritual law of cause and effect into action. The result of his spiritual transformation caused the removal of much of the karma that he had incurred, along with the destruction of many of his previous unethical actions, including summoning and imprisoning spirit entities to do one's personal bidding.

#### OTHER TECHNIQUES USING MAGICAL RINGS

One ancient technique used by Daoist sorcerers was to use the Magic Ring to become invisible. This was accomplished by turning the Magic Ring three to nine times in a clockwise direction while still being worn on the sorcerer's finger. This allowed the sorcerer to remove him or herself from the surrounding environment, and to also avoid being energetically and spiritually detected.

Another technique was to use the Magic Ring in order to increase his or her personal energetic field, transforming a normal Wei Qi field into a powerful and blinding radiant light. In this technique, the sorcerer would turn the Magic Ring three to nine times in a counterclockwise direction while still being worn on the sorcerer's finger. This allowed the sorcerer the upper hand when fighting a hostile spirit entity or evil sorcerer.

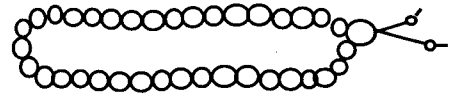


Figure 1.144. Prayer Stone Beads

#### STONE TONGUE RING TECHNIQUES

The ancient Daoists believed that by rooting the tongue on the upper palate they could more easily disconnect the mind from all internal and external chatter. This connection also allowed the Qi of the internal organs and external environmental to naturally be absorbed into the sorcerer's body, and it prevented the internal Wind (stirred by the mind) from becoming stuck inside the mystic's head, resulting in headaches and Shen Disturbances.

When a Daoist sorcerer began to practice incantations, he or she would first be taught how to keep the tongue still and energetically connected before speaking. This allowed the sorcerer's Shen to build and also facilitated a powerful release of Qi when the incantation was spoken. One technique used to help the sorcerer train the tongue was to place a stone or metal ring (depending on the specific Element and type of power being trained) inside his or her mouth. The sorcerer would then insert his or her tongue through the ring and keep it placed on the upper palate. This secret tongue training also facilitated a disciplined state of quiescent contemplation.

#### STONE PRAYER BEADS (MALA)

The term Mala refers to a garland or necklace of beads that is used as a tool for mystical training (Figure 1.144). Although not purely Daoist in origin, Malas have been extensively used by both Daoist and Buddhist disciples throughout the various dynasties in ancient China.

Malas, or prayer beads, are traditionally used for prayer, chanting, affirmation, mantras, and incantations and they are an essential component of many Daoist and Buddhist rituals. Today malas are used all over the world and in many different traditions; they are known variously as rosaries, worry beads, japa malas, or prayer beads. In ancient China, malas were variously known as Shu Zhu (Counting Beads), Fo Zhu (Buddha Beads), Nian Zhu (Prayer Beads), or Cháo Zhu (Court Beads).

Malas are filled with practical and symbolic meaning according to the number of beads they contain, the materials used to construct them, and the intention with which they are made and used. In ancient China, these sacred necklaces were believed to connect the mystic with the positive (Yang) energies of the universe. In the imperial palace, malas were named “court chains” and eventually became more of a status symbol than a prayer counter.

Power beads that are strung in a magic circle have been used by sorcerers since the dawning of time. The energy of the prayer beads comes from the use of the “imprinted power within physical form,” and is developed through centuries of human mental imprinting. Ancient Daoist mystics used a string of beads to help them concentrate as they prayed and meditated, reciting a prayer for each bead that they passed through their fingers.

#### MATERIALS USED AS PRAYER BEADS

There are many types of prayer beads, some being used for general chanting purposes, and others being used exclusively for the energetic cultivation and projection of different powers. Since different types of matter resonate at different frequencies, the type of incantation or ritual that the mystic is going to perform determines the type of material that the mystic will use for his or her prayer beads. Malas can be made from a variety of materials including seeds (i.e. lotus), wood (i.e. sandalwood), bone (i.e. yak), glass (i.e. cat’s eye), stones (i.e. Jade), and precious metals (i.e. gold). Tibetan prayer beads, for example, often contain beads of coral, shell, ivory, amber, turquoise, and other stones. Most mala beads are from 5mm to 8mm in diameter, though some types such as certain bodhi seed and lotus seed malas used in the Buddhist tradition can be as large as 25mm.

Each material, and thus each mala, has its own unique energetic vibration. Familiarity with the different qualities of each type of mala allows the mystic to enhance, attract, subdue, or balance, nearly any aspect reality provided the mystic knows the proper ritual and incantation.

#### WOODEN BEADS

Wooden Mala beads confer upon the mystic energetic balance and harmony. The energetic nature of a wooden Mala depends specifically upon the type of wood used in its construction. The following is a list of the woods and seeds that are those most commonly used in malas:

- **Aloe Mala:** These beads (constructed of aloeswood) are considered auspicious and bring good luck to its owner. Aloeswood is a rare ingredient used in creating special magical incense in Asian. The highest grades are worth more than gold by weight
- **Birch Mala:** These beads are believed to have medicinal properties, and the birch is often referred to as “the spirit tree”.
- **Bodhi Seed Mala:** These beads are sacred to Buddhists, as they are taken from the variety of tree under which the Buddha attained enlightenment. Sometimes the term “bodhi seed” is used to refer to the wood of the tulsi plant; both materials make good all around malas for spiritual practice.
- **Boxwood Mala:** These beads are said to insure longevity, as the boxwood tree has powerful medicinal properties.
- **Camphor Mala:** These beads are considered to be auspicious and are said to bring good luck to their owner.
- **Cedar Mala:** These fragrant beads are considered to have a purifying nature. They are used primarily in the Buddhist tradition, and the individual beads in a cedar mala often have mantras inscribed into their soft wood.
- **Ebony Mala:** These dark blue-black beads are symbolic of the deepest and most subtle aspects of matter. They are very Yin in nature and are highly durable.
- **Lotus Seed Mala:** These beads are commonly used in the Buddhist tradition and are said to promote compassion and enlightened thought. The beads make an excellent mala for peaceful practices and are often used in rituals associated with Guan Yin. The seeds of the lotus flower are large, oval shaped,



shiny back, and very smooth to the touch. The lotus flower is symbolic of the flowering of the mystic's consciousness as it rises from the mud of the physical world through the water of the unconscious and into the freedom of full enlightenment.

- **Prunus Mala:** These beads are constructed from the peach wood. The peach is an important tree in Daoism, as its fruit is symbolic of the fruit of immortality that can be gained through a life of following the Dao, and its wood is believed to be able to ward off evil spirits. Many important Daoist tools are constructed of peach wood.
- **Rosewood Mala:** These beads are considered auspicious and bring good luck to their owner. They are usually deep red in color and can be used for most purposes, though they are especially known for contributing to states of compassion and love.
- **Rudraksha Mala:** These beads are made by drilling the brown, knobby seeds of the *elaecarpus ganitrus roxburgii* tree. "Rudra" is a name for the ancient Vedic form of the god Shiva in his capacity as the ruthless forces of nature; "aksha" means tears, so the name means "Shiva's tears". A rudraksha mala is most often associated with Hindu austerities, penances, and Shiva-ritual worship. They are also used by some Buddhists for wrathful deity practices, partly because of the Tibetan Buddhist use of the term "rudra" for that which is to be transformed through ferocity. Rudraksha beads are very rough to the touch, and they come in varying sizes. A rudraksha is believed to confer benefits according to the number of segments in the seed: the fewer the segments, the more valuable the rudraksha bead. An ordinary seed has 4-6 faces; however some rudraksha beads may have only a single face (no segments - the rarest and most valuable), while others have as many as 14 segments.
- **Sandalwood (Red) Mala:** These beads are used for gathering spiritual power, and are associated with rituals for female deities.

- **Sandalwood (White) Mala:** These beads are used for spiritual devotion. They give off a wonderful fragrance, are said to enhance spiritual awareness, and are associated with the opening of the Upper Dantian. As they are an endangered species, sandalwood trees are now protected by the Indian government, and sandalwood malas are growing increasingly more expensive and difficult to find.

#### STONE BEADS

The first criterion in choosing stone beads is their substance and color. It should correspond with the color of the deity or energy of the specific practice that it will be used for. For example, turquoise is often used for Green Tara practice because it is considered to be a green stone in Tibetan culture. Malachite is also suitable, as well as emerald and Jade. In eastern Asia, Jade is associated with longevity and prosperity, so it is used for many deities associated with these concepts. In other words, there is an archetypal significance to these substances that goes beyond mere color associations. Additionally, each stone has its own unique energetic potential that can serve to further focus and enhance the mystic's intention. The following is a brief description of different stone beads used for malas, and the energetic potential of each:

- **Amber Mala:** These beads are difficult to find and are considered to have both healing and protective qualities because they link the conscious-self to the higher spiritual-self. Amber has been held in high regard as a powerful protective talisman for thousands of years. It absorbs negative energies and transmutes them into positive forces that stimulate the body to heal itself. The healing energy of amber is especially attuned to the heart, throat, and endocrine system.
- **Amethyst Mala:** These beads are used to enhance spiritual awareness and healing. Amethyst opens intuition, enhances psychic gifts, promotes divine love, and gives insight into the true nature of the core self. Amethyst beads also aid in cultivating peace, repelling harmful influences, and energizing the immune system.

- **Aventurine Mala:** These beads are said to aid in concentration and mental development. Aventurine also promotes wealth and fertility.
- **Carnelian Mala:** These beads are very healing and are good for purifying the blood. Carnelian malas have protective qualities, and they are said to bring prosperity and good luck. It ensures friendship, banishes fear, and gives self-confidence. Carnelian is a stabilizing stone with high energy, and it is excellent for restoring vitality and motivation.
- **Coral (Red) Mala:** These beads are highly prized in Tibet where they are used for Tantric practices. The red color of the coral is especially associated with life and fertility. Red Coral was used in ancient times to bring balance the physical and spirit realms, further aligning the sorcerer with the divine source of all wisdom. It both opens and activates the Lower Chakra and is believed to protect the individual from depression and despair.
- **Dzi Mala:** These beads are also known as "Buddha-eye" beads. They are black and white in color, and are characterized by a "strong eye" pattern with a circle and square or a double wave. The meaning of the word Dzi is "shine, brightness, cleanness, or splendor." These beads have a long shape and tend to be used alone as amulets. The most valuable Dzi are those with three-eyes or nine-eyes, the best being those that have sharply contrasting patterns and are shiny with a faintly oily surface.

The three-eyes of the three-eye Dzi are representative of prosperity, happiness, and longevity. The three-eye Dzi is said to enhance the ability to see a good opportunity and obtain it. The nine eyes of the nine-eye Dzi are associated with nine merits: compassion, glory, everlasting brightness, fame, dignity, power and authority, control, reputation, and the removal of obstacles.

A Dzi stone can be worn as a single bead about the neck as an auspicious or medicinal amulet. Dzi stones are also placed within traditional Tibetan necklaces, interspersed with

coral, pearls, amber or turquoise. Occasionally Dzi stones are used alone, and a whole necklace or mala is made exclusively from Dzi beads.

It is said that Dzi are magical, and will protect the wearer from sickness (e.g., strokes, epilepsy, and other illnesses) and from harm (e.g., evil spirits and evil influences). The Dzi bead is one of the most mysterious of all the beads known to us today. Not much is known about these stones, or even how long they have been an important part of Tibetan culture. However, it is believed that once a Dzi is broken, its power has been used up.

- **Garnet Mala:** These beads bring prosperity and are therefore often used to promote success in business ventures. Red Garnet also repels negative influences, promotes physical healing, strengthens the heart, and purifies the blood. It is also said to aid those interested in astral projection. Because Red Garnet helps to align the emotional body to the spirit body, sleeping with it will help you remember your dreams.

According to ancient tradition, Garnet Malas (that are deep wine colored) are to be magically energized in a Fire Ritual, that required the sorcerer to invoke the celestial powers of the planet Saturn.

- **Hematite Mala:** These beads are very powerful stones, used throughout the ages to make all manner of magical objects. Hematite has long been associated with psychic awareness, and some people believe that it assists in spirit travel, soul travel, and scrying. It acts as a magnet that transforms spiritual power into determined action. In the West, hematite has long been used to shorten recovery time in those healing from wounds and gashes. When used as a talisman, Hematite ensures (for the wearer) a favorable hearing of petitions addressed to the celestial kings and good fortune in the area of lawsuits and other judgements.

According to ancient tradition, Hematite malas are to be magically energized in a Fire Ritual, that required the sorcerer to invoke the celestial powers of the planet Saturn. Hema-

tite malas were commonly used in order to enhance mental activity, as well as dissolve negativity and balance the body's Yin (female) and Yang (male) energies and emotions.

- **Jade Mala:** These beads have been used for thousands of years. Both Jade Malas and Jade necklaces have been found that date as far back as 3500 B.C. In ancient China, Jade was referred to as "the stone of heaven," and the ancient Daoists believed that the sacredness of Jade was such that it conferred upon its owner sovereignty, as well as magical and healing powers; Jade was also said to nourish the spirit, balance the body's Yin and Yang energies, and have the capacity of assuring immortality.

According to ancient tradition, Jade malas are energized in a magical ritual carried out on the 11th Moon. Jade is known as a "Stone of Protection." Therefore, it was believed that malas constructed of Jade provided an energetic barrier against all forms of physical attack and illness. It was also said to encourage meditative spirit travel, and to help in making the dream process productive and healing.

- **Lapis Lazuli Mala:** These beads are very healing and are said to improve the well-being of the wearer by integrating mental, spiritual, and emotional states. Lapis Lazuli is a beautiful deep blue color, and it is recommended for use in prayer, meditation, and the cultivation of intuitive powers. It stimulates the Upper Dantian, opens up the Third Eye, enhances dream work and Spirit Travel, increases psychic abilities, and facilitates enlightenment. In ancient times Lapis Lazuli was believed to pose enormous serenity, and it was used as a key to spiritual attainment. As a psychic stone, Lapis Lazuli is believed to harmonize the body on each physical, mental, emotional, and spiritual level.
- **Malachite Mala:** These beads have a powerful healing effect on the physical body. Malachite is also known as the "stone of saints." It is considered to be a stone of transformation. When placed on the Sixth Chakra (Third Eye),

Malachite will activate inner-vision and psychic vision. It can be used for scrying or to access the internal or external dimensions of other worlds (journeying through its convoluted patterns releases the mind and stimulates pictures released from the subconscious mind). Malachite amplifies the body's Yin and Yang Qi and it grounds the spiritual energy by rooting the Shen. When placed on the Yellow Court it facilitates a deeper emotional healing by releasing the negative experiences of old traumas and bringing suppressed feelings to the surface.

- **Mother-of-Pearl Mala:** These beads are believed to multiply the energetic and spiritual effects of prayers and incantations by 1,000,000. Mother-of-pearl is used for purification, long life, and warding off disease and misery. It also helps balance the emotions and is used to neutralize excesses of sun energy.
- **Quartz (Rock) Crystal Mala:** These beads bring strength. In the West and in China quartz symbolizes purity and is considered to be a strong healer and a powerful amulet. Quartz Crystal connects the mystic to his or her spirit guides and enhances deeper meditational states. It also facilitates accessing the energetic fields of the infinite space of the Wuji.

Clear Quartz Crystal Malas are considered to be auspicious for praying to the Goddess. These Clear Crystals amplify a sorcerer's mantras, give them higher energy, and increase their power. According to ancient tradition, Clear Quartz Malas are to be magically energized during the Full Moon in order to invoke the celestial powers of the Goddess.

- **Quartz (Rose) Crystal Mala:** These beads are primarily associated with bringing love. They are believed to be very beneficial for artists, as they promote creativity by opening emotional pathways. Rose quartz engenders kindness, compassion, and tenderness. It is used to strengthen empathy and sensitivity, and it enhances positive affirmations. It is calming, reassuring, and excellent for recovering from emotional trauma or crisis. Used in emotional

healing, Rose Quartz releases unexpressed emotions, alleviates heartache, and soothes internalized pain.

According to ancient tradition, Rose Quartz Malas are to be magically energized during the Full Moon in order to invoke the celestial powers of the Goddess. Rose Quartz Malas have a calming influence and help to clear emotional negative.

- **Tiger Eye Mala:** These beads can be used in order to bring protection against psychic attacks and curses. Tiger eye beads promote the vibrant circulation of energy, increase courage, and are associated with creativity. Tiger's Eye combines the energy of the Earth with the energy of the Sun in order to create a high vibrational state. It can be used to enhance psychic abilities and balance the Lower Dantian Qi.

Tiger Eye Malas are energized in a magical ritual carried out on the 4th Moon. The Tiger Eye stone is sometimes used to attract and maintain wealth. It also stimulates awareness and understanding and promotes optimism, psychic ability, and intuition.

- **Turquoise Mala:** These beads are powerful healing stones. Turquoise is considered to be an antidote to both physical and spiritual poisons, and are used to ward off the Evil Eye. In Tibet, turquoise was considered to bring wealth and affection and was used as a powerful medicinal talisman.

#### **BONE BEADS**

Animal substances like tiger bone, antique ivory, or mammoth ivory make powerful malas that are good for all-purpose use. Beads made from human bone, however, are used for entering into the lower spirit realms or the Underworld, and for controlling fearsome spirit entities. Chinese bone beads are a fine example of the unique skill and craftsmanship practiced by ancient artisans, and such beads often had complex designs etched into them. For example, extremely complex hollow Chinese knots, flowers, and images of butterflies are but some of the many designs carved into the bone in order to express its spiritual significance.

The most treasured type of bone beads are those made from the skull bones of dead holy men or lamas.

#### **PRECIOUS METAL BEADS**

Metals such as gold and silver may also be used to construct malas. In practice, however, precious metals are rarely used as the primary bead on a mala but are rather used to decorate the mala or to connect the individual beads together. Since such metals are good conductors of electric energy, their inclusion on a mala can greatly increase its energetic potential. Malas made from or decorated with precious metals are generally used to wealth, knowledge, ability, or power. Silver is the most commonly utilized metal for malas, though malas with brass, copper, or gold are also found.

#### **CONSTRUCTING MALAS**

Although it is fairly easy to find pre-made malas, often in the desired material, it is always best if the mystic uses either a mala that he or she has personally made or one that was made by his or her teacher. The number of prayer beads on a mala can be 36, 48, 50, 99, 108, or any spiritual number that is significant to the tradition of the mystic utilizing it as spiritual tool. The number 108 is used most often, and it represents the union of the Dao (the number 1) and its infinite manifestations (the number 8, symbolizing the interaction of Yin and Yang) taking place within the circle of the Wuji (the number zero). However, some Daoist mystics maintain that, since it is difficult to concentrate the mind for long periods, the extra 8 beads are to make up for any mistakes and ensure the mystic gets at least 100 clear repetitions for each mala cycle.

Some mystics will add counter beads (a different type, shape, or arrangement of beads that hangs off the mala) at certain intervals (usually 10 or 20 beads apart) along the mala in order to keep track of the number of mala cycles chanted. Alternately, a loose bead or grain of rice may be moved from one bowl to another upon the completion of a mala cycle. This helps the practitioner keep track of very large numbers of mantra repetitions, such as 10,000, 100,000 or even 1,000,000.

The beads on a mala meet at a leader bead (also called the meru, stupa, guru, or guide bead) that is not used as a chanting bead. This bead represents one's guide, patriarch, primary spiritual icon, a deity, immortal, or guardian spirit. It protects the intent of the mystic by simultaneously acting as a energetic keystone that completes the circle of beads while also releasing any unwanted energy via the tassel. Therefore, the leader bead represents both the beginning and the ending of the incantation or mantra practice. Cords come out of the leader bead and are commonly attached to two beads and a tassel. The ancient Daoists believed that evil spirits did not like dangling objects, making the tassel effective in warding off the Evil Eye. In Tibetan malas, the end pieces include the Dorje (thunderbolt) and the Drilbu (bell). These end beads represent the two energies of form and formlessness - Yin and Yang. The prayer beads are usually strung on three cords of strong linen or silk. Silk is considered to be the most energetically rich material available.

Before constructing a mala, the sorcerer first considers the nature of the ritual or incantation he or she is about to undertake (i.e., whether it is a ritual for purification, increasing spiritual perception, enhancing physical prowess, or acquiring wealth). The sorcerer then chooses from among the several types of possible mala beads that suit that particular purpose, picking the variety that he or she most strongly resonates with or that most dramatically enhances the ritual. Once the beads have been chosen, an appropriate cord on which to string the beads is acquired. The prayer beads are usually strung on three intertwined cords of strong linen or silk (silk is considered to be the most energetically rich material available). The cord is generally white but is sometimes black or red.

After purifying the cords, beads, and any other materials that will be used in the making of the mala, the sorcerer is ready to begin. As each bead is slipped into place, the mystic infuses it with a mantra or breath incantation, usually accompanied by a visualization. In the *Palace of Vast Jewels*, it says that, when constructing a Mala, it is important to recite an incantation seven times and

then blow on the beads (Breath Incantation) in order to increase the spiritual power of one's subsequent recitations. Upon finishing the last bead and tying the sacred knot, the mystic then seals the mala with his or her personal magic symbol. Once a mala has been thus energetically constructed, it becomes a reservoir of the mystic's spiritual energy and should not be allowed to touch the ground.

The prayer beads can be either unknotted (for those who like to flow with their prayer) or constructed with a knot between each bead (for those who like to pause and consider). Traditionally, when the mystic wanted to wear the prayer beads in order to bring increased energetic flow into his or her life, he or she selected the unknotted version. When the mystic wanted to bring more conscious control into their life, the knotted version was selected. When doing intense chanting, the knotted version is considered to be the best. Occasionally a mala is constructed only of knotted rope (often called a prayer rope), in which case the specially constructed knots are used for counting, taking the place of the beads.

### USING MALAS

Using mala beads allows the Daoist mystic to relax, focus, and immerse his or her mind completely into the particular incantation or prayer while not having to keep track of the number of repetitions. When working with advanced rituals and incantations, the energy can become so powerful that it is essential for the mystic to be assured of the proper number of recitations. This is especially true for rituals in which certain energies are awakened by secret incantations that are specifically designed to create a balanced opposition of intensities that propels the mystic into ever deeper states of awareness and power.

The practice of chanting with a mala is initiated by starting at the leader bead and rotating each bead between the thumb and the second or ring finger, depending on the mystic's particular sect and tradition. One mantra or incantation is recited for each bead that passes through the fingers. When one cycle is completed and the leader bead is reached, it is traditional to reverse direc-

tion instead of passing over the leader bead. Reaching this leader bead signifies the completion of one cycle of chanting. Often the disciple is required to repeat 10 or more such cycles in a single sitting, depending on the length of the incantation and the specific nature of the training. In certain Daoist schools a cycle is not considered complete until the mystic has gone over each bead twice, once in each direction.

The mantra or breath incantation can be repeated in many ways. The mystic may repeat an incantation out loud and fast to ground the incantation in the physical body and send it into the physical world. He or she may repeat the incantation in a whisper to influence the energetic world, or the mystic may repeat the incantation only internally in order to influence the spirit world.

A simple but effective way to work with prayer beads is to focus intention on a specific aspect of your life and what you want to achieve. Chant a word or phrase representing that quality while holding each bead. This places that intent inside the circle of beads, which you can then wear to keep that energy around you throughout the day. When you wear the prayer beads inside or outside your clothes (e.g., around the neck or coiled above the elbow), the prayer beads resonate your intention inside their circle of power. This circle creates an energetic field that positively influences the flow of energy and consciousness in and around your body. When not being worn, you may keep your prayer beads in a small bag or on the Altar.

It is common to reserve a mala exclusively for the recitation of a particular mantra or breath incantation in order to build up a stronger energetic

charge. Some mystics will therefore keep numerous malas, each for the recitation of a different chant.

When you wish to change your intent, it is important to ritually clear your beads by passing them through the smoke from the incense on your sacred altar. Do not wash or soak the beads. If they are strung on silk, the best conductor of energy, the cord that keeps the beads together can disintegrate in water. You may wish to polish them with a soft cloth.

### USING THE MALA AS AN ORACLE

In ancient Tibet, the sorcerer's mala was also used as an oracular tool. One specific divination method utilizing a mala is described as follows:

- The sorcerer performing the divination first prays to the deity he is invoking for the correct answer and recites that deity's mantras.
- He then holds up the Mala horizontally in front of him, with the fingers of each hand grasping a randomly chosen bead, leaving half the beads or fewer between them.
- Then the fingers of each hand move towards each other counting three beads at a time. The outcome of the divination depends on the number of beads left.
- When only one bead remains, the result is called a Falcon. When two beads remain, it is called Raven. When three beads remain the result is called a Snow Lion.

The procedure is repeated three times:

- **The First Pass:** The outcome of the first pass indicates the extent of the deities' support and the quality of the divination in general. A Falcon at the first attempt would indicate support from protectors, luck in a new enterprise,

or success in a lawsuit. A Raven on the first pass means the protectors are not on your side: there will be no accomplishment, lawsuit will be unsuccessful, and there are enemies present. Such a divination would caution against starting on any new enterprise. A Snow Lion on the first round would indicate support from the deities, slow but stable accomplishments, and weakness on the part of enemies. If the question concerned successful business, a Snow Lion would be regarded as a neutral result.

- **The Second Pass:** During the second pass, the outcome indicates conditions to take place in one's immediate environment. A Falcon at the second pass indicates good luck in general, but not much success for those wishing to have children; the overall risk of thefts and illnesses will remain small. A Raven indicates serious illness, obstacles to health, and a decline in the life force; there will be a tendency for things to get lost or stolen (however, in the case of an ordained person, these negative aspects would be reduced).
- **The Third Pass:** On the third pass, the number of remaining beads gives clues about an expected person arriving from elsewhere. This was a very important aspect of life in Tibet, for people traveled constantly and there was no communication system. With regard to an expected visitor, a Falcon on the third pass indicates imminent news or arrival; with regard to illness, it would indicate finding the best way to cure it. A Raven on the third pass is a bad indication concerning expected travelers: they

are likely to encounter obstacles on the way, they will not arrive at all, or they will be robbed. The sick will not be cured, and possessions will be lost or stolen. A Snow Lion on the third round indicates that travelers will arrive late but will come to no harm; problems with health will be few, although there will be difficulties in finding the right treatment.

The most positive results of such a divination would be three consecutive Falcons. This would indicate that accomplishments will be swift, patients will recover, and travelers will arrive quickly.

### WARDING OFF GHOSTS

Because prayer beads are a tool used for divine purposes, one of their virtues is the ability to fend off hostile ghosts. For example, when prayer beads that have been effectively charged with divine white light are hung at the entrance of a house, they will keep all evil spirits away. Even if they have a strong desire to harm the people inside the building, the spirit entities will not be able to cross the spiritual barrier created by the prayer beads. If an individual is disturbed by ghosts during the night, he or she can also keep the prayer beads in the bedroom to frighten the spirit entities away.

In short, the prayer beads act as a charm that can effectively dispel demons and all other types of evil spirits. It should be noted, however, that certain Daoists traditions believe that the power of these sacred objects can be neutralized if a woman's undergarment or blood is rubbed on the mala or on the individual wearing it.

## SPIRIT ROCK FORMATIONS

To the ancient Daoist mystics, "Spirit rocks" were considered to be a special class of rock formation that carries a higher and more powerful quality of Earth Qi than ordinary rocks (Figure 1.145). These magical stone formations can be either beneficial, neutral, or destructive, depending on their shape, size, and location.

### "GOOD" ENERGETIC ROCKS

Spirit rocks that resemble auspicious objects are considered to be extremely beneficial. For example, mountainous rock formations that resemble deities or "magical" animals (such as a dragon, tiger, phoenix, snake, pig, elephant, etc.), or Daoist or Buddhist symbols (such as a command block, candle, incense burner, altar pen, banner, etc.) are believed to carry powerful auspicious energy. Smooth rock formations are also known to carry benevolent energy.

If a huge rock is positioned in the middle of a stream, it was known in ancient China as a "Northern Star," and was believed to create extremely auspicious energy for those individuals living upstream.

Additionally, when training in mountains, it is important to practice in places where the rocks are "alive" and not "dead." A living rock will have a certain brightness radiating from its external structure. Therefore, it is important that the Daoist mystic observe the energetic movement and force radiating from within the surrounding rock formations when training in a natural outdoor environment.

### "EVIL" ENERGETIC ROCKS

Certain Spirit Rocks are considered to be evil or to carry an evil presence. Those stone formations that resemble grotesque-looking objects are considered to be extremely malevolent. Rock formations that resemble ghostly faces, for example, are believed to carry extremely powerful malevolent energy.

### ELEMENT ROCKS

"Element Rocks" are believed to contain the various powers and influences of the Earth's Five Elements. The following are examples of the en-



Figure 1.145. A Spirit Rock Immortal

ergetic influences that the Elements have on stones:

- **Fire Element:** Stones that contain more of the Fire Element release fire (sparks) and flash in red color.
- **Earth Element:** Stones that contain more of the Earth Element are dark and heavy.
- **Water Element:** Stones that contain more of the Water Element are transparent like quartz crystals.

### ENERGY REGULATORS

Energy Regulators are a specific class of mountain formations resembling tall pillars, or valves. When an Energy Regulator is located near a Dragon's Vein, it routes the energy into a valley or plain. When an Energy Regulator is located in the middle of a valley, it amplifies the energy and channels it through the valley (Figure 1.146). When an Energy Regulator is located along the spine of a mountainous range, it acts as a valve, controlling the amount of Earth Qi that passes through the Dragon Vein.

Research from Europe has confirmed that the standing stone formations of Energy Regulators can be polarized or energetically charged in relationship to the ground around them. The strength of this energetic field rises and falls in a regular



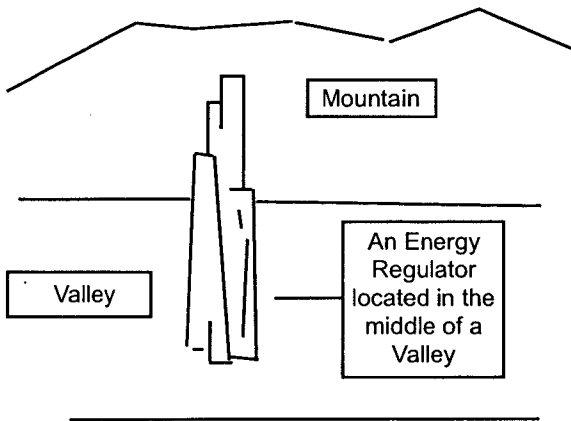


Figure 1.146. Energy Regulators are a specific class of rock formations resembling tall pillars.

cycle, changing from hour to hour.

According to researchers, the energetic field moves up and down the large stones following a lunar cycle. This lunar cycle appears to control the release of the stone's energy in a sine-wave form; the maximum power of the cycle occurs on the days before the new moon and full moon. The spiralling movement of the cycle feeds energy from the Earth towards the Heavens during the first half of the cycle (new moon to full moon), and then feeds energy from the Heavens towards the Earth during the second half of the cycle (full moon to new moon). The flow of the Earth's energy moves through the standing stone formations of Energy Regulators like a living, breathing pulse.

Additionally, there are seven energetic bands existing on most large stone Energy Regulators (Figure 1.147). The energetic bands that exist along the stone formation seem to control the spiralling movement of the stone's energetic cycle. The bottom three energetic bands connect the Qi of the stone to the electromagnetic fields of the Earth and relate to the underground energetic flows of Water-lines, Track-lines, and Aqua-stats. The remaining four bands connect with specific energies existing above the ground; each of these various energetic bands has different functions, all dealing with over-ground communications.

The tip of the stone Energy Regulators has been known to discharge a mild electrical shock

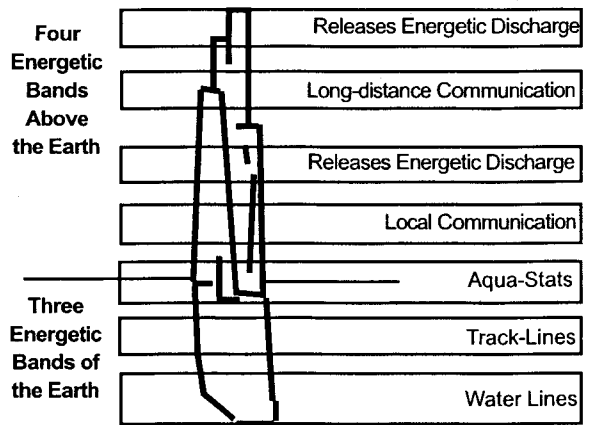


Figure 1.147. There are seven energetic bands on most large stone Energy Regulators.

onto the hand of any individual sensitive to the Earth's energetic flows. This electromagnetic shock is commonly due to the amount of quartz crystal contained within the stone's physical structure. Silica, the basic compound from which all quartz is derived, is the most abundant mineral contained within the Earth's crust. Sandstone and conglomerate are chiefly composed of small quartz crystals. The frequency of the stone's resonance depends on its quartz content, size, shape, and cut.

### SACRED STONE FORMATIONS

It has been discovered that energetic water-lines (the flow of underground water courses, springs, or fissures) are commonly located intersecting beneath many of the various types of Energy Regulators and sacred stone formations, especially standing stone formations, stone circle formations, and barrows. In 1939, French and English archaeologists concurred that there was a definite connection between prehistoric sacred stone sites and the energetic flow of underground water currents. Much of this information comes from extensive research conducted by noted dowser Tom Graves, as well as additional fieldwork conducted by archaeologists throughout France and England.

The various types of energies created by these Energy Regulators and sacred stone formations

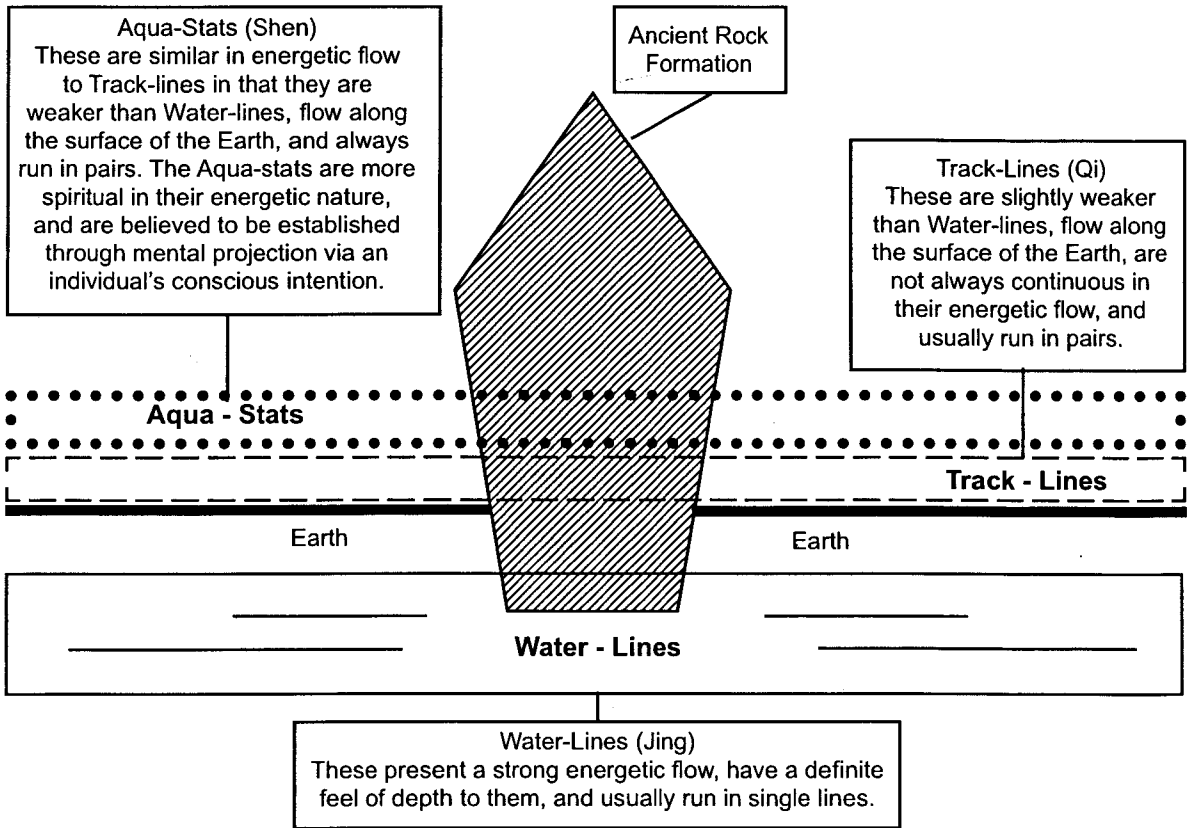


Figure 1.148. Three Types of Energetic Fields

appear to have created spirals of energy which are geophysical anomalies. The energetic pattern formed by the subterranean web of water lines existing below the surface of the Earth determined the power, shape, and size of the sacred stone's energetic field above the ground. Some of these water-lines form large spirals around certain sacred stone formations; other stones demonstrate the existence of several spirals converging onto the same stone.

### Three Types of Energetic Fields

It was also discovered that each sacred stone contained three different types of electromagnetic energetic fields. These electromagnetic fields are created from the underground energetic flows of Water-lines, Track-lines, and Aqua-stats, explained as follows (Figure 1.148):

- **Water-lines (Jing):** Water-lines present a strong energetic flow, have a definite feel of depth to them, and usually run in single lines.
- **Track-lines (Qi):** Track-lines are slightly weaker than Water-lines, flow along the surface of the Earth, are not always continuous in their energetic flow, and usually run in pairs.
- **Aqua-stats (Shen):** Aqua-stats are similar in energetic flow to Track-lines in that they are weaker than Water-lines, flow along the surface of the Earth, and always run in pairs. The Aqua-stats are more spiritual in their energetic nature, then are Water-lines and Track-lines. They are believed to be established through mental projection via an individual's conscious intention.

## GATHERING QI FROM CAVES

Shangdong (Mountain caves) with their natural energetic formations, and their potential for collecting and pooling the Earth's Yin energies, were of particular interest to the ancient Daoists. In ancient China, stones of unusual shapes and colors were believed to confer immortality if powdered and swallowed. Stalactites hanging from the roof or sides of a cave were studied and included in the ancient Daoist pharmacopeia along with numerous other inorganic compounds and materials. Such names as "Stone Bell Milk" were used, for example, to describe the chemical deposits flowing down from certain stalactites. Stalagmites, rising from the cave floor, were sometimes considered to be one of the varieties of magical mushrooms and were described by ancient Daoist mystic Ge Hong as follows:

*The stone-honey mushroom grows in the stone caves of the Shaoshi mountain. There is a stone pillar standing more than one hundred feet from the entrance to the cave. On top of this pillar is stone cover that looks like an upturned lid, standing ten feet high. You can observe the stone-honey's Qi fall from the roof of the cave and slide into this cover. At definite intervals, single drops invariably appear and continually fall like rainwater. Though the stone-honey Qi never ceases to fall, the lid never overflows. Above the cave there are characters inscribed in "tadpole" script, saying "those who succeed in eating one tou of stone-honey Qi will enjoy life for a thousand years."*

In the *Cloud Forest Lapidary*, written during the Song Dynasty (960-1279 A.D.), the energetic and healing properties of both stalactites and stalagmites were discussed in great detail. Such names as ginger-stone, stone-spleen, and stomach-stone were used in order to describe their pharmaceutical uses.

Metaphysically, caves can symbolize a place where sacred information has been stored, or hidden, to be found when the time was right. Caves also represent a place or sanctuary in the unconscious mind that can be accessed only when a person's soul is ready. Caves are places of myth and magic that challenge you to decipher the metaphors within. In certain Chinese traditions, the openings to caves were believed to be portals

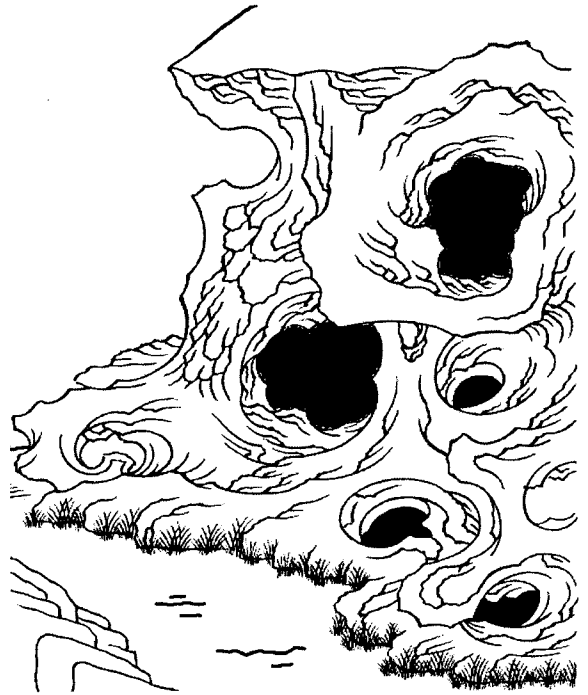


Figure 1.149. The sanctuary of a cave's opening symbolized the womb of the Earth, and the presence of freshwater in or nearby rendered it fertile. (Inspired from the original artwork of Robert Beer)

leading into other dimensions. In fact in ancient China, the room in which a bridegroom first meets his betrothed was called the cave-room.

The sanctuary of a cave's opening symbolized the womb of the Earth. The presence of freshwater in or nearby the cave's entrance was said to render it fertile (Figure 1.149). The location and specific names given to a cave reflected their natural energetic history and affiliation with local animals or spirit-entities.

In ancient China, a cave whose opening resembled the mouth of a conch shell or contained some other auspicious sign was regarded as sacred. A conch shell was considered an emblem of power, authority and sovereignty to the ancient Chinese and Tibetan shamans. A blast from a conch shell was believed to banish evil spirits, scare away poisonous creatures and even avert natural disasters.

Many of these sacred sites are energetic power places and are endowed with strange cave forma-

tions, rocks, and landscapes. In ancient China, it was believed that the Earth Spirits (Nature Spirits) fed on the energetic nature of the Earth's Yin Elements. This is why, in the ancient Daoist traditions, deep caves (which pooled the Earth's Yin energy) were sought after as places for transformational meditation. Throughout Tibet and the Himalayan mountains it is common to find imprints of hands, feet, or ritual objects impressed into cave walls or natural rock formations, displaying the miraculous energetic and spiritual accomplishments of various enlightened masters who frequented these places for deep meditation.

Caves and grottos that contained hot springs or "oracle" lakes were considered natural "self-generating" geological anomalies, and such places are often associated with miraculous activity.

The importance of meditation and training in a dark cavern within the Earth is that it allows the mystic to overcome the habitual need for external stimulation, allowing the mind to become still. The *Daodejing* states, "From the darkness comes the light," and "when stillness reaches its climax, it produces motion." These ancient proverbs describe the quiescent training that can be experienced and perfected in cave meditation. As the physical tissues adjust to the quiescent darkness, the whole body slowly becomes filled with great light and vibration.

Modern research has shown that the humidity and lack of oxygen circulation in caves allows carbon dioxide to build up disproportionately within the geological cavern. The increased level of carbon dioxide contained within the cave helps enable the Daoist mystic to eject his or her spirit body from the shell of physical tissues (the physical body). Thus cave training increases the mystic's ability to Soul Travel and allows him or her to easily enter into deeper states of meditation.

The ancient Chinese observed that within the Earth are numerous caverns shaped like deep pools, shallow ponds, halls, and cavities. When the Wind blows into these caverns, the various openings can begin to vibrate, and their resonance can produce sounds ranging from low moans to loud thunderous roars. When meditating in a cave, these powerful vibrations often cause the Daoist mystic to feel

his or her physical tissues vibrate like a reed. This is why the tone produced by the Wind was also known in ancient times as the "Voice of Heaven."

## HISTORY OF CAVE MEDITATION

In ancient times, caves were also used to reconnect the hunter with the realm of nature spirits. Here the hunters came to invoke the spirit of the "master of animals," who controlled the fertility of the herds. They came to honor the spirits of the animals that would be taken for the tribe, and to call for the return of the dead beasts to renewed life. Therefore, when entering into a cave, the ancient Daoist mystics understood that they were coming into a place set apart, a place "between the worlds," where life and death met.

In Chinese culture, cave meditation is recognized as the most powerful way to develop intuition, perseverance, patience, and tranquility. Since ancient times, the deep cavern of a Daoist mystic's cave has been considered a place of spiritual power and transformation. Existing in utter darkness, far away from the light of the Sun, Moon, and Stars, a meditation cave is used as a vessel through which one's deepest journeys and most profound transformations can occur.

Because caves are places of mystery and are sometimes governed by the powers of the night, they were also used for secret initiations and mysterious ceremonies.

Entering into the cave is symbolic of entering into a cauldron of transformation. This dangerous passage begins with a journey into a cold earthen tomb to emotionally and spiritually die. At the same time, this spiritual passage also represents entering into the fertile womb of the Earth to again be reborn. In Daoist Cave Magic, this focus on death and rebirth allows the mystic to fundamentally address what frightens him or her the most about the darkness and death. The purification act of descending into a dark pit is used as a process of personal dissolution and loss in which the mystic faces the worst that he or she can imagine.

Surrounded by the secluding solidity of Earth, the sorcerer can shed the holdings and defenses that lock him or her into particular patterns and gain the freedom to "reform."

To “enter” the cave is to move “in.” As such, it involves a direct movement towards the core self and away from peripheral self. By moving towards a deeper connection with one’s self and away from the superficial. Like water, the mystic is gravitationally drawn towards the center. Therefore the cave acts like a kind of energetic magnet; its Yin drawing the mystic towards his or her core Yang self. Unlike spirit travel, which allows the sorcerer to ascend into the Heavenly world (with its images of lightness, flight, travel, farseeing, swelling energy, and power), the cave journey involves an inward and downward spiral.

The cave is always an interiority. Its direction is inward, but it is also down. As an interior hollow, the heart is hidden; it is a intimate personal place of darkness and isolation.

When entering the cave, the mystic symbolically travels far away from normal life activities, and enters into unchanging darkness, allowing him or her the ability to return to the source of all things, and reconnect with the true place of power. The mystic enters willingly into the cave. In the cave, the mystic finds danger, fear, rebellion, disillusion, and finally death, then transformation.

### PREPARATION FOR CAVE MEDITATION

Cave Meditation is a prominent practice in Daoist mysticism. It is a magical tool, used as an alchemical chamber through which the Daoist mystic accelerates the transformation of his or her physical, energetic, and spirit bodies. There are many references to this type of training described throughout the China’s ancient history.

One of the primary functions of Daoist Cave Meditation is the isolation of the mystic from external sound and light. While enveloped within the Terrestrial Yin, and meditating within the submerged darkness of the cave, the Daoist mystic’s Yintang (Third Eye) stimulates his or her pineal gland. As the pineal gland becomes stimulated, it overflows with certain neurotransmitters that awaken the higher brain, enabling the mystic the ability to imprint the brain. At this stage, the brain becomes aware of the functions of its own nervous system, and the imagination begins to externalize, projecting outwards. The mystic then ac-

tivates his or her clairvoyant, clairsentient, and clairaudient powers.

This type of training is equivalent to a spiritual death and rebirth. Therefore as a solo retreat, the individual begins by committing to a time period of anywhere from three to five days to start. Later, a two to three week time period can be undertaken.

This training is not meant to be a one-hour morning or evening sitting. It is important to continue the cave training for the entire process. This enables the mystic to repeatedly create and dwell in a natural state of emptiness as often and as long as possible. This is not just a fleeting experience, but rather a deep spiritual state that is absorbed throughout the mystic’s entire being, all the way down to the cellular level.

### GUIDELINES FOR CAVE TRAINING

When practicing Cave Meditation, it is important to understand that this training also entails a personal vow of silence (i.e., except for necessary contact with your support person). While living in this type of solitude situation, all food and other necessities should be attended to before starting. It is also important that minimal or no disturbance occurs, and that the mystic not leave the premises.

Before entering the cave it is helpful to develop and follow a check list, some helpful things to add to this list should include the following:

- Pay all necessary bills in advance,
- Stock up on food, water, toiletries, etc.,
- Place a message on your answering machine and auto-responder for email that you are in retreat for the ensuing period of time.
- Make sure the proper sitting meditation and sleeping areas are taken care of.

One must be totally committed to this transformational process in order to get more than just superficial results. The rules for cave meditation are as follows:

- No books
- No tapes
- Keep note-taking as minimal as possible
- Cancel out all thoughts as soon as noticed
- Stay put as much as you can
- Spend maximum time (at least 10 hours per day) sitting in meditation.

To help moderate comfort, several times a day stretch and if need be lay down. However, still maintain the state of mind of releasing and letting go. Determinedly, refuse thoughts and any other input. It is important to eliminate, not create, movement and thought.

#### DIET

The participant is encouraged to engage in a healthy preparatory diet and bowel cleansing process, commencing 4 weeks before entering the cave. Diet should be rich in Vitamin D, beta-carotene and colon cleansing, calcium/magnesium and zinc.

Additional supplements of vitamin D, calcium (2,000 gms.), magnesium (500 mg.), zinc, will prepare and enhance the body's capacity for this training.

In addition, it is suggested that participants also increase their daily intake of seaweed and blue green algae approximately four weeks before the retreat. Bring along a good supply of both as well as vitamin C, D, magnesium and zinc into the cave. This will enable essential amino acids and enzymes required by the body and third eye, to produce the neurotransmitters needed to experience the heightened states of enlightenment.

When talking about the practical procedure, my teacher emphatically drew our attention to the need to abstain from food that is fatty, stinking, spicy, or scented in nature. He insisted that the fatty or stinking flavored food is capable of sinking and contaminating the body's Qi; while the spicy or scented food is capable of raising and dispersing the body's Qi. When induced to sink or become contaminated, the gathered and concentrated life-force energy will become rebellious and difficult to compress; when raised and dispersed, the gathered and concentrated energies will drift away and become difficult to gather.

He reminded us that the ideal diet is to be mostly composed of vegetables. However, it is important to not to gorge yourself when hungry, because it could stir the internal energy and lead to the disturbance of mind-will (Shen Zhi). Therefore, for best results, we were told to always eat food in a moderate way.

It was also recommended that we adhere to a diet of fruit (or dried fruit) and other lightweight foods, with tea and lots of water to avoid dehydration. The focus is not to stress your body through starvation, but to consume a diet containing high, clean, direct energy, which is the nature of a fruit.

Food necessities can be delivered to someplace distant from you (i.e., near the entry-way of the cave) by your support person once a week, if necessary.

In preparation, fresh juices and soups should be consumed for breakfast and a light organic meal for lunch. The preparation diet should consist of a simple, often liquid type of food. Seaweed and blue green algae meet many of the general dietary requirements, supplying high concentrations of the eight essential amino acids required by the body. Fresh juices, especially from the noni (Morinda) fruit, supply the metabolic enzymes necessary for developing the neuro-endocrine system to its highest potential.

Sufficient levels of tryptophan are especially important for an optimal cave meditation experience. Tryptophan is one of 20 amino acids that are the basic building blocks of proteins. It is one of the eight essential amino acids, meaning it cannot be synthesized by the body from other amino acids, and must therefore be ingested in foods. Adults need from 3.5 mg/kg/day to 350-500 mg of tryptophan per day. As tryptophan crosses the blood-brain barrier, it is converted to serotonin with the assistance of vitamins B6, B12, and folate.

Tryptophan is also converted in the body to niacin (vitamin B-3) and picolinic acid. Giving high doses of vitamin B-6 along with tryptophan increases its conversion to niacin and decreases its uptake into the nervous system. Low blood tryptophan levels have been reported in depressed patients and are corrected with tryptophan supplementation. Tryptophan is better absorbed in the brain when consumed as part of a high carbohydrate meal.

Some of the tryptophan-rich foods recommended for cave meditation training, are listed as follows:

Almonds,  
 Animal protein: beef, chicken, turkey  
 Bananas  
 Brewer's yeast  
 Brown rice  
 Cottage cheese  
 Dates  
 Figs  
 Fish and other forms of seafood  
 Legumes  
 Malt  
 Milk and milk products  
 Peanuts  
 Seaweed (blue-green algae or Spirulina)  
 Soy nuts  
 Tofu, soy milk, soy yogurt, soy beans  
 Watermelon seeds

**ADDITIONAL ADVICE**

It is imperative to leave any light-emitting device outside of the cave. The eyes and our perception will become extremely sensitive to the least bit of illumination; even the faintest leakages of light, such as a watch dial or LED, will disturb the environment. Therefore, do not bring illuminated clocks and watches, flashlights, flash cameras, palm pilots, cell phones, etc.

Make sure that all clothing and personal items that you will need for the period of training are in order. Create a way of laying out the different items so that you can easily determine what you are selecting. Organization and order can make everyday functioning much easier.

It is important to take care of all personal business before entering the cave, such as letters, phone calls, etc., and to plan on total isolation from the outside world for the duration of the retreat.

Bring sunglasses and eye-shades to readjust to the light when you leave the cave.

**FREEING THE MIND**

The core of this spiritual liberation technique is to completely empty and free the mind. This means reducing all mental and physical activities as close to zero as possible. It is within this absolutely quiet and empty space that we have an extremely powerful impactive experience of our true core self. As the Shen Zhi (Acquired Mind) is

stripped down and allowed to empty out, the Yuan Shen (Congenital Mind) reunites with the Shen Xian (Eternal Soul) and the unforgettable experience of true liberation is achieved.

Cave training is not meant for simply touching this experience. Most individuals who enter the cave have already experienced such an awakening at least once in their lives or they would not even be on the spiritual path. Such spiritual encounters are an essential part of the inspirations that motivate us. In order to be effective, cave training usually involves a minimum of two to three weeks dwelling in that space, supported by just a few, albeit extremely powerful, insights. The sole purpose is to become, rather than to just touch.

Beginners will generally encounter both physical and mental resistance, however, with time, patience, and an attitude of "this too shall pass," the mystic will become accustomed to the new environment. Breath awareness is perhaps the simplest and most direct meditation technique to accomplish the task of becoming accustomed to the new environment. Every time a thought is recognized, be determined to cancel that thought immediately, and return to breath awareness and body awareness. On the outgoing breath, let-go of mind, emotions, body tensions, and so on.

**THE BREAKTHROUGH**

Once the mystic has completely emptied the mind of all of its acquired emotions and experiences, he or she experiences a quiescent state of emptiness, freedom and light. The mystic now realizes that all of the internal beliefs he or she has been clinging to has only existed within his or her mind and emotions. Therefore, in reality, none of it ever existed as truth, only as the perceived and accepted internal and cultural programming.

When we actually dwell deeply, repeatedly, and continuously in the experience of emptiness and nothingness, we gradually realize that all our internal despair is gone, and it never actually was what we perceived it to be. It then becomes obvious that there is no need or wish to re-internalize and allow any of those beliefs to resurface. This is one reason why mystics in all religions and tradi-

tions eventually seek solitude in places such as caves, forests, deserts, or mountains.

#### STAGES OF EXPERIENCE

Within the first 3 days, an individual will generally experience waves of overpowering sleep (making up for any sleep deficiency and over-taxation of the body) and slowly learns to relax their body and mind. At first, due to the complete isolation from external light, the pineal gland floods the brain with the neurotransmitter melatonin. This causes the initial sleeping pattern to normally regulate itself between 12-14 hours a day.

Once the pineal gland overflows the somatic neurotransmitters, the individual's brain awakens and begins to experience an electrical shift in the core brain. This transformation allows the individual to perceive life anew, from the Earth's energetic womb.

During days 3-5, the pineal gland begins to increase the production of "Pinoline," inducing a greater fluidity of thought and healing energy within the body's tissues. This transitional period allows for the projection of the spirit body. When the pinoline is triggered, the individual also activates his or her clairvoyant, clairsentient and clairaudient powers. They may now see lights and visions, hear music, and gain phenomenal insights.

Between days 6-8, the pineal gland starts to produce the neurohormone 5-MeO-DMT. This psychoactive tryptamine is considered to be highly luminescent; it is also extremely phosphorescent due to the amount of phosphene that it transmits onto the visual cortex. The neurotransmitter 5-MeO-DMT is normally only active when we are in the womb and within the first months of our lives. While in the darkness of the cave, it switches on 40% more of the cerebral cortex and suddenly awakens the nervous system to become self-aware. It is this empathogenic neurotransmitter that expands the spirit body and gives rise to the awakening of the individual's telepathic skills. The flood of the neurotransmitter 5-MeO-DMT also discharges the darkness from the dark room of the cave, causing a bright light to become suddenly activated. This vibrant white light is the manifestation of the individual's spirit body,

which enables his or her to externally project.

During days 9-12, there is now enough "Mono Amine Oxidase Inhibition" triggered by the Pinoline, to allow the pineal gland's "serotonin to melatonin cycle" to become intercepted by adrenaline and ephedrine activity and converted into a "serotonin-DMT pathway." When the body's DMT (DiMethylTryptamine) levels reach more than 25mg, the individual's meditative experience can become extremely visual (the DMT is considered to be the visual third eye neurotransmitter). The DMT enables the spirit body to journey into the various interdimensional realms of time and space.

While in this altered state, the individual can now observe how he or she filters reality and sees the inter-activity by which the world of matter is perceived as a hologram of projected images. When the individual comes out of the cave and observes the light particles coming in through his or her eyes, there is a suddenly awareness of how everything that he or she sees is actually created within the mind. Even colors become an experience of the individual's mind, created by the brain according to one's own experience. As the individual begins to understand that they create visual holograms of the outside world, they are freed to change, adjust and reprogram this mental filter in order to see a wider band of waves (generally, we see less than 0.5% of 100% actual waves emanations in the objective universe), and easily experience the vision of higher dimensions.

At this state, the individual experiences this universal hologram not as an illusion, but realize that everything is connected and all are a part of the Dao. All of the experiences within the cave begins to show the individual the different versions by which he or she can construct reality from the consciousness. That is one of the most valuable tools in Daoist sorcery, as it can expose the master to the various energetic and spirit realms in which he or she exists.

While meditating within the cave, the individual senses and intuitions becomes super-alert. One can go into a much higher activated brain state and start to interact consciously with the Yuan Shen. This actually only happens in lucid dream training, Spirit Travel, and Soul Travel. In the darkness



of the cave, the mystic can dream while being awake. Sound transforms into vision, the body's nervous system becomes aware of itself, and the sense of one's being increases. The intention is to root ones Shen Zhi (Acquired Mind) so deeply that the spiritual realm of the dream world synthesizes with the individual's Yuan Shen (Original Spirit).

In the Cave the Daoist will utilize several techniques that enable him or her the ability to projection into the infinite space of the Wuji and experience Spirit Travel (Traveling Clairvoyance or Remote Viewing) and Soul Travel (Astral Projection).

**ENDING THE TRAINING**

The end of the training is really just the beginning. Similar in training to that of ending several weeks of a food fast, the mystic will now face the problem of information overload and sensory over-stimulation when trying to reenter society. It is therefore encouraged to begin by first sitting in a secluded garden for a bit after coming out of the sacred space of the cave.

After leaving the cave and reentering the material world, several Daoist mystics suggest that the individual practice two to three hours of meditation in the morning for the first week, focusing on the Lower Dantian (or on the Middle Dantian for women who are menstruating). This allows the mystic to "root" his or her mind. In the evening before sleep, the mystic is to focus on the Upper Dantian area (in third eye and crown). This helps solidify the mystic's new state of awakened mind, as he or she reintegrates with the physical world.

**SCIENTIFIC RESEARCH**

Dr. Callaway of the University of Kuopio, Finland, has conclusive evidence that the Near Death Experience, Out Of Body Experience, and death itself, are based on Pinoline, DMT (DiMethyl-Tryptamine), and 5meoDMT release. Every night we produce Pinoline (6meoTHBC), 5meoDMT, and DMT. Lucid dreams are induced by DMT.

The DMT and 5meoDMT act on the T-RNA messengers which carry out the protein synthesis for the body's DNA. This reaction allows for the rebuilding of the body's cells, tissues, and organs. The DMT and 5meoDMT are harmonics of Pinoline, and therefore can transduce the super-

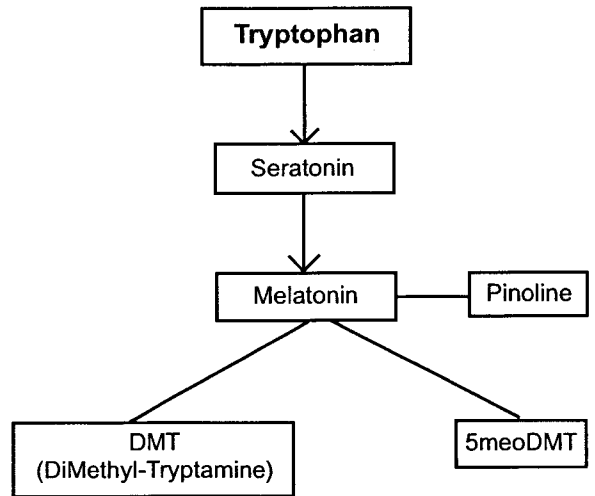


Figure 1.150. The amino acid Tryptophan is the precursor for Serotonin, Melatonin, Pinoline, 5meoDMT, and DMT molecules.

conducting perfect information and energy into practical genetic regulation (Figure 1.150).

At birth, our brains are flooded with 5meoDMT, becoming 40% more active and open. When we are in puberty, the Pineal gland begins to calcify, and we start to loose contact with clairvoyant intuitions.

Living in absolute darkness during cave meditation floods the brain with Melatonin, and forces the pineal gland to produce hormones and become active. Once there is a threshold of Melatonin, then Pinoline results. Normally, after 20 minutes of sleep we produce Pinoline, which the Pineal gland produces from Melatonin. After several hours, the brain cells are saturated, and the Serotonin brain cells become filled.

After some 4-7 days the 5meoDMT begins to awaken. At this stage, the individual can see images in 3-dimensional Holograms, and the thoughts behind the language.

After 10-12 days the individual begins to see in infra red, and ultra violet patterns. At this stage, the mystic can actually walk across the cave room and touch a person, by seeing the resonations of their heat patterns. The 3-dimensional Hologram Images exteriorize and one is suddenly consciously walking within the spiritual realm of the dream world.

Remember that, while practicing Cave Meditation, a diet consisting of algae and other high protein, enzyme rich and amino acid tryptophan rich foods can aid in the acceleration of the brain's production of Pinoline, DMT, 5meoDMT.

### **"THE IMAGINED CAVE" MEDITATION**

The following meditation is designed to help the mystic experience the inner spiritual process of transformation. The initial goal is to bring the mystic face to face with the illusions and distractions that inhibit his or her spiritual growth. It also allows for the integration of the conscious self (the mystic's personality) with the Divine Self.

In the following practice, the mystic will need to create a sacred spiritual place of sanctuary by him or herself through the projection of their thoughts and emotions. By doing this kind of inner work, the mystic is assisting his or her soul in pouring into their psyche the special qualities and powers needed to unfold higher levels of consciousness. The mystic is also helping to better understand the mystery of who he or she really is.

Each of the phases of this work will unfold the mystic's internal process of transformation and energize seed ideas for his or her awakening and enlightenment. When performed in the right frame of mind, the mystic will develop stable patterns within his or her psyche in a natural way. The symbols the mystic will be working with were considered by the ancient Daoist sorcerers to be the universal keys needed in order to open one's inner-self to the powerful subtle energies within one's being. Therefore, the mystic should only begin the cave meditations after he or she sure that they understand all the various steps.

- Begin by performing the "One Through Ten" and the "Three Invocations." These meditations are designed to purify you of any toxic Qi and help you enter a higher spiritual state of mind.
- When you are ready, invite your intuitive subconscious mind to accompany you on this inner journey. If you wish, you can ask your intuitive subconscious mind to take the image of a special symbolic form (i.e., an angel or other spiritual guide). This energetic form al-

lows your intuitive subconscious mind to choose how it wants to appear and interact with you. Always accept the first impression that comes.

- Imagine, see, and feel yourself as a hermit entering into a dark cave. Experience this feeling as real. In this dark and humid place, begin to reflect on your life, focusing on who you think you are, and what you have done.
- Look at all of the events in your life and relive the most important experiences.
- As you watch the various images unfold, and observe the ego patterns that you have created, imagine that you were viewing yourself in a movie, watching these experiences from your impersonal observer.
- At all times during your introspection, remember to remain in touch with the center of pure consciousness and from a neutral point of view.
- Reflect on all of the qualities that you have developed and come to know well.
- Rekindle your goals and aspirations.
- Let your spirit guide be the witness of all of your secret and personal reflections, and if you feel that you need its assistance, ask for it. You will find this period of self-discovery rewarding because it will bring up forgotten memories that need to be consciously discarded.

Try to spend time in your imaginary cave everyday, especially in the morning and at night before going to sleep. Do not attempt to fantasize or imagine things happening around you. Try only to remain calm and meditative even in your visualization.

It is important to create a healing space and sanctuary within yourself in order to invite the subtle subconscious impulses coming from your Eternal Soul to assist you in this inner process. This inner space allows you to let go of everything that you no longer need.

You are learning to let go of all the illusions of the world and enter into a place within yourself where your inner desire for purification will unfold. Therefore your intent when practicing this meditation has to be real and powerful.