

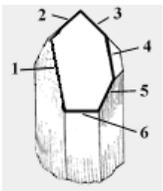
# Metaphysical Properties of Quartz Crystals

by John and Micki Baumann

**How Crystals Grow:** Generally, quartz crystals grow in a hexagonal (six sided) structure, with additional faces sloping towards a point at one end. A crystal with these characteristics is itself also called a **POINT**. Points may be totally clear and transparent, or they may contain streaks, lines, rainbows, water bubbles or other inclusions. They may also appear cloudy if they have grown in a place where it freezes in the winter. Optical clarity usually has little to do with a crystal's quality and its ability to amplify the subtle energies.

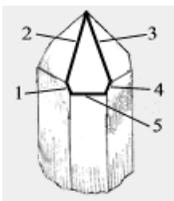
**What Crystals Do:** Quartz crystals are a gift from the earth. They have the ability to amplify or strengthen the things in you that are positive, and can help you put away things that cause you fear or anger. They can strengthen your ability to be a loving person, and can enhance your abilities to enjoy life and accomplish the things you want in life. They can amplify **INTENTION**, reduce stress, help with **CENTERING** (balancing or calming), strengthen **HEALING** abilities, and surround you with **PROTECTION** by amplifying white light. Any healthy quartz crystal point can strengthen these things and help produce personal growth by amplifying the subtle energies that flow inside you.

**Selecting a Crystal:** To select a crystal, first put yourself in a calm space. Hold the crystal in your right hand with the point towards you. Feel it physically. Be open to sensations like **TINGLING**, or **CHANGE IN TEMPERATURE**. Also feel the crystal emotionally. Think of the purpose you want it for, and see if you feel attracted to it. Be more concerned with how it feels than how it looks. Allow the crystal to pick you by interacting with it in this way. And remember to go with your initial feeling. If you need a specialized type of crystal to work with, consider one of the types described below.

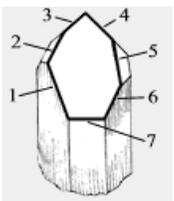


**The Most Usual Form of Quartz crystals:** Quartz crystals exist in a number of varieties. In particular, some forms of quartz have different numbers of edges surrounding the largest of the faces that slope toward the point. A quartz crystal with six edges on the largest face is the most usual type. It acts as a comprehensive amplifier of energy in that it strengthens all of a person's energies or human qualities. Its attributes are the most general because it does not have the more specific characteristics of the isis, channeling, or grounding crystals that are described below, which have 5, 7 or 8 edges.

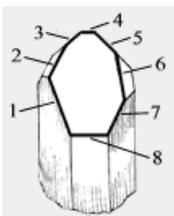
**Identifying Special Properties in Quartz Crystals:** In addition to the general characteristics mentioned above, quartz crystals sometimes have other special attributes that enhance their power. To identify these special types of crystals, pay particular attention to the largest of the faces that slope toward the point. Does it have pyramids (triangles) on it? Count the number of edges surrounding the face. This number can be anywhere from 3 to 8, and is one of the things that determines the special characteristics of the crystal. In addition to strengthening the Inner Being as all crystals do, the crystals listed below are true teachers and provide additional special help. Most of them are relatively rare, and they should be highly treasured when one of them finds you.



**ISIS CRYSTALS** have **five edges** surrounding the largest sloping face. These crystals strongly amplify the feminine energy, and can help you get in touch with the 'female' or unselfish side of yourself, no matter whether you are a man or a woman. These crystals are useful in balancing your male-female energy if the female energy has been suppressed, or if you need a greater balance of female energy for any reason. Isis crystals put you in touch with the power of the Goddess.

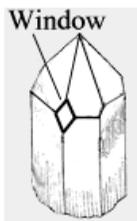


**CHANNELING CRYSTALS** have **seven edges** surrounding the largest sloping face. These crystals are especially useful for obtaining information from deep within yourself or from sources that are outside of your normal realm. They can help you draw on the knowledge and information that is provided by the universe, and can aid you in getting help from a higher source. A channeling crystal can be used anytime you are seeking answers or help from outside of yourself. You must 'listen' very carefully when using this crystal and realize that answers can come from many sources.

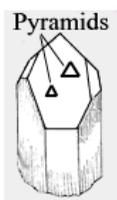


**GROUNDING CRYSTALS** have **eight edges** surrounding the largest sloping face. They are quite rare and not always easily available. Grounding is the ability to deal with practical matters in a realistic way. For example, in dealing with the question 'How am I going to make a living', a grounded person will consider his skills and decide how best to use those skills to make a living. An ungrounded or 'spacey' person does not like to deal with the practical or realistic aspects of life.

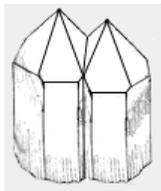
Grounding crystals help you deal with practical matters in a realistic way. They connect you with the earth and keep your energies from being scattered. They help you think clearly and express yourself clearly. When used in meditation they help you form a strong connection with higher knowledge, but keep you grounded so that you can apply that information in practical terms. When using a grounding crystal to work through a personal problem, remember that it will require you to look at the truth of the situation and compel you to deal with that truth.



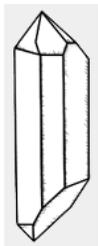
**WINDOW CRYSTALS** have a small **diamond shaped face** which takes the place of one of the corners where two of the parallel faces usually meet the corresponding two sloping faces. Window crystals are introspection crystals in that they help you see what is inside yourself. They help bring things to the surface so you can see them and effectively deal with them. If you are having problems and aren't sure why, a window crystal can be a good help.



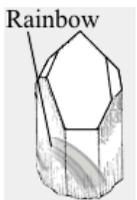
**RECORD KEEPERS** have a **pyramid shaped indentation** or elevation that appears to be etched on one of the sloping faces. These are fairly rare, and often the pyramid will not be noticed until the crystal comes into the hands of the person it was meant to work with. Sometimes the pyramid can disappear and sometimes more pyramids show up. Each of these crystals has its own special lesson to teach, usually the lesson the person most needs to learn.



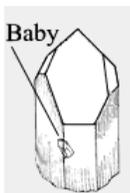
**TWIN CRYSTALS** have **two terminations** (points) at the same end, which have developed from a single base. You can tell a twin crystal from two crystals that are simply attached to each other, by the fact that both parts of a twin crystal are exactly parallel to each other, and have no boundary between them in at least a small region of the crystal. These are wonderful crystals to use when dealing with 'relationship' things. They can help you gain insight into the underlying problems in a relationship, and help work through them. They can generate very positive energy towards improving a relationship. This works for any kind of relationship, not only a man-woman relationship. A twin with a rainbow can be very effectively used to project healing energy into a relationship or to keep a good relationship strong.



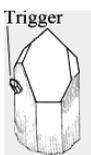
**DOUBLE TERMINATED CRYSTALS** are crystals that have **points on both ends**, allowing energy to flow readily in both directions. Double terminated crystals strengthen energy flow, and are especially useful when you need to share or exchange energy between you and another person. They are useful when you are working to help other people, for example in massage or counseling, where energy needs to flow in both directions. In these situations, energy flows toward you when you tune in to a person to find out what that person needs, and energy flows from you when you give the person the needed healing energy. Double terminated crystals are very important to people doing healing work for themselves or others. They also help teach sharing through energy exchange.



**RAINBOW CRYSTALS** have a rainbow reflected from within the crystal. Usually they are best viewed in sunlight. These crystals are especially good as meditation crystals for working deep within the subconscious. They work particularly well to lighten the mood for people experiencing sadness, grief or depression. Just holding a rainbow crystal can lighten your mood. Rainbow crystals are also very good at drawing negativity from a room or a situation. Always cleanse a crystal that has been used to clear negativity by letting it sit in the sunshine for a while.



**CRYSTALS WITH BABIES** are crystals that have **tiny crystals growing inside** a larger crystal. These are very good for people who have had traumatic childhoods, physically or emotionally. They are helpful for people who are blocking painful memories. They help bring the cause of the pain to the surface and allow the person to successfully deal with it, while shielding that person from the pain those memories can cause. These crystals work well for people who are working through current family problems.



**TRIGGER CRYSTALS** have a **smaller crystal growing out from them**. This 'trigger' can be gently squeezed to activate the power of the crystal and strengthen its attributes. These are just used for a surge of a particular kind of energy.



**SELF-HEALED & PHANTOM CRYSTALS:** A self-healed crystal is one that has been **broken off** and damaged quite badly, but then begins to grow again. A phantom is a crystal that has had some impurity drop on it during growth, but then continues to grow right around the impurity. Either of these types of crystal can help you heal from being hurt, heal from emotional injuries. These are important crystals that will usually come into your life at a time when you are carrying a lot of pain. Just sitting with this crystal will help you deal with the pain effectively.