



The Seven Secrets of
Crystal
Talismans

BY HENRY MASON

The Seven Secrets of
CRYSTAL
TALISMANS



Photograph by Gallery Photo

About the Author

Hailing from a family of gemologists and gem cutters, Henry M. Mason is a gemologist, lapidary, gem cutter, and amateur mineralogist. He is certified by the Gemological Institute of America and holds an MBA and a bachelor of science from the United States Air Force Academy. Henry is the owner of the Crystal Vaults, www.crystalvaults.com, a website devoted to producing the best in crystals and crystal knowledge.

The Seven Secrets of
**CRYSTAL
TALISMANS**

How to Use Their Power for
Attraction, Protection
& Transformation

Henry M. Mason

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INTRODUCTION

Do you seek prosperity, love, or happiness? Do you want to increase your fortune, rid yourself of a bad habit, or protect yourself from harm? Does someone you know want to create a better life, find true love, or gain financial success? Are your needs for friendship, security, safety, growth, wisdom, and spirituality unfulfilled? Is joy, faith, or peace missing in your life? If so, you need a talisman. Made and used correctly, a talisman can focus and magnify your abilities by connecting you with the Universal Life Force and the Life Force of the planet Earth. The correct talisman can lead you to riches, happiness, love, growth, wisdom, or whatever you seek. It can enhance your abilities, help protect you from harm, and show you the path to free yourself from afflictions.

Talismans are wondrous objects having what in the past appeared to be mystical powers. They can focus energy to accomplish the seemingly impossible. They can magnify our abilities, enhance our power, and protect us from harm. However, for virtually all of history, their secrets have been undiscovered. Their powers have been hidden. But now, through the efforts of scientists and researchers, their secrets have been revealed. We understand now what was previously thought to be magic. We know how to make talismans that actually work! We have discovered the Seven Secrets of Talismans.

Throughout history, and surely before recorded history, people used all manner of things to make lucky charms, amulets, and talismans to aid in their quests and in achieving their desires. In this book we focus on the use of gems, crystals, and minerals. Our reason is simple: as you will discover shortly, the First Secret of Talismans reveals that only natural minerals actually work reliably as talismans. Of course, not knowing the Seven Secrets of Talismans, many people in many cultures have attempted to use animal bones, herbs, cabalistic runes, and complex astrological signs and numbers to somehow aid them in achieving their desires. Certainly some of these efforts were successful and some were

not. The problem has always been to know how talismans actually work so that they can be made and used dependably. Applying the knowledge revealed in these Seven Secrets will enable you to quickly and easily use the power of talismans and amulets.

After reading this book, you will discover the Seven Secrets of Talismans. You will master the art and science of making, selecting, and using talismans successfully. You will be delighted and amazed; but more importantly, you will become successful in your endeavors. You will learn how to help others achieve what they desire through the capabilities of the human mind magnified by the Universal Life Force.

What are these wondrous things, these talismans? A talisman is an object, often a crystal or gemstone, that serves to focus and amplify people's personal power to get what they want, protect what they have, and help guard and defend them from harm and trouble.

In this book, you will learn about talismans and gain an understanding of how they can work effectively to focus and amplify energy. Then, as we explore their mysteries, you will discover why a talisman must be a natural object like a gem, crystal, or mineral. You will come to know the secrets of the inner crystal energy grids and the deeper mysteries of the natural earth power structures that science has discovered only recently, which give each talisman its special and unique power. You will explore and master the mystery of the color rays and gain greater understanding of the color spectrum and its central role in choosing the right talisman. In later chapters, the proper methods for preparing, selecting, and activating a talisman will be clearly explained. Finally, in the last chapter, the proper use of a talisman will be examined. In all, the Seven Secrets will be revealed, allowing you to fully realize the power inherent in these mysterious but powerful objects.

How to Use This Book

To understand how to make and use talismans and amulets, you need to master each of the Seven Secrets explained in this book. In the discussion of most Secrets, there are charts that can be used to apply the Secret in your efforts to select, make, and use talismans and amulets. These charts will provide detailed references to the talismanic properties of many commonly available minerals.

Read through each chapter to become familiar with the material. Once you have done so, you will see that the book is organized so that it serves easily as a reference book. Each Secret explains a key step and provides detailed listings for quick reference. The book concludes with a summary example that will lead you through the use of each chapter. Use it for quick reference and as a refresher.

Appendices and inserts provide detailed summary listings of commonly available minerals suitable for making talismans and amulets. Be aware, however, that there are over six thousand valid mineral species, and many have a dozen or more common names. The charts are a beginning. Mastering the Seven Secrets will give you the knowledge to go beyond the charts to use any mineral or combination of minerals to fashion a powerful talisman or amulet for virtually any purpose.

Within the text, all mineral names are in lowercase for ease in reading. In the tables, valid mineral names are in BLOCK CAPITALS, and trade names or synonyms are in small letters and cross-referenced to their proper species. This effectively provides a valuable glossary of common minerals that will be useful in searching for the necessary raw material for fashioning effective talismans and amulets.

INTRODUCING
TALISMANS
AND AMULETS

The stories of talismans and amulets go back to the very beginnings of recorded history and reveal a long tradition of seemingly magical artifacts used by kings, queens, bishops, popes, sultans, and ordinary folk to improve luck or prosperity, or to cure diseases. The history of these objects, made by alchemists, priests, magicians, magi, shamans, and witches, goes back as far as we have records. George Kunz reports that Pliny wrote in the first century about some of their uses and that poems and epics of the third and fourth centuries paint a rich pattern of the uses of elixirs, potions, talismans, and amulets.¹ Albertus Magnus, writing in the thirteenth century, elaborated on the uses of herbs, plants, and minerals for both protection and health.² All through history, curative, protective, and divination powers have been attributed to rubies, sapphires, emeralds, and virtually every other precious stone. The records of virtually all Western and Eastern civilizations provide extensive reports on the use of all kinds of talismans for a seemingly inexhaustible list of needs.

But history is confusing at best. History gives us thousands of years of prescriptions for the use of minerals in making talismans and in healing. The ancient Greeks used amber to cure deafness. The Romans believed a topaz could stanch the flow of blood from a wound, and they used lodestones to cure blindness. In 1320, for example, Nostradamus reported that diamonds would render one invisible, that an amethyst would prevent intoxication, and that wearing a carnelian would dissipate anger. Medieval writers reported that opals strengthened the eyes. The Romans associated emeralds with sexual passion and reproduction. In later times, other cultures believed they improved memory and eliminated depression.

1 George Fredrick Kunz, *The Curious Lore of Precious Stones* (New York: Dover Publications, 1971), 13.

2 Ibid., 17.

However, we also know that in the Baltics, amber was used to cure not deafness but toothaches. And whereas the Romans believed a topaz would stop the flow of blood, the ancient Hebrews believed a carnelian would do so. And although the Romans used lode-stones to cure blindness, other cultures have used silver or rubies.

You may have read somewhere that an emerald will protect a person from harm, yet in another source you find that it is the stone of happiness. As reported by Kunz,³ a Chinese encyclopedia dating to the Ming Dynasty prescribes that jade be ingested in a powdered form to strengthen the lungs, the heart, and the vocal organs. Kunz, however, also reports that Arnoldus Saxo wrote in 1220 that the emerald will render one unconquerable and cure one of laziness.⁴ And, adding to the confusion, *The Catholic Encyclopedia* tells us that in the Middle Ages, the emerald was considered to have the power to heal blindness.⁵

The history of amulets is similar and intermixed with that of talismans. Generally, an amulet was a device worn to protect the wearer from some specific evil or malady. The term *amulet* seems to be derived from the Latin word *amuletum*, a “means of defense.” Differing from talismans, amulets were generally worn as ornaments. The wearing of an amulet was believed to endow the wearer with the magical properties represented by the shape and inscriptions. To add to their power (and durability, if not value), amulets were often made from precious and semiprecious stones, usually the medium-hard ones. These were not too difficult to carve, yet retained their shape in use. Virtually all amulets were culturally and religiously based.

Most amulets were carved or inscribed with figures and symbols whose meanings were often considered magical.⁶ Often the protection was derived from the shape, not the material. The Egyptians, Assyrians, Arabs, and virtually all other cultures employed them. The Egyptians were prolific users. They carved frogs to protect fertility, ankhs to provide for protection from death, and scarabs (dung beetles) as the symbol of new life. Animal shapes have been popular in many cultures. Carved bears gave strength to protect from physical harm, carved bulls endowed virility and protected from impotence, and lions bestowed courage, protecting the wearer from injury in battle.

3 Ibid., 385.

4 Ibid., 59.

5 Charles L. Souvay, “Precious Stones in the Bible,” *The Catholic Encyclopedia*, Volume XIV (New York: Robert Appleton Company, 1912), <http://www.newadvent.org/cathen/14304c.htm> (accessed May 28, 2007).

6 Nick Farrell, *Making Talismans: Living Entities of Power* (St. Paul, MN: Llewellyn Worldwide, 2001). This book serves as an excellent reference for the history and uses of inscribed talismans and amulets.

In addition to the shape of an amulet, in many cultures the protection was based on the inscriptions on the amulet. The variety of runes, languages, signs, symbols, and meanings is staggering. While it is certainly possible to catalog many of them, and many such catalogs exist, there is no Rosetta stone that will allow us to find the universal powers of runes, signs, and symbols. With the exception of depictions of plants, animals, and natural landscape formations, there is no relationship between nature, runes, and symbols. Runes and symbols are purely products of the human mind, and, for the most part, they are completely cultural in meaning.

However, as we will discover in our exploration of the Seven Secrets of Talismans, there is a natural basis for the power of amulets. We will discover that there are indeed protective talismans. We will discover the basis for their powers and learn how to use them effectively.

After reading through the numerous new and old texts that report on the uses of minerals as talismans and amulets throughout the ages, you certainly could not be blamed for being bewildered. You would end up confused and honestly wondering, for example, what power a moonstone really has for someone seeking inner peace, or doubting the ability of a blue tourmaline to really protect you on a sea voyage. You may have wondered, in total exasperation, if you need to inscribe some cabalistic, ancient mystical symbols on a pure gold tablet and wear it over your heart during the full moon to find true love! The record of the use of minerals for talismans and amulets is certainly confusing.

The history of the uses of herbs and other plants as talismans and amulets, and for healing, is also as old as recorded history and just as confusing and conflicting. For centuries, herbs were really the only medicines. The lore and legends of their uses were passed down from healer to healer. Preparations of flowers, petals, roots, and bark from virtually every growing plant were tried for almost every ailment.

It is certainly probable that the power in the plant kingdom, particularly in the herbs, can be used for talismanic purposes as well as for healing. However, the lore and legend of such uses, like that of the crystals, gems, and minerals, is contradictory. Jasmine is cited in one source as useful for protection, yet another says it helps in acquiring love and money. One source says lemon grass repels snakes, a second says it draws a new lover to the user, and a third says it can bring a sense of stability to life. The Celts are reported in some sources to have believed that they would be invincible in battle if they passed some St. John's wort through the smoke of the summer solstice fire, and then wore it into battle. The people of Scotland wore it as a charm against the influence of fairies. Another source tells us it is useful for love, strength, and happiness. Verbena has long been believed to protect against witches, but so has rue. Ancient Greeks believed thyme would give a per-

son strength, but the English once were convinced you used it to see fairies. The Greeks used agrimony to relieve eye troubles, and the Anglo-Saxons believed it was a talisman against goblins.⁷

The conflicts are caused by lack of knowledge and understanding. Early civilizations did not have the tools and science to learn nature's secrets. The priests, sorcerers, and magicians of previous times did their best, but any success was hit or miss. Even if they stumbled on the correct talisman for a particular use, they had no way to know if they were right. Unfortunately, even today the knowledge needed to sort fact from fiction in the use of herbs and plants as talismans does not exist.

We know nature's herbs and plants have life-giving power. Their uses in the healing arts are well documented. *Plant Talk* magazine reports that plants are the origin of over thirty medicinal drugs whose efficiency has been proven in therapeutic trials.⁸ One example is colchicine. Colchicine is derived from the autumn crocus, also known as the "meadow saffron." It is approved by the U.S. Food and Drug Administration for the treatment of gout and also for familial Mediterranean fever.⁹ Science is doing a good job in determining the medical uses for plants, but so far has had little success in determining their talismanic uses. We simply as yet have no way to understand which ones have what powers and why.

However, in the mineral kingdom, this is not the case. Science has discovered the basis of talismanic uses for minerals. This knowledge is revealed here in the Seven Secrets of Talismans. This book recognizes the power and healing energy of herbs and plants, but focuses on the verifiable talismanic uses of the earth's minerals.

Due to recent scientific discoveries, we now have the ability and knowledge to unravel mysteries that have been hidden to this day. We can now answer such questions as: "What exactly is a talisman?" "What is an amulet?" "How do they work?" "How do I select the right talisman or amulet for a particular purpose?" "How do I use it properly?" It is time to start answering these questions.

7 Gretchen Scoble and Ann Field, *The Meaning of Herbs, Myth, Language, and Lore* (San Francisco, CA: Chronicle Books, 2001).

8 Arthur Hollman, "Plants in Western Medicine Plant Fact 82," <http://www.plant-talk.org/Pages/Pfacts11.html> (accessed April 28, 2007).

9 RxList, "Colchicine: Indications & Dosage," http://www.rxlist.com/cgi/generic/colch_ids.htm (accessed April 28, 2007). Part of WebMD, this site states that "RxList is an online medical resource dedicated to offering detailed and current pharmaceutical information on brand and generic drugs. Founded by pharmacists in 1995, RxList is the premier Internet Drug Index resource."

What Is a Talisman?

A talisman is an object, often a crystal or gemstone, that has a specific ability to aid a person in focusing and amplifying his or her power. A talisman is not a lucky rock. The power of a talisman is its ability to aid us in achieving the future we desire. Modern studies of psychology have taught us a powerful lesson:

Our feelings become our thoughts
Our thoughts drive us to action
Our actions solidify and become our habits
And our habits lead us to our future¹⁰

A talisman is both a focus and a natural amplifier. As a focus, it serves to control our feelings to lead us to the right thoughts. It serves to focus our thoughts to lead us to performing the actions we need to take. It focuses our actions, creating important new habits. It is through these new habits that our desired destiny is achieved. As an amplifier, a talisman brings us the ability to join with the power and energy of the Life Force of this planet. This power and energy serve to multiply our own individual efforts when they are properly applied. A talisman is, in a way, similar to a flashlight.

Imagine you have to walk on a dark, dangerous mountain trail one night. For many people, it would seem foolhardy to just pocket a lucky rock, then head down the trail and hope they don't fall. A wiser person, first having a desire to be safe and feel secure on the journey, would think about the problem and determine that maybe a flashlight with charged batteries would be good to take along. He or she would procure a flashlight, turn it on, focus it on the ground ahead, and follow the light. The flashlight would help the person focus his or her feelings and thoughts on being safe on the trail, and through the light it emitted from the power in the batteries, it would amplify his or her efforts to see effectively on the dangerous trail and be safe on the journey.

10 Ramses Seleem, *The Illustrated Egyptian Book of the Dead* (New York: Sterling Publishing Co., 2001), 64.

What Is an Amulet?

An amulet is a special talisman that is used for defense and protection. Certain crystals and minerals form in crystal structures that focus their power to defend and protect. The discussions of the Second Secret of Talismans will teach you how to identify and use amulets. For the rest of this book, the term “talisman” will be inclusive of both talismans and the specialized talismans called “amulets.”

So, Now, How Does a Talisman Work?

A talisman works in two ways. First of all, it focuses your feelings, thoughts, actions, and habits so they serve to help you achieve the destiny you desire. Secondly, a talisman is a natural energy and power source. When properly connected to a human mind, it can channel the Universal Life Force to that mind to amplify its power.

How Do I Select the Right Talisman for My Needs?

Selecting the right talisman requires understanding two things: how to determine the proper material for a particular talisman, and how to fashion and empower that material successfully. The first four Secrets of Talismans explain how to select the right material from which to fashion a talisman for a particular purpose. The First Secret explains the necessity of using only natural things to make effective talismans. The Second Secret reveals the crystal energy structures of talismans and explains how the six structures are aligned with human needs. The Third Secret teaches us how to align the color rays of influence of a talisman to our needs. Finally, the Fourth Secret delves deep into the heart of a talisman and explains the fundamental earth power of every talisman.

Understanding the first four Secrets of Talismans will ensure we select the right talisman for our needs. The next two Secrets of Talismans explain how to correctly fashion a talisman for a particular use and how to ensure it is as powerful as it can be. Only an understanding of these six Secrets will allow the successful selection of a powerful talisman.

Knowing I Have the Right Talisman, How Do I Use It Effectively?

Using a talisman is not particularly difficult. The Seventh Secret of Talismans teaches us how to master the use of talismans in our lives through the principle of Causal Duality. Once you understand what this principle involves, and you know how to apply it, you will be able to use talismans effectively. While the concept is explained in detail in the Seventh Secret, applying the principle of Causal Duality is very similar to using that flashlight we just described. Causal Duality teaches us that once you understand what you desire (in our flashlight example, safe travel), you use that understanding to focus on your feelings (in this case, alleviating the sense of danger coming from the dark trail) to result in the thought to take a flashlight. This thought leads to the action (again, in our example, taking the flashlight, turning it on, and focusing it on the trail), and that action leads to the habit of being safe while traveling. That habit leads us to the desired result of safe travel. Using a talisman effectively involves not doing certain things as well, but we will leave the details for the Seventh Secret discussion.

Summary

The long history of talismans and amulets is confusing and contradictory. Different cultures have ascribed different capabilities to the same gem and crystal. The ancients did not have a scientific way to determine the talismanic properties of minerals or plants. While we are still seeking the knowledge to understand the talismanic uses of plants, we now have the knowledge of the mineral kingdom we need to make effective talismans and amulets. We need only understand the Seven Secrets of Talismans to begin to use the powers of these wondrous creations.

THE FIRST SECRET OF TALISMANS

The power of a talisman comes from the natural energy
of the sun, the moon, and the planet Earth.

To discover the Secrets of Talismans and understand their power to help us achieve our desires, we first need to understand ourselves as humans, and as children of this Earth. The reason is revealed in the First Secret of Talismans.

We all know that we are a part of this Earth. Our bodies are made of the atoms of this planet. Our physical attributes are those that allow us to survive and prosper here on Earth. Our lives and fates are linked to the fate of the planet. As children of Earth, physically, we have a natural affinity for Earth things. We can breathe the atmosphere, walk on the surface of the planet, and tolerate the extremes of heat and cold found here. We can drink the water, gain sustenance from the plants and animals, and use the minerals for energy and heat. That affinity has made us a part of the earth's ecosystem. We are part and parcel of this place. We are, as the Native Americans know well, children of the earth. We draw our life's energy from this place we call Earth.

The Life Force of the planet Earth is a layer of the Universal Life Force that underlies and powers the universe. All cultures and civilizations have recognized this force. The Taoists call Life Force energy *chi* (*qi*). It is *mana* in Polynesia, *prana* in India, *ruach* in Hebrew, *baraka* in Islamic countries, *ch'i* in China, and *ki* in Japan. Whatever it is called, the Universal Life Force is the power of the mutual replenishment, transformation, and renewal of all things in the universe.

The universe started with the big bang, a release of unfathomable energy. The Universal Life Force springs from the big bang that created the universe, and, at the same time, is the source of that energy release. Colleen Deatsman describes this Universal Life Force exquisitely as "the formless pervasive, causal undercurrent of all that is . . . the divine intelligence, the engine of creation, the cosmic grid upon which and from which the universe springs."¹ As the universe expanded after the big bang, this Life Force energy expanded

1 Colleen Deatsman, *Energy for Life* (Woodbury, MN: Llewellyn Worldwide, 2006), xiii.

and transformed into multiple forms and layers, some light and some dense. The lighter forms of the Universal Life Force are elements of the spirit world; the denser ones are elements of the physical world. The Life Force of the planet Earth is a lighter form. The earth itself, and its material elements, are denser forms of that energy. Before we can understand the Life Force of the planet Earth, we need to understand that we and our planet are energy layers of the Universal Life Force.

As you know, matter is just coalesced energy. Albert Einstein's famous formula $E=mc^2$ gives us the relationship: energy is matter times the speed of light squared. Energy can become matter, as it did in forming the sun and the earth, and matter can be converted back into energy. The thermonuclear fires of the sun and our atomic energy plants bear testimony to the power of this conversion. Matter is energy.

So, the universe is energy. That energy is the universe, and the source of everything manifested in our universe: the stars, our sun in particular, our planet, our lives, and ourselves. We are part and parcel of the universe. We are dense, self-aware energy beings. We are a part of the Universal Life Force, and we live on a planet that is a part of the Universal Life Force. We came from the same place. We are made of the same elements, coalesced from the same energy.

As parts of the universe, we are composed of energy. We take in energy for life and give off energy as we exist. We consume dense matter as food and convert it to chemical energy to nourish our physical bodies. We consume spiritual energy, and use it to nourish our minds and our souls. To some, this spiritual energy comes from prayer; for others, it comes from meditation. Still others find it in solitude, in the laughter of a child, or in the stillness of a winter night. These are some of the bountiful sources of the lighter, spiritual forms of the Universal Life Force.

In absorbing energy, we not only consume it, but we also convert it and transmit it. We use our bodies to transmit physical energy, as when we exert great physical force or lift heavy weights. In a similar vein, we use spiritual energy to conquer great issues like fear, uncertainty, and loss. As we use our physical and spiritual energy, we again seek to replenish it from the physical and spiritual energy sources of the universe.

The life energy we use comes from the Universal Life Force manifested in three sources:

- The sun, which radiates energy on the surface of the earth in tremendous quantities each day
- The moon, which reflects the energy of the sun onto the earth and also, through its revolutions around the earth, causes cycles in the earth's energy rhythms

- The earth, with its molten core of magma, a powerful storehouse of energy that makes up most of the planet

None of this is in any way a religious issue. Many religions have different notions of where the sun, the moon, and the earth got this energy and power. The Universal Life Force in some cultures and religions is considered to be the manifestation of God's will and power, making it divine. In others it is viewed as a natural phenomenon. But the devotedly religious of all faiths, the agnostics, and the pagans do agree that the Life Force energy in the sun, the moon, and the earth does actually exist—they just differ on the nature of its origin.

We all agree that the sun produces energy that is transmitted through heat and light to the earth. It has been estimated that about every three weeks, the sun transmits the same amount of energy to the earth as is contained in all our reserves of coal, oil, and natural gas. Averaged over a year, the sun transmits enough energy to light three 100-watt light bulbs to every square meter of the earth! It would take well over a billion average power plants to come close to the energy of sunlight on the earth.²

In a like manner, the sun projects tremendous spiritual energy to the earth. Virtually all cultures with recorded history have a sun god or goddess or the equivalent that embodied their understanding of that spiritual strength and power. He is Tonatiuh to the Aztecs, Horus to the ancient Egyptians, Apollo to the Romans, Tsohanoai to the Navaho, and Freyr to some Norse. She is Sol in Norse mythology, and Sunna to the Germans. But whatever the name and whatever the culture, we instinctively understand the sun as the source of spiritual strength.

We all also know that the moon provides us light it gets from the sun, but it does more than simply reflect it. It transmutes that light, moves it toward the cool end of the spectrum (the blue end), and changes the energy in subtle ways. We all are affected to a degree by light. Everyone can sense the eerie elements of moonlight, and we inherently know the differences. Sunlight is bright, warm, and physically energizing. Moonlight is dim, cool, and much more metaphysical in its energy effect. We also know life on Earth, like the tides, seems to be regulated by the moon. But it might well be that life on Earth was made possible by the moon. The moon stabilizes the tilt of the earth on its axis, allowing for a variety of climates on the earth, preventing the Iceball Earth scenario. It would have

2 National Aeronautics and Space Administration, "Why Isn't Earth Hot as an Oven," <http://Earthobservatory.nasa.gov/Library/Oven/> (accessed May 2, 2007).

been hard for human beings to evolve on Earth without the moon exerting its influence to make the planet hospitable to life as we know it.³

Like the sun, the moon is also a source of spiritual strength to Earth. The moon has been worshiped, like the sun, since recorded time. While in some cultures the moon was a god, in many it takes the feminine form. For example, to the Chinese she is Shing Moon, to the Celts she is Morgana. Again, different names in different cultures, but a universal recognition that the moon is a power in the affairs of men and women, and one that should be respected and honored.

The earth is, as we are, a construct of the Universal Life Force, a manifestation of it in dense matter. The earth absorbs energy from the Universal Life Force, uses it, and transmits it in the same ways we do. It gets physical energy from the heat and light of the sun. For example, it uses that energy, and the energy from its molten core, to warm the ground, keeping it just a few feet from the surface at about 50 degrees Fahrenheit. In fact, the deeper you go, the warmer it gets. For every 100 meters you go down, the temperature goes up 3 degrees Celsius.⁴ Animals have burrowed into the ground since the beginning of time to take advantage of this heat energy. People use it too. The United States produces over 2000 megawatts of electricity from geothermal energy. That is the same amount of heat as we would get from four large nuclear power plants. Magma (for the most part) is our friend. It helps warm the ground, and lets us live on this Earth.⁵

The earth also absorbs the Universal Life Force from the sun and the moon, uses it, and transmits it to the wind, the waves, and the life-giving atmosphere we need. In a like manner, it absorbs the spiritual energy of the Universal Life Force from the sun and the moon, uses it to nourish itself, and transmits that spiritual energy through its elements and compounds into the plants and animals that absorb it to sustain life. The Life Force of the planet Earth is the transmuted, transmitted spiritual energy of the planet Earth, drawn from the Universal Life Force. It is real.

We all feel and use the Life Force of this planet. Different religions and cultures have different beliefs about its origins, but we humans know deep in our consciousness that it is real. We experience it in the green of the new leaves of spring. We feel it in the warmth

3 Paul J. Henney, "How the Earth and the Moon Interact," *Astronomy Today*, <http://www.astronomytoday.com/astronomy/earthmoon.html> (accessed May 2, 2007).

4 California Energy Commission, "Geothermal Energy," <http://www.energyquest.ca.gov/story/chapter11.html> (accessed May 2, 2007).

5 Oregon Institute of Technology, Geo-Heat Center, "What Is Geothermal?," <http://geoheat.oit.edu/whatgeo.htm> (accessed June 23, 2007).

of the summer sun. We feed on it through the autumn harvests, and we sense its mystical elements in the cold light of a winter full moon. The Life Force of this planet nourishes us, body and soul, warms us, clothes us, and provides for our needs in this universe of mostly cold, empty space. The earth, like the sun and the moon, is a source of great spiritual strength. Mother Earth has many names. In Syria and Palestine she appeared as Astarte; in ancient Greece she was variously worshiped as Hera, Gaea, and Demeter. Even today, the concerns for global warming, the ecology movement, and the concerns for the ozone layer are tributes to the dawning understanding of the dependency we humans have on the health of Mother Earth. Her power to nurture us has always been understood. Our responsibility in return is slowly being learned. As we gain strength and power both physically and spiritually from the earth, we are learning that we must also be a source of strength and power for her.

The Universal Life Force that is transmitted to us through the power and energy of the sun, the moon, and the earth is real, tangible, and life giving. It is found in the rocks, minerals, plants, animals, water, air, and soil of the planet. It is found in us, as we are made of these things. It is powerful energy. It is our lifeblood, both physically and spiritually.

We all know that much of that energy is contained in the rocks and minerals of the planet. For example, we have split the uranium atom to harness its power, and we burn coal to heat our houses and produce electricity. The rocks and minerals give us the energy we need to survive and prosper physically. But there is more to the power and energy in the mineral kingdom than just producing heat and electricity. There is power and energy to help us in most human desires. Sometimes we use the power directly. We seek shelter; granite makes good walls. We seek heat; so we burn coal. We seek protection; and we learn that iron makes good shields.

However, this energy is not only the dense, physical kind; it also contains all the lighter, spiritual elements of the Universal Life Force manifest in the Life Force of the planet Earth. It can not only be used directly, but it can help us in other important ways as well. A talisman can draw on the spiritual power it contains to focus and amplify our abilities through channeling the Life Force to our minds. It can use the Universal Life Force flowing through the energy of the sun, the moon, and the earth to focus and amplify our feelings to lead us to the right thoughts, drive us to the necessary actions, prompt us to form the right habits, and guide us to the future we desire. Humankind has known this for millennia. History records the multiple uses of rubies, diamonds, emeralds, and all matter of crystals in human efforts to magnify our abilities, increase our powers, and pro-

tect ourselves from harm. We know the power is there; we just haven't been able to really understand how to use it. The secrets have been hidden from us—until now.

Now we know the First Secret of Talismans. It tells us that a talisman's power doesn't come from inscriptions or runes. It doesn't come from magic or mystery. A talisman's power comes from the sun, the moon, and the earth. Only natural things have this power. We need natural materials. In making and using talismans, we need to begin with natural elements if we seek to harness the power of nature, because only natural, pure things can function as talismans. This Secret tells us that all natural things, including the traditional talismans like herbs and other plants, natural crystals, minerals, and rocks are all candidates for talismanic uses. However, this book restricts itself to talismans that are made from the mineral kingdom. The mineral talismans are durable and widely available, and now with the Seven Secrets of Talismans revealed, their powers are finally understood. Another reason we focus on the mineral-based talismans is because they are by far the most prevalent. Their popularity is based partly on their appearance and partly on our instinctive attraction to their hidden powers.

Many popular minerals form attractive crystals, and our minds have a great affinity for these bright, colorful objects. They somehow resonate within our consciousness. Even tiny babies are attracted to shiny, colorful things like beads and gems. The jewelry industry thrives on this natural, inborn affinity our species has for the bright gems and natural crystals of the mineral kingdom. That affinity is embedded deep in the psyche of the human mind and is as old as time. Colorful gemstones and crystals have been prized throughout human history for their mystery and seemingly magical powers as well as their beauty. To a large degree, the affinity is based on a simple attraction for the pretty colors of beads and crystals. But in the case of nature's treasures—gems and minerals—the attraction is much stronger. We instinctively seek their power and energy. We seem to long for their presence. We actually need them in our lives. Part of this attraction is the energy they possess from the Life Force of the planet Earth. The Second Secret of Talismans explains that energy. While it isn't magic, it is certainly powerful.

THE SECOND SECRET OF TALISMANS

Nature has hidden crystal energy structures in virtually all minerals. Each mineral has a specific crystal energy structure that controls its power. These crystal energy structures are completely aligned with basic human needs.

The people of early civilizations had great difficulty in using talismans effectively because they could not see the secrets deep within the stones. Ancient makers of talismans were limited to hit-and-miss when trying to determine which mineral would produce crystals with a desired ability. Certainly they could see some external attributes like the color of the crystal and its shape, but many minerals form in complex combinations of colors and shapes. Sorting out all the combinations was an insurmountable task. There are just too many minerals, too many combinations of external shapes, and too many colors. Relying on the external cues of a crystal's shape and color wasn't sufficient to really understand what power the crystal had.

What has always been needed is to see into the heart of the crystal, to see the very energy structure that powers the crystal. However, until modern scientific instruments and processes were discovered, the molecular structures of minerals—their hidden crystal energy structures—could not be known. There was no understanding of how the molecules were arranged, how they held energy in their unique alignments, or how the energy was bonded within the very structure of a crystal or stone.

The hidden crystal energy structures of minerals have long been suspected. The external shapes of many mineral crystals offer good hints. Some look like cubes, some like pyramids. Some look like rectangles, and some have strange contorted shapes seemingly without any rhyme or reason. These external shapes were not enough to help unfold the crystals' inner mysteries, and they often led to confusion. Nevertheless, they were enough to give modern scientists the clues to look deeper. And look they did.

With the invention of modern scientific tools such as x-ray diffraction, scientists now can see the actual internal crystal structures of all minerals and crystals. Through instruments, we can now see the very crystal energy lattices that define their core power. With modern capabilities we can now understand how the crystal energy lattices work to charge and power talismans. Through modern science, we have unlocked the secret. We can finally see the six secret energy structures and unravel their mysteries. Fortunately for us,