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# CRYSTALLINE TRANSMISSION By Katrina Raphaell

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#### CHAPTER III

### INTEGRATING THE CRYSTALLINE ESSENCE

Within the center core of each being lies that indefinable presence of the divine. That force animates creation with an infinite variety of forms and creatures. The greatest achievement that human beings can attain is to consciously identify with and 'become' that miraculous Crystalline Essence in living breathing form. The full activation and harmonious integration of all the twelve chakras is essential if this giant step in evolution is to occur. Of course, it will take time and effort. But, what could possibly be more important than to secure for ourselves peace of mind and a joyous heart? A little time taken each day and devoted to this process will most assuredly reap a bountiful harvest.

We are blessed to have daily access to an incredible source of light through our sun. These emanations can be consciously assimilated and used to activate our own inner Crystalline Essence. The awakening of the three transpersonal chakras is dependent upon stellar rays being converted into solar (soular) energy and integrated into the human mechanism. Our sun automatically converts cosmic energy into light and can be a great teacher for us as we learn to do the same. The Crystalline Transmission becomes a reality when we learn to synthesize light; and what better source of light do we have than that of our own parent star?

### THE GLORY OF THE SUN

Throughout history mankind has worshipped the sun. For thousands of years prior to the establishment of organized religion, men and women bowed in homage to the life producing energy radiating from the sun. The oldest known capital in Egypt was the sacred city of On, where Aton — the Disk — was worshipped as the Sun-god Ra. The city was later renamed by the Greeks and called Heliopolis meaning "City of the Sun. "The priests and priestesses of On were thoroughly versed in the wisdom of the Ancient Ones (previously referred to) and devoted their lives to the solar orb. In India, certain hymns of the Rig-Veda make distinct reference to the vedic Sun-god named Surya. One of the tenets of the Hindu religion is based upon the rotation of the solar system around the great central sun, with that great cycle of time divided into four 'yugas. ' In Peru, great sun disks were once made out of gold in honor of the God of the Inca, "Who lives forever in the sky." The ancient cultures studied and practiced astronomy and astrology with accurate proficiency. Stonehenge in England as well as Mayan and Incan astrological observatories stand witness unto this day of the fact that the motion of light held great significance to our ancestors. Solstice and equinox rituals and ceremonies are as old as history itself. Virtually every land in times of antiquity had a sun-god and separate cultures and nations independently built elaborate temples to exalt and praise the life-giving light of the sun.

Why was the sun so adored? What did the masters of old know that we have long since forgotten? Why did they attune to the sun and what powers did they attain by doing so? Of course with a little rational logic it is easy to discern that without the light and heat of the sun, the earth would be a lifeless, frozen planet. However, today in the twentieth century, industrialization, commercialism, and computerized technology reign supreme. Along with the dominance of conventional religions, worship of the sun is virtually nonexistent. The majority of people on the planet live in the polluted atmospheres of large cities, where it is often difficult to even see the full radiance of the sun. For the most part, we tend to take for granted the one constant presence in our lives. We know that the sun will rise and set each day, providing the earth and all living things upon it with enlivening rays. And why would we even be so inclined to raise our arms and open our palms to glorify the sun? What benefits could be expected, what purpose does it have?

There is so much more we have yet to learn. In the stress producing, high paced, material achievement oriented society of the Western World it is often difficult to relate to simplistic truths. We complicate and compartmentalize our minds to the degree where the pure and natural things in life frequently go unnoticed. The Sun is the greatest of our teachers. It is not only the source of light and life for this planet, but through observation of its nature we can learn the essence of spirituality.

The sun is the source of nourishment for all living things upon this earth. The sun knows no prejudice or biased judgment as it sheds energy, light, and warmth upon all creatures, great or small. This unconditional love given equally to all things signifies the unity and brotherhood of all life. Man is not greater than the plants that turn their leaves to follow the sun, or the frogs that bask in the warming rays, or the fish that swim to the surface of the water to peer into the world of light. All living things upon this earth share this common source of life sustenance. The only difference lies in the fact that human consciousness is capable of identifying with the one Impersonal God, the essence of all existence, personified in the Creator of all life upon our earth, the Sun.

There is more. The sun is both spiritual light and material form, the purest manifestation of the oneness of that which is visible with the invisible, of matter and energy. The sun is deified cosmic energy, so are crystals, and potentially, so are we. The true worship of the sun is based upon attunement not only to the light, but to the ultimate essence of all existence; the force behind the force, the impersonal energy of the cosmos. The sun is the light body of the earth, just as our light bodies exist in the Soul Star region above the tops of our heads. There are billions of suns, just as there are billions of people. The fact remains that the animating force behind it all, is Divine Presence. That essence can be attuned to and integrated into our twelve chakra system by practicing the ancient common worship of the sun.

## THE SUN MEDITATIONS

The Sun Meditations were originally a practice that was reserved for only the priests and priestesses, and select initiates. It is a powerful practice that should be performed only by those who are consciously participating in the Crystalline Transmission. The reason for this is that these meditations activate the three upper chakras as well as ground that energy into the Earth Star, and utmost awareness must be exercised in this process. It is recommended that you start with one meditation every seven days and gradually build your tolerance as you integrate those energies throughout the week. In practicing the Sun Meditations for over two years now, I am only able to perform them three to four times a week, at the most. Take the time that you need in-between meditations, however long it may be, until

you feel the longing within your heart to again relate directly to the soul of the sun. Increase the frequency of the meditations according to the degree that you can synthesize the light harmoniously throughout your chakra system.

The Sun Meditations are to be performed only as follows. Fifteen minutes before sunrise or sunset stand with your feet firmly planted on the ground and face the sun (preferably with bare feet on the ground). This is indeed a magical time when the light rays bend creating magnificent colors that can be assimilated into the auric field. Breath long and deep, at first with your eyes closed. Begin by focusing all of your attention at the Earth Star, six inches below the soles of your feet. (If you choose, you can place Hematite at the soles of your feet to assist in activating the Earth Star). As you deeply inhale, draw the energy from below the earth into your feet and up through the back of the legs to meet at the base of the spine. Continuing with the inhale, feel that energy rise up the spine, through the top of the head and out to greet the Stellar Gateway. Hold the breath for a moment at the Stellar Chakra and then slowing begin to exhale as the energy is channeled back into the head, down the center front of the body, through the legs and feet to reconverge again at the Earth Star. Visualize the energy moving in golden beams throughout the chakra system as the gold-colored rays of the Great Central Sun are infused into the fiber of your being. Continue breathing in this circular fashion for eight to ten minutes as the frequencies of the Earth Star make a profound acquaintance with the transpersonal chakras.

While breathing, raise the arms to a sixty degree angle with the palms facing toward the sun. Try to keep the arms straight and allow solar energy to enter into your palms and channel down through the arms into your heart chakra. The energy centers in the palms of the hands are stimulated in this way, increasing the healing power that can be transmitted through the hands. Do not continue with the next part of this meditation until this orbit of the breath has been well established. Until then, continue to breathe with eyes closed and the arms reaching for the sky until just after the sun has set or right before it rises. Then open the eyes, lower the arms and allow your aura to absorb the light rays while you enjoy the beauty of dawn or dusk.

When the breath orbit has been established the eyes may be opened and the gaze focused directly into the center of the sun. DO NOT look straight into the sun three to five minutes before it sets or after it rises. This could severely damage the eyes. During the few minutes before the sun actually sets or after it has risen on the horizon, one may stare directly into it and receive stellar-solar transmissions. If the sun is rising or setting over mountains it will still probably be too high in the sky to safely look directly into. If you find that this creates eye strain or excess squinting, close your eyes and wait a minute or two before trying again. It may be that at first you only look into the sun for one minute right before it sets or after it rises. Gradually build your endurance but never exceed the five minute maximum eye contact with the sun.

As this powerful tantric connection is made with the sun, continue the circulating breath as the Earth Star and the Stellar Gate polarize one another. When these two energy centers come into alignment, the rest of the chakras will make the necessary adjustments to harmonize between these two poles. With the eyes focused at the center of the fiery disk several alterations in the consciousness can be anticipated. First, the rotation of the earth and it's intimate association with the sun can be felt. Then, if concentrated focus is maintained, alignment is made with the sun behind our sun and a personal relationship with the Great Central Sun is established. If

internal silence is sustained it is possible for the consciousness to travel through the sun, into the Great Central Sun and become one with the essence of all that is.

As the sun sinks below the horizon continue to circulate the grounding energies of the Earth Star as you escort your awareness back into your physical body. Throughout the entire meditation, especially when experiencing solar travel, keep the orbit of the breath circulating and if need be, refocus attention at the Earth Star upon completion to ensure proper grounding. To close this meditation, bring the palms together at the center of the chest and witness the glory of creation while nourishing yourself in the astounding beauty of the sky's colorful array of light.

The Sun Meditations can be practiced every day only if full integration of the stellarsolar energy is taking place and you feel your spiritual essence is being grounded and expressed in all aspects of your daily life. In the mean time, the circulating breath exercises can be performed individually on a regular basis to keep the chakra system clear and united.

The sun is a gateway of light, an opening in the universe to other dimensions, to greater galactic spheres. The Sun Meditations are one way of integrating the Divine Essence into our beings. When the human consciousness relates to the soul of the sun, to the light body of our earth, to the Great

Central Sun nurturing our tiny star, and to the cosmic force. beyond it all, the Crystalline Essence is experienced and shines through.

### THE TRANSMISSION

As the soul of the sun is acknowledged and assimilated two things simultaneously occur. First, our own higher chakras are activated. But, as they are, we become capable of literally channeling those cosmic rays through our bodies and onto the earth. As our light bodies are integrated with our physical bodies, Terra's (the earth's) light body, which is the sun, is intricately linked into the world's material substance. The key is this: it happens through us, through the life forms upon her surface that have the capabilities to experience oneness. The manifestations that occur upon our earth are a result of our collective consciousness. If enough people transmit divine presence through their beings, transmutation and transformation will occur on a global scale. It is up to us, the ones who can relate on those levels, to commit to and prioritize this reality. As we do, others will sense the change and in subtle or overt ways will be affected by the Crystalline Transmission.

Our activated Crystalline Essence will create an aura that transmits peace and harmony. This frequency will emanate from us wherever we are and into all of the various circumstances and situations that we contend with in life. It will change the nature of how we relate to all the people that we interact with as auras mix and that cosmic frequency is subtly exchanged. It doesn't matter if we or the people that surround us are aware of it or not. We may just be filling up the tank at the gas station or doing the grocery shopping. The fact is that energy exchanges are taking place and light is being transmitted from us and going out to someone else. Or, we may choose to consciously send that love forth, to project it for another person's benefit. The important thing to remember in consciously projecting this energy out is not to define its purpose or outcome in another's life. Just send it and let the wisdom of the divine do with it whatever it will. In other words, it is not for us to define or try to control the way in which this miraculous force will go to work in someone else's life. Just send it, let go, and let God.

True healing results when the Divine Essence is transmitted. It will not be limited to just interpersonal relationships, even though that's where the change starts. Watch it as is starts to transform the business and political worlds. Modalities will begin to alter and come into harmony with the all pervading force. In that process, also be prepared for great change and hold true to your inner knowing. Do not compromise spiritual values and principles. Lean on the trust that you, within the sacred sanctums of your innermost being, know to be true. Yes, it may yet be a hundred years before the Crystalline Transmission sprouts into all of the world's affairs. It may take even longer. This is truly the greatest transition the human race has ever known and you are an integral and vital part of it. Plant the seeds now that the children of the future will harvest. What an exciting time to be alive! Let's make the absolute most of it. Who knows, you may reappear in the not too distant future to take part in the bounty of the crystalline seeds that you sow today!

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