

A Native American Guide to the Crystal and Stone Kingdom: Exploring Ancient Indigenous Wisdom

by Billie Topa Tate

The Crystal Kingdom and Its Great Meaning to Native People

This is the kingdom that harnesses light and also spirit. We use the stones and crystals to unlock wisdom by having the stones enhance our ability to not only have ethereal sight but also enhance our vitality and energy centers.

Crystal Stories of the Apache

The Apache people use crystals and stones in various ways, mostly by wearing them to adjust the energy field, and using crystals and stones for contemplation and to pace the mind for more information. Green calcite is very good for this function. Wear one when you need to pace the mind to extract wisdom and relax the mind to see another better perspective.

Cleaning the Crystal

- Smudging for the crystal
- Salt water for the crystal
- Sound of OM for the crystal
- Sun for the crystal

Deprogramming the Crystal

It is important to remove the previous energy programs from all your crystals. Crystals are thousands of years old and many cultures and societies have used them, so it is important to remove all previous programs to secure that your crystal is ready to help you with your wonderful efforts, projects and energy work. Here is a wonderful invocation to use for removing previous programs:

“By the power of my good merits, I invoke for my virtuous crystal angels and all the wonderful beings who assist me in wonderful ways. Remove all previous programs that were placed on this crystal. Render them neutral permanently so this wonderful crystal can be used free and clear with my current programs and intentions. Do here and now and from this day forward, physically and at all other energy levels. In full faith so be it now. Thank you.” Continue to hold your predominant hand over the crystal for just a moment.

The next action that needs to be completed is to empower the crystal. This will strengthen the crystal and allow the crystal to utilize the wonderful energy from the natural world to help you with your beautiful energy work.

Empowering the Crystal

After removing the previous programs from your crystal, it would be important to empower your crystal with:

- Sun energy
- Earth energy
- Angel energy

Place your crystal in the sun and place a basket of organic earth under it. These natural elements will help the crystal connect with mother earth.

Rub your hands together and activate your chakras by raising your hands with open palms, close your eyes and see beautiful white light coming into your hands.

Place your hand chakras over the crystal. Relax your breath, relax your shoulders and say the following:

(Use music to help channel the energy, use this invocation to work with the crystal)

“By the power of my good merits, I invoke the angels of the sun, the angels of the earth, the angels of the crystal kingdom and my divine helpers. Bless my crystal with sun energy, earth energy and divine energy from the place of light and the heavens for the purpose of utilizing this crystal for virtuous healing and virtuous energies. Also, when I use this crystal for virtuous healing and virtuous energies please empower this crystal to facilitate the wonderful qualities of healing and blessing energy, physically and at all other virtuous qualities of energy. Please do so now and continue until this crystal has received your wonderful blessing here and now and from this day forward.”

Continue to have your hands over the crystal and use your ethereal vision to see wonderful energy coming from your hand chakras, from angels, from the sun and from the earth into the crystal. Express gratitude and continue to see your crystal becoming brighter and brighter. Focus on your breath and just allow for this to happen for a few minutes.

Next, gently take a deep breath and say, “Thank you so very much.”

Rest your hands and express gratitude for this wonderful moment in time.

Programming Your Crystal

It is important to help your crystal by programming your crystal to guide the appropriate energy for your wonderful energy work.

- Place the less-predominant hand on your heart center
- Place the predominant hand over the crystal
- Focus on the crown center (top of the head)
- Repeat this out loud:

(Use this invocation to work with the crystal)

“By the power of my good merits, I invoke the angels of the sun, the angels of the earth, the angels of the crystal kingdom, and for my virtuous divine helpers, to help bless and program my crystal with my personal program.

I program this crystal to facilitate virtuous energy to transform all substance and qualities to virtuous energy, healthy energy, virtuous wisdom-filled energy, peace, harmony, divine love, divine light and the will to do good. I invoke for my virtuous helpers to assist me in the process. Also, secure this program for the life of this crystal. In full faith and with respect so be it now. Thank you.”

- Continue to allow for virtuous energy to flow through you to your crystal. See in your mind that the crystal is getting brighter and brighter.
- Continue for a few minutes and then take a deep breath and relax your hands and say, “Thank you.”
- Close the energy field of the crystal by waving your hands over the crystal and saying “thank you” again.
- Cut the energy chord between you and your beautiful work.
- Please consider wrapping your crystal in a cloth or, if it is a large crystal, place it in your favorite area.

Crystals and Stones for the Divine Feminine

By Billie Topa Tate

Nikola Tesla said, "In crystal we have a pure evidence of the existence of a formative life principle, and although in spite of everything we cannot understand the life of crystals, it is still a living being." (Nikola Tesla, 1900)

"Crystals are living beings at the beginning of creation."

"All things have a frequency and a vibration."

"We are all one. People are interconnected by invisible forces. Although we have the freedom to think and act, we stick together, like stars on the heavenly arc, with unbreakable connections. These connections cannot be seen, but we can feel them."

The art of using crystals goes back in time and space and it is said within our native teachings the Creator and angels created crystals to harness divine light and further physicalize spirit. By simply holding a crystal, you are tapping into very ancient energy and qualities of energy that have existed for millions of years. The history and qualities of the crystal you are holding in your hands is actually influencing you, vitalizing you and helping you whether you are aware of it or not.

Crystals are harnesses of light; notice the depth of light in each crystal. Not only are you holding the power of the earth but you are also holding the power of the heavens in your hands.

We call crystals "physicalized light" in which spirit can manifest divine light through virtuous intentions into this beautiful world. There are various medicine woman crystals that we will be reviewing today. The shape and the color of medicine woman crystals are important. The shape of our crystals and the color of our crystals actually help focus the qualities of our intentions. For example, an amethyst shaped like a heart would help the medicine woman connect with the cleansing power of divine love, thus the color and shape of the crystal would help the medicine woman facilitate cleansing and divine love by holding a heart-shaped amethyst crystal, especially when holding the crystal onto the heart and using divine breath to channel the energy of divine love and the energy of cleansing.

Every crystal has different unique properties that will affect your aura, chakras, mind, spirit and day.

Crystals are activated most heavily through meditation, sacred intentions and spiritual work.

Crystals come in two forms: polished and raw. Most people have smooth crystals to carry around throughout the day and use throughout their daily routine. Sometimes it is simply to touch the crystal to generate more focus and generate more energy toward a focused intent. Either polished or raw crystals can be used to harness light during our meditation practice or just empower a chakra to achieve vitality or a psychic ability.

Today we will:

- Clean our crystals
- Remove previous programs from crystals
- Pick a stone for your 2021 with our crystal bowl music class meditation

Let your intention be present that you would like a beautiful crystal to help boost your most wonderful qualities of hopes, wishes and sacred intentions.

Then allow your breath to be relaxing and filled with divine light, and fill your mind and your energy field with divine light...

...Let a crystal come to mind and then for the next few days let crystals be around you when you need a boost and a generator to enhance your thoughts and intentions.

Rose Quartz

This wonderful crystal is said to have the essence of the highest quality of the heart. During my indigenous training, it was said that the highest quality of the heart belongs to and is fully activated by the angelic presence within our heart chakra. My personal experience with this beautiful celestial heart stone was and will always be profound for me. One day, my teacher shared the principles and universal laws regarding the crown center and the heart center. He said that the Creator and the universal principles are very wise. One of the powers of the crown center is to bring powerful divine light into the crown and channel it throughout our chakra system and ultimately send healing energy to ourselves, our families, pets, plants and the world. The quality and magnitude of this force of energy is quantified (monitored and gauged) by the heart center. Only when the heart center is activated by unconditional love and divine and/or virtuous qualities will the crown center expand and allow for more powerful energy to flow into and through the crown. This principle was demonstrated by wearing a rose quartz crystal on my heart which expanded my crown center and

allowed a greater magnitude of powerful divine light to flow into my crown and send even more energy through my hand chakras to myself and clients. Rose quartz also is the stone that banishes lack of hope and has many other wonderful qualities.

Quartz Clear Crystal

This stone is known to be a constant conduit of divine light and virtuous spirit. It is known to work with angels, earth angels, flowers, herbs and angels of the sun and water. Clear quartz crystal has the element and quality of high vibration. It is the enlightenment stone because it carries the virtuous energy of divine light. By using a clear quartz crystal on your hand chakra, you will experience an empowerment and expansion of the hand chakra, thus allowing the hand chakras to receive and send a large, abundant divine energy. Angels will assist with our expressed desire for them to bless our clear quartz crystal and send energy through our clear quartz crystal divine energy. These crystals are a blessing to the world and will help you see beautiful light when used often during meditation and sacred intention work.

Amethyst

For those seeking to do chakra clearing work or cleansing the chakras, amethyst is very well known for working with the higher realms of purifying the third eye. It is a stone that explores higher spiritual realms because it is a defensive stone—it clears away negative influences that might interfere with your meditation and daily activities. Amethyst is excellent for empowering purity and cleansing addictions and bad patterns. It promotes tranquility, peace of mind and most importantly aspects of sobriety. It helps protect our mind from psychic affects that are all around us.

Fluorite

It is often said that fluorite is one of the stronger crystals in helping to organize your thoughts, whether in daily activities or meditation. It dispels negative forces within thoughts and emotions. This is a stone that really helps regulate spiritual order in the form of clarity and calmness too; carry this stone to have clarity within your meditations as well. It helps the goddess have a clear head for what is needed to progress within our enlightenment.

Agate

An entire book could be written on all the various agates and their wonderful powers. Agate comes in a vast array of qualities, colors, and vibration. Agate is universally regarded as a cleansing stone that is used to help clear the energy field and help clear the mind for meditation. It is also used as a grounding stone and helps ground the mind and body after deep meditation practices. Another common property is that it can help stabilize the female and male energy of the body and energy

field. Agate is a great foundational stone and it will definitely be a welcome addition to your crystal apothecary.

Calcite

This stone has calming and quieting effects on the mind and energy field. It helps our spiritual journey by tuning into your overall sense of calmness and accessing higher information through this great sense of calmness. During times of stress, hold and massage your calcite stone as if you are supplying soothing energy from the stone to the mind. This will help reset the breath and create excellent stress resiliency.

Green calcite is cleansing, calming, and decreases fears.

Orange calcite creates a loving sense of detachment in order to view a situation in a balanced way.

Medicine Woman Cleansing of Your Stones

Take time to gather your stones in a natural container such as a white cotton cloth, abalone shell or a clear glass bowl. Use your words, your heart and loving thoughts and ask the divine angels to cleanse your stones while you are rinsing them with the water. Use a few drops of chemical-free liquid soap (this is optional). I like to cleanse my medicine woman stones with water and a pinch of sea salt and then allow them to soak in a glass bowl of cedar, sage and if available sweet grass (just using a pinch of each). I will allow them to soak with these sacred herbs for 20-30 minutes. Then rinse and dry them. Place them in the sun in a private area on the earth, or in a terra cotta pot with a good portion of organic soil place your stones on the earth and then place it in the sun. Place your hands in namaste and ask for the angels of the sun to empower your stones for virtuous work. Wait for at least one hour, then you are ready to use your wonderful stones.

Native Apache Medicine Woman Crystal Healing Instructions

With this exercise we use a quartz crystal because it is full spectrum and also is a conduit of constant prayer; it has a wonderful healing energy.

Native people would use quartz crystals as a way of extracting congested energy, especially emotional energy which has a vibration, quality, and frequency that affects our emotional state but also our physical body.

Here's a wonderful example of utilizing a crystal for healing the physical and emotional aspects of our life:

After cleaning your crystal, removing the programs, empowering the crystal and programming the crystal, you can do the following if you need to remove any depleting emotional energy.

Remember that everything is energy, thus the emotions you have are energy and this affects the mind and body, especially when we have chronic worry or chronic fear or any other restrictive emotions. These can affect not only our mental state but also our physical state. Crystals are wonderful for helping us to remove these lower vibrations and infuse us with wonderful, uplifting, insightful healing energies.

Here are step-by-step instructions on how we would use crystals for this particular situation:

Step 1 - Secure that your crystal has been cleaned, deprogrammed, empowered, personally programmed.

Step 2 - Secure at least 15 to 30 minutes of your uninterrupted time. This can be done either after meditation or before bedtime. The idea is that you have time where you're not distracted and you have some quality time by yourself.

Step 3 - Relax in a comfortable position. I would suggest lying down with a nice comfortable blanket.

Step 4 - Talk to the crystal and let the crystal know that you are having some difficulties with a specific emotion and you want that worry or fear to be removed so that you can think clearly and also provide healing for your mind and your body.

Take a moment and have an inward expression by just closing your eyes, placing a beautiful smile on your face and invoke your wonderful and virtuous divine helpers. You're welcome to use this virtuous narrative.

"By the power of my good merits. I invoke for my virtuous higher self, virtuous angels of the crystal kingdom, virtuous angels that help heal the body, my virtuous teachers in spirit and all the wonderful beings who assist me in wonderful empowering ways. Please help me and my crystal remove my emotions that are harmful and non-beneficial to my physical emotional energy field and fill me with a great sense of peace and virtuous wisdom as well as divine light so that I can heal myself and be in my virtuous purpose to myself, my family and to the world. Thank you for helping me."

Step 5 - Place the Crystal either on your heart center or your forehead.

Step 6 - Talk to the crystal: “Crystal, please extract all energies of my concerns, my worries, my fears and my traumas. Take these energies of concern, worry, fears, and traumas to receive medical care in the spiritual world, totally transforming them into virtuous energy, and fill the void from which they were removed with divine and virtuous peace, virtuous wisdom, and virtuous insights and healing energy for me emotionally, physically and at all other energy levels. I also call upon my wonderful divine helpers, virtuous angels, and virtuous angels of healing the physical body and the emotional body to assist with this beautiful process. Please do this now. With deep gratitude, thank you.”

Place your hands over the crystal and allow the crystal to extract the energy.

Focus on your breath being peaceful; experience wonderful gratitude; send gratitude to the crystal and wait for approximately 5-10 minutes.

Take a nice, deep breath and with a wonderful smile express gratitude to your angels and the crystal. Then remove the crystal.

Step 7 - Take time to wash your crystal by simply taking it to the kitchen or bathroom sink, applying non-chemical soap with just a little bit of salt, let it soak for about a minute and then rinse it with some clean, fresh water. Pat it dry with a clean, fresh towel and then replace it where you normally keep the crystal, or wrap it up in a cotton cloth and put it away.

You can also use this particular procedure for headaches, migraines and tension in the forehead.

Blessings of light to you,

Billie Topa Tate
MSI Wellness Center
2144 Ashland Ave., Suite #1
Evanston, IL 60201
Tel: (847) 866-0505
Email: info@msi-healing.com
<https://msi-healing.com/>