

EXPERIMENT 1

LEAF EXPERIMENT

In order for scientists and laypersons to improve their understanding of subtle energies, P.R.I. has designed a series of experiments. The first experiment offers a practical means to establish the fact of energy transfer from the human body to other living forms. This is most significant for "Energetic Healing." For in speaking of healing, one postulates that something moves from the healer to the healee. To show this in unequivocal terms, try the following experiment:

Choose a plant which has leaves which are rather thick and high in moisture content. The following are recommended for use: 1) Geranium leaves 2) Saxifragia 3) Comfrey 4) Ivy philodendron. Use your fingers to pick two leaves from the same plant which are of equal dimension and age. Take two sheets of clean white typing paper and label one sheet "treated" and the other "untreated" or "control." Place the control leaf on the control sheet and put it where it won't be disturbed, ideally in an unused room.

To treat the leaf place the leaf on the palm of the left hand with the stem facing to the rear of the hand. Place the right hand parallel above the leaf and slowly oscillate the hand up and down, moving from four to seven inches above the leaf, while at the same time slowly filling the lungs. Hold the breath and focus on the leaf. With the outgoing breath project the thought to the leaf of remain whole, free from disease and continuing to live. Continue this for two minutes, breathing in slowly and with the outgoing breath repeating the above thoughts. At the end of the second minute release the breath suddenly with the thought "LIVE." Carefully place this leaf onto the paper marked "treated," photograph the two leaves, and record the time and date.

Be sure the leaves are undisturbed. Look in on them each day and project the thought of "living" to the treated leaf, and "not living" to the untreated. At the end of each week photograph the two leaves, but do not touch them. Continue observing and photographing the leaves for at least one month and see what takes place.

This form of experimentation opens up a host of ideal variations:

- A. One can check the healing effect of the use of a crystal
- B. One can observe the influence of pyramidal objects placed over and in the proximity of a leaf.
- C. One can test the transducing properties of different gems, on maintaining the vitality of the leaf.
- D. One can test if drugs, vitamins, tissue salts, Homeopathic or Bach Flower Remedies in proximity to the treated leaf have any effect.

Those with more sophisticated equipment may want to measure weight changes in the leaves and take photographs through a Wratten "A" filter using infrared film. If so, always use rubber gloves when handling the leaves after the initial preparation.

Another important bit of information is that in using infrared film through a Wratten "A" filter, one will observe that the treated leaf continues to reflect infrared radiation just the same as a living plant does. But the control leaf dies in a few days and no longer reflects infrared radiation. By the use of infrared photography, one can photograph the vital aspect of a living system, and when that life process is no longer actively functioning.

EXPERIMENT 2 BUILDING DOWSING RODS

Dowsing rods detect the energetic forces that emanate from a human body or from inanimate objects. The rods are energized by the power of thought.

The most practical form of dowsing rod is in the form of a right angle. The handle portion should be six inches long and the sensing rod portion eighteen inches. Remove as many kinks as possible from the wire of an ordinary coat hanger. The handle portion should be inserted into rigid tubing that allows the rods to rotate freely. Tygon, acrylic, or synthetic rubber tubes work well for handles. Paint the tips of the sensing angle white.

Stand erect and hold the rods, one in each hand, at a comfortable level in front of the chest. Watch the antics of the rods turning around. Mentally command the rods to be quiet and adjust to a parallel position to each other. Be patient, let this happen, and then mentally command the rod in the right hand to turn to the right and stop. Then mentally direct the rod in the left hand to turn to the left and stop. Breathe in, and watch the rods come back to neutral (parallel). Let the breath out and watch the rods move outward. Repeat this often, observing that with each breath, movement of the rods takes place.

We have indicated that rod movements are controlled by intention (thought). This intention of one's mind, directed to the rods, will cause them to move as one breathes. To use these rods in detecting the energy fields of the body, one must first quiet the rods. Second, release the intention, mentally placing that intention at the tip of the dowsing rod. Draw in and hold your breath. Notice the movement of the rods. (KEEP BREATHING!)

EXPERIMENT 3

DETECTING THE ENERGY OR AURIC FIELD AROUND THE BODY OF AN INDIVIDUAL

Prepare to use the dowsing rods as described in experiment 2. It is important that you focus the intention of measuring the auric field of a person. From 5-6 feet away, walk slowly toward the person, with rods at the horizontal position. At a distance of 1-3 feet, the rods should begin to deflect as you pass into that person's field. Moving forward again, from further back, you should be able to clearly delineate the energy fields that surround the person. Stand relaxed and alert to the deflective fields from the person you are measuring. As he breathes in and out, observe what takes place. The health, degree of balance, and general vitality of any living thing can be measured by this method.

A person's thoughts can be shown to deplete the energy of another individual. To do this, you focus your attention by staring intently at the individual while thinking something negative about them. That individual will be experiencing your thoughts on his physical body. Note the effect on your dowsing rods. When you are done, both you and the subject should pulse breath with the mouth closed to clear the energy fields created.

EXPERIMENT 4

DETECTING ENERGY IN WATER

One can detect moving bodies of water and above all, water charged with the intention of an individual. Get three styrofoam cup. Half fill them with water. Dowse the three cups with your dowsing rods to show their neutrality. One cup is to be a control. Now hold the second cup in your hands. Focus intently on the cup, directing the mind to place thoughts of love, joy, and happiness into the cup. Draw in a breath, holding the cup away from the body, and release the thoughts into the water. (Release the breath by expelling quickly through the nostrils).

Now with the third cup, think unpleasant and disagreeable thoughts, directing those thoughts into this third cup using a pulsed breath.

Now dowse the three cups. Do the dowsing rods directed at the positive cups move outward? Do the rods move inwards when directed at the negative cup? Is the control cup still neutral? Taste the water in the cups. Are there any differences? Note any differences and consider what we do to food that is eaten while we are in conflict or when angry.

EXPERIMENT 5

DETECTION OF THE CHARGE ON A LEAF POTENTIALIZED BY THOUGHT

In experiment 1, we kept a leaf alive as long as we were able. Experiment 5 uses both leaves from that earlier experiment.

Dowse the leaf that was filled with love and the thought that it continue to live. Check it against the leaf which was rejected. Then dowse with the dowsing rods and ebb and flow of the vitality (energy) that is contained in both leaves. Test both leaves over time and note when energy no longer exists.

EXPERIMENT 6

CHARGING WATER WITH THE POWER OF MIND

Hold a container of water in your hands and focus on it with your mind. Draw in your breath, then suddenly release it with the intention of charging the water. Measure this water with a gaussmeter or with dowsing rods. What happens?

Next, draw in your breath, then release it with the intention of removing the charge. Now what happens? This experiment can be repeated many times using the same water. There is a direct correlation to magnetism of the field that the mind of an individual releases and stores in various solid or fluid bodies.

The teaching from this experiment is that the energy of mind is capable of being stored in the fluidic part of the body, primarily the blood stream, and that this information can be transmitted throughout the body. The act of the healer in the primary stage is to release these unwanted charges and bring the body back to an even balance. Then the energies can flow in a right and proper manner.

EXPERIMENT 7

IDENTIFICATION OF CRYSTALS SUITABLE FOR WEARING

Wearing a naturally-terminated quartz crystal adjacent to the witness area on one's body is a means of shielding oneself from excessive involvement with the feelings and thoughtforms of those with whom we come in contact. The size, purity, and shape of the crystal is immaterial. However, the crystal should be mounted or worn with the tip pointing up, not tip down as is the majority of jewelry. A crystal worn with the tip up rounds out and completes the energy bodies of the wearer. If a person wishes to wear a crystal with the tip facing downward, then the opposite end must be faceted with an appropriate series of facets. This is determined according to the number of facets on a particular crystal. A natural quartz crystal is hexagonal (six-sided). The ideal double termination will complement the natural angle and be faceted to six sides. A Herkimer diamond is a quartz crystal that has a natural double termination. These are from Herkimer, New York. A crystal of this type worn at the witness area (thymus) gives one feelings of stability and togetherness. This is true even though one maybe experiencing trauma and deep emotional shock.

To test the value of a crystal to be worn, use the principle of kinesiology. This is done by extending either arm horizontally from your body. Hold the crystal at the witness area and ask the appropriate question: "Is this crystal good for my body?" Then have another person apply downward pressure to your extended arm as you try to resist. When the crystal is suitable for your subtle bodies, a strengthening of the body takes place and one can resist a force of five to ten pounds to the extended arm. When the crystal is not suitable, the arm readily fatigues and can be easily pressed down. We recommend that all of you get various samples of crystal to test on yourself. Hold each to your witness area and have a friend help with the kinesiology test.

It is important to note that a quartz crystal with the termination pointing downward will deplete the energies of the body. At times, this is required and provides a real service for the individual. But if one needs these energies for creative thinking and alert interaction with others, then a crystal worn in this manner is contra-indicated.

EXPERIMENT 8

IDENTIFICATION OF JEWELRY SUITABLE FOR WEARING

Jewelry and stones should be chosen not only for cosmetic appearance and intrinsic value, but should also be considered as a critical adjunct in assisting the subtle bodies to be whole. Every stone of a crystalline nature, because of its chemical composition and form, radiates a field in space which may be antagonistic to, or amplify, the subtle fields of an individual wearing it.

Certain metals -- copper, iron, lead, tin, silver, and gold -- are equivalent to planetary bodies. The cosmic influence of the planetary bodies on metals was studied and spoken of by Rudolf Steiner and the schools of thought under his tutelage. These studies showed that at periodic times of the month, according to the planetary influence, there is an effect on the rate of crystallization of salt solutions on these compounds. It is therefore important to consider when one is wearing a stone that these chemical and subtle influences do have an effect on the energetic bodies.

Diamonds are a crystalline form of carbon and are not influenced by planetary bodies. Quartz (silicon dioxide) is equally unaffected by planetary influences. It is therefore an ideal vehicle to use in energy transfer studies and applications in balancing and healing the subtle bodies of individuals.

Take any stone you wish to buy and place it at the witness area. This is the center of the chest and four inches down from the "Y" of the neck. Ask the question, "Is this stone suitable for me to wear at this time?" Then have another person test your arm for strength and weakness. If the arm is strong, the answer is "Yes"; if the arm is weak, the answer is "No."

Many times a stone and its setting are imprinted with the patterns of thought of the artist responsible for its creation. This includes both the stone, if cut, and the setting. One may have a suitable stone, but in the wrong setting. This applies to a precise degree to any stone, ring, or other jewelry that has been passed on as an heirloom or given as a gift. The thoughtform emotions of the previous owner are imprinted in the object.

For this reason, testing a stone or jewelry which has these patterns in it gives false readings. It is recommended that one demagnetize any new piece of jewelry with a bulk demagnetizer prior to wearing or testing. To erase the patterns of thought and emotion, pass the object through the field in the same way that you erase magnetic tapes with an erasing coil. When you test the stone, many times a completely different reading will occur. Here is an example:

A woman who went to an island in New Zealand bought a beautiful ring from a village artist. However, from the moment she wore it, she experienced depression and lethargy. When the ring was finally demagnetized, her depression faded and she returned to a normal state of health and well-being. She subsequently learned that there was much strife in that New Zealand village; this strife was imprinted in the work of art.

EXPERIMENT 9

BREATH

The act of breathing is akin to the heat cycle of an internal combustion engine. The cycle is spoken of as a Carnot cycle, and consists of the following four steps, in, hold, out, hold. Inhalation of breath is the building of not only an oxygenation of the blood stream, but the charging with a field or force of the subtle body of man. One can breathe in a two stage cycle in and out, or a four stage cycle, in, hold, out, hold. In the two stage cycle, you operate autonomically. In the four stage cycle, you are deliberately acting on the pumping mechanism. To do a complete charging of your body, you should do this in an incremental of seven steps. This is in accordance with the seven fundamental chakras which are basic energy areas working with the body of an individual. One then holds the breath for a minimum count of three, to allow the charge to come to equilibrium and then slowly release the charge without drawing breath. The same seven cycle oscillation. The pulse of a metronome, or the ticking of a clock are all useful adjuncts to help in this systematic regular control of the indwelling and out going breath. When the body is charged, one need not continue this type and form of breathing. This ususally takes three to four minutes.

Another practical and easy experiment is to suspend a styrofoam cup on a string from the base of the cup. Touch the cup to transfer a charge and hold your hand on either side of the cup with the fingers parallel to the cup. Focus your eyes on the cup and start the deep rhythmic breathing, in and out, and watch the movement of the cup.

Properly done the cup will oscillate, back and forth. As you quiet your mind, the two and frow oscillation will become a circle of movement. As one becomes proficient, one can move the cup at will...back and forth in circle, to and fro.

The absorption and release of the charge through breath is the fundamental basis of telekenetic ability, i.e. the bending of spoons, the moving of objects at a distance, and telepathic communication. Many books have been written on this

subject. One of the best is "Rule Four" found in "A Treatise on White Magic" by Alice Bailey.

When the physical body has been stressed and one feels fatigued, a deep breath, held for a number of seconds, and suddenly expelled through the nostrils, will usually strip the unwanted charges from the body and bring the body to a state of balance and well being.

EXPERIMENT 10

THE USE OF CRYSTALS AS A MEMORY STORAGE DEVICE

It has been said that a crystal will store the energy or patterns of thought.

This can be shown in the laboratory by first demagnetizing a crystal with a bulk demagnetizer. Then hold the crystal in your hand, focusing on a particular thought and release that thought into the crystal with an outgoing pulsed breath. Place this crystal in a radionic instrument (eg. the Omega 5). You can observe the change in vibration that took place in the crystal. This numeric value of vibration can be transferred to water in a special device that we have developed in the laboratory. The information in the crystal is readily erased with a bulk demagnetizer and additional information can then be fed into the crystal.

Get a pair of natural quartz crystals, single terminated, about 2.5" to 3" in length and 3/4" in diameter. Bulk erase both crystals and put them on a sheet of white paper with no writing on it. Now take a notebook and a technical book of unfamiliar information. Read one page of the information, close the book, take a deep breath and ask the question, "What did I learn from this page?" Write the information in your notebook, using only a single sheet. Now open the book again at random and hold one of the crystals in your non-writing hand. Read that page, close the book, and ask the same question. Now write as you did before on a new single page. Put this crystal down, pick up the second crystal. Be sure you can identify them one from the other. Take a deep breath, close your eyes, and project yourself into the crystal. Now release the thought of increased retention of the subject matter, increased comprehension, and improved ability to put this data into form. Open the book at random, read a page with this charged crystal in hand. Close the book, ask the same question and transcribe your information onto the third page.

Leave the crystals where they are, let 24 hours go by, and write as much of the information as you can remember on the first page you read without the use of the crystal. Follow this by picking up the first crystal, ask "What have I learned on the subject matter read with this crystal?" and transcribe it on the fourth page. Exchange crystals and repeat this phase, question and transcribe what comes through. Allow two weeks to go by and repeat the experiment.

The next step is to read an entire chapter of a book with and without a programmed crystal and check the difference of retention and comprehension of the subject matter, using the same techniques. When this is done see for yourself how much was comprehended and retained.

If you have a Vogel-cut_{tm} meditation crystal, compare the difference between this crystal and a natural unfaceted quartz.

EXPERIMENT 11

CHARGING WATER WITH A CRYSTAL

Buy a gallon of spring water that is relatively free of contamination and chlorination. Get two large glasses and fill each of them to the same level. Put one glass aside as a control. Now bring the tip of a crystal into position two to three inches over the water line in the glass. Focus your mind on the crystal, take a deep breath and release the breath into the crystal. Now close your eyes and become the crystal, projecting the thought of love and well being into the crystal and into the water. Do this for two or three minutes and then taste the water. Now compare it to the control.

Repeat this experiment, doing the same thing but this time in the dark. Then, use a strong incandescent light source over the water and the crystal.

The next experiment is to create in your mind the thought of a strong herb, like mint, and project this thought into the water through the crystal. Then taste the water and see if you can experience the essence of this herb created by your own mind.

As an addition to these experiments try them with the crystal tip facing in the reverse direction and observe what changes take place. The energy which one release with thought through the crystal causes water to be structured and this structuring can be observed in a Cary Model 15 Spectrophotometer.

EXPERIMENT 12

COLOR EXPERIMENTS WITH THE CRYSTAL

In this experiment we will study the effect of color being projected through a crystal into water. In the past, people have noted the variation in the texture and taste of water being placed under a pyramid, being put into bottles of various colors and exposed to sunlight for a period of time, and being exposed to intense gamma radiation. People who have healing powers have held vessels of water in their hands and injected the thought of love and well being into the water. This gives the water an entirely different taste.

We will look into modifying the character of water with color. Obtain a set of four filters: red, yellow, green, and blue (either gels or glass). Place a filter above the surface of the water on the experimental glass. Project the thought of love and well being through your crystal, the filter, and into the water. Do this for three minutes and observe the effect on the taste buds, if any change is taking place with the water with this test.

Repeat the test for each of the subsequent colors and put them aside for an hour. Mark each one of the vessels, close your eyes and then taste. See if you can pick a variation in the taste. The experiment can be repeated using water that is chilled in a refrigerator, treating at the lower temperature, allowing it to come up to room temperature and then do the testing. This type of experimental testing gives an understanding of how this effects the body of an individual. We are at least 70% water!

EXPERIMENT 13

OBSERVING AND EXPERIENCING THE HEALING POWER OF HERBS

Procure from your health food store a set of herbs: a)peppermint, b)rosemary, c)cloves, d) thyme. Make a paste of the herb by mixing gelatin in water. Take a drop of this preparation and place it under the bottom of your meditation crystal. Hold the crystal between your hands, and go, with thought, into the crystal. Release your breath and then mentally link to the herb that is present at the base of the crystal. As you link to the essence of the herb, you will experience the odor of this particular essence, and it will fill the room. Peppermint will be unmistakable as you experience that odor in your body. The next step is to bring this odor into your body, becoming a part of that vibration. This is the essential transition from your experience of the sense, to a super-sense. Hold this experience and then ask the question, "What is the therapeutic value of this herb?".

Release yourself from the crystal by breathing in and out. Put the crystal aside. Record your experiences to the best of your ability. Then take the crystal with the herb in your hand (the hand opposite to the one you write with). Take a deep breath, go into the crystal with intention and record your experience on a separate page. Do this for each of the herbs and record the feeling in your body twenty four hours later, with no crystal in your hand. Go to the library or purchase a book on herbal remedies, such as Culpeper's Color Herbal, by Sterling Publishing Co., 1983 and compare your experience with what is written in the herbal book.

EXPERIMENT 14

THE HEALING AND THERAPEUTIC PROPERTIES OF GEMS

Go to a rock shop and purchase a collection of small samples of various semi-precious stones. Do the same as you did in the preceding herbal experiment with the gems and note and record the effect on your physical and subtle bodies. Certain gems and stones will produce a rapid change in the activity of your heart, digestion, and rate of breathing. A set of books is given below which can act as an impetus. Search out other types of rock forms as your curiosity grows.

1) Precious Stones, W.B. Crow, Aquarian

2) Gems and Stones, A.R.E. Press, Virginia Beach, VA

3) Spiritual Value of Gem Stones, Wally Richardson and Lenora Huett, DeVorss & Co.

You will find recommendations in these books on various therapeutic properties of crystals. Test this for yourself.

The overall response to these essences can be expanded further with the use of the Vogel-cut_{tm} healing crystal. This is done by charging the healing crystal with breath, placing a piece of the stone or a spot of the herb on the crystal. Place the Vogel-cut_{tm} meditation crystal on top of the healing crystal where the herb or stone is located. Go into the crystal with mind. You will experience an even deeper and more profound effect. Do the same experiments with natural unfaceted quartz crystals.

EXPERIMENT 15 MEASURING THE EFFECT OF CRYSTALS ON THE BODY

Obtain various samples of stones. Working at the witness (thymus) region of the body and using the principle of kinesiology you can determine whether there is a weakening or strengthening of the energies of the body.

Have a person close their eyes and extend their arm. Put a slight downward pressure on their arm so that the basic resistance, or strength can be determined. Give the person, with their eyes still closed, a sample of crystal and have them place it on the witness area. (Two to three fingers below the sternal notch). Have them ask the question, "Is this stone good for me to wear on my body?" Where there is a weakening of the body energies the extended arm can be pushed down easily. Where there is a strengthening of the body energies it is difficult or impossible to push the extended arm down.

Place the stones that strengthen the body in one pile and the ones that weaken the body in another.

Generally, the darker or black gem stones will absorb the energies of the body and therefore weaken the body. One can nullify that effect by combining the dark stone with quartz crystal. The addition of crystal tends to nullify the negative effects of various gem stones in their depleting action on the body of an individual. By this means you can arrive at the combination of stones which give the amplifying properties required to make these into therapeutic devices to be worn.

EXPERIMENT 16

THE EFFECT OF SHAPE IN THE AMPLIFYING AND WEAKENING ACTION OF GEMSTONES

Cut out of cardboard: a circle, a rectangle, a triangle, and a square. Make all of these about two inches across. Glue various samples of minerals to the cardboard making patterns and shapes. Use plyobond or rubber cement for the initial temporary phase and later, when you have the pattern you desire, use a 5 minute epoxy resin. Always use a small piece of crystal in the center. You will be suprised and amazed at some of the combinations and their effect on you. It is recommended that you get samples of natural magnetite, malachite, etc. Break the samples into small chips, a quarter inch in size, and make various arrangements on the cardboard backing. You will find that certain combinations of stone and geometry produce remarkable enhancing effects.

What we are dealing with are uncut chips of the stones. We are working with the essential vibration of the mineral and a shape factor form in the arrangement of the stones. By combining the geometry with a composite of stones, you will find arrangements which will act on the emotional body. This can help to relieve tension, stress, and a feeling of tiredness. You may also be able to bring to your body a sense of levity and well-being. To clear these arrangements use a bulk eraser and/or the hands in opposing directions and the pulsing of breath.

EXPERIMENT 17

THE USE OF CRYSTAL MEDITATION IN CREATIVE VISUALIZATION

When one reads a book one is translating words into images and is linking with these images through the creative mind. We and the words created by the author become one. A well written book brings into our mind the image of the character and we then experience what the author has visualized, through our experience. In place of the induced visualization in our minds eye of our reading it is even more exciting to move in space and visualize through the crystal a terrain, a country, or a time past. We have this capacity.

Locate an object that is ancient. For example, a bit of stone from the pyramid of Cheops, or a fragment from Mexico's monuments, or even an old heirloom ring. Have a tape recorder with you to record your experience as it happens. Charge the meditation crystal with breath, then draw your breath in and become one with the crystal with the exhalation of breath. Then place the crystal over the object you wish to link into and become one with.

Close your eyes. Draw your breath in and slowly release the breath through the nostrils, projecting the energy into the crystal and down into the object. Breathe in and out quietly.

Then speak whatever impressions come to you. Do not try to wait for images to appear. Speak in a free, open way. As the voice begins, images will appear to the mind's eye and then you can question. Open up the imagery so that you can move from scene to scene. If you are on an island, move into the jungle or to the sea shore or whatever other images might appear. As you do this the awareness becomes stronger and stronger. You are truly there. You are experiencing reality.

Do this alone at first, then do it with a friend. When you amplify this free field with a loving friend it becomes a most glorious and wonderful experience in inner space travel.

EXPERIMENT 16

CREATING INVENTIONS WITH THE HELP OF THE CRYSTAL

The crystal is a focusing device just as the lens of a camera is a focusing device to bring into an image the rays of light that are in the area surrounding it. So too, the meditation crystal is a simple lensing system to bring the patterns of thought into focus and precipitate the energies into a thought form. This image can be seen clearly with the mind's eye and a description of what is being seen can be verbalized or drawn.

Time and space do not exist and when you look at this object created in the meditation crystal or a quartz crystal ball you initiate time with the start of your thinking. When you write out what you see, you sequence time and precipitate this pattern of thought more and more into a state of objective reality.

When an idea occurs take the crystal in your left hand and, after charging,, project the image of the idea you have into the crystal and then begin writing the information that is coming to you. You can also do this with a tape recorder and speak the information aloud. The idea exists in an etheric space in front of your body. As you precipitate this into a form that accepts it, that energy is more highly consolidated and more easily accessed by the human mind. This can be applied to decision making in business, interpersonal relationships, and above all in getting to know yourself better.

EXPERIMENT 17

PSYCHOTRONIC DEVICE FOR MEASURING THE FIELDS EMANATING FROM THE CRYSTAL

A very simple and practical device can be made by cutting out a 7.5" circle and cutting a "V" out the circle so that it will form into a cone. Tape the cone together. At the joint attach a strip of 1/4" magnetic recording tape with rubber cement. Knot fine nylon thread and pass it through the hole in the center. Hang this in an area that has no drafts or air flow. This object now can be moved and caused to spin by staring with your eyes and using a healing, meditation, or natural crystal to focus your energy onto the magnetic strip.

Try up and down motions, steady state, and oscillating fields. When the charge is working, the cone will start to vibrate and then start spinning. You can place this cone over a sheet of paper on which you record the degrees of the compass. Place a small marker on the cone so that you can measure the axial rotation of the cone.

Try deep breathing exercises as well as pulsed breath. Experiment with other rhythms of breath as well. This will give a very simple and practical indicator of the forces existing between you and the crystal.

EXPERIMENT 18

MODIFYING THE TASTE OF FOODS WITH THE HEALING CRYSTAL

A) WATER: Take two glasses of water and put them into plastic cups. Use one as control. Put the other on a table and bring the healing crystal over the top of the water with the operating tip facing the water. Focus on the crystal and visualize the water being free of all impurities, especially chlorine and other unwanted salts. Pulse the breath and repeat this process three times.

Taste the control water and then taste the water that has been treated.

You can also mount a crystal over the water and play various types of music to it. Certain selections will alter the water somewhat, some will not. Test for yourself.

B) FRUIT: a) Apples - Take a ripe apple and cut it in half. Do the same with the happle halves as you did with the water. You will see the rapid oxidation that takes place on the control half of the apple. The half that is treated will have a much slower rate of oxidation...two to threefold. Taste each half and compare the results. Do the same with b) oranges, c) bananas, d) peaches, etc.

EXPERIMENT 19

MEASURING THE POWER EMANATING FROM A CRYSTAL (NATURAL VS. VOGEL-CUT_{tm} HEALING CRYSTAL)

Materials required:

1 large clean Mason type jar with lid
silk thread
large diameter mechanical pencil lead
marking pen or nail polish
Vogel-cut_{tm} healing crystal
natural quartz crystal
tape

Dia-magnetic materials are very sensitive to the fields emanating from both the terminations of a natural crystal and the finished ends of a Vogel-cut_{tm} healing crystal. A very nice apparatus can be made to measure these fields by taking large diameter mechanical pencil lead (or removing the covering of wood from a normal pencil) and cutting (scoring and snapping) the piece of lead into a piece about 2.5" long. Sharpen one end of the lead to a fine point and tie a piece of thread at the middle (balance point) of the lead so that it hangs horizontally.

Punch a hole in the center of the jar lid. Pass the thread through this hole so that the lead is suspended in the center of the jar and tape the thread to the lid. On the jar incise a series of vertical lines with a permanent marking pen (or fingernail polish) about one inch apart all around the jar. Carefully rotate the lid until the lead points to one of the lines.

To measure the effect of the crystal on the lead, place the left hand on the side of the jar facing the blunt end of the lead. With the right hand, hold one of the crystals and focus on the sharpened tip of the lead. Hold the crystal steady, slowly breathe in and out. Do this three times and watch what takes place. When the lead moves, notice and record the deflection. Reverse the direction of the crystal. Repeat the procedure and see what takes place. One side will deflect in the left handed direction and the other side will reverse the direction.

Try it with the other quartz crystal and again record the degree of deflection. You can now apply various crystal motions to this device: up and down, right to left, clockwise and counter-clockwise rotation, etc.

This is a practical and inexpensive tool to measure the crystal's capacity for charge transfer. Try it 1) before and after meals 2) morning, afternoon, and evening. 3) daily, at the same time. 4) through the five days of a full moon cycle. The physical body is most affected at this time.

EXPERIMENT 20

MEASUREMENT OF THE AMPLIFYING POWER OF A CRYSTAL ON THE ROTATION OF A PAPER CONE

Materials required:

1 Mason type jar with lid
white kraft or watercolor paper
designer colors (water based opaque paints)
silk thread
Vogel-cut_{tm} healing crystal
permanent marking pen
glue or rubber cement
tape

Perforate the center of the lid of a Mason type jar. Make five cones that will fit within the dimension of the jar. Paint them: 1)white 2)black 3)red 4)yellow 5)blue. Mark a vertical stripe along the cone. This will act as a position rotation indicator. Tape or glue the silk thread so that it will pass through the apex of the cone. Glue the cone closed. Pass the thread through the hole in the lid.

Charge the crystal by holding it in your hand, focusing on the crystal and pulsing your breath. Attach a slip knot loop to a 4, 6, or 8 sided healing crystal, and adjust the loop until the cone is in the middle of the jar. Place one inch indicator marks around the jar to measure the degree of rotation of the cone. Place the crystal on the lid of the jar and insert the loop in one of three spots: 1) the front tip or firing tip of the crystal, 2) the middle of the crystal, or 3) the rear of the crystal. Positions 1 and 3 should be as near the transition angles as is convenient. Place the jar in a position so that you can comfortably stare at it. Draw your breath in and become one with the cone. Hold and pulse your breath and observe. Do this for three minutes at a time and repeat for each of the positions of the crystal to find the place of maximum oscillation and rotation. Exchange the cones and see the effect of various colors. Repeat the same but this time focus on the crystal, draw your breath in, pulse the breath and watch the changes that take place.

EXPERIMENT 21

MEASURING THE EFFECT OF PEOPLE ON YOUR BODY

Material required:

pictures of people who impact your life

names of people who impact your life written on 3"X 5" file cards

an assistant for muscle testing

The body is a vast complex of various structures. It is possible to use these structures in an organized manner to heal or to act as a transmitter, a receiver or a test instrument. The double-terminated natural quartz crystal acts as a transducer to focus this energy, much as a laser focuses light.

These energetic structures are given the name 'subtle bodies'. To people who have developed their capacities to see clairvoyantly they appear as a luminous cloud around the physical body, possessing both form and color. As you develop and integrate these subtle bodies, they take on a more precise pattern and form, very much like the crystallographic shapes we have in the mineral world. They have photographed by means of a special camera, designed by George de la Warr of Oxford, England, that is now being used in the P.R.I. laboratories.

To see what effect particular people have on our physical and subtle bodies, hold the specimen name or picture to the witness (thymus) region (about 3 or 4 finger widths below the sternal notch) with your dominant hand. Raise your other arm out to the side and hold it at shoulder level.

It is important that you not know whose picture name is being used. Your assistant is necessary here so that the experiment is done as much as possible as a 'blind test'. Your assistant will also keep a record of the results. Have them number each person's name and record these in your notebook. Use muscle testing to determine which of these people cause a weakening or strengthening in your body. Ask the question 'Is this person a positive energy for me at this time?' Perhaps a better question might be 'Is this person for my highest good?' Test the effect of this sample by having your assistant put light but firm pressure on your raised arm. Positive energy reinforces and negative energy weakens your resistance to your assistant's pressure.

It is possible to 'clear' many of the relationships with people who cause a weakening response. This demands that you develop an understanding of the issue and a willingness to face the reality of the issues that are troubling this relationship. To truly 'clear' the relationship may demand counseling and professional guidance.

This experiment will help you to select a combination of individuals who can form a positive support network which will allow you to work the highest good of yourself and others.

EXPERIMENT 22

CLEARING AN ILLNESS FROM A DISTANCE

Materials required:

associate to test your strength

3" X 5" file card

pictures

pen

It was mentioned in the previous experiment that thoughts of people we are working with affect the continuum of the bio-energetic fields which surround our body. When we carry a picture or wear a photograph of an individual in our purse or wallet, it affects our subtle bodies. This is especially true of those who are closely related to us, such as our spouse or children. In carrying these pictures on our body we are linking to them through our etheric or bio-energetic body. Periodically we need to clear these pictures with a thought of love and well-being.

Try this experiment if one of your friends or children suffers an accident or illness.

Use their picture and write the illness on a card. Have an associate check you arm for strength or weakness as described in the previous experiment. Place the picture, the illness card and a crystal which you have charged with the thought of love and speedy recovery on the witness area and pulse your breath. Have you associate test your arm again. You will experience a marked strengthening of your body in the later test. Clear the crystal, and tear up the card. Place the picture back in your wallet or purse.

This can be done for anyone, any place in the world. It is especially effective in aiding children and young animals. So often people call me for help and I say I will pray for them. If I have a picture of the person I will do what I have just described. If not, I write their name on a small card with their need. I place it on the crystal, bring it to the witness area, create a thought of love and well-being, and then release it with the pulsed breath.

In a similar way you can carefully analyze the influence of various clothing, cosmetics and substances on the physical and subtle bodies, by first using muscle testing and then using a crystal to clear the negative effects.

EXPERIMENT 23

MEASURING THE EFFECT OF VIBRATIONS

FROM SUBSTANCES PLACED ON OR IN THE BODY

Materials required:

thread samples from various articles of clothing from your wardrobe
samples of your cosmetic, soaps and lotions
small weight
sturdy string
3" X 5" file cards

Cut a series of one inch squares of light cardboard. Take the thread samples and adhere them to a cardboard square with Scotch tape. Mark on the other side the nature of the material, be it polyester, nylon, cotton, etc. Put a speck of each of the cosmetics, soaps, and lotions on a cardboard square and cover them with Scotch tape. Make a descriptive note on the opposite side. Do this for all of the materials that touch or go into your body (eg. hair spray, fingernail polish, mouth wash, toothpaste, soaps and detergents). Take a Vogel-cut_{LM} healing crystal in your hand and program it with the intention that you want to experience the positive or negative influences of this substance that comes in contact with your body. Many synthetic fabrics contain plasticizers which volatilize and can influence your subtle bodies, affecting your ability to be sensitive. With experiential knowledge of these subtle effects, much of what we now call allergic responses may be due to a specific reaction to the vapors or the vibrations of these chemicals.

To measure the affect on your body, two forms of analysis are offered: the pendulum and muscle testing.

Make a simple pendulum out of a small weight that hangs about nine inches below a sturdy thread or string to which it has been tied. Write YES on the right hand side and NO on the left hand side of a piece of paper. Place your elbow firmly on the table surface and suspend the pendulum between your thumb and forefinger until the pendulum is hanging about one inch above the surface of the paper. Take a deep breath and slowly release the breath until you are in a comfortable holding position and initiate a swing. Mentally program the pendulum to swing to the right. Then mentally program the pendulum to swing to the left.

Clear yourself of any considerations as to how the pendulum should move during the test. With your free hand take a crystal programmed for your general well-being and place your forefinger on top of the crystal. Put them on top of the first paper sample containing a thread. Ask the question, 'Is this right for me to have on my body?' Watch the movement of the pendulum and record the results. Do all the cards, one at a time, to test your wardrobe. When you receive a negative response you can then ask a series of additional question: 'Is it due to: the color, the design, the fabric, the dyes, the factory energy?' etc.

The same tests can be made using muscle testing. By these systematic analyses you can discover the proper clothing to wear. Follow this same procedure to test for the cosmetics that are acceptable and, above all, the chemical you are using in your mouth. Many substances have subtle effects on us.

EXPERIMENT 24

FINDING YOUR NOTE

Material required:

piano

notebook

tape recorder

Place your left hand on the top of a piano with the top down and above the strings and strike each key at the holding stage of the breath. Begin with the lower keys, and wait until you get a sympathetic vibration in your hand after drawing in and holding your breath. Note which keys make you feel this sympathetic vibration. You will be surprised to find that the tips of your fingers will selectively respond to different tones on the piano. This is due to the acupuncture points present at the tips of the fingers which act, through vibration, directly into the selective organs in the body. Read a good book on acupuncture.

Do this first for the left hand and then for the right hand. Note the selective harmonic stimulation through this medium for the fingers. Note the tones that produce these stimulations. Strike composite groupings of these tones to observe the systematic stimulation of the body. Tape record these sounds again and again and then play them back holding your hand at different parts of the body. When there is a sympathetic vibration, the appropriate finger will flex to that organ and vibrate in accordance with the stimulus of that sound.

EXPERIMENT 25

THE USE OF THE CRYSTAL IN FINDING YOUR NOTE

Materials required:

piano

notebook

tape recorder

crystal

Charge the crystal (natural, or a Vogel-cut_{tm} healing or meditation crystal) with a pulsed outgoing breath while holding it in your right hand. Place the crystal on the piano above the strings. Touch the crystal with your fingertips and repeat experiment 24. Observe the amplifying power of the crystal.

Take the crystal in your right hand and place it over the heart region with the operating tip facing the heart and now strike the notes of the piano and find those notes which stimulate the activity of the heart itself. You will experience this as an increase in charge causing the crystal to become more adhesive or sticky as you slide your finger over the surface. You will feel an empathetic or sympathetic vibration in your body. Your body will perspire and there will be a change in pulse rate. Keep a record of how the utilization of sound working through a crystal can balance and heal the physical body.

EXPERIMENT 26

GROWING YOUR OWN CRYSTALS

Materials required:

sugar, water, glass

clean string

tablespoon

The easiest crystals to grow are sugar and salt. Let us start with sugar.

Put two to three tablespoons of sugar into a glass of warm water. Stir it up until all the sugar goes into solution. Take a clean string and put a triple knot on the end of the string that you suspend in the glass with the solution. Place the glass in a sunny area and watch it each day as the water evaporates from the solution. You will suddenly see small poly-crystals forming on the string and each day there will be a further growth of these crystals. There will come a time when all of the sugar has been deposited on the crystals that form on your string. Prepare a fresh solution and continue growing the crystals. What you have made are simple crystals of sugar. Now look at the structures and organization of the crystals that you have grown.

EXPERIMENT 27

GROW YOUR OWN SALT CRYSTALS

Materials required:

salt, water, glass

clean string

tablespoon

Repeat the above experiment with salt instead of sugar. Salt grows as cubic rather than hexagonal crystals, and when they are not interfered with, each face will be at 90 degree angles to each other. They are consequently called cubic. A wonderful book on growing crystals is Ann Holden's and Phyllis Morrison's Crystals and Crystal Growing, M.I.T. Press, Cambridge, Mass.

EXPERIMENT 28

MODIFICATION OF WATER BY A CRYSTAL

Materials required:

Water
a 2.5" to 3" natural quartz crystal
5 identical glasses of water

Pour equal amounts of water into the 5 glasses. Place a glass of water touching each end of the crystal. Leave them in subdued light, indoors for ten minutes. Sip the control (third) glass of water by rolling it around your mouth and slowly swallowing it. Next, compare the waters at the tips of the crystal to the control.

Now take the crystal in your hand and discharge or clear the crystal by pulsing it with your breath. Hold the crystal in your right hand and project into the crystal the thought of the crystal transforming the water into beautiful spring water with a touch of lemon in it. Now repeat the taste tests and observe the results.

EXPERIMENT 51

THE EFFECT OF MAGNETIC FIELDS ON WATER

Materials required:

bar magnet
5 identical clear glasses
red and blue light bulbs

Determine the North and South pole of your magnet by holding it next to a compass. The needle of the compass will be attracted by the North end of the magnet. Pour water into the glasses. Place one glass next to the North pole of the magnet, one next to the South pole and leave them for ten minutes and compare their taste to the control water.

Expose the next sample to a red light held about 12 inches over the glass of water for about five minutes. Replace that light with the blue one and expose the second glass for the same length of time. Compare these samples with your control and the magnet-charged water.

You may repeat these experiments with any combination of breath, crystal, lights, and the magnet. Observe which combination of events gives you the most distinct and powerful sensation of differential variation.

EXPERIMENT 29

SEEING THE LUMINESCENCE OF CRYSTALS

MATERIALS REQUIRED:

sugar cubes,
2 natural quartz crystals 2" - 3" long

Take the sugar cubes into a darkened room and rub them against one another, and you will see flashes of light. This light is called TRIBOLUMINESCENCE. It is caused by a fracturing of the sugar crystal which, at the moment of fracture, creates an electrical field that you can observe. A straight pressure does not work. It requires a very careful, deliberate pressure and shearing action against the cube to bring the light phenomenon into being. Try this out and see if you can enhance the effect by putting a drop of oil of wintergreen, different essential oils onto the sugar cube and letting the oil dry. Try coloring the sugar cube with food dyestuffs and see if you can get a change of color to the light that is being created by striking these cubes, one against the other.

Now take a pair of natural quartz crystals and impact them on one another being careful not to fracture the crystals. You will see a flash of light at the moment of contact between the crystals. This flash is also triboluminescence. This can be repeated many times. It is important when you do this that the room is quite dark and you allow your eyes 15 to twenty minutes prior to the experiment to adapt to the darkness.

The phenomena with the quartz crystals results from the PIEZO-ELECTRIC characteristics of quartz. Piezo-electricity is the ability to convert pressure into an electric charge, and as a consequence, these crystals can convert this pressure into a luminescence. It is not an electrical phenomena of an electrical discharge. This light is not the product of friction or heating, but is a product of the jumping of the crystal lattice from one transitional state to another and this energy comes out in pulses of light.

Do the same with other crystals and you will find that not all crystals will produce light, but only those which have the quality of piezo-electricity. Not all quartz is triboluminescent. The same type of quartz found in various locales may exhibit this quality in one of the areas and not in another. The ability to emit light is a product of minute impurities present in the lattice system which allows the electrical field created by the contact of one crystal with another to be converted to light. In other words, triboluminescence is a form of electroluminescence. The shifting lattice produces an electrical field (EMF). This EMF then goes to lattice site locations where there are impurities present such as manganese, iron, or copper. These impurities take this energy and convert it into light by going into a quantum jump and when the energy returns to its normal site, light is emitted.

EXPERIMENT 30

SUGAR AND QUARTZ

Materials required:

4 X 5 polaroid film and holder
natural quartz crystals
Yogel-cut_{tm} healing or meditation crystal
photo changing bag (or black bag)

The object of this experiment is to see the aura of the crystal when it is charged with thought. Charge a crystal by holding it in your hand and pulsing your breath with intent. Place a sheet of unexposed 4 X 5 Polaroid film, in the holder, into the changing bag. Place the crystal in contact with the Polaroid film for one minute. Remove the crystal to a new location away from the bag and visualize the crystal with your mind. Create a clear image and pulse your breath, sending a strong field of energy to the crystal. Remove and develop the film. Observe the results.

You can do a similar thing with a box and a 35mm camera. Focus on the crystal with the camera lens. Seal the box light tight and open the shutter first, for 15 seconds, and second, for 30 minutes. Use as fast a film as possible and have the film developed.

When a crystal is placed on a 4 x 5 Polaroid 55p/m color film for one minute, upon developing the film, a cone of yellow light can be observed around the crystal. This is *not* Kirlian photography, but photography of the energy fields that exist in and around a crystal.

EXPERIMENT 31

THE EFFECT OF MATTER ON MATTER

Materials required for both Exp. 31 & 32:

1 natural or Yogel-cut_{tm} quartz crystal
a selection of condiments: sugar, salt, pepper, herbs, spices, etc.
subject to test

Clear your crystal. Pulse your breath while holding opposing faces of the crystal, usually three sets, while keeping a thoughtform that the crystal will be clear. Put the crystal to the witness area, with the tip up, and test your subject for strength by the use of muscle testing.

Place sugar on the crystal and repeat the test. If the subject has incipient diabetes or is allergic to sugar, he will weaken and be unable to keep his arm extended. Clear the crystal again. Repeat the test with other condiments, making sure to clear the crystals between tests.

EXPERIMENT 32

THE EFFECT OF THOUGHT ON ALLERGIES

Bring the crystal to the body, at the witness area with the tip up, and have the person draw in their breath. You may smell the essence of that condiment to which there is an allergy in the atmosphere. This is the vital energy that is contained in all matter.

To clear your body of the allergenic reaction or hyper-sensitivity to the material, draw in your breath and focus on the essence of the material to which you are sensitive. Project the thought of love, well-being and compatibility between you and this vibration. Pulse your breath and test it again. You should find that your arm is stronger. If you have done this properly your body should be more able to assimilate reasonable quantities of this material with no adverse reactions.

What we have been experimenting with are the geometric patterns of matter and how we process it with our mind.

EXPERIMENT 33

KINETIC

Materials required:

2 styrofoam cups

heavy duty thread and needle

Drive a needle with 32 inches of doubled thread into the center of each cup. Knot the end of the thread so that it will hold the cups in a bell position about 3/4" apart when you hang them. Put your hands on the first styrofoam cup, focus your attention on putting your energy into the cup, take a deep breath and pulse your breath. Hold for a moment and then suddenly remove your hands from the cup. Repeat this with the second cup.

Being careful not to create a breeze, focus your mind on one side of a cup and "will" the cup to move to the other side. You will begin to see motion. When that takes place, focus on one cup and breathe in. Focus on the other cup and breathe out. To get a more sensitive indicator of motion you can attach a string as a weight for an indicator of the motion of the styrofoam cup. Also, the rotation can be detected by putting a black mark on the rim of the cup. Without focusing your mind, use your hands to interact with the charges that are attached to the styrofoam cup. Observe the difference in movement of the charged cups with the left hand and the right hand.

EXPERIMENT 34

THE EFFECT OF LIGHT AND COLOR ON THE BODY

Materials required:

1 incandescent light source (75-100W)

1 red and 1 blue filter

Hold your left palm about 12" from the light source. Experience the effect on your body from this light striking your hand. Then have someone place the red filter over the light source and see what effect it has on your palm. Have them remove the filter and experience the difference. Then place the blue filter in front of the light source and again feel the difference. Doing these experiments will open your sensitivity to working with crystals and color. Repeat the experience with the opposite hand and record your results.

EXPERIMENT 34

SENSING RADIATION WITH THE THIRD EYE

Materials required:

household iron (hot)

cardboard, 6" sq. with a hole cut in the center

Have a person stand four feet away from the subject and about 6" from the iron, while holding the cardboard in front of the iron and moving it so that the hole focuses the energy within the circle at the site at the subject's third eye, and then move the hole around to see if he can tell when the thermal radiation heat is more pointedly directed at them.

Once you feel that radiation, take your hand or any opaque source and flick it over your third eye, up and down or back and forth. You should begin to see color. In other words, if you oscillate the infrared source, instead of just feeling pure sensation, you will see color corresponding to the rate at which your hand is oscillating.

EXPERIMENT 35

SEEING COLOR IN THE THIRD EYE USING A SPINNING DISC

Materials required:

small electrical variable speed motor or fan
thin cardboard or construction paper

Make a sector disc out of the motor or fan, cutting quadrants out of a piece of cardboard, or construction paper, so that you have a sectioned disc. Put it on the motor or fan at slow speed. Shut your eyes and let the disc spin. Now try it with open eyes. You will go from sensation to color because you are getting a frequency in the process of "chopping off" that radiation. When you attain the right rate of chopping, the visible color appears. This is a first hand way of externalizing the ability to see not only vibration and to feel it as sensation, but to activate it into chromatic sensation by chopping, getting a certain frequency or beat to the radiation.

The next two experiments will deal with the expansion of the healing body. These experiments were designed to help to unfold the sensitive faculties which exist beyond the sense organs of touch, taste, sight, hearing, and smell. Practicing these will allow the individual to expand himself beyond the limitations of the physical organs.

EXPERIMENT 36

TOUCH

Materials required:

natural quartz crystal
tape recorder
light source with red, yellow and blue gels
blindfold

Hold the natural crystal and cover your eyes. Feel the sensation that take place in the tips of your fingers as you touch the crystal and try to experience the vibration that is inherent in the crystal. Breathe in, hold your breath, visualize the crystal with your mind's eye and touch it again to see the difference in feeling the crystal. Clear the crystal using either breath and intent or a bulk eraser.

Record these sensation in your notebook. Place the crystal in a darkened room and again shield your eyes. Tape record your impressions. Have a person flash light into the crystal and see if you can experience the difference with light or no light on the crystal. Have the person then project colored light into the crystal and see how you experience the variations in color.

EXPERIMENT 37

TOUCH

Materials required:

Vogel-cut_{tm} healing or meditation crystal

Clear the crystal with pulsed breath and intent. Draw your breath in, hold it and bring the breath to equilibrium. Pass the index finger over the surface of the crystal. Record the sensations of touch that you are experiencing. Draw your breath in, hold it, visualize the crystal and release the breath. Become one with the crystal. Now test again the sensations that you experience when you pass the finger over the surface of the crystal. When a proper communication is affected, a charge transfer takes place between you and the crystal and you can experience this charge on the surface of the crystal as a "stick". Draw your breath in and test the surface of the crystal. You will experience a change in the surface texture which comes back to normal (non-sticky) when you release your breath into the crystal. These experiments help to evolve a dual sensitivity to both the texture of a surface as well as the charge capacity of that surface. Once these lessons have been experienced you expand this to interpersonal relationships in knowing how to develop a loving, gentle touch, which is a means of expression of your inner body.

EXPERIMENT 37

EXPANSION OF THE SENSE OF HEARING

Materials required:

tape recorder

favorite music tape

a crystal (natural or Vogel-cut_{tm})

Charge a crystal with the essence of the music in the cassette by placing your left hand on the cassette containing the music holding the charged crystal in the right hand. Then slowly draw your breath in, willing that the musical impressions stored in the cassette will be transferred to the crystal. Hold the breath and pulse the breath into the crystal. Place the cassette into the tape recorder, but before listening to the music, draw your breath in again with the crystal in your hand. As you draw in your breath in see if you can experience the essence of the musical composition. Turn on the cassette player and listen to the music with the crystal in your hand and observe the action of the music on your body. Put the crystal down and observe the effect on your body with and without the crystal.

Erase the crystal with breath and intent. Charge it and hold it in your right hand, and listen to the music again. Slowly breathe in and out. As you do this go into the mind of the composer of the music and try to experience the message that he or she was trying to impart with the music. Doing this will open up a depth of feeling and understanding which transcends the sensory organ itself. It brings you to total focus and concentration. It evokes the soul into matter itself.

EXPERIMENT 38

EXPANSION OF THE SENSE OF TASTE BY THE CRYSTAL

Materials required:

crystal (natural or Vogel-cut_{tm})
pepper, and other condiments

Clear the crystal. Charge it with breath and the intention that you will taste the substance placed on the crystal. Take a few grains of pepper and place them on the charged crystal. Place your finger over the grains of pepper, on the crystal, close your eyes and draw in your breath. Create an image of the pepper in your mind. Pulse your breath and project the image into the crystal. Clear off the grains on the surface of the crystal and wash your hands.

Hold the crystal in your hand and slowly draw in your breath. Put your attention on your taste buds and see if you experience the essence of the pepper. Do this a number of times and you will find as you draw your breath in slowly there is a moment of contact where you experience the program stored in the crystal. You will have a distinct smell and taste of pepper.

Clear the crystal and take a grain of pepper and put it on your tongue and experience the actual spice. Compare the two experiences and you will be surprised at how clear the charged crystal impression becomes with training.

Do the same experiment with other condiments. This will expand your sensory faculty of taste and smell.

EXPERIMENT 39

SACRED GEOMETRY

Materials required:

12 small crystal points
a tray of beach sand 2" deep
dowsing rods
2 glasses of water
a compass

Smooth the sand out to a depth of approximately 2". Place three crystals with the tips facing up in an equilateral triangular formation and measure the field with a dowsing rod. With the compass, align one face of the triangle to the magnetic poles. Dowse for a change in the magnetic field. Continue to rotate around the triangle until the field reaches a maximum. Place a glass of water in the center of the triangle. Leave the glass for 15 minutes and then taste the water. Now taste the glass of water not in the triangle.

In the next three experiments, reform the crystals into a 6-sided crystal shape, an 8-sided shape and finally a circle of crystal points. Using the dowsing rods, determine which shape has the greatest charge-emitting characteristics.

EXPERIMENT 40

MODIFICATION OF THE TASTE OF FOOD WITH CRYSTAL CIRCLES

Materials required:

12 crystal points
sand tray 2" deep
dowsing rods
apples, oranges, bananas

Do the same as above, but this time place in the center 1/2 of an orange, then apple, then banana. Observe the effects that the crystal shape has on the taste and stability of the food left in the circle for 15 minutes. Taste a sample and then leave another specimen overnight and observe the change in taste, texture and quality of the food. You can expand this experiment by locating a ley line with the dowsing rods and putting these crystal shapes over the ley line. Observe the effects that take place in food. Also, observe the effects on an individual who has stood in the center of the circle of quartz stones positioned over the ley line.

EXPERIMENT 41

TESTING OF CHARGED FIELDS IN A CRYSTAL

Materials required:

- 2 quartz crystal tips (small crystals with single pointed ends)
- 2 sheets of white paper
- 1 pair dowsing rods
- 1 pendulum

Clear the crystal tips using breath and intent. Place one the tips on a white sheet of paper. Hold the other tip in your hand and draw in your breath, create a clear image in your subconscious mind of an event in your life. Release that pattern into the crystal with a pulse of your breath.

Place this crystal on another sheet of white paper and use the dowsing rods to check for an energy field that may be contained in the charged crystal and not in the other. Have a friend use the dowsing rods to see if they can detect which crystal has the imprint of your thoughtform pattern. Keep a notebook and see how many people, especially children, can detect the crystal which has the imprinted thoughtform.

Now take the crystal which has the imprinted thoughtform, hold it between the thumb and forefinger in the normal manner for clearing, draw in your breath and pulse it to clear. Set it down and, using your dowsing rods, see if you can detect any evidence of this force that radiate in space. If no radiation is detected, you have cleared the crystal tip.

If you are reasonably sensitive, you can do the same testing with a pendulum. Hold the pendulum over a control crystal with the intention that if a force is radiating from the crystal, the pendulum will give you an immediate reaction. Do the same with the crystal that has the thoughtform in it. Practice this or do it as a game for children, and this exercise will open your mind to the fact that we imprint, with our thoughts in conjunction with our breath, in matter.

An extension of this is that you can activate a book that you are beginning to read to bring the essence of information out by drawing your breath in, holding your hand between the top and bottom of the book, pulsing your breath and reading the book. When you read in this manner pertinent information stands out loud and clear.

EXPERIMENT 42

TESTING FOR NEGATIVE AND POSITIVE EMOTIONS WITH CRYSTALS

Materials required:

3 quartz crystal tips

3 sheets white paper

1 pair dowsing rods

Clear all three crystals. Put one aside as control. Hold the second crystal and create in your mind a joyful, happy, loving experience. Once you see that image, imprint that image with a pulsed breath into the crystal and place it on a white sheet of paper. Bring your hands together, draw your breath in, pull your hands apart and release your breath to clear the patterns from your hands.

Pick up the third crystal, drawing in your breath and creating the image of an event that gave you much sadness or heartache, such as the death of a loved one, a difficult experience at work, or an event in your life that is as yet unresolved. Hold this image, draw your breath in, focus on the crystal and pulse your breath. Place the crystal on the third sheet of paper. Again, bring your hands together, palm to palm, draw your breath in, close your hands, pulse your breath and release it.

Check each of the crystal tips again with the dowsing rods and notice the differential movement in all three samples and record them. You will find distinct patterns for negative thoughts over those of positive, or loving thoughts. Your body is responding to these vibrations at all times and is releasing them into space and into every muscle in your body.

Test another individual with these crystals. Have him stand with their back to you so that they cannot see you, and muscle test for each crystal. Draw in your breath, pick up a crystal while holding your breath, and test his arm resistance. You will find that with the negative thoughts there is a marked weakening of muscular activity of your subject. It will be a surprise and a real teaching experience for the person being tested. When you have finished, clear each crystal.

EXPERIMENT 43

TRANSFERRING AN IMAGE TO A CRYSTAL

Materials required:

Yogel-cut_{tm} healing or meditation crystal
natural crystal if Yogel-cut_{tm} is not available
another person

Keep the other person unaware of what you are going to be programming into the crystal. Hold the crystal in your left hand (if you are right handed) after clearing it. Draw your breath in and create in your mind a dynamic, vital image, such as that of a ripe banana, a chocolate chip cookie, a piece of candy, a cup of coffee, or the like. When this image is clear and developed in your mind's eye, pulse your breath and release it into the crystal.

Now give the crystal to the other person. Tell them to breathe in and tune into the crystal, and to record their experience.

Repeat the same procedure with the opposite hand to see if there is any amplification of the stored signal. When this works, the stored signal will come through as a clear telepathic image.

EXPERIMENT 44

TRANSFER OF INFORMATION FROM ONE CRYSTAL TO ANOTHER

Materials required:

2 crystals exactly matched in shape and dimension (Yogel-cut_{tm} are preferable)
another person

Have the other person hold one of the crystals and go into another room. Take the other crystal (again, both crystals have been cleared first) and project an image through your crystal to the crystal of the other person. If both of you record your projections, you can send several images before comparing notes.

Try the same experiment, but this time put the crystals on tables nearby each of you and observe the difference in the strength of the signal. Record the results.

EXPERIMENT 45

TESTING THE POWER OF THOUGHT WITH A CRYSTAL

Materials required:

Vogel-cuttm healing crystal

2 assistants

blindfold

Hold the crystal in your right hand. Draw in your breath, creating an image of an event in your life that has given you great difficulty, a source of pain or sorrow. Create a clear image of this and release it with breath into the crystal. Then hand this crystal to your assistant to hold in a vertical position about 6 feet away from you. Have the second assistant test your strength through muscle testing. Have the first assistant approach you step by step with the crystal while the second assistant tests your strength continually as the crystal gets closer with each step. When the first assistant is about 3 feet away have them move in more slowly. You will find a critical distance from the body where suddenly the energy of your body will fade and your arm will weaken. This is caused by the pattern you have imprinted on the crystal acting on your body. Bring the crystal back to about 4 feet from your body, focus your eyes on the crystal, draw your breath in and project the thought of love and well being to the crystal with a pulsed breath. Now repeat the test and see if there is a change.

Repeat this a number of time. Then do it with your eyes blindfolded. The effect will be the same.

Take the same crystal and apply the same negative thought that weakened you and now repeat this test on other people. You will find that they, too, are weakened by the crystal that has a negative thought in it. Clear the crystal with intention or the thought of love and then test the person again to see now that there is no effect by the crystal on the individual.

Their conclusion is that a pattern of energy was stored in the crystal which, in a negative format, weakened the body and in a positive format, strengthened it. The only variable is the imprinting in the crystal of a non-verbalized pattern which can interact with your body, weakening it, or the bodies of others.

EXPERIMENT 46

CHARGING NATURAL CRYSTALS

Materials required:

3 natural, uncut crystals, both single and double terminated and about the same dimensions as the Vogel-cut_{tm} healing crystal
an assistant

Select one crystal and charge it with a positive thought of love and well being. Place it down, being careful not to put the crystals too close together. Pick another crystal and project a negative thought into that crystal. Keep the third crystal as a control.

Bring a person in who has had no contact with the experimentation and have that individual pick one crystal at a time, place it on their thymus region, and muscle test their strength.

The fields are now much weaker. Therefore, it is recommended that the subject pick the crystal and bring it into contact with their body. It is also recommended that the whole test be performed with 10 minutes of the initial charging of the crystal.

Now check for correlation with the patterns you have imprinted in the crystal. In fact, you mark the crystals #1, #2, and #3. You can then move outside the room and let another person do the testing. This will clearly show the imprinting effect of thought on crystals and people, both positive and negative.

EXPERIMENT 47

CLEARING THE WORKING ENVIRONMENT OF UNWANTED VIBRATIONS

Materials required:

1 pair of dowsing rods
at least 2 single terminated natural crystals

Use the dowsing rods in the same manner as you would when dowsing for water and ask the question, "Are there fields in this room which are causing interference in the activity of my body and its functions?" Walk from the opening of the door across the room with your mind focused on this thought and if there is a deviation of the rods, make a mark on the floor with a piece of paper. Go at right angles to that and scan the room again. Now take some single terminated natural crystals, hold them in your hand, and imprint them with the thought that they will clear and purify your room. Then placed the crystals at strategic locations in the room until the fields are neutralized.

Next, tape them against the baseboard of the room. Working with pairs of crystals can help you perform a very good triangulation purification. When this is done, the room will feel lighter, there will be the effect in you of diminished fatigue, a heightened awareness of focus, and a greater ability to work.

The normal effect on people of forces of this type germinate from ley lines, which are moving bodies of water. Mineral deposits, being positioned over grave sites and underground cable lines, can also create fields which will cause secondary effects on the body of an individual. The result, in many cases, is fatigue, and in time, a run down condition of the physical body.

EXPERIMENT 48

THE USE OF COLORS TO PROTECT ONE FROM HAZARDOUS ENVIRONMENTS

Materials required:

a large piece of cardboard
a set of colored felt tipped marking pens
a pair of scissors
string - 20" long

The wearing of certain colors can have a very powerful influence not only on self but on those around the person wearing the particular color. Black, for example, absorbs all radiation and as a consequence, tends to create in that person a negative environment. All of the various fields the individual wearing black is exposed to are being absorbed and processed in their subtle body. In contrast, while wearing white, all radiation is reflected out and there is a sense of coolness, balance, and order that the person experiences. Red will give to a person wearing it a sense of power because this radiation reflecting red, but absorbing blue, neutralizes any secondary negative type of vibration. Wearing red gives one the feeling of dominance and strength. Blue, in turn, is a common color and is a color of tranquility and peace. Green is the color of nature and purple is the color of royalty.

Experiment: cut out a series of cardboard triangle. Paint the triangle with each color of the felt tipped markers. Punch a hole in the cardboard, put a string through the hole and tie it and wear it around your neck under your clothes over the thymus gland. Watch the effect of the various colors that you wear from just a small patch painted on a piece of cardboard. Now try combinations of colors and you will find the combination that best fits your personality. Use this, then, as a reference guide for the purchase of the color schemes of your clothing.

EXPERIMENT 49

THE EFFECTS OF THOUGHT

Materials Required:

3 clear crystals

1 Vogel-cut_{tm} Medallion (optional)

3 participants: A, B, & C

Have person "A" in charge of the crystals. Have them program one crystal with the thought of a traumatic experience or with hate and anger. Person "B" stands between "A" & "C". As person "A" places one crystal on the back base of the neck of "B", person "C" will test the effects of that crystal on "B" who does not know which crystal is being tested. This is done by "B" extending their arm out straight from the side while the crystal is at the base of the neck. Person "C" attempts to lower the arm with a gentle, steady push downward. Person "B" offers resistance by holding their arm as steady as possible.

You will find that when the negatively programmed crystal is placed on the base of the neck "B's" arm will not be resistant and will fall to the side. When the clear crystals are placed at the neck, "B's" arm will be resistant. Test this again by having "A" clear the negatively programmed crystal and put in thoughts of love, health and well-being. Test the arm again and you will find there is resistance.

If you have a Vogel-cut_{tm} medallion, you will not be able to program it with negative thoughts because it protects against such energies. Have one person put on the medallion while another looks directly at it and programs it with negative thoughts. Try the kinesiology test and you will find the arm resistant.

This experiment clearly shows us how our thoughts, positive and negative, effect our selves and our environment.

EXPERIMENT 50

DETECTING STORED INFORMATION IN BONES

Materials Required:

4 pieces of chicken leg bone

1 crystal

1 hand saw

1 vice

1 hammer

1 pendulum

Take a piece of bone that has been cleaned of tissue and cut it part way through with a saw. Use a pendulum and measure the field that surround the sawed area. Next, measure the same with a crystal held in your hand to the the vibration. Erase the area using the crystal in a circular motion drawing your breath in and pulsing. Now test again.

Next take another bone and make a saw cut with the thought of anger and desire to damage the bone. Now check with the pendulum and the crystal for the difference in vibration against another cut that was made with a neutral thought. Observe the difference in the energetics between the two. This is information over and above the act of sawing the bone.

Now take another bone, hold it in a vice and fracture it with a hammer. Measure the fracture point with the pendulum and the crystal. Now erase the information.

EXPERIMENT 51

TAPPING YOUR INFORMATION BODY

USING PLANTS

Materials Required:

2 - 3 different types of fresh (not dried) herbs or plants;
an assistant

Each plant carries a specific, unique vibration. Herbs are particularly effective in evoking specific responses in the information body of a human. Pick up one of the plants and place it to your chest (specifically the thymus region also called the witness area) and begin counting from one to ten. While counting, have the assistant measure the strength of your arm (using kinesiology) in resistance to pressure when your arm is held out horizontally (abducted). When a particular number relating to the strength of that plant is found, your arm will drop with the slight pressure pushing on your arm. Now you have a numerical index of that plant. The higher the number, the more effective the plant is for you.

Example:

If thyme is placed on your chest and you begin the count of one and your arm drops, it indicates that there is an antagonism in your body to that vibration. If you try, say, rosemary and reach the count of 10, that would indicate that your body, at that moment, accepts that vibration in a positive way. You can make combinations of herbs and find those combinations which provide the maximum strength to your arm and well-being for yourself. These herbs then can be used in food, in teas, or kept, like pets.