

**The Newsletter of the Association
of Crystal Healing Organisations**

Imbolc 2008

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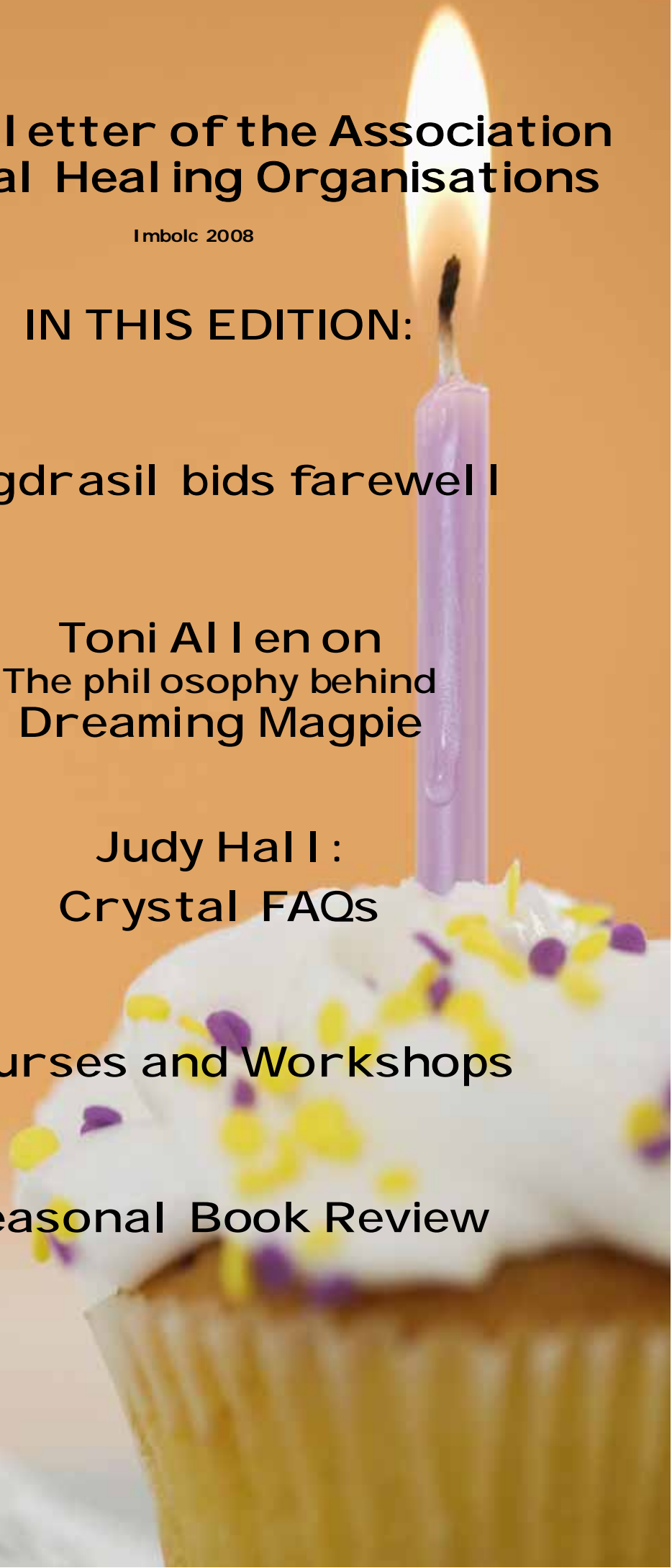
Yggdrasil bids farewell

**Toni Allen on
The philosophy behind
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The Editor Speaks

ACHO Ltd is now one year old - hence this season's cover. Happy birthday to you. A lot has happened in that time which will help to shape the organisation for the future: let us hope that the coming year will reveal the fruits of that growth and endeavour.

Vortex too is one year old: its path has been somewhat lumpy and occasionally erratic with the odd late submission and missed edition but nonetheless it has - hopefully - furnished the few crystal community stalwarts who have taken the time to read it with some worthwhile 'gems' (sic) of inspiration and information on a variety of crystal related topics. My heartfelt thanks to those who have contributed items and articles over this last year, adding some quality meat to these still as yet sparse bones.

I am standing down as editor after this edition. It is often said that if you want something done you should ask a busy person, but even highly organised, multi-tasking, time-management experts have limits - in linear or quantum time! I hope I have been a competent enough midwife to Vortex and that the new editor, whoever it may be, gives it strong and sturdy legs on which to stride forth into a hopeful future. My fervent wish is that Vortex will in the fullness of time go from strength to strength and become an appropriate mouthpiece for the organisation with the full support of all its members. I wish it well.

Namaste

Yggdrasil



Toni Allen on The philosophy behind Dreaming Magpie

Dreaming Magpie was conceived in 2004 by Toni Allen with her partner Daniel Peter Skipp, a researcher, reflecting their conjunct Venus' in Aquarius. Toni is a woman of many colourful hats. To many she is a Tarot Reader; author of A System of Symbols, a New Way to Look at Tarot, and Astrologer; to others a photographer, Semi-Finalist in last year's Shell World Wildlife Competition. Toni has collected stones her whole life, specialising in the highest quality, rarer combination specimens. She trained in Crystal Healing in 1984 under the masterly pioneer R.A. Bonewitz, author of New Cosmic Crystals.

Psychically sensitive since childhood, it's her fine aesthetic sense and professionally honed appreciation of human energies that bring forth the powerful healing rhythms of her designs. Intuitively stringing stones into radical combinations of colours, shapes and energies she easily produces patterns that fit classic healing attributions. Sometimes the individual's energy needs elevation away from earthly concerns and other times requires more involvement in what the physical plane has to offer.

Jewellery and crystal sales were initially to personal clients but we soon started attending events in and around Farnham. We have now run a stall at the Barn Arts Café since 2006, presently being renovated to include a Healing Arts Centre.

We try to encourage customers to follow their intuition rather than preconceived ideas about what they "should" buy, transcending authority. Birthstones are a case in point. A person may be much more influenced by e.g. Piscean traits than their Capricorn Sun-sign. Furthermore, the appropriate healing stone could well be resonating to current Universal and personal astrological trends. Many people resist this concept, persisting to wear only orthodox birthstones even if they admit they don't experience an affinity with them. Once these ideas are explained people start to open up to the full potential of how crystals can enhance their lives, not only by wearing them but also using the dynamics of mineral structure as natural sculptures and ornaments around their homes.

Fashion dictates to many what colour they believe they should be wearing so many become dogmatic in their choice of accessories. When they visit us they are amazed by the variety of natural colours, patterns and shapes the Earth has to offer. Many just can't believe that Pyrite grows as a perfect cube and look for the machine marks or dismiss Turquoise as being dyed; the influence of a plastic society. Once introduced to the qualities of real stone their lives are improved and their spirits lifted without the need to elaborate on any mystical healing properties which many mainstream individuals find off-putting.

Crystal Healing is not just about advising people on which pretty gemstone suits their requirements but also about encouraging them to experience the Mineral Kingdom in all its diversity eg. by picking up a pebble from a beach or a small stone from a field. The healing solution is often freely and locally available e.g. Flint, slate, calcite and jasper.

We stock a wide range of minerals always carefully choosing pieces that sing to us rather than just commercially popular items e.g. Rose Quartz Angels. We have plenty of healers' favourites such as Hematite, Malachite, Kyanite and Chrysocolla as well as an abundance of amazing Spirit Quartz. Hand selecting each mineral we often end up bringing home completely different items than on our shopping list. At present the snowflake obsidian being mined is of a particularly high quality, while Amethyst points are far inferior than they were 10 years ago. Hence we often source specimens from older collections.

Shortly we will launch a new website www.dreamingmagpie.co.uk to replace www.dreamingmagpie.com As well the very best crystals at excellent prices and our hand-made beaded necklaces, we have extended our range to include inexpensive bracelets and rings, pendants, earrings and chains, everything being sourced from ethical manufacturing. Celtic knotwork and Marcasite are exciting new additions.

Why the name? We are both born dreamers of beauty and truth and the Magpie is famous for spotting glittering fancies to line its nest, and is traditionally associated with seer-ship. This sacred bird shares our deep passion for the Earth, is confident and well grounded, sensitive, intelligent, and divinely aware. Pure black, pure white, with an iridescent sheen to its wings, it reflects the magic of the Yin-Yang. Don't forget to look out for our new site at www.dreamingmagpie.co.uk in a few weeks to see what the magpies have sourced for you, in the meantime why not visit Toni's site at www.toniallen.co.uk

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Crystals: Frequently Asked Questions

What are the main benefits of crystals?

Crystals are decorative, potent and fascinating. They have magical powers and properties. They generate, store, regulate, transmit and transform energy. Putting out 'good vibes' they harmonize the atmosphere, or your body. Taking in energy, they cleanse the environment and your aura, and provide protection. Many crystals, such as Black Tourmaline or Amazonite, have a structure that absorbs energy. This means that the crystal holds onto detrimental energies such as electromagnetic 'smog', or negative thoughts and ill-wishing, and counteract their detrimental effect. Crystals can be programmed to radiate 'good vibes' out into your environment, which makes them ideal for enhancing your home, your car or workplace. They can attract prosperity, love, friendship and anything you can imagine in your life. The ability of crystals to focus energy means that they can be used for specific tasks, such as directing healing energy to a point on the body or to an emotional blockage. Crystals divine the future and much more. By harnessing the unique beauty of crystals you can change your life. They can bring you everything your heart desires - if you know how to access their power.

Have our ancestors shaped the way crystals are used today?

Absolutely. Crystals have been used for thousands of years not only for adornment but also for healing and to influence the

course of life. Ancient peoples believed crystals were gifts from the gods and that they actually carried the essence of a god or goddess. Amber beads have been found in graves over 8000 years old, for instance, and amber is still used as a protective stone today. Their magical properties have been recognised in every culture and were used by shamans, healers, magicians and astrologers so there's an enormous body of tradition behind their use today. I'm doing a masters degree in Cultural Astronomy and Astrology and am researching the origins of birthstones as a follow on to my book *The Crystal Zodiac*. I'm presently back in ancient Mesopotamia, about 4000 years ago, and some of the birthstones were already in use then to attract the favour of the gods and in ancient Egypt crystals formed an important part of medical practice. In India, the Vedic remedial gems associated with the planets have been used for at least as long.

How can people discover the magic of crystals and gemstones in their everyday life?

Crystals come in all shapes and sizes. Some are shining, glamorous - and sometimes expensive. Others are rough pieces, seemingly dull - until you know their secrets. A diamond or ruby could be overlooked in its raw state. Many stones are tumbled, cut or faceted to enhance their appearance, but work just as well in their natural form. So you can easily slip a crystal into your pocket or under your pillow and let it do its work.

For a crystal to do its magic, it must be magnetised to your energies. This aligns the crystal to your intent. It helps focus upon precisely what you want your crystal to do and ensures that the crystal will carry out its task. It is intention that makes magic work. Dedicating a crystal greatly enhances the effectiveness of the crystal and ensures that good comes from its use. Take it home, run it under the tap to cleanse its energies, and then hold it in both hands and programme it to respond to you by dedicating it to your specific purpose.

Love radiates out from many crystals and stones can be gently romantic as in the case of Rose Quartz or powerfully erotic like Red Jasper. They attract a soulmate or put a zing into an existing relationship. Crystals change how you feel about yourself, making you more open to love. You can feel love radiating out from many crystals and, worn over the heart, such stones can be very soothing. They have a gentle energy that helps you to accept and love yourself - a prerequisite to being loved by someone else. One of the most enjoyable ways to experience crystal love is to take a bath with your favourite stone. Choose one that radiates out the qualities you seek: passion, romance, self-love, healing for your heart, for instance. Cleanse the crystal and place it in the water, to which you can add a few drops of rose oil. Take a long, hot soak and absorb the energies. If you share the bath with your partner, so much the better. At night, slip the stone under your pillow to reinforce its effects.

Any other advice for first time crystal and gem users?

The crystal that speaks to you is the one for you. A crystal does not have to be expensive or rare to be effective. Size and appearance matter little when it comes to crystal power. Don't be fooled by bright, shiny and big. These are not necessarily the most effective. Small, misshapen and less attractive crystals often have the same power - and cost a great deal less. When you visit a crystal shop, notice which crystal catches your eye first. It will probably be the one for you. If you are

looking for a specific crystal, plunge your hand into a tub and the one that sticks to your hand has your name on it.

Remember that every body is different - we all radiate different frequencies, we have different attitudes, different family patterns. So there is no one magic 'cure all' crystal (although the many varieties of Quartz come close!). What works for you won't necessarily work for your friend, but there will be another one that does. So don't be afraid to experiment and use crystals intuitively rather than following what someone else tells you is the way to do it.

And remember also that many seemingly simple illnesses are really 'dis-eases'. There is an underlying emotional, mental or spiritual condition that is manifesting as an illness to draw attention to itself. Crystals gently address these underlying conditions and bring you back into holistic balance: which is the definition of healing I prefer.

One very important thing, crystals absorb negative energies so they need regular cleaning otherwise they become overstressed and stop working. The easiest way to do this is to hold them under running water for a few minutes and then to put them out in the sun to recharge. They can also be put into brown rice or salt overnight or placed on a large Quartz cluster or Carnelian to cleanse and re-energise.

Are crystals and gemstones finally being recognised for the wonderful advantages they can offer?

Yes, I think the success of my books such as the Crystal Bible shows that more and more people are recognising the value of crystals. In England nowadays virtually every town has a crystal shop and they all report people coming in asking for a stone to take away a headache, attract love and so on, which is why, in addition to the *Crystal Healing Pack*, I've also compiled *Crystal Prescriptions* which gives you healing stones for every possible ailment and desire.

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Courses

Courses With Judy Hall I

For further information please go to www.judyhall.co.uk

April

5-6



'CRYSTALS FOR EXPLORING PAST LIFE WISDOM AND SKILLS'

With Judy Hall and James Frazier at Nash Manor, West Sussex.

Access what you are karmically entitled to!

June

9-13

OR

July

7-11



'AWAKENING SOUL PURPOSE'

Abbey House, Glastonbury.

An experiential, residential workshop to reconnect to your soul purpose – and it may be very different from the one you are expecting!

June

20/21/22



'INTRODUCING THE CRYSTAL MEDICINE WHEEL'

With Ray Berry and Judy Hall at Nash Manor, West Sussex.

Celebrate the Summer Solstice with this powerful combination of crystals and medicine wheel.

August

11-15



'EXPLORING HIGH VIBRATION CRYSTALS'

With Judy Hall at Nash Manor, West Sussex.

Discover the awesome power of multi-dimensional crystals. A rare opportunity!

September

27-28



'ASTROLOGICAL IMAGES'

With Judy Hall at Nash Manor, West Sussex.

Learn astrology the easy way – through pictures and having fun!

November

1-2



ADVANCED WORKSHOP

'HEALING ENERGY IMPLANTS AND SPIRIT ATTACHMENTS'

Nash Manor, West Sussex.

Courses & Workshops from *IACG Courses*

Stoned! - An Introduction to using Crystals 1 day workshop

A fun and informal and practical introductory workshop to explore the basics of crystal therapy for personal use. Attendees are welcome to bring their own crystals and pendulums.

Sacred Geometry - the Balance of All Things 1 day workshop

From the very beginning humankind noticed that there existed in Nature patterns, shapes and forms which transcended anything imposed upon it. This experiential workshop aims to explore some of the potentials sacred geometry presents. Knowledge of Maths not required!

Meridians for Beginners 1 day workshop

Meridians are the energetic 'roadmaps' for a number of Eastern massage and body work therapies. This practical workshop looks at some of the many aspects of this intriguing system and its applications.

Five Phase (Element) Theory 1 day workshop

Are you Wood or Water, Metal, Fire or Earth? This introductory workshop takes a look at this ancient world view and its modern interpretation, and how you can apply it to everyday life.

Introduction to Shiatsu Form 1 day workshop

A fun, practical workshop introducing the fundamentals of The Form, the basis of shiatsu practice. You will need a mat, cushion and blanket. This workshop requires a moderate degree of fitness.

More Shiatsu Form 1 day workshop

For those who have done the first session, this workshop looks at The Form in more detail and introduces the concepts of Hara, Points and Meridians. You will need a mat, cushion and blanket.

Exploring Meditation 10 weeks x 2 hours/week

The importance of position, breath and mindfulness to effective meditation is explored. Various methods will be experienced, including visualisation techniques, movement meditation, mantras, yantras and chanting. This course is essentially focussed on self-development and personal growth.

Therapist CPD Workshops 2 hour workshops / 2 CPD points

This wide range of short CPD workshops is offered to therapists with CPD certification. Current topics include:

- * *Concepts of Health & Disease*
- * *Making Sense of Blood Pressure*
- * *Safe use of an Otoscope*
- * *Working with an Aging Population*
- * *Deepening Personal Awareness*
- * *Using Crystals in your Practice*
- * *The Essence of Drumming*
- * *Plants, Plant Spirits & Plant Medicine*

OCN Accredited Courses in A&P (in association with Lucis College)

Anatomy & Physiology Level 2

7 x one day workshops plus home study

Anatomy & Physiology with Pathology Level 3

12 x one day workshops plus home study

Surrey based. For further details please contact:

info@inacrytalgarden.com

www.inacrytalgarden.com

The Academy of Crystal and Natural Healing

Courses 2008-9

Colour and Advanced Vibrational Medicine Course
commencing 9th/10th February, one weekend a month
until June.

Crystal Keys Part One is part of this course but it is also open to other students as a separate unit. This is the first year of the two year Colour and Vibrational Medicine course.

CRYSTAL KEYS PART 1

12th & 13th April 2008

Crystal Keys: the Wholeness of Lemurian Wisdom

Attunements and Experiential Weekend

After these two days the Healer will be given a certificate to practice, a Manual, a set of Imprints of Wholeness and a set of Symbols.

Cost: £193 including workshop tapes; lunch and refreshments included.

Crystals and vibrational remedies will be available to purchase.

For more information see the crystal keys page on www.crystal-keys.com

First Year Crystal and Gem Course Intensive

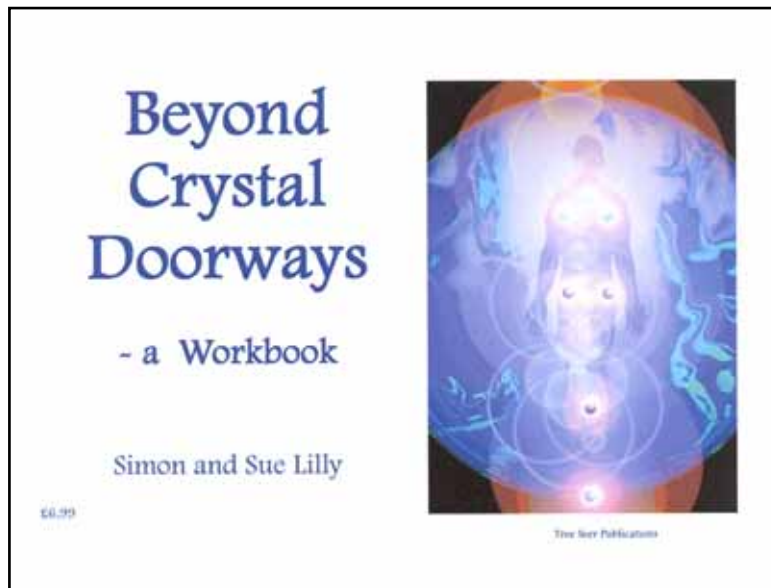
14th - 29th April 2008 (two blocks of five teaching days)

Plus two more days to complete the 12 teaching days for the first year.

This course is particularly suitable for overseas students or those travelling from afar.

For further details of any of the above courses, please contact: info@crystals.eu.com
Academy website: www.crystals.eu.com

This Season's Book Review



Following on from the highly successful 'Crystal Doorways' (Capall Bann Publishing, 1997) and the accompanying 'Crystal Doorways Companion' (Tree Seer Publications) this booklet offers the reader a wide selection of crystal nets & grids aligned to many of the more astrologically significant fixed stars (such as Antares, Pleiades, Sirius and Vega), galactic influences and other personal, tree and teacher influences. Like the 'Companion' the purpose of each net is briefly given: but then, by the time the reader has graduated to this level of crystal awareness, such detailed instruction is perhaps superfluous! A welcome addition to the Crystal Doorways family.

84 pages
Available from Tree Seer Publications 2007
www.greenmanessences.com
£6.95

THOUGHT FOR THE SEASON

It doesn't interest me what you do for a living.
I want to know what you ache for, and if you dare to dream of
meeting your heart's longing.
It doesn't interest me how old you are.
I want to know if you will risk looking like a fool for love,
for your dream, for your adventure of being alive.
I want to know if you can be a lone with yourself and if you truly
like the company you keep in the empty moments.

Oriah Mountain Dreamer

Next Edition: Vernal Equinox