



A COURSE IN THE

# *magic of crystal alchemy*

Building "Bliss"; The Life-Village  
of Your Dreams

**BY HANK MASON**



# *A COURSE IN THE MAGIC OF CRYSTAL ALCHEMY*

*BUILDING "BLISS"; THE LIFE-VILLAGE OF YOUR DREAMS*

LESSON 4 THE INNER LABORATORY - PART 1: RITUAL



For the Crystal Alchemist, there exists both an Inner and an Outer Laboratory. The Outer Laboratory is where essences, elixirs, tinctures, talismans and other physical objects are created in the real world. It is a place of crystals, bottles, charts, stoppers and measuring equipment. We will be exploring the

Outer Laboratory and using its resources in the majority of these lessons. It is where we will extract the magical essences of our crystals and use them to create a better environment for our lives and spirits.

But, we will start in this lesson with the Inner Laboratory. In this Laboratory of images, thoughts, and feelings, the Alchemist uses the tools of ritual, belief, mindfulness, and intention in his creative efforts.

In this Inner Laboratory the Crystal Alchemists use these tools to make themselves effective in the Outer Laboratory. For it is said, "As above, so below."<sup>1</sup> and this applies here. As it is in the mind of the Alchemist so will it be manifested in the results of his or her efforts.

Do not underestimate the importance of this. The ancient Hermetic scholars, as taught us in *The Kybalion*, that:

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<sup>1</sup> *Thoth's teachings and sometimes exact phrases from the Emerald Tablet, including references to the One Mind, the One Thing, and the correspondences between the Above and the Below, are contained in many Egyptian papyri, such as the Berlin Papyrus (2000 BC), the Papyrus of Ani (1500 BC), the Book of the Dead (1450 BC), and other scrolls dating between 1000 and 300 BC. The wisdom of Thoth, however, was not shared with the common people until the Egyptian pharaoh Amenhotep IV rediscovered the Emerald Tablet at the beginning of his reign in 1364 BC*

“Mental Transmutation must be the art of CHANGING THE CONDITIONS OF THE UNIVERSE, along the lines of Matter, Force and Mind.” So, you see, therefore, that Mental Transmutation is really the “Magic” of which the ancient writers had so much to say.

The skill of a Crystal Alchemist is found as much in the Inner Laboratory of his or her mind as it is in the Outer Laboratory of crystals and bottles and such. In fact, all Alchemist work must occur in both Laboratories. This cannot be overemphasized. True magical alchemy is a mental, spiritual, and physical activity. So, let’s understand the four tools we need to master. We start with Ritual.

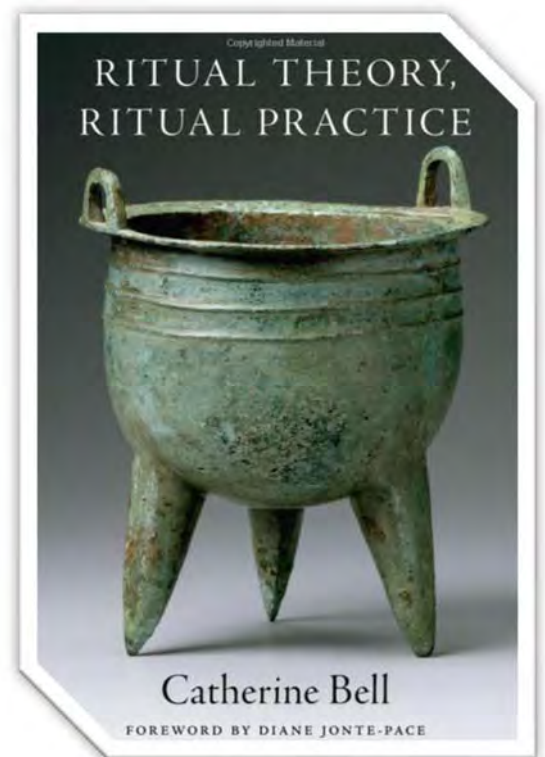
## RITUAL - THOUGHTS PLUS ACTIONS

According to Catherine Bell, a professor of ritual studies and author of the preeminent textbook on the subject, ritual has been traditionally defined as an action that lacks a “practical relationship between the means one chooses to achieve certain ends.”<sup>2</sup> For example, shaking hands when you meet

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<sup>2</sup> Bell, C. M. (2009). *Ritual: Perspectives and Dimensions*. New York, NY: Oxford University Press.

someone can be considered a ritual because there is no real connection between shaking a limb and forming an acquaintance. Basically, a ritual is a combination of thought + action that may have no obvious connection. A ritual consists of doing something in your mind (and often feeling something in your heart), while simultaneously connecting it to doing something with your body.



“Rituals have even been called our most basic form of technology – they are a mechanism that can change things, solve problems, perform certain functions, and accomplish tangible results. Rituals have for eons been the tools humans have used to release and express emotion, bring order to chaos, orient themselves in time and space, effect real transformations, and bring layers of meaning and texture to lives.”<sup>3</sup>

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<sup>3</sup> McKay, K., & McKay, B. (2013, December 16). *Man's Need for Ritual and the Rites of Manhood*. Retrieved from <https://www.artofmanliness.com/articles/the-rites-of-manhood-mans-need-for-ritual/>

The effectiveness seems to depend on the use of a set space of some sort, the number of steps involved, the repetition of procedures, and the need for timing or scheduling. In Crystal Alchemy we highly suggest you find a “sacred space” for your work. Here is why.

Anthropologist Angeles Arrien tells us, “Ritual provides the bridge between the inner and outer worlds and creates a context for connecting to the seats of our souls. The end result of all ritual is an increase in balance, strength, energy and comfort. Ritual involves a sequence of actions performed with intention and focus, which impacts both the unconscious and universal mind. As people participate in the ritual, they create a conscious energy which brings power to their vision to manifest and co-create.”<sup>4</sup>



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<sup>4</sup> Riddell, G. and Ryndak, K. (2010, April 1). *The Sacred Power of Ritual: Honouring Life's Important Passages - Vitality Magazine*. Retrieved from <http://vitalitymagazine.com/article/the-sacred-power-of-ritual-honouring-lifes-important-passages/>

Dr. Christine Kray also adds, "Rituals have physiological effects and can be transformative."<sup>5</sup>

Your crystal alchemy sessions must be artfully arranged, conducted with the most loving care, unhurried, measured, and done with honor for the Life Force upon which you are calling. You must become aligned with the healing and loving intent of the Universe each time. You are not depending just on the crystals' energy alone. You are integrating their energy and amplifying effects to align the Universal Life Force with the real expectations and power of the human mind. The reinforced anticipation is essential in accomplishing the desired outcome.

"Despite the absence of a direct causal connection between the ritual and the desired outcome, performing rituals with the intention of producing a certain result appears to be sufficient for that result to come true."<sup>6</sup>

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<sup>5</sup> Dr. Christine Kray, *Anthropology, Rochester Institute of Technology*  
<https://www.youtube.com/watch?v=kUimhdfZ61A>

<sup>6</sup> Gino, F., & Norton, M. (2013, May 14). *Why Rituals Work – Scientific American*. Retrieved from <https://www.scientificamerican.com/article/why-rituals-work/>

Learning to harness the power of ritual in your crystal alchemy will take practice and some study. However, you are free to create your own rituals, and in fact you should. You know yourself best. You know how you think and how you create. So, to harness the power of ritual, create ones that work for you. Just be sure you follow your rituals in your work. The effectiveness seems to depend on the number of steps, the repetition of procedures and the need for timing. We will use the power of ritual in each of our exercises. They are important elements of all Crystal Alchemy magic.

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### EXERCISE 1: DEVELOP A RITUAL TO MAKE A PLACE "SACRED" FOR YOUR CRYSTAL ALCHEMY WORK.



Sacred spaces are spaces set aside where the veils between humans and the transcendent are wispy. They are places for facilitating communication with the spirit world and a place where you are often “in-

between” neither completely in the mundane world, nor completely in a spiritual place. It is here where you can manipulate earthly objects and align them with the Spirit of



the Universe. Using sacred spaces of some sort has been shown to clearly enhance the effectiveness of rituals. In our Crystal Alchemy, we will spend the time to develop and protect sacred spaces so our efforts can be guided by the Universal Mind.

Setting up a sacred space involves a ritual, and an actual space. The space can change location, the ritual makes it “sacred”. Don’t get hung up on the word “sacred”. It means a special place for you that is conducive to your efforts.

There are a number of methods that can be used in a ritual to set up a sacred space. One is smudging with a smudge stick. Light the stick and slowly move in a clockwise direction sweeping the stick away from your area to sweep any negativity away. You can also use a small broom like a cinnamon broom if you do not want the smoke.



Another suggestion is to use water. Put some in a small bowl and with your fingers fling it outward from the four corners of your space. You might consider using Fire energy. Light four

candles and place them in the four cardinal directions around your space. Use these suggestions to develop your own approach.

Building on these ideas, write down a short ritual you can use that will work for you. Number each step, and make sure you include repetition and a timing process. For example, you might decide to take four red candles out of their box. Then light each in turn placing them from north to east to south to west around your area. You may have a small chant for each placement.

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## EXERCISE 2: DEVELOP A RITUAL TO GREET THE DAWN



Develop a ritual with five steps to greet the dawn each day. The steps should include movement and some statement of intention for the day. Use this ritual at least 20 days in a row to set it.

For example:

- Rise from bed, stretch, and face the dawn.
- Take 5 deep breaths
- State, “I am going to enjoy this day on earth”.
- Bend backward easily a bit and hold that stretch. Think, “I will bend over backwards today to enjoy my life”.
- Now straighten up, smile, perhaps make a sign with your hands, and bow in respect to the Universe and the sunrise it is sharing with you today.

Again, remember, “Rituals have physiological effects and can be transformative.”<sup>7</sup> Your crystal alchemy sessions must be artfully arranged, conducted with the most loving care, unhurried, measured, and done with honor for the Life Force upon which you are calling. You must become aligned with the healing and loving intent of the Universe each time. You are not depending just on the crystals’ energy alone.



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<sup>7</sup> Dr. Christine Kray, *Anthropology, Rochester Institute of Technology*  
<https://www.youtube.com/watch?v=kUimhdfZ61A>