



A COURSE IN THE

# *magic of crystal alchemy*

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

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# A COURSE IN THE MAGIC OF CRYSTAL ALCHEMY

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

LESSON 5 THE INNER LABORATORY - PART 2: BELIEF, MINDFULNESS, AND INTENTION

## BELIEF

To be successful as a Crystal Alchemist and bring real magic into your life you must believe in yourself. Belief is the most powerful force in the universe.



It is really about that simple.

Your mind will work to make real what you believe to be true. What you believe shapes who you are as a person, what things come into and out of your life, and affects your overall quality of life. If you believe you have the power to use crystals to make your life the one you want, then you have the power. (The opposite is true also, if you don't believe in yourself and

the power of your beliefs and intentions, then you are making yourself powerless.)

“The mind (energy) arises from the physical body, however, our new understanding of the universe’s mechanics shows us how the physical body can be affected by the immaterial mind. Thoughts, the mind’s energy, directly influence how the physical brain controls the body...The fact is that harnessing the power of your mind can be more effective than the drugs you have been programmed to believe you need.”<sup>1</sup>

It is through and due to the power of belief that an outcome always has, always IS and ALWAYS must be created.<sup>2</sup>

To be an effective Crystal Alchemist believe in what you are doing. You are harnessing the Universal Life Force and focusing it on making your life and the lives of others better. That belief is a potent energy that will assure your success. The

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<sup>1</sup> Lipton Ph.D., Bruce H. *The Biology of Belief* (p. 95). Hay House. Kindle Edition.

<sup>2</sup> <http://www.abundance-and-happiness.com/power-of-belief.html>

results will seem magical, but you will know they are just manifestations of the power of the belief in your mind.

Belief creates vision. It sees what does not exist and wills it into existence. It ignores distractions and doubts. It sees the path to the goal clearly. It is not concerned with doubters or nonbelievers. It is strength, it is will, it is determination, and it is the mental clarity to achieve and create what you envision.

### EXERCISE 3: BELIEF

Write down five things that you truly believe but have no physical proof of. For example, I love my spouse, or, I believe in God. Now, with your list, just pause and consider this question: "Why do I believe each of these things?" You may find this an interesting exercise.

Now write down five things you believe about yourself. Maybe "I am good with children." Now again, ask yourself why. As you do these exercises you will start to understand how powerful belief is to all of us. For the Crystal Alchemist, belief means you know you can create the magic in your life that you need. You KNOW IT. (And you are right, by the way!)

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## MINDFULNESS

### *RESTING IN THE ARMS OF THE DRAGON*

To gain the magic of Crystal Alchemy, we are also going to master some degree of mindfulness. The ancient alchemist had another term for it, "Resting in the Arms of the Dragon."



While Resting in the Arms of the Dragon was a form of meditation, it was not a passive form but rather an active discipline wherein the alchemist focused on the present and immediate and engaged with transcendental powers beyond our visible world to create something truly new.

The effort was not to still the mind, but to use its chaotic energies and images and follow them back to their source with the intent of seeing what really exists.

This is essentially mindfulness - a focus on the here and now with the intent of gaining desired results from our corresponding actions. We are so use to the complexity of life and the constant striving we are often unable to achieve a state of mindful relaxation. Locked in our thoughts, worry, stressful work, and personal relationships, we have difficulty in finding simplicity, balance, and relaxed focus on the present and its joys.



Mindfulness is a basic human ability. It is being fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Practiced well, it leads to understanding our connections with the Universe and with others as we grow in awareness and inquisitiveness. It gives us the chance to discover our values and examine them for usefulness in our lives.

Mindfulness is nothing new. Mindfulness is something we all naturally possess but often do not use effectively. Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. Mindfulness lights up parts of your brain that are not active as we are generally mindlessly running on autopilot through the day. The very important key here is that when you are mindful, you are NOT your thoughts, but rather you are a somewhat involved actor in your immediate situation. You have much more ability to consciously choose what you wish and intend.

In our crystal alchemy work, we will have specific rituals that will facilitate mindfulness. The repetition of the rituals over time will help us grow in our mastery of mindfulness. As we

learn to “rest in the arms of the dragon, our lives will become much more fulfilling. Start here.

## EXERCISE 4: REST IN THE MIND OF THE DRAGON MINDFULNESS EXERCISE

Go outdoors. Begin to walk slowly. First try to focus on your physical experience of walking. Feel your knees bend, the heels of your feet hitting the earth, the way your body keeps it balance. Then look forward without turning your head and look to the left edge of your vision. Watch for colors of things as you move past them. Now turn around. Notice how you managed to do that and not fall. Now, focus on the weather - is it raining, warm, windy, cool? Just feel it. Do not judge. Feel.

This takes only a few minutes but is quite an extraordinary experience. You were actually fully present! So, that is being mindful... yes, that is it. You will practice it when you are doing your Alchemy. You will be aware of the space you are in, the colors, the scents, the movements. You will be mindful and you will experience some quite unusual things.



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## INTENTION

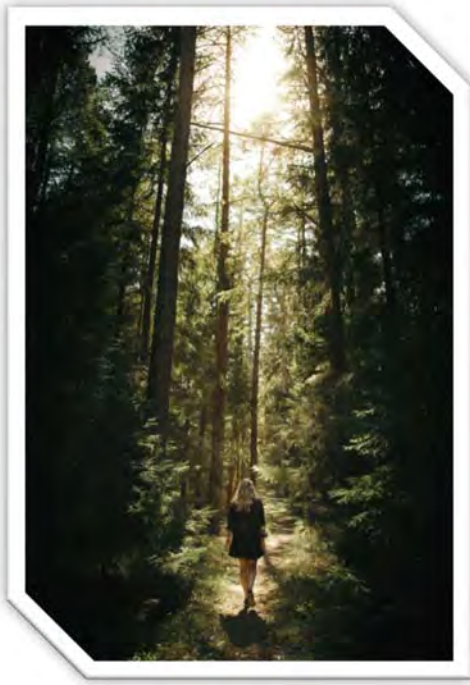


An intention is a directed impulse of consciousness that contains the seed of that which you aim to create.

“In the universe there is an immeasurable, indescribable force which shamans call intent, and absolutely everything that exists in the entire cosmos is attached to intent by a connecting link.”<sup>3</sup>

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<sup>3</sup> Dyer, Wayne W. *The Power of Intention: Learning to Co-create Your World Your Way* (Kindle Locations 127-129). Hay House, Inc. - A. Kindle Edition.



Intention is a field of energy that flows invisibly. It is not a measurable physical artifact but it is the “secret sauce” that makes the other elements of anything into a meaningful whole. Our imagination interacts with the force of intention to provide a vision of that which is to be manifested.

Intent is a powerful force that exists in the universe. When Crystal Alchemist summon intent, it comes to them and sets up the path for accomplishing their goals. This means simply that they will always accomplish what they set out to do.

Deepak Chopra tells us that the classic Vedic text known as the Upanishads declares, “You are what your deepest desire is. As your desire is, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny.”

The power of intention works hand in hand with the power of belief. Start with a belief in what is desired. Break it down in to small steps. These are “intentions.” It is what you are going to do to accomplish what you believe in.

## EXERCISE 5: INTENTION

Take a simple goal: "Say, eat a good healthy dinner tonight." Now what do you intend to do "EXACTLY" to accomplish this goal? For instance, you might say, "I will have a salad and eat all of it tonight." OK, that is an intention. Now you try. Take a goal, break it down and list the exact steps you will follow. (Oh, by the way, you have to actually accomplish your intentions to finish the exercise.)

These four Internal Laboratory tools are as important as the crystals, essences, elixirs, pyramids and other tools we use in the Outer Laboratory.

Without mindful, focused intention, and a strong belief exercised in meaningful rituals we will not make magic. The magic comes from our mind and the Universal Mind. Our clear intentions, based on sound beliefs in ourselves applied with ritual focus will assure we bring the magic to life that we are capable of producing.

