



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 8 MAKING THE FIRST ESSENCE



THE PROCESS

There are two primary methods in use today to make basic crystal essences. One is the Direct Method in which the crystal is immersed in the water; and the other is the Indirect Method,

in which the water is separated from the crystal by a barrier. Both of these methods are well proven. Both have many approaches and processes that are used by different providers. Let's look briefly at both of them to get some understanding of what is involved.

A note before we begin: *Making essences and elixirs for your personal use is not regulated in any way. So, you are free to make them any way you choose. But if you intend to sell them, check your local laws and regulations. Anything for human consumption is regulated. Also, whether for your own use or for others, be aware any rock or stone can be contaminated and some of them can leach harmful chemicals. So, we highly encourage two approaches: either use the Indirect Method described below or use the Direct Method and DO NOT ever consume the essences or elixirs, only use them topically. By the way, we find that topical use is actually superior to ingesting essences and elixirs because the stomach acids are not in play. Again, be sensible, and error on the side of caution and good sense.*

DIRECT METHOD OF ESSENCE PREPARATION

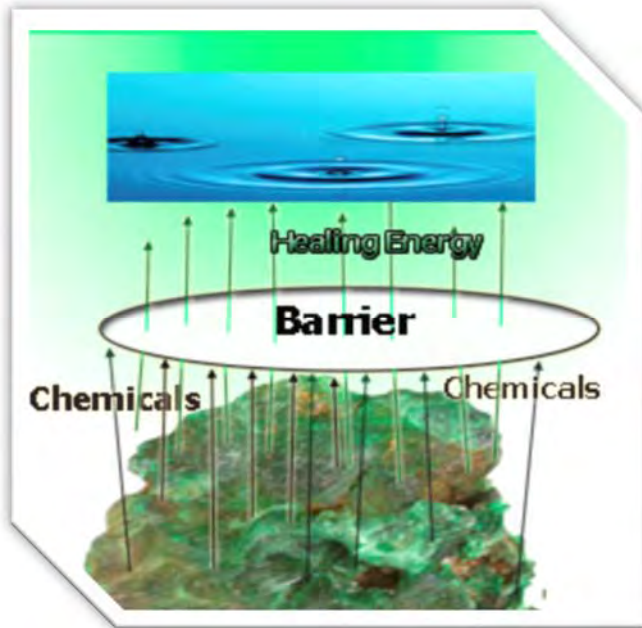
Direct immersion is the process of placing the crystal directly into the water. The most common approach is to put the water in a pure glass container, add the crystal, cover the container with a sheet of clear glass to keep out contaminants, and place the water in the sunlight for the required period of time. The time of day, season, location, intention, timing and other elements of the process vary with each maker. Uses of natural environments, crystal grids, altars, dedications, implements, rituals, and specific shapes, sizes, and qualities of crystals will also vary greatly between makers. Each provider of crystal essences uses many approaches, constantly refining and improving their processes. Feel free to develop your own approaches using these guidelines as a starting point.

INDIRECT METHOD OF ESSENCE PREPARATION

The second method is Indirect Immersion. In this method, the crystal is placed on a barrier medium that is in contact with the water. The barrier medium is used to transfer the subtle energy of the crystal but prevent the transfer of potential harmful chemicals from the crystal to the water. Most crystal essences

are made by this method. Many crystals contain toxic chemicals that can leach into water. Many crystals containing

lead, mercury, and copper for example, can only be safely used in essence preparation using the Indirect Immersion method. Glass and Quartz are the most common barrier mediums.



affect the Direct Method. In addition, the nature, thickness, and design of the barrier medium will affect the final results obtained.

Again, each designer has their own approach to the Indirect Immersion method. The same variables affect the results as

THE VARIABLES

All of the physical variables of time, location, duration, and crystal condition affect the quality of a crystal essence.

THE TIMING

There are many theories and many practitioners of crystal alchemy that have their own methods and ideas. We certainly have no issue with anyone's approach. Our experience and research are documented in the Crystal Vaults Crystal Alchemist Handbook. In that Handbook you will find the following guidance:



PREPARATION OF BASIC CRYSTAL ESSENCES

With a ratio of 6 units of water weight to one unit of crystal weight, the minimum solar energy required for the preparation of a simple crystal essence in water is 24 units. Twenty-Four is the “essence of life” number.

Each hour in direct sunlight gives you these values. (Subtract 1 unit for indirect sunlight.)

Condition	Season	Units Per Hour
Bright Sun	Summer	10
Partly Cloudy	Summer	10

Cloudy	Summer	8
Rainy Overcast	Summer	7
Bright Sun	Spring & Fall	8
Partly Cloudy	Spring & Fall	7
Cloudy	Spring & Fall	6
Rainy Overcast	Spring & Fall	5
Bright Sun	Winter	6
Partly Cloudy	Winter	5
Cloudy	Winter	4
Rainy Overcast	Winter	3

Minimum for Essence is 24 units.

So, on a bright summer day only 2.4 hours of sunlight are needed to make an essence. The unit of solar energy is 10 per hour, and you need 24 units. So, 2.4 hours are required.

On a rainy overcast winter day in Indirect sunlight, the solar energy is 3 but with indirect sunlight it is reduced to 2. Needing 24 units means we would require 12 hours to make an essence.

INTENTION AND RITUAL

Our experience has confirmed that in addition to the energy of the Sun, the designer's intentions affect the subtle energy of the crystals and have direct effects on the efficacy of essences. In *The Crystal Lotus Handbook*, Margherita explains that a crystal essence cannot be made without a clear, focused intention. We agree. This is important. The necessary interaction is one of "thought-forms" projected into the internal crystal lattice and the holding of those thought-forms until they are suitably impressed in the matrix.

The best way to incorporate the clear intention of an essence is to make it in a sacred space and use a personal ritual to do so.

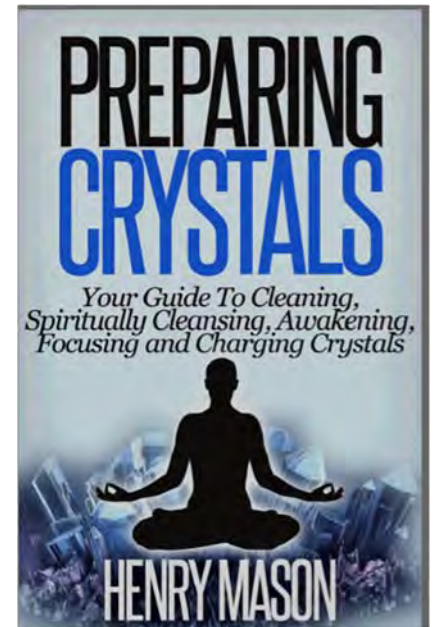
The sacred space can be a secured area of your yard, a part, a forest, or any place where the connection to the cosmos is clear, the energy is positive, and the sunlight is available. If you have a short ritual to bless the area, you should use it each time you use the space.

In the sacred space where you will make essences, you will want to follow your own ritual for doing so. It is worth writing down so you can follow it exactly each time.

EXACT INSTRUCTIONS FOR MAKING CRYSTAL ESSENCE

To make an essence you will need a clean glass container that will hold your crystal and either distilled water or spring water.

First, clean and prepare your crystals. We recommend using the instructions of the Preparing Crystals Guide. The Guide is posted with these lessons in the Crystal Inner Circle for Annual and Life Members of the Crystal Inner Circle. It is also available here: [Guide to Crystal Preparation](#).



STEP-BY-STEP INSTRUCTIONS:



1. Weigh your crystal. Multiply that weight by 6. This will be the amount of water you will need. We weigh in ounces for ease, but you can use any measure. The water should weigh 6 times the crystal.
2. Put the crystal into the glass container

3. Add the water to the container.

4. Now clear your mind and focus your thoughts on your purpose. You are asking the Universal Mind to help you potentialize the energy of the crystal into the water. Use the power of your mind to begin the process.



5. Place the crystal and water in the direct or indirect sun. You can cover it with a clear glass cover if desired.

6. Leave the crystal and water for the allotted time. Use the Essence Timing Table in the Crystal Alchemist Handbook (the extract is provided above).

7. When the time is up, remove the crystal(s) from the water. Carefully pour the water into your stock essence bottle.

8. Add any preservative you wish. You can, some vodka, some apple cider vinegar or nothing at all. We add apple cider vinegar. We aim for 85% water and 15% preservative, but you do not need to be too precise.



Label the bottle with the date and crystal type, and a warning - for external use only, as necessary.

Return your crystal to your collection. Store your essence in a refrigerator if you do not use a preservative.

IMPORTANT: You have made what is called “Stock” or “Mother” Essences. They are ALWAYS diluted for use. The prescribed use is 6 drops to 1 oz (30 ml) of “Dosage” Essence.¹

EXERCISE 6: MAKING A LAPIS LAZULI ESSENCE

Items required:

- Small tumbled crystal of Lapis Lazuli.
- a small 2-4 oz jar
- a 2 oz dropper bottle



¹ Gurudas recommends 7 drops. It is personal preference. We believe the number 6 is the most harmonious single digit number. It is a sign of completeness. The concept of stock and dosage mixtures is credited to Gurudas' approach to essences and homeopathy from his seminal works, "Gem Elixirs and Vibratory Healing Vols I and II, Cassandra Press 1985, 1986"

- a 1 oz dropper bottle
- 2 labels
- Approx. 1 oz of Apple Cider Vinegar

Follow the instructions above using the Lapis Lazuli crystal. When you have completed the essence, take six drops of your new Stock Lapis Lazuli Crystal Essence and add it to a bit under 1 oz of distilled or spring water in a 1-ounce dropper bottle. Add any vodka or apple cider vinegar to both bottles as preservative. About 15% by volume works well.



Label both your stock and your dosage bottles clearly with date, content and title. The Stock bottle will be used in the future to make more Dosage bottles of Lapis Lazuli Essence. It will make about 100 dosage bottles of Lapis Lazuli Essence in total.