

Ancient Technologies presents

Crystal Light Labyrinth



Excerpts from "Paradigm of Light"

Kirby Seid

with Rebekka Maestre & Hillary Lynne

Crystal Light Labyrinth

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Dedication

This pamphlet is dedicated to the seekers of truth and enlightenment, and to all who strive for unity and wisdom. May it resonate with the Light Beings, Crystal Consciousness, and Elementals who support humanity's journey towards grounding in higher understanding and action. Dedication to all those who co-create with us, working together for the greater good of all life on Earth.

I would also like to dedicate this writing with gratitude to Randall Fontes and his lifelong creative vision, passion and commitment to exploring consciousness through the art of light technology. I continue to honor his friendship, and mentorship as my artistic partner. I also acknowledge and dedicate this writing to our Ancient-Tech team; who over the years have brought their best talents and abilities above and beyond what I could have ever asked of them to make this project a reality. Thank You Darren Gibbs, Chris Harris, Hillary Lynne, Rebekka Maestre, and Yasi Perera.

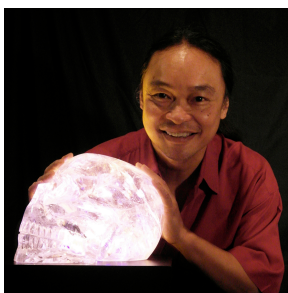
Special thanks to Peter Suchy for his amazing support of Ancient Technologies, and for his friendship and sponsorship in making our offerings more accessible. My deepest gratitude for my partner in business and life, Hillary, who through her love and patience has shown me that this crazy passion of mine with crystals and light can be a real business, and can be shared with the world.

Forward

This pamphlet is an abridged version of our Light Labyrinth workbook titled "Paradigm of Light," which can be found on our website Ancient-Tech.com. It outlines my profound journey with the Crystal Kingdom and the realm of Light and provides suggestions for creative meditation exercises. For me, crystals and minerals possess a unique form of sentience, distinct from but reflective of human qualities. In an effort to objectively depict the physical and energetic attributes of crystals and light, I find myself deeply honoring these qualities as aspects of life itself.

My perspective on this interconnectedness stems from my immersion in the shamanic tradition. I believe that it is our human destiny to embrace and revere all life forms, recognizing the sacred essence that resides within each of us and all things. Such reverence will ultimately lead us to co-create our purpose in the physical realm; to manifest a harmonious existence and a true heaven on Earth.

K.S.



Kirby Seid with "Goliath"
Quartz Crystal Skull on Light Labyrinth

Ancient Technologies

*“It is the function of art to renew our perception. What we are familiar with we cease to see.”
~ Anais Nin*

Quartz and precious stones, hypnotic flickering light, and rhythmic sound have been used throughout history as tools to alter perception, to access wisdom and healing in ancient traditions. Rituals for entering trance often included drumming, chanting and dancing that pulse the firelight with hypnotizing flashes. Shamans use the movement of flames to enter visions and enhance their magic. More recently, pioneering research into light and sound has produced new technologies for healing and meditation. In the modern world, we often turn to ancient wisdom to regain a sense of spiritual connection. At Ancient Technologies, our mission is to create significant tools for modern spiritual evolution - tools to help us imagine and perceive a new world. This technology is an expression of an emerging system in today’s culture to bring the wisdom of ancient practices into our modern lives, bringing together science, art, spirituality and culture. As individuals in a modern world we must make our own journey of self-discovery and self-empowerment. The roots of ancient ways are renewing themselves in unique expressions today - like deep roots in the earth seeking new branches and leaves. As the fabric of our destructive, industrial culture decays; it is our hope that these tools of spirituality and co-creation will promote positive personal and global transformation.

*Offering modern meditation tools based on ancient principles of healing,
designed to assist group process and personal development*

Our Products and Services

- Holotope: unique meditation technology using light, color, sound, form and beauty
- Light Labyrinth: a multi-sensory experience of sound, quartz, and colored lighting technology
- Spectacular Crystals: carefully selected for the Light Labyrinth
- Crystal Consultations and Artifacts: unique crystals or stones for specific transformational work
- Custom Shamanic Healing Tools: specific tools for your teaching, tradition, or healing practice
- Private Sessions: one on one guided meditation in person with our facilitators
- Workshops: inner exploration with the Holotope, Light Labyrinth and Crystal Skulls
- Readings: personal crystal consultations and intuitive readings by phone or video chat
- Online Classes: learn more about crystals and crystal skulls
- Guided Meditation: Crystalize your knowledge
- Color & Sound Spa: immerse your senses in our FREE meditation spa

The Light Labyrinth

“There is a theory which states that if ever for any reason anyone discovers what exactly the Universe is for and why it is here, it will instantly disappear and be replaced by something even more bizarre and inexplicable. There is another that states that this has already happened.”

~ Douglas Adams

As we were developing the Light Labyrinth crystal and light experience, I recall our software engineer exclaiming, “This is just flashing lights and a crystal!” There is a wonderful truth in this. However, when a person’s awareness is infused with the light programs in the crystal, it becomes more than a linear process and often moves toward the extraordinary. What is exciting about this is the choice implied; we can choose to perceive our reality in many ways from purely rational to the mystical. There is power in light and quartz; and yet the most amazing ability lies in the synergy with our human brain. Our higher consciousness can conceive far beyond what we consider rational. Human perception is unlimited and creative, yet what we imagine begins with choice. As Don Juan says in Castaneda’s Journey to Ixtlan, “...we either take everything for sure and real, or we don’t. If we follow the first, we end up bored to death with ourselves and with the world. If we follow the second... nobody knows where the rabbit will pop out, not even ourselves.”

With the Light Labyrinth, I’ve witnessed moments that touch upon the mysterious. For instance, a Vietnam veteran with acute pain worked with the Light Labyrinth repeatedly because the strobing and color brought peace and greatly reduced his daily pain. One viewer spent her meditation sobbing because she felt an immense and indescribable beauty. Another woman saw a fluffy grey cat inside the crystal, she suddenly had an allergic reaction which then quickly resolved. Another woman and her late husband’s friend saw her husband in the crystal at the same moment. Other people have seen angels emerge in and around the crystal who have helped them resolve an emotional issue.

While leading these events, I too have fascinating experiences working with the Light Labyrinth has helped me make decisions, I’ve had weeks of intense lucid dreaming. Others have also reported vivid dreams following our sessions. With groups, I have witnessed expansive discussions and feelings of gratitude and joy. This inspires me to continue my exploration to discover how the Light Labyrinth can help others.

For me, this journey began with my relationship to crystals and minerals. We have a significant relationship with the mineral kingdom. From one perspective, minerals are important as elemental compounds that we depend upon for our survival. We rely on the mineral kingdom every day. Having been involved in shamanic work for many years, I am also aware that minerals can be perceived from an animistic point of view. Animism, the idea that a soul exists in every object, even those we see as inanimate, is probably one of humanity’s oldest beliefs.

Quartz crystals have assisted humans in developing most of our advanced technology, from lasers and optics, to computers and communication systems. Quartz has a consciousness; a sentience that is hundreds of millions of years old, evolving at a pace we cannot comprehend in our short lifetimes. If we can suspend our reference points, and dip into the deeper rhythms of our intuitive awareness and precognitive senses, then we can communicate with these extraordinary, ancient beings.

In 1984, I made a pivotal connection with the mineral kingdom at the Smithsonian Institute in Washington, D.C. There I encountered an enormous Rose Quartz boulder. I was compelled to step over the ropes and put my hands on this beautiful piece. I climbed up, sat on top of it, and spent time meditating with it. Surprisingly, no one saw me perched on this enormous specimen.

At the time, I operated a lapidary studio. I had been pondering the practice of carving and was concerned about the impact of changing the natural shape of crystals. I was taught by a great crystal cutter, Glenn Lehrer. Our unique way of shaping crystals includes finding out the client's intentions for their crystal, then linking the crystal to the person and programming it with these intentions while cutting is taking place. Working with quartz crystals is a co-creative process. Even so, I had this dilemma about changing the shape of the natural quartz. This huge Rose Quartz boulder in the Smithsonian communicated very clearly,

“Kirby, it is okay to change our shapes. Make us into whatever you want, not in a way that devalues us, but carve us into forms that can bring us closer to humankind. We want and need to interact with humans, we need to merge with human resonance.”

I then understood that I was being given permission from the mineral kingdom through this Rose Quartz boulder. I was also given a vision. These ancient beings were willing to surrender their natural form for a larger purpose, for our human connection, and that purpose would become meaningful for me and my future. I experienced a deep knowing that I was being given a mission to connect the mineral kingdom with the human kingdom, and to simply let the rest unfold.

My life since then has been an ongoing adventure with stones - of traveling and meeting people around the world: from mineralogists to shamans, metaphysical and spiritual teachers, and with all kinds of energy healers. One very important person I met along my journey was F.R. “Nick” Nocerino, a gifted healer, teacher, and keeper of ancient stone skulls. Nick knew about my work with crystals. He knew I had acquired large crystal skulls. Nick introduced me to Randall Fontes, a lighting artist in residence at the Exploratorium in San Francisco. At the time Randall was developing sophisticated lighting to induce various states of meditation by entraining brainwave patterns.

My meeting with Randall evolved into a synergy of various light experiments with large quartz. We experimented with the lighting effects, projecting them through the quartz. Quartz has an incredible potential for creating optical effects with light and color. It both refracts and reflects light. Refractive planes are a result of changes in elemental forces as the crystals grow. A myriad of diverse formations create surfaces that refract and reflect light into rainbow colors, dispersions of watery and airy web inclusions, effervescent veils and phantoms - all orchestrated into complex landscapes inside the crystals. These imperfections, veils, and inclusions reflect millions of years of evolutionary forces. We are illuminating in these crystals eons of recorded tectonic events.

At one point, Randall turned to me enthusiastically and said, “Finally, I’ve discovered the object I’ve been looking to light.” For Randall, this became his meditative focus. For me, I had found a mechanism that would assist me in my mission to connect human consciousness with the crystal kingdom. Today, as I continue to introduce this technology to other people, they continue to report having profound and remarkable experiences with the light and crystals.

Randall and I committed ourselves to designing a lighting device that could be programmed with an array of complex light forms. Initially, it took about two years of development to condense the specialized light forms into a portable device for use with medium to large quartz crystals. At this time we discovered Darren Gibbs, a programmer who was working for Apple Computer. Darren is a creative innovator who is able to think in computer code, language, and symbols. We told Darren about our lighting effects and he was able to translate our compositions into computer code.

Darren, Randall and I have studied different traditions of meditation. In most systems of meditation, we find that as a person focuses on a certain object or idea or mantra, that this subject-object relationship eventually collapses, creating a resonance of union. Using certain gazes with the light and crystal technology, we find that the subject-object relationship collapses very quickly, a process that normally takes hours to achieve through traditional meditation alone. The division between crystal and story becomes blurred and then we achieve wave consciousness. In wave consciousness, everything is connected, vibrating at different frequencies (unlike particle consciousness where items appear as discrete bits of information). With the Light Labyrinth we can achieve the kind of transcendence that would normally take many hours of concentration. By adding music to deepen the experience, our aim is to induce this unity phenomenon in a relatively short period of time through a beautiful visual and auditory experience.

This marriage of lighting effects and quartz crystal is a remarkable resource for self-discovery. We created a set of computer programs that embody different mathematical algorithms and generate complex patterns of colored light. They utilize very sophisticated compositional elements to induce a deep mental trance state when activated by a crystal. With this technology, we have an opportunity to build a bridge to the subconscious and unconscious mind of the viewer.

Over the years we continue to invite physicists, engineers, psychologists, meditation teachers and even gurus to observe the effects of our technology. We are fascinated by what they see in the crystal and light experience. One guru, for example, could see Vedantic scriptures in the fractal patterns and light; the physicists would see quantum patterns between atomic particles; artists and psychologists report seeing all kinds of archetypal forms and identities. We notice that this meditation has the potential to reach into one's subconscious mind where it is then contextualized in different ways for different people.

These collaborations became the Light Labyrinth. It may simply appear to be a box flashing colored lights into a crystal, but in actuality it is a tool of transformation when used with intention. We've created a device for exploring inner states, expanding artistic expression, and facilitating deep healing. Viewers must be willing to open to the moment in order to fully benefit from this adventure. People's experiences with the Light Labyrinth range from deep calm to vivid memories and profound realizations, and these may change even from moment to moment. The degree to which you are willing to surrender the known and explore the unexpected, determines how deep the journey into your consciousness will be.

Kirby Seid in dialogue with Rebecca Maestre (April 2007)
Edited by Hillary Lynne

Synergy

“There is a beauty, a synergy, interconnectedness; an absolute overpowering aspect to the natural world, which I think leads you to the divine.”

~ Peter Garrett

In the Light Labyrinth Projects we seek to amplify and unite three vectors of consciousness: the force within light, the wisdom of the quartz, and our human perception and intention. When we combine these three frequencies the potential for a greater resonance is achieved, and with this synergy many viewers reach profound states of awareness and spiritual healing.

Light, minerals and humans exist together in an elemental and creative relationship. Every process in the physical world includes light. Photonic light connects the entire universe through atomic exchanges of energy. Quartz, considered by ancient traditions as “eternal ice” or “frozen light”, is possibly one of the first forms that emerged into physical existence. Eons of fiery chemical reactions formed the primordial elements that evolved into the mineral formations we know today. Every known life form requires light and minerals, without which our brains, hearts and other organs would cease to function. Human biology contains silica and is sympathetic with quartz, which is formed from silicon dioxide. The silicon dioxide molecules, formed from the building blocks of tetrahedrons that align in a double helix, mimics human DNA. We are like human crystals: our cells resonate and amplify frequency; we receive energy, channel it through our physical/mental bodies and use it to transform the world around us. Along with over 50 trillion active cells driven by photonic and mineral processes, humans bring a greater consciousness to the synergy. Humans have the mobility and imagination to move and transform quartz and light into new forms of evolution. We possess the conscious ability to observe ourselves and assign meaning to our physical existence. We can examine our actions in order to learn, choose, and have conscious spirituality. We can use our intent to create, heal and love. Our relationship with both light and quartz has helped us evolve from an industrial age to an age of communication and information. Now we stand on the brink of greater spiritual awakening, and this synergy can build a bridge to our next evolutionary stage.

As we align these three vectors in the Light Labyrinth experience, we increase the coherence of light, quartz, and human awareness into a higher resonance where sudden epiphanies of perception can occur. In this alignment we can move toward a greater awareness of oneness and dissolve the perception of separation that allows for pain and suffering. In the mirror of light and crystal, we reflect wholeness and beauty.

Light

*“Seeing light is a metaphor for seeing the invisible in the visible,
for detecting the fragile imaginal garment that holds our planet and all existence together.”
~ Arthur Zajong*

Light is pure magic; it is the fastest thing we know: light travels at 186,000 miles per second, and moonlight reaches us in about one second. We can create pulses of light as short as a millionth of a billionth of a second and millions of megabits of light per second can be transmitted through a single tiny glass fiber. Light can be focused down to nanometer dimensions and formations of almost inconceivable precision can be created. As physics has demonstrated, the paradox of subatomic light is that it behaves as both particle and wave, depending on how it is measured. The electromagnetic radiation that creates visible light is only a small part of what scientists call the “electromagnetic spectrum”, the group of radiation containing photons, which includes radio waves, x-rays, and even gamma waves. For something so familiar, light is a phenomenal force that holds untold mystery and power. It is an essential part of everything we experience. The existence of nearly all life on earth is fueled by sunlight, which provides the energy needed for the miracle of photosynthesis and plant growth. Everything we eat contains light - which is then converted into the vital energy that sustains our biology. In today’s world what we call “light” is used for many remarkable functions. New technologies that allow us to connect to any place on the planet with the push of a button - all of our modern entertainment, communication and broadcasting electronics - are dependent upon light. We have systems of light therapy for physical and mental healing - from laser technology, to hands on healing, to therapeutic meditation. Full spectrum lighting has been proven to impact emotional states and is being used to treat depression. Exciting breakthroughs in biophotonics open up new doors to understand the biological causes of diseases. The wonder of light sustains and changes every aspect of our lives.

Our ancestors gathered around fire for survival and today we depend on new forms of light to evolve. Humankind has been researching and worshiping light throughout history for greater knowledge, healing, technological advances and spiritual meaning. Many religious and spiritual rituals include profoundly beautiful ceremonies that honor light. Although we live in a modern age that no longer worships the sun as God, we still instinctively respond to its rays with a deep reverence. Almost all of us have had the experience of walking into sunshine and feeling uplifted and nourished, or having some sense of cosmic connection watching a starlit sky or gazing at the moon. Light guides our most basic life rhythms. We wake in the morning as the world around us is filled with brilliance. When the day recedes, we retreat into dream worlds as the soothing light of the moon, stars and streetlights watch over us. Light as nurturer brings a sense of security, pleasure, expansion and joy, and can be a sensual, passionate, and romantic experience. Light gives us the very forces we need to love, allowing us to sense those dearest to us, to see, hold and touch our children, our beloved; it is essential to everything we hold as vital and sacred. If we wish to know the divine essence of our creation, indeed we are experiencing it everywhere, reflected in the mystery we call light.

Even though scientists and physicists have been trying to understand and harness it for centuries, light remains one of the most mysterious elements of our universe. Science and religion both suggest that light is the fundamental essence in all things; light is both the creation and the force of the creator. On a molecular level biochemistry combines through light; elements are identified by the refractive index of their atomic structure - the frequency of light they are emulating. Light contains endless paradoxes and potentials for humans to discover and harness. Arthur Zajonc in *Catching the Light* describes how in quantum reality the attributes of light - polarization, wavelength, direction and intensity - exist entangled and inseparable *until the moment of measurement*. This suggests that light organizes with our intention and observation; we are intricately bound to the creation of what we witness. In the book *The Divine Matrix*, Gregg Braden describes research conducted by Russian scientists that shows that human DNA causes photons to arrange in patterns and to *stay* in pattern even after the DNA was removed. Another example of how interconnected we are with light is shown by author Lynne Taggart in *The Intention Experiment*. She reports that in the 1970's physicist Fritz Albert Popp made an amazing scientific discovery: that all living things emit a continuous current of light. He and other scientists discovered that this light is "coherent" and that all living things *communicate* with light emissions. By imagining this constant light exchange, we can sense how intimately connected with every living thing we are. Studies of healers with high performance cameras found that healing intention creates waves of highly organized light. Further research in *The Intention Experiment* shows that by sending the power of thought energy, humans can alter light emissions in living organisms. Amazingly, as light impacts us we also impact and *change* light.

Some people can see auras of light around the human body; these radiant colors are believed to reflect a light body or vital energy field, symbolic of the inner spiritual self. The exact origin of aura therapy is unknown, but historical references date back about 5,000 years. Kirlian photography was designed to photograph aura energy emitted by life forms, including plants, animals, and humans. Aura imaging photography is a newer photography, which uses a special camera to take instant photos of a person's aura. Many spiritual faiths, including East Indian, Chinese, Jewish, and Christian all have references to auras that vibrate as light in different colors through physical matter and represent emotional, mental, astral, and celestial states of being. This radiant light body consists of many layers that bridge the etheric levels of existence with physical manifestation. With the light body, what is being perceived as solid reality might rather be sensed as tightly woven energy of etheric forms of light.

In many spiritual traditions people see loving beings from beyond the physical plane as light. These may come in the form of benevolent guides or helping angels. Light beings exist beyond the horizons that we know, to answer our calls for guidance and beckon us to climb out of the darkness of our pain. They deliver messages and healings of hope, new solutions and miracles. These beings are not confined to time and space and can create bridges for us to access the power of our unconscious that holds vast knowledge and creative inspiration. These light beings bring healing and help us connect with our divine source of love and renewal. At this time on our planet we need co-creative power to bring forth miracles to solve the unsolvable. The Light Labyrinth and Quartz can potentially act as a portal to help us communicate and co-create with these shining ones.

By consciously connecting with light, we can awaken and activate a knowledge held deep within us - that our world is united by a coherent light force. As beings of light we are interconnected. We are not alone; we are never alone. The energy in light is fundamental to all things in this universe and something is generating and sustaining this miracle. Whatever you want to call that force, it speaks to us with light.

Color

*“If happy little bluebirds fly, beyond the rainbow - why oh why can't I?
Where troubles melt like lemon drops, away above the chimney tops - that's where you'll find me!”
~ Lyrics by E.Y. Harburg from The Wizard of Oz*

The Light Labyrinth and quartz meditation taps the power of color, the remarkable aspect of light that affects us on all levels of our physical, emotional, mental, and spiritual being. Projecting color into quartz creates a powerful attractor; when illuminated, the crystals resemble giant gems. When quartz is illumined with red - behold an enormous ruby. When green is projected into the crystal it is like sitting in the presence of a huge emerald. Violet glows like amethyst, and the shimmering blend of multiple colors shine like opals. Humans have been dazzled and fascinated by colored gemstones throughout history and colors in stones held powerful meaning for our ancestors. Blue gems mirrored the heavens; green stones represented earth and life. Gold sapphires and diamonds symbolized sun and stars. Red and orange stones spoke of flame and passion.

Color is a potent archetypal language for our biology and nervous system, and is organized in nature for information and survival. Color is so familiar that we often forget that it is a continuous moving force interacting with our entire biology and consciousness. Color frequencies are always affecting us. Color is a living electromagnetic energy (changing electric and magnetic fields) that is absorbed and reflected in different wavelengths and frequencies. Physics has shown that light behaves like a particle at times, and like a wave at other times. The particle aspects are called photons, and differ from matter because they have no mass. All light travels at the same speed but each color has a different wavelength and frequency. For example, the longest wavelength we can see is deep red at about 700 nanometers. The shortest wavelength we can detect is a deep blue violet at about 400 nanometers. The color red has a frequency of around 430 trillion vibrations a second (terahertz), whereas violet has a much higher frequency of 700-790 tHz. When these wavelengths and frequencies pass through a prism we can witness how light separates and becomes visible to our human eye in what resembles a rainbow.

The vibrations of color have been researched and applied for centuries as a healing force. For humans and some animals, perception of color is a complex neurophysiological process. Color can dramatically affect our physical health, our mental and emotional state and inner harmony. Light as color penetrates everything in our world, including our physical and subtle bodies. Our human biology both absorbs and emits color frequencies that are the language by which our cells work together. Colors, which are pure vibration, can be used as beneficial frequencies to help the body's systems balance and self heal.

There are many different systems of color healing. Some color therapy systems apply colored light to stimulate cellular and organ function, believing that each of our organs resonates with a specific color. In some color systems, red is said to stimulate the nervous system, help the liver, increase circulation which helps in removing toxins. Blue is used to treat burns, fever, and inflammation. Yellow can help with motor coordination. A device called the Lumatron uses photonic stimulation through strobe lights and color filters to provide color stimulation that has been found to reduce both anxiety and depression.

Some systems use color to energize the subtle body chakra system. For example, renewing the red chakra vibrating near the tailbone generally helps with security and vitality, and the orange chakra near the lower belly stimulates pleasure and creativity. Further up the body in the solar plexus area resonates yellow that corresponds to power and well-being. Green is associated with the heart, self-love and giving and receiving love with others. Stimulating blue in the throat is said to help with self-expression and indigo in the forehead receives intuition and knowledge. Violet at the crown often represents connection to higher spiritual wisdom. There are different systems of working with chakra healing available.

Colors also have different meanings in different cultures, and we all have our own personal emotional history with color from life experiences. In Light Labyrinth workshops and sessions we sit with specific colors to see what emotions and thoughts come up for people. The color red seems to be the most provocative color. People either love red or have a negative association with the color. Red can represent power or action and bring a feeling of aliveness, or it may elicit fear and aggression. For people who have difficulty with red, we blend cooler colors like blue with red. This process helps integrate the experience of red and can even help heal a trauma associated with red. One therapist found that her clients (herself included) were able to shift emotional issues using the Light Labyrinth process. The light and color allowed them to experience negative emotions and resolve them quickly with less fear and resistance. Blending feel-good “helper” colors with colors that have negative associations, can assist a person in releasing challenging or stuck emotions.

In dreaming and creative process, color provides the primal language that stirs our imagination and taps into unconscious domains. Imagination is the language of the soul; allowing artists, inventors and scientists to explore new territory. It is the realm beyond our conscious senses that generates the rich tapestry of our dreams and lives. With the Light Labyrinth, symbols and metaphors emerge out of our deeper selves, and are projected upon the crystals and colors. When we engage our imagination, we become the artists; painting with our minds and emotions. The purpose of art is to be moved deeply and, from the depth of that movement, change can occur. This pure light experience can help us tap into the essence of our emotional selves. Color and Light exist prior to putting form and story together. Sometimes we get trapped in the form and story. If we dissolve the story back into the essence of Color and Light, a liquidity occurs that awakens the possibility of new choice.

Light Forms

“We're like light bulbs. If bliss starts growing inside you, it's like a light; it affects the environment... and if you ramp it up brighter and brighter, you enjoy more and more of it. And that light will extend out further and further.”

~ David Lynch in Catching the Big Fish: Meditation, Consciousness, and Creativity.

In developing what we call the Light Labyrinth “light forms”, we observed light in nature and specifically the effect of light and color in altering mood and perception. Certain plants and animals have intense monochromatic colors and others display a unique juxtaposition of colors. The movement of color plays an important role in attracting and repelling relationships. These vibrant displays emanate a life force that is both entrancing and invigorating and can impact startling emotional reactions. Intense contrasts of light, dark, and bold colors can have a similar effect. Very soft shimmering colors, translucent light, reflections on mist, and pastels can have a soothing, dreamlike effect on the mind. We observed that bright flickers of flame or the shimmering of sunlight on water often have a hypnotic effect on the emotional body and mind. In nature, many forms of light and color elicit an array of mental and emotional responses. We set out to emulate these diverse light effects in nature using a pure light source of strategically positioned LED's (light emitting diodes).

Next, we refined the modulation of strobing within certain brainwave ranges, with frequencies ramping up and down from high beta of 40 Hz (hertz) to the delta state of 2 Hz. We found that by modulating the frequencies up and down, we could influence a shift in perceptual awareness. We then added complex color combinations to the ramping frequencies of light using a form of binaural beats. The effect is like playing a rhythmic composition with visual light. We experimented with playing different color and frequency patterns simultaneously so that our mental process would superimpose a third pattern, creating visual effects that influenced new perceptions. From there, we added more sophisticated patterns; for example: two colors alternating while a third is constant with beat frequency progressions. We observed and calibrated these combinations according to what impact they had on us and on the people we introduced them to in meditation.

During several years of exploration we developed complex transitions between the forms, in order to keep the mind engaged and allow deeper levels of consciousness to emerge. When the mind becomes complacent it tends to return to outside distractions and superficial thoughts. Our goal is to keep the mind engaged and alert while focusing on what exists on multiple levels of consciousness. We noticed that our minds would start to anticipate patterns, and in anticipating, look for new patterns. As we observe one pattern for a long period of time, the mind is lulled into complacency. Around that point we changed something subtle in the pattern or shifted something dramatically. In this way we found we could keep the mind engaged as we shifted our template of perception. The continual transitions kept the experiences new and exciting in a way that required a high level of concentration and attention to the present. In this level of concentration there is a satisfying feeling of becoming intimate with the moment, losing a sense of time and space and becoming totally absorbed in what is being learned or stimulated. Artists and athletes call it “being in the zone”; meditators refer to it as “becoming one with” or simply merging into the frequency where we can sense our connection to All That Is.

When the visual field is exposed to a strobing light, holographic forms and pictures (called phosphenes) occasionally appear. These visual holographics can take the form of complex and changing geometric patterns, or moving undulating fields of color, or waves of light. Randall Fontes termed these patterns-: “visual resonance images.” The term visual resonance arises out of the idea that there is something within the internal visual/neurological pathways that is resonant with the rate of strobing and results in the visual patterning that is experienced. His theory is that this indicates that there is some frequency-dependent relationship between the visual processing and the strobing. Visual resonance images will persist within the visual field along with the image of the object being illuminated. The viewer will see the crystal but will also see images around and within it. These images will often appear as “waves” of light or bands of lighter and darker areas moving like ripples in water around and within the quartz. The more complex patterns of geometric forms also appear within the crystal, but these forms appear to interact with the actual structures inside the crystal. This interaction between the actual forms within the crystal, and forms of the resonance images, create a dynamic visual effect. This may be what alters perception enough to access deeper dreamlike images and symbols.

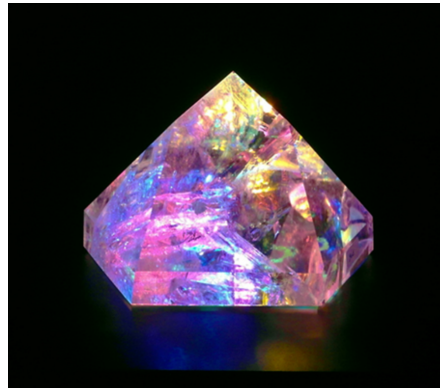
Combining modulated frequencies of light and color patterns with the optical and resonant properties in quartz may also create the opportunity to have a pivotal or peak experience. The strobe frequency effects chop up our sense of time and space, distorting our regular perception of reality. As the mind seeks to recalibrate, the resulting experience can be emotionally profound.

Here is a description of a peak experience generated in this way:

I feel as if I'm being pulled into the crystal, watching patterns, layers and levels of color. I travel deeper into the crystal, gazing into beauty. I feel a sense of timelessness, expansiveness, a sense of being lifted like I'm swimming. As it changes I surrender. The colors evoke different emotions. As the colors change I change with them; deep blues relax me; reds warm me up, arouse me; purple lifts me; in orange I feel a sense of playfulness and pleasure. I can almost taste the yellow - it's inspiring. Greens are cooling, nourishing. I see fields of green grass and I have not a care in the world. When the lights begin to flicker another dimension happens. As the flickering continues, I notice scenarios, stories inside the crystal. I see galaxies, underwater scenes, faces, symbols, animals, architecture, and nature. I am falling into the stories as if I'm in a dream. I see patterns changing directions and waves of light- I can barely tell where they are coming from. Things in my periphery are telling me something; I sense that something will be awakened. I see frequencies radiating, like a pond rippling. I don't know where time begins and ends. As I focus on one point it becomes the center of the universe. Somehow all of these ripples relate to each other; when I change reference all things change. A bird's wings start flapping and then change to a butterfly. Stories emerge, explosions, wars and transitions of civilizations; a bigger picture of evolution emerges. I feel life as the rhythm of the universe. I suddenly see in the distance a whole new story emerging, full of new possibilities. I enter chaotic light and the center keeps changing. I have no reference or orientation. I suddenly break through to a new level; a new experience of center where it seems my whole biology is being organized on a higher level. Something happens where I become centered and calm. No matter what happens I feel grounded and linked to that which connects to all things, beings, life. Anyplace I put my attention is the center. I am the center. Emanating from this center are all new possibilities. I have a renewed sense that all is right in the world - a sense that no matter where I go to I am home. I was there all along.

Quartz

*"Although the crystal may be used for "mind to mind" communications, its higher purpose . . . is in the service of humanity for the removal of pain and suffering."
~ Marcel Vogel, Senior Scientist for IBM and globally respected quartz crystal researcher*



Throughout history, quartz crystal has been significant in human evolution. Quartz is the most common mineral on earth and also the most varied. It occurs in many different forms, habitats, and colors. Quartz crystals have a natural beauty that reflects light in a dazzling way; it is no wonder that humans attribute significant value to them. Crystal healing is actually thousands of years old; minerals were applied for healing purposes by many ancient civilizations. Quartz and other minerals have been used in many cultures as tools for divination of higher knowledge and sacred ceremony. Druid priests, Tibetan monks and Native Americans held crystals as sacred power objects. Quartz has also been crucial to the technological advancement in our modern world. Because quartz has unique properties such as piezoelectricity, energy storage and amplification abilities, it has helped us create many of our modern tools of technology, such as lasers, optics, computers, communication systems, radio, television, ultrasound and much more. Additionally, many cultures have explored the use of quartz properties in healing and magic. In our modern world we are only beginning to remember our spiritual relationship to this very important mineral.

The forces within quartz crystal, from the silicon dioxide matrix, have piezoelectric potential which means heat, pressure, or intention, releases a mild electrical charge that can be harnessed. The electrical charge is an oscillating vibration that is so constant and accurate it is often used in radios, computer chips, and time pieces. Quartz also has a resonant field that interacts with the subtle energy fields of our human biology. Quartz can help harmonize and amplify intention. For example, you can meditate on a state of confidence and trusting, and then hold a crystal and use your conscious intent to program the quartz to maintain that frequency of vibration. It will not only hold but also amplify that frequency. The quartz will continue to radiate that state throughout your immediate environment and support your own energetic field. You can work with it like a touchstone. When you have moments of feeling "off center" you can reconnect with the quartz as it is magnifying the frequency you preset. This will help you get back to the state of knowing and trusting. There are many traditions that employ that principle through different types of ritual. With quartz you can use the properties of frequency storage and amplification with your intention to achieve your result very elegantly.

For meditative purposes, quartz is extremely helpful. There is an inherent balance in nature that is reflected in the unique geometric design of natural quartz. Millions of years of geologic forces in which tremendous heat, pressure, alchemy, and chemistry united to create the unique vibrational resonance of quartz. When simply holding a mineral some people have the experience of their body, mind and emotions immediately calming down. Some people can also feel energized and inspired. When you connect with quartz you can connect with the planet on a very deep rhythmic level. The quartz molecular structure is very organized. Quartz can align your energy fields, allowing you to connect with nature and return to a state of wholeness and belonging. Our bodies are filled with silica molecules that vibrate in resonance with the molecules in quartz. During a meditation with quartz, this can help calm your nervous system and assist with focusing your attention. Additionally, by consciously directing your interactions with crystals you can potentially accelerate your ability to transform your reality. "Quartz crystal emits a vibration, which extends and amplifies the powers of the user's mind. Like a laser, it radiates energy in a coherent, highly concentrated form, and this energy may be transmitted into objects or people at will.," explains Marcel Vogel, globally respected quartz crystal researcher. Some crystal teachers believe that quartz facilitates altered states of consciousness and can assist receiving information from the spiritual realms as well as helping to develop both creative and psychic abilities of the mind.

The brilliant colors of the light programs, projected into quartz, produce remarkable optical effects for inducing hypnogogic states of mind. Quartz refracts the light as well as reflects it, which splits the light into multiple reflections. The fractal planes and mineral inclusions - such as watery and airy web inclusions, effervescent inclusions, phantoms and veils - weave brilliant color combinations through repeated wave effects. Two or more colors combine, separate, and create levels within levels of complementary colors. The Light Labyrinth projects super bright coherent colors to wake up or activate the quartz, creating a subtle piezoelectric effect.

From an animistic viewpoint, quartz crystals can be appreciated as sentient beings. Just as there are evolutionary forces at work in the animate world we regard as life, the mineral kingdom has its own movement on an entirely different time scale. Many quartz crystals are between 40 million to 400 million years old and are like memory chips that have been recording the frequencies of our planet's growth. They represent the collective memories of primal geologic forces and major evolutionary events. Every fractal, inclusion and veil is an indication of different earth changes that occurred in the course of its growth. These crystals were at one point an aqueous form in molten earth. When they reach a proximity to the earth's crust and a specific type of pressure and heat, they grow into crystalline form. Through plate tectonic movement and other forces, the crystals are pushed upward through the earth where we find them. These consciousnesses are in the process of evolving and changing at a pace we can't see in the short period of time that our biology is calibrated.

Our scientists have estimated that our earth is around four billion years old. The majority of that time this planet was without what we regard as animate life, while our earth has incubated forms of elemental consciousness. Just as we research our human ancestors and their behavior to help us understand our own destiny, so we can seek to understand the evolution of other forms of life on this planet to acknowledge that we are part of some greater movement; that in fact, we belong and have a purpose in the whole of evolution. Minerals are operating in a totally different time space from humans (to the earth, for example, seconds can be millions of our human years).

If we learn to transcend our limited awareness of time and space, we can begin to relate to these life forces in their own evolutionary movement and begin to comprehend their purpose and destiny. Crystals are pieces of the bigger picture and act as markers that have information for us - the memory that we are part of everything. In that remembrance what dissolves is our sense of being lost and separate, a fundamental feeling of hopelessness. What can emerge is a knowledge that we belong in an intelligent universe filled with other magnificent consciousnesses that we can co-create with.

As you develop a relationship with the quartz, the crystal you are sitting with can act as a talisman. It can bring you very quickly in communion with your greater self. It can also be a touchstone for grounding your energy during journeys. A talisman is a symbol that connects you to the essence of someone or something that holds great meaning, greater love, and inspiration that stir your heart and soul. A talisman can also be used as a power object. In shamanic work, something or someone acts as a grounding force to keep the person safe and nurtured while the soul and spirit soar to other places. Talismans help the person feel whole and connected to a higher guiding energy while they explore uncharted territory.

When we allow ourselves to alter our normal consciousness and re-identify with something on a primordial level, we can journey into the subconscious and unconscious knowledge of where we come from. Quartz can assist us in moving forward with intention; to explore, heal, redefine our beliefs, and manifest more joyous experiences.

Awareness

“How do we see physically? No differently than we do in our consciousness- by means of the productive power of imagination. Consciousness is the eye and ear; the sense of inner and outer meaning.”

~ Novalis from Catching the Light by Arthur Zajong

When we wake in the morning and open our eyes we engage our environment with what we call our conscious awareness. We get up and interact with what we perceive to be “*out there*”. How often do we stop and consider what a miracle our consciousness is? What exactly are we doing and how is it happening? Ever since human beings have become aware that we are conscious, we have been exploring what that means. We’ve been searching for a truer self and an explanation of how life works- using paths like meditation, pilgrimages, scientific and spiritual study. The gift we have as humans is the ability to become conscious that we *are* conscious, an ability known as meta-cognition. Plants, animals and other forms of life on earth seem to exist in a flow of natural response. As humans we are given the added awareness of self-observation. With that comes the power to choose, direct and change our inner and outer realities. Every person will have moments of awareness and wonder: am I simply the person I see in the mirror, or is there something more to me, to this? How does life work, and what is my part in it? Can I change myself? Can I change my reality, and how?

Each of us has an experience of the world that arises from our own awareness. This is a result of many levels of sensory perception and how that information is filtered and interpreted. Human consciousness is so complex that even with centuries of exploration and research, how it all works is still largely a mystery. Before modern research, it was believed that visual perception consisted of what was seen by the eye in relationship to the outside world. We now know that the eye does not process the signals it receives; the sense organs act as messengers and the brain is the place where external stimuli are perceived. The images picked up by the eyes are projected upside down on the retinas and then perceived the right way up by the brain, which then interprets what is considered the external reality. The nervous system processes every experience that touches the senses before it reaches a person’s awareness. The basic information is matched up with memory patterns, subconscious filters and the person’s current needs and drives. How we interpret and lives, our version of the world from conscious and unconscious thoughts, feelings, beliefs, attitudes, choices and decisions. These affect how we respond - the actions, decisions and further choices we make, thus birthing each new reality we experience. Through the complex mystery of awareness, from our physical senses and biological processes, to our choices, thoughts, feelings and memories, we are the artists of our own perception - our own imaginative reality.

When we engage the light and crystal, it provides an opportunity to view our inner self in its many layers. It can act as a mirror to show us what our daily thoughts are, but also what is deeper; emotions, symbols and messages that speak from subconscious and unconscious energies driving the thoughts that form our experience. The light and crystal can help us discover those layers that lie beneath the surface. When we notice our thoughts, we may be aware that we have some of the same thought patterns over and over, such as, “I’m not doing enough. I should be doing better. I need more. There are too many problems out there.” We may wonder why it is difficult to change. If you realize that you are having a different experience than the other seven billion people on the planet, it can inspire you to learn about your individual perception. If you believe everyone is having the same experience, you may feel caught in a consensus version of reality. In fact, you generate your reality through your individual filters of interpretation. Training your mind to witness how you perceive can help you shift mundane or negative thoughts, to creative and life enhancing thoughts.

Intent

“Intent is what can make a man succeed when his thoughts tell him that he is defeated. Intent is what makes him invulnerable. Intent is what sends a shaman through a wall, through space, to infinity.”
~ Carlos Castaneda from *A Separate Reality*

“Everything runs according to intention.”
~ Galexis

Intention is always active in our lives, driving us to do or have something, to want, to become and seek more. Yet, what is intention and how can we consciously guide it? Our perception is continually presented with a tremendous level of inner and outer data, as fragmented pieces of consciousness. However, in our daily lives we can't sustain attention to all the data, memories, thoughts and feelings available to us. Some part of us has to selectively choose what we perceive from this chaos. This part of us uses intention to create order out of the chaos, by prioritizing what we pay attention to and using this to create an experience of reality that is meaningful to us. Our intention is motivated by our needs, drives and desires, and reflects our beliefs about ourselves and our outer world. It is what drives the energy of thought, feeling, choice and action that attracts and moves the realities we experience.

Intention, attention and action are always in motion, whether one is conscious of intent or not. Intention can be lifted to positive priorities and realities. It can also degenerate into negative cycles as well. For example, when you go to an event expecting and deciding that it will be fun, you might notice yourself automatically paying attention to what is fun and responding to those elements. You have prioritized fun things to pay attention to, and your actions, thoughts and feelings will be motivated accordingly, most likely manifesting more fun. You can also intend to be fearful and pay attention to possible threats, which may generate more anxiety and stress. Intentions are driven from the limited self that we are unconscious of can drive negative realities. You may not be aware that a negative cycle is in motion, and wonder why a positive desire isn't happening.

There are also intentions motivated by a greater or Higher Self that can be described as creativity, inspiration or divine guidance. Being aware of a greater intent can help bring our awareness to what we are paying attention to, and help us discover what needs, desires and beliefs about ourselves are driving us. With the divine gift of choice we can reach for a more loving intent from our greater self.

When we begin a journey with the Light Labyrinth we engage our intent consciously - we always bring an intention, whether we are conscious of it or not. Because of the resonance and amplification properties of the quartz, we recommend always being mindful and consciously stating your intention when you begin a meditation and adding, “...for my highest good with harm to none.” This will help bring your intention into alignment with your higher intent to amplify beneficial results.

In learning to harness the power of the focused thoughts and feelings of your intent, it is helpful to first practice acceptance and understanding of current circumstances. One way to do this is to set an intention with the Light Labyrinth to understand your current thoughts and feelings. Relax, open and pay attention with loving-kindness to what arises. Simply acknowledging your thoughts and feeling helps to “free” them as they flow through you. When you resist, you create stuck energy that stores inside your body or may create problems in your life. You may think certain feelings are gone, but suppressed thoughts and feelings influence your life. If you have around 65,000 thoughts (with associated feelings) per day, what *in your world* are they doing? You may think your thoughts in a situation are loving, when in fact they are angry. If you are not consciously connected with your real feelings, you are still using the

focus of intention, *but not necessarily in the direction that you want*. It is helpful to first accept the emotions and thoughts you currently have, with loving kindness, not judgment or criticism. To know your true self takes intimacy - which means accepting, understanding, loving and forgiving.

Many systems of metaphysics, healing and spirituality believe that we can consciously change reality by changing our thoughts and feelings with positive imagination and intention. Scientific research through new discoveries in photonics, quantum physics and non-local healing is finding that our thoughts and emotions have tangible energy to influence the reality we experience. There are many new books that explain the latest scientific research and physics of conscious intent. *See Part II: The Book List for books that explore the field or matrix beyond quantum particles that connects all things and how we can explore using our conscious intent to change our world.* Whatever your beliefs, you can practice engaging the Light Labyrinth and quartz with your conscious focused intent. With the power of intention, you can focus the energy of thoughts and emotions, in a direction, for a result. You use your intent all the time as you unconsciously make decisions and react to them. If you are not achieving your desired goals, you can choose a higher intuition to help you manifest the reality you prefer. The Light Labyrinth can help by amplifying the frequency of your conscious positive intent.

Beauty

*“You suppose you are the trouble, But you are the cure.
You suppose that you are the lock on the door, But you are the key that opens it.
You don't see your own face, Your own beauty.
Yet, no face is more beautiful than yours.”*
~ Rumi

Awareness of beauty can captivate and transform us. There is a quality to what we see as beautiful that awakens our inner light. Beauty speaks to us through the deeper senses, and can touch and heal places within us of longing, pain and separation. Beauty can be found everywhere, in radiant vistas of nature and in the smallest acts of love. There is a part of us that recognizes beauty-even in unexpected places; the core of us knows with a sudden certainty- this is beauty. It can stop us in the moment, and bring us into a state of wonder and a state of grace. When we truly recognize beauty, we change. In that moment, we lose track of self. Our heart opens as we behold, and in some way become, what awakens our soul. We connect and are no longer alone. Beauty heals us.

The path of beauty honors all of self with a compassionate heart and a spirit of curiosity by accepting whatever one encounters. Gazing into the ambience of vibrant color in the lovely landscape of a quartz crystal can lift one into a transcendent state. The beauty seen in the crystal becomes reflected in the inner light of the person. Recognizing one's inner beauty can be a healing experience. People tell us that they feel an increased sense of peace and ease that stays with them from one Light Labyrinth session to the next. Qualities of peace and love often result from being in the presence of beauty. One viewer told us, “My friend, who is a psychotherapist, cried the first time she worked with the Light Labyrinth. She said she felt like she was sitting inside the heart of God. It was a profoundly spiritual experience for her.” Ramana Maharshi, a great East Indian sage, once said that grace is always within, and our task is simply to realize it. In the beauty of the light and crystal we can nurture the beauty within ourselves and open to a higher state of grace.

In the process of attracting abundance, one very important component is sustaining enthusiasm, gratitude and good feelings that help attract into your life the things you want. Gazing into crystal and light beauty may help lift you into more positive mental and emotional states. You can use the Light Labyrinth to first access imagination and creativity - and then use it as a touchstone for feelings of passion, love and gratitude. As one Light Labyrinth group participant said, “I felt complete bliss and higher frequency levels to give to others.” With the light and quartz you can lift your resonance to help you be a powerful positive attractor.

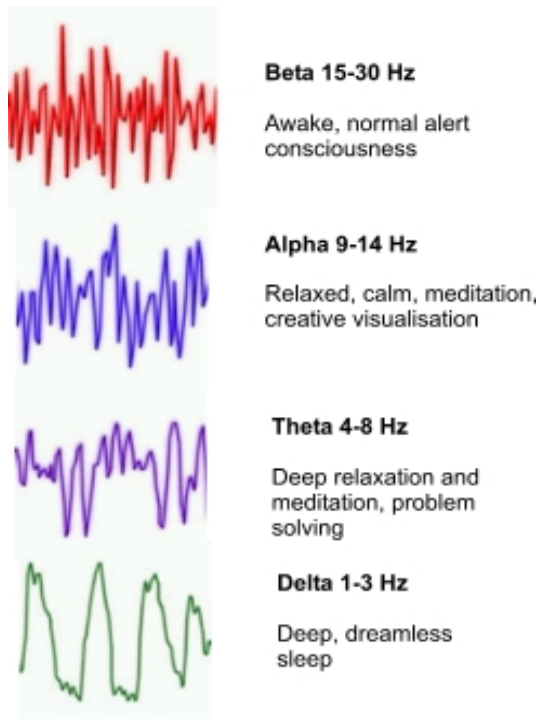
The Awakened Journey

*“The deepest imagery work is what we call symbolic imagery...
what we believe to be true and think about consistently is mirrored back to us in our experience.”
~ Dr. Dennis Gersten, diplomat of the American Board of Psychiatry and Neurology*

With the Light Labyrinth meditation, our quest is to access the liminal state while consciously witnessing. While going to sleep or waking up you may be aware of a sort of twilight zone where you are aware of both the sleeping world and the waking world at the same time. When watching a sunset or sunrise you can feel very calm, dream like, and contemplative. This is the liminal, the in-between space, that brainwave researchers associate mainly with alpha and theta frequencies. It is the transitional state between the known and the unknown, between what is conscious and unconscious. The liminal can reveal the edge of a person’s reality, the boundary of their beliefs. In the light and quartz meditation, what exists in the liminal can be reflected back and realized. In the edge of that frontier exists an unknown potential and one small step may reveal valuable possibilities and solutions. This is the realm of the awakened journey.

A discovery was made in the 1940s that brainwave activity tends to mirror flickering light, also known as the frequency-following effect. Further research over the last century has produced rhythmic light and sound technology that produces deep states of relaxation by influencing brainwaves. Millions of nerve cells in the brain communicate through tiny electrical impulses. Using electrodes (electroencephalography - EEG) to amplify the signals, these impulses are measured as oscillations or pulses (that represent brainwaves) and can be displayed on a computer screen.

Four major frequency ranges of Brainwave states:



Beta waves (15-30 Hz, oscillations per second). This is the brain’s rhythm in the daily waking state while thinking, conscious problem solving and active attention in the outer world. While you are reading this, you are probably in the “beta state”

Alpha waves (9-14 Hz). When you are relaxed, your brain activity slows from beta rhythms into the more gentle waves of alpha. Fresh creative energy flows and a sense of well being emerges. It can be viewed as the portal into deeper states of consciousness. In the “alpha state” you can access an abundance of creativity that lies beneath the surface of our conscious awareness.

Theta waves (4-8 Hz). The “theta state” is where brain activity slows almost to the point of sleep. We experience theta fleetingly as we go to sleep or as we wake up, where flashes of dreamlike imagery and inspiration appear. During REM dreams we are sometimes in the theta state. Sometimes, long-forgotten memories surface and we are receptive to information beyond our normal conscious awareness. Intuition and other extrasensory perception skills may emerge from the “theta state”

Delta waves (1-3 Hz). “Delta” is the slowest state of brainwave activity, and is found during deep, dreamless sleep. Very experienced meditators sometimes reach delta states. Delta waves also are associated with near death experiences.

To imagine how these frequencies apply to our experience of reality we can use the analogy of a movie. When we watch movies we see them as seamless - even though they generally have 24-30 frames per second. We don't see the individual frames; we see a moving reality. In the beta frequency of daily life our brainwaves are calibrated at around 15-30 cycles per second. When we slow them down we can potentially see energy patterns in between what we normally see as continuous and solid. This is where psychics may see impressions, apparitions and energetic links between events. All sorts of things may surface from what we normally view as concrete. When our brainwaves slow to theta, 4-8 cycles per second, we may start to perceive beyond our normal reference of time and space. Artists and high performance professionals who have measured their neural feedback have found that this is the brainwave activity when they feel *in the zone*. When tight rope walkers skip over ropes, if they are in theta they may see the rope as a great deal wider because they are so concentrated and focused in the frame of reality they are experiencing.

With the Light Labyrinth, our goal is to shift and maintain a movement of consciousness, as in deep state of daydreaming, while being engaged and witnessing with the beta mind. The default setting for the Light Labyrinth is "Dream", a variable composition with cycles per second (Hertz) ramping from 30, down to 8, and then slowly returning to 30. This passes through all of the frequencies from beta to delta. With the remote you can also stop the ramping and choose a specific frequency that pulses the Light Labyrinth programs at alpha, theta or delta. Brainwave research has found that even though beta is the state we are mostly in during conscious daily living, we phase in and out of the other states all the time. With the Light Labyrinth we want the brainwave frequency to fluctuate in order to help the viewer move from a limited idea to multiple points of view that can then help craft a perspective that is more useful. We don't have conclusive research yet to determine which frequencies viewers are mostly engaged in. The degree to which a viewer opens and engages with focused attention impacts the range of material received.

The Light Labyrinth allows us to go into a sense of timelessness while in our rational waking state. If a psychic journey happens too quickly, people have a difficult time remembering and integrating the experience. In the Light Labyrinth, our intention is to create a gentler pace that allows us be more conscious of the reflections that arise. This process seems to illuminate night dreaming as well. Some people have dreams that help with emotional resolution. Other people who use the Light Labyrinth consistently over a period of time have told me they have more spontaneous lucid dreaming at night. Joy Delugio, who leads theta workshops, told us, "The last time I did a private Light Labyrinth session I had a very lucid dream with lots of detail and recall. Lucid dreaming is about being able to wake up in the dream, what Carlos Castaneda calls the art of dreaming. That is something the crystal and light seems to enhance."

Here is one viewer's experience of witnessing perception in the light and crystal:

For the first time in my life, I experienced myself separate from my mind. I had an idea about this from Buddhist teachings but I never had the actual experience of it until now. During the experience, I had the absolute realization that I wasn't my mind. I didn't quite have an experience of myself as a spirit but knew I was a completely separate entity from my mind. I would look through the sphere and somehow focus my eyes at a point past the sphere. It was as if my attention went past the object. It's very hard to describe. Then, just as my eyes managed to focus through and passed the sphere, the most amazing figures and shapes started appearing in the crystal. Some were incredibly vivid animated figures, ones I never even imagined before. Others were symbols, some I've seen before and some that I haven't. As I brought the focus of my eyes back to the sphere, all the shapes and figures disappeared and I was staring at the pure crystal again. Then, I would try to focus again past the crystal but each time through a different point. This would cause different figures and symbols to appear. I could observe as my mind would try to make sense out of the colors and energy it was seeing and try to put them into comprehensible shapes and figures. That was the most amazing part of the experience - observing my mind creating these incredible images. Sometimes, I tried to have control over the images being created in my mind, but I had very little control of that. It helped me realize how strong the automatic pilot is within my mind. Not just during this experience but in every day life too. It helped me understand just how much we're on automatic pilot most of our lives, hardly ever being conscious of most things that happen around us, and how unconscious we are of most of our every day choices and decisions. Since now I had the experience of me being completely separate from my mind, I started very seriously questioning who I really was. Now I understood the profound meaning of that question "who am I?". I heard that question a million times before, but never have I really understood how profound it was until now. I now know and understand what the Buddhists mean when they say, "observe the mind", "train the mind", "the mind is like a little puppy", etc. I admire the yogis who reached these states through meditation and gained incredible control over their minds and body.

In the Light Labyrinth we're amplifying conscious attention using two other frequencies of vibration (light and quartz) to help stretch awareness and awaken new levels of perception. Intention forges the creation of a strong bond between the three frequencies. Once the synergy is created, a new resonance is formed. The light activates the energy of the quartz. The quartz stimulates the light: refracting it, organizing it, moving it and transmuting it. As we engage our consciousness, the light and color change us as we transform the light - the photons- with our thoughts, emotions and the energy of our cellular biology. The quartz responds to our electromagnetic energy and resonates at a greater frequency. Waves of light and color, waves of 100 million year old quartz vibration, and waves of human thought and emotion hit each other and interact. New waves are created and the whole field of resonance increases. Something more emerges, spirals and spins into being.

People are having fascinating experiences of very quickly tapping into expanded awareness. Sometimes flashes of profound wisdom come through. Some feel more grounded and focused and have clearer meditations with the Light Labyrinth. Some people have lucid night dreams, opening the doorway into the unconscious. Many people experience a wonderful uplifting feeling of clarity. Through this new field of resonance we can tap into greater dimensions of who we are.

The Labyrinth

*“My wish is that you can rest, and let go of this massive need to find yourself ...
relax -- your soul will find you.”
~ John O'Donahue*

Whatever intent we bring to our Light Labyrinth meditation, the light and crystal call us to surrender to a path of mystery. As feelings, images and stories emerge and then recede; we let go again and again. Sometimes we find insights that reflect our initial purpose and sometimes we find entirely new inspirations. At other times we simply find deep peace in the dance and the chaos. In the Light Labyrinth journey, the process of surrender and receptivity to whatever emerges from within in the present moment is perhaps the most integral step. This mirrors the path of the sacred labyrinth.

The path of the sacred labyrinth draws upon a spiritual practice used by religions, cultures and spiritual traditions around the world for many thousands of years. It is an ancient symbol that appears much like the symmetrical fractal described in mathematics. Walking a labyrinth creates a place of inner solitude and has a transformative impact on the body and psyche. The mind wants to find a goal, yet the walk in the labyrinth twists and turns and winds around until the mind begins to surrender the goal and come into the present moment. When the center is found, perhaps at some time during the walk, an epiphany or core insight may emerge. On the return path, ideas may come to help integrate the wisdom gained into daily life.

The Light Labyrinth asks us to create a space in our lives for solitude and inner reflection, and provides an enchanting ambience to receive it. In our modern world filled with high tech communication and entertainment, our lives seem to be speeding up at an alarming rate. When do we get enough time for spiritually nourishing solitude? The Light Labyrinth can become part of a ritual for creating this essential time for self. Solitude is a ritual that nurtures a depth of self-intimacy, allowing us to release and come home to ourselves. In the book, *Whole Child, Whole Parent*, Polly Berrien Berrends states, “A place of solitude is the place where a child first learns to be alone and develops [his or] her capacity to dream and imagine. Here is where she can best discover a source of inspiration, solace, and creativity beyond herself and her parents and begin to learn to receive and trust it. Here she can learn that she is good company, a discovery that will protect her from one of the most insidious social values of our time: the belief that one’s value depends on others admiration and acceptance.” Solitude helps build our inner strengths and the self-intimacy that leads to self-love.

Modern life encourages us to remain immersed in news, Internet, entertainment, communication, and information flow on a global scale. It is exciting, but can also be overwhelming to our nervous systems. We need time to go within, to witness and integrate what we’ve absorbed. We need room to free the clutter of thoughts and feelings that pile up, to find resolution - to find our own values. Through inner reflection we build the strengths of discernment, compassion and trust without interference. Solitude is a truly valuable gift we can give ourselves and teach others. When we go fully within, whatever is needed will emerge; we can get in touch with our inner healers from that place.

There is no substitute for daily sacred solitude. It isn’t simply being alone; sacred solitude is quieting the chattering anxious mind and reaching into a well of grounded inner strength, and sometimes finding peace and love. To be able to contemplate the idea of some sort of larger natural or divine power is an important component of joy. Rituals and prayer help us make space in our lives to focus on what is truly meaningful to us and who we really are. The Light Labyrinth very quickly creates an ambience that nurtures sacred solitude.

Everyone has unique experiences in the Light Labyrinth. As in a dream, some insights seem clear; some are not. Some make sense later, in a flash of understanding, or during a daydream or night dream. Some bring shifts in understanding and choices. Just like dream work, the journey in the Light Labyrinth is a powerful search that speaks to the soul and is deeply personal; you find your own way. A labyrinth is a path with no “shoulds”; it is a sacred personal journey. No one else can interpret for you - that is the gift of power it holds for you. When you learn to witness your own perception and trust your own inner associations and symbology, you become empowered in a multidimensional way. With each personal journey of self-discovery you take, you become more of you.

Imagination

*“The greatest achievement was at first and for a time a dream.
The oak sleeps in the acorn; the bird waits in the egg; and in the highest vision of the soul a waking angel stirs.
Dreams are the seedlings of realities.”
~ James Allen, 19th century English writer*

When ancient crystal beings are illuminated with the Light Labyrinth programs an enchantment comes to light that can awaken inner wisdom. The light and crystals enhance a sacred place for meditation, a bridge to the mystery within. The mystery is in the liminal state, the edge of perception, where one can approach the multidimensional self. Just tapping the awareness of the extraordinary self, if only for a moment, can have a profound and spiritually healing impact. Realms of the imagination and dream states are the horizon that exists between the known and the unknown. Whatever helps you stretch and expand beyond your perception has the potential to awaken hope and inspiration.

The Light Labyrinth can become your own personal inner adventure. There is no one right path to explore it. There are many creative ways to have your own light and crystal meditation. The jewel of the Light Labyrinth journey, which appears in many different types of journeys, is the place where the sudden gestalt experiences arise. Many viewers have told of “a-ha” experiences they have in the light and crystal meditation. Symbolic images and feelings will appear as the meditation weaves in and out of a mystery of metaphors until some kind of center or epiphany is reached. Sometimes a new or clear understanding will come. Sometimes there are no words. It may feel like coming home to an inner truth.

Because we are continually entertained by external sources, we sometimes forget about the rich landscape inside us, within our own perceptions and imagination. These are universal gifts given to us. Each of us is limitless in our feelings, thoughts, imaginings, passion, and creativity. It is enthralling to perceive our inner landscape, whether it’s joyous or frightening, because it speaks to us about who we really are and answers our longing to know ourselves. Even when what we label negative comes up, the Light Labyrinth assists us in experiencing it within a tender place of sparkling beauty. As we become aware of our depth, it’s not just what we call scary and negative that the unconscious holds; it also holds the incredibly wondrous parts of ourselves that we want to reveal. Self-discovery is a journey that will never end - *and if we become conscious of it we can play.*

Imagination holds all possibilities and is the light on our journey. Imagination is the means to ignite the new visions and new world we dream of. In this realm, we reach into the wealth of our existence and bring back the inspiration and hope that build our lives. Every act of love and compassion is fueled by the inspiration that flows in the immense river of our imagination. From this pure spring we can find the miracles we wish to create.

Crystal Care & Co-creation

Energetically Cleansing Quartz Crystals

First start by cleaning (energetically clearing) the crystal: You can cleanse the quartz with one of the elements: Water, Air, Fire or Earth, or you can clear it ethereally.

- ❖ Water: Wash with distilled water or spring water
- ❖ Fire: Put the quartz in the sunlight for a few hours (except for amethyst), or leave out in the moonlight overnight.
- ❖ Air: Put the quartz out in the air for a few hours
- ❖ Bury the quartz in the earth for 72 hours
- ❖ Or you can cleanse the quartz psychically (with etheric energy):
 - Imagine flowing light through it with the intention to clear it. Clear the crystal by moving your thumb over it and exhale sharply
 - Imagine light spiraling down, entering the quartz, clearing it and grounding into the earth. You can also imagine another spiral of light through your body, clearing distracting thoughts and grounding you.



Things to review about Quartz:

- The Light Labyrinth projects super bright colors that activate the frequency in quartz.
- Quartz harmonizes subtle energy fields.
- Quartz generates a co-creative process where the quartz can help manifest and sustain a positive objective. The quartz helps maintain the vibrational frequency of your conscious intent. It can hold and amplify that frequency.
- The quartz will also continue to radiate that state throughout your immediate environment, supporting your own energetic field. You can work with it like a touchstone. When you have moments of feeling “off center” you can connect with the quartz as it is magnifying the frequency you preset.
- There is an inherent balance in nature that is reflected in the unique geometric design of natural quartz. Millions of years of tremendous heat, power, alchemy, chemistry and pressure in geologic forces united to create the unique quartz vibrational resonance.
- The quartz molecular structure is very organized and can calm and align our own energy fields, allowing us to calm and connect with a state of wholeness and belonging.

Crystal Communication Guide 101

Getting to know your unique crystal. You can do this with any size or form of crystal.

Greet: Say hello to the spirit of the crystal

- Examine your crystal. Admire it; see its beauty and uniqueness. Be delighted, crystals love this! Touch the quartz with your hands, feel the surface, temperature and energy field.
- Send warmth and openness from your heart to the crystal. Hold the intent for the highest good for both of you.

Receive: Be receptive, be quiet and listen - allow the crystal to communicate with you

- You may receive visual images or feelings- This is the quartz translating impulses and resonance into language that we can understand

Give: Now switch - Communicate with the crystal

- Speak with telepathic thought -or out loud. The crystal will respond to the vibrations in your thought or voice.
- Then convey emotions to the quartz- communicate from a deeper level, which bypasses linear thought
- Offer feeling to the quartz. Try these different feelings:
 - What does security feel like, what images can you hold in your mind that elicit feelings of safety
 - What about accomplishment- envision what you would like to accomplish
 - Now pass fun to the crystal- think of something fun! Then hold feelings of love and gratitude.

Communion: Look at your quartz - imagine finding a doorway/portal.

Imagine yourself going through the doorway, going inside the crystal.

- What colors do you see? How bright are they?
- How do you feel? What emotions come up?
- What movement do you sense?
- Do you feel warm or cool?
- Do you hear sounds or vibrations or just silence?

Insight: Do you have any flashes of understanding? Do any thoughts/ideas suddenly emerge?

- This may be the quartz telling you something, or just amplifying communication from another part of your consciousness.
- Value what you receive - every whisper holds some treasure. Release judgments, discounts and the need for grandeur

Thank Your Crystal

- Say “Thank You” out loud, or in your heart, send feelings, pictures of gratitude.
- Reflect later on what wisdom you received.

Crystal Co-Creating 101

This is a general co-creating guideline. There are many methodologies that you can use with the Light Labyrinth and Quartz to help amplify the results. Choose whatever is most relevant for you.

1. **Cleanse and Greet:** If you haven't already cleaned your crystal, you can clean it with light. Imagine light spiraling down, entering the quartz, clearing it and grounding into the earth. Say hello to the spirit of the crystal. Admire it; see its beauty and uniqueness. Touch the quartz with your hands, feel the surface, the temperature and the energy field. Hold the intent for the highest good for both of you.
2. **State what you want to co-create** - ask for help
Invite in your guides or a friend from the unseen realms- Ask them for help in co-creating.
Add, **"For the highest good of myself and all others."**
3. **Listen to the blockages and cleanse them**
Ask, "Why don't I believe this can happen? Why don't I want it to happen?" Really listen- without judgment - to any limiting feelings, thoughts, fears and beliefs that arise.

Cleansing limiting beliefs and blockages

Ask your Unconscious and Higher Consciousness to forgive & clear all old beliefs and events related to these blockages, if needed retain the lessons you needed to learn from them. Imagine spiral of light, white or with colors spinning through your body/mind/spirit, see blockages draining into the earth, or being pulled out into the light. Affirm loudly, **"I am willing to release and forgive these limiting beliefs and blockages now. Thank you!"**

4. **Create a sense imagination** (seeing, touching, hearing, feeling, etc.) **of yourself having what you seek**- Imagine yourself celebrating (cheering and smiling) having what you want. What emotions are you feeling? Really amp up those good feelings!
5. **Imagine this image in the crystal surrounded with light**
Visualize your desire while rubbing either thumb on any side of the crystal from the base to the top (or anywhere on a sphere) and exhaling your breath out; do this a number of times until you feel like it is done. Imagine the image shooting out the crystal's point, or radiating out from the sphere or other shape- and into your reality.
6. With the Light Labyrinth and larger crystals, use the green strobing light and imagine the image inside a green flame - then with your exhale, shooting out the crystal's point, or radiating out from the sphere.
Thank your inner friend, guides and the crystal and light.
7. **Reinforce your manifestation**
Allow yourself to receive (if you don't feel like you deserve, it's okay just be willing to receive) the bounty of your desire. Celebrate- invite the new reality into yours- Get up and feel good!

Watch your reality-what changes? Watch for dreams, actions, events, and serendipities. Celebrate your success as you receive the things you want & celebrate other successes that appear as a result. Repeat the co-creation process if you don't reach your goal. Perhaps express your desire differently. Maybe you need more processing to remove blockages.

Meditation on Light

With your eyes open or closed bring yourself to a still place
Breathe slowly and fully
Let your mind surrender to this moment
See everything around you vibrating, humming with a gentle radiant energy
Imagine trillions of sparkling photons moving through everything around you
Moving within you, through you
Absorbing into matter and radiating out again
Dancing without time and space
Existing beyond human senses
In the divine mystery

Let your heart follow the light to the spaces between
As time slows down the spaces become wider
Brilliant light streams through into rivers of light that surround you
Receive the light into all the cells of your body
Let the light flood the chamber of your heart
Let the light fill your organs - your brain, lungs, liver, and digestion
See the light illuminate all of the darkened places within you
Revitalizing, healing, renewing
Transmuting the dark into flowing bright energy

See the light split into glorious colors that surround the wounds within you
Light surrounds the shame, the pain, the fear, the hurt, and the anger
Direct this light to heal these wounds
See them vanish in the radiant colors
Forgive yourself for these wounds
For your belief in your loneliness, unworthiness and fears
Forgive others their weaknesses
In the light acknowledge the vulnerability of being human
Forgive the mistakes and let sorrow be held in the light
Lift and fly in the light and be free

In the beauty of the light
Remember your essence is light
You are only beauty
You are only love