



SUE WEAVER

WEAVING A HEALING HEARTH

QUARTZ

"I come into alignment with my true and divine purpose."

Clear Quartz is pure quartz, silicon dioxide (SiO₂). Quartz crystals generally occur in groups of six-sided prisms with pyramidal terminations, though single crystals are also found. It is also found in aggregate or massive form. Quartz crystals range from very tiny to huge "earthkeepers", which may be larger than a human. Quartz is frequently "milky" but is sometimes perfectly clear. There are often horizontal striations on the vertical faces, and it has a hardness of 7. Quartz is also found as a constituent mineral in many igneous, sedimentary and metamorphic rocks. A familiar example is granite.

Quartz often has minute inclusions of other minerals, which may produce colour, e.g. amethyst, rose quartz, citrine. Some mineral inclusions are visible as one substance within another, such as tourmaline in quartz, rutilated quartz, or phantoms. Also found are crystals with inclusions of gas or liquid. Not all quartz forms crystals which are visible to the naked eye. Much quartz is microcrystalline or cryptocrystalline – made up of many tiny crystals. Microcrystalline quartz does not have the characteristic six-sided geometric shape (unless cut and polished). Examples include the agates, jaspers, chalcedony.

Clear Quartz is considered by many to be the "master crystal" and has been respected throughout history as a powerful healer, transformer and teacher. For many people, Clear Quartz is what the word "crystal" describes. Because Clear Quartz embodies the frequency of pure white light, which contains all colour vibrations, it works in many ways, and on many levels.

My personal experience of the Spirit of Clear Quartz is of a bright, white star in an icy, snowy vastness. There is total purity, an absolute limitlessness, with the bright star of inspiration.

For many people, their first experience of Clear Quartz crystal is one of increased balance and harmony. They may feel calmer or they may feel more energised and positive, depending on what is needed. Often, however, clear quartz can bring a challenge. It teaches us about clarity, purity, focus, direction and directness and works to clear any energy that is not in alignment with our Spiritual Blueprint to bring us into alignment on all levels of being.

Before we are born, our Soul/Spirit Self makes choices about how we will incarnate in order to learn the lessons needed to contribute to, or complete, our evolution. As we experience the lessons of life, we often become out of balance, and the path of rebalancing forms a large part of our learning and growth.

Clear Quartz can help to release negative and limiting emotions and thought patterns and beliefs which no longer serve us. As these move out of our energy bodies there is often a corresponding energy change in the physical body. These changes on physical, emotional and mental levels can be challenging. They may be experienced as intense heat or cold, headaches, nausea or sickness, pain in the body, or many other physical symptoms. On emotional and mental levels there may also be challenges as painful emotions are brought to consciousness and released and those things that have seemed to form the foundations of our lives are brought into question. As we release imbalance, disharmony and limitation, we move into a situation where all our energy bodies, all aspects of our being, come into alignment. From this place there is an experience of balance, clarity, and bliss. We are able to function effectively on all levels, with great clarity and sense of purpose, with minimum effort producing maximum results, and an experience of harmony in all things. We can move gently, but powerfully, through life, making our own personal contribution to the world, taking full responsibility with joy and in appreciation.

As our awareness changes, we may find it easier to access the multidimensional world of Spirit. Humans have worked with the energy of Clear Quartz in this way for millenia. It has been used to aid meditation, develop sensory and "super-sensory" awareness, including telepathy. Clear Quartz is an excellent aid to dreamwork, though some people find it much too stimulating to get any sleep with.

Quartz is a natural amplifier of energy and placed with any other crystal will increase the effect of the latter's energy. This is why much jewellery is created with smaller gemstones joined to clear quartz crystals. Not only are the two energies combined, but the quartz amplifies the energy of the additional crystal.

Clear quartz can also intensify and direct a "healer's energy", and so may increase the effectiveness of any hands-on, spiritual, channelled, reiki, or other energy healing.

Clear Quartz is found throughout the world. You are most likely to find quartz that has come from Brazil, Madagascar, Arkansas, China, Himalayas. Quartz from each location has a very distinctive personality. Much quartz is not totally clear. In addition to the many coloured varieties, there are degrees of clarity in "white" quartz, ranging from totally clear and transparent, through Milky Quartz, to the opaque whiteness of Snow Quartz. A single crystal may be quite white and opaque at the base, growing to clarity at the termination. There are also many inclusions found within Clear Quartz, which will be considered elsewhere.

Some authors have written about the specific qualities of different formations of quartz, looking at general shape, and in particular, the way in which the terminal facets have grown, e.g. a Channeler, a Transmitter, an Isis or a Dow crystal. While this is an interesting approach, I have chosen not to write about this. My personal path has led me to consider each and every crystal as a totally unique and individual being. If you wish to learn more about this, I would recommend reading some of the early work on this subject, which was written by people exploring the energies of the crystals.

If you are beginning work with crystals, and you are inviting spiritual growth and healing into your life, or if you are ready for a quantum leap, I would recommend that you take the time to find a Clear Quartz with which you strongly resonate and dedicate some time to working together. It does not matter if this is an unpolished "natural" crystal, single or double terminated, a tumbled quartz, crystal ball or other shape. None are "better" nor "more powerful". Just be awake to that which calls you and invites you on a journey of discovery.

Small crystal points, singly or doubly terminated, tiny clusters and tumbled stones are excellent for laying on or around the body. A good quality Clear Quartz wand is an invaluable tool for healing.

Larger clusters can bring the powerful energy of white light into any environment - clearing, cleansing, energising and awakening, but remember, that for some people, a Clear Quartz cluster in the bedroom might be too energising for rest and good sleep. Clusters or single points can create an energy grid in rooms, around houses or other buildings, in gardens and fields. Smaller crystals can be laid on clusters to awaken them. Jewellery can be charged in this way.

I have come across Quartz crystals that have been manufactured in laboratories and even been told that these are "purer and even more powerful" than quartz from the earth. This hasn't been my experience. While I think that it's a great idea to use these crystals for technological purposes, I wouldn't use them in healing since they don't seem to, to me, to resonate well with human energy.

Crystal Name:	Quartz	Family Name:	Quartz
Meaning of name:			
Composition:	Silicon dioxide (SiO ₂)		
Colour(s):	Clear, transparent and glasslike through translucent to milky or even white		
System:	Trigonal	Hardness/Mohs:	7
How it is found:	Single crystals, singly or doubly terminated and clusters; massive 'chunks'		
Transparency:	Transparent to Opaque	Cleavage:	None. Conchoidal fracture
Environment:	Quartz is created from magma that erupts onto the surface of the earth.		
Found in:	Brazil, Madagascar, India, Arkansas and more		