

ZEROPOINT SYNTROPICS R & D

'Any sufficiently advanced technology is indistinguishable from magic.'

Arthur C. Clarke

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Zeropoint Syntropics R & D is a common initiative of Rafael Staelens, Yves Peeters, Dominique Stevens and Monik Duerinck. At ZPS it is our philosophy to serve people, society and our common planet by exploring and creating the best tools for personal development, consciousness enhancement and well-being.

To find out more about our commitment to society and Planet Earth, please discover [the Ecovaproject](#).

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Zeropoint Syntropics (ZPS) Crystallines

At Zeropoint Syntropics (ZPS) we research the energetic activity and effectiveness of different crystal structure materials with various percentages of silicon dioxide and / or other silicon-based composites. The approach to studying the very tangible energies these crystallines produce, is both theoretical and practical.

On the **theoretical side** we map the possible relations to the **Zero Point or Akasha Field** ⁽¹⁾, the law of **syntropy** ⁽²⁾ and our knowledge on more subtle life-sustaining and consciousness expanding corporal energies such as **prana** (or **qi**) and **kundalini**.

1. The Zero Point or Akasha Field is an all and everyone interconnecting subatomic information field of unimaginable large quantum energy in so-called empty space. It is considered to be the original source of all things and the constant and enduring memory of the universe.
2. Syntropy is the universal ordering principle that structures living beings toward higher levels of consciousness, stability and wholeness.

On the **practical side** we explore applications in the following fields:

- * Physical, emotional, neurological and psychological recovery and well-being
- * Personal development, creativity-, consciousness- and skill-enhancement, stress management, mind-body balancement
- * Meditation and practices involving prana or qi, reiki, chakras and kundalini
- * Bio-energetic restructuring and taste-improvement of food and drinks
- * Body care products & wellness
- * Organic agriculture
- * Harmonizing residential environments

Crystal Science

'Crystals represent the lowest state of entropy possible because they have the most orderly structure in nature.' Richard Gerber in *'Vibrational Medicine'*

'The human body and all of its components are crystalline in the basic structures. We are designed physically to run energy. In a way, we are complex bio-crystals that have multiple functions that operate in a multi dimensional format of expression.' Chrism

[source](#)

The use of crystals for different purposes goes back to many ancient cultures. As stated in **Gale Encyclopedia**, *'crystals can receive, amplify, convert and focus energy, or store an electrical charge. (...) These many interesting scientific properties and technological uses underlie much of the recent metaphysical attention to crystals.'* [source](#)

According to **R. Bourne**, Ph.D., *'Quartz are said to induce the following health benefits: increase and balance body energy channels, balance physical health, help with meditation, stimulate body's chakras, and stimulate the self-curing abilities of the body. If you are trying to find a scientific explanation of why crystals have all these health benefits you probably will not find it in medical journals. But there are some people trying to explain how crystals may help with your physical and mental health. For example, it is said that the crystal structure has something to do with the healing benefits of crystals. Quartz crystals are made of silicon dioxide*. This simple molecule (one atom of silicon and two atoms of oxygen) has the capability of release energy once heat, impact or pressure is applied to the crystal. This energy enhancing capability may be the explanation of all the multiple benefits of quartz crystals.'* [source](#)

A recent study by researchers from the **University of Amsterdam**, published in Nature Nanotechnology (November 28, 2010), shows that a visible emission of energy – visible because converted into extra light - is possible in silicon nanocrystals. Moreover, these emissions are affected by the size of the nanocrystals. [source](#)

* Silicon dioxide or Silica is a *'compound made out of the two most abundant elements in the Earth's crust, silicon and oxygen (SiO₂)'. Silicon is the second most abundant element of the earth's crust (26%), second only to oxygen in abundance (49%). In the human body, silicon is found in the connective tissues, tendons, ligaments, cartilage, and blood vessels and it is thought that the mineral is essential for their integrity.'* [source](#)

The Zero Point or Akasha Field

'Is matter an illusion? Is the universe floating on a vast sea of light, whose invisible power provides the resistance that gives to matter its feeling of solidity?'

Astrophysicist Bernhard Haisch

The Zero Point Field is 'a subatomic field of unimaginably large quantum energy in so-called empty space. The Field connects everything in the universe to everything else, like some vast invisible web. (...) The existence of the Zero Point Field implies that all matter in the universe is interconnected by quantum waves, which are spread out through time and space, and can carry on to infinity, tying one part of the universe to every other part. (...) The existence of the Zero Point Field implies that all matter in the universe is interconnected by quantum waves, which are spread out through time and space, and can carry on to infinity, tying one part of the universe to every other part. (...) One discovery is that every molecule emits its own unique frequency, which is used for communication. (...) As incredible as it seems, it appears that when we see things, we are reading information from the Zero Point Field on a quantum level and our brain 'reads out' this information to create the images we see in front of us. Some scientists have gone as far as to say that our memories don't sit inside our heads at all. Our brains are simply the retrieval and read-out mechanism of the ultimate storage medium - The Field.' [source](#)

'Zero-Point energy is the lowest possible energy that a quantum mechanical physical system may have; it is the energy of its ground state. All quantum mechanical systems undergo fluctuations even in their ground state and have an associated zero-point energy, a consequence of their wave-like interaction. (...) Vacuum energy is the zero-point energy of all the fields in space.' [source](#)

According to systems philosopher and integral theorist **Dr. Ervin Laszlo** all universa are made up of an information field which is not only 'the original source of all things' in time and space but is also 'the constant and enduring memory of the universe', an interconnecting cosmic field that links man and matter and continually affects everything and everyone. 'It literally conveys all the information of life itself.' [source](#)

'The universe is not an assemblage of bits of inert matter moving passively in empty space: it's a dynamic and coherent whole. The energy that constitutes its hardware is always and everywhere "in-formed." It's in-formed by what (...) physicists now regard as the quantum vacuum or zero-point field (...). This is the "in-formation" that structures the physical world, the information we grasp as the laws of nature. Without information the energy-waves and patterns of the universe would be as random and unstructured as the behavior of a computer without its software. But the universe is not random and unstructured; it's precisely "in-

formed." (...) Hindu seers referred to it as **Akasha**, the fundamental element of the cosmos. In recognition of this feat of insight, I am now calling the information field of the universe the *Akashic Field*' or A-field, Laszlo writes. Source: huffingtonpost.com, March 24, 2010

American healer **Edgar Cayce** 'believed that the Akashic Records contained a history of every soul since the dawn of creation. These records connect us to each other he often said. (...) The records are impressed or encoded into energy; they are continually rewritten based on our choices, thoughts and emotion. (...) Cayce explained that the Akashic records not only store everything in the past of an individual but they also contain all the future possibilities and potentials for our lives. He believed that we basically call into potential an array of possible futures as we interact in our daily lives and learn subconsciously from the data that has already been accumulated. The theory Cayce had is that all the future potentials for us already exist in the Akashic Records simply waiting for our free will to call them into action. (...) If this universal energy field is written with our thoughts and actions, then it would be reasonable to believe that it can be accessed consciously. If it can be rewritten consciously, then much of the past and traumatic events we hold in our A-Field could be liberated and thus increase the energy for positive potentials in an individual's life,' **CJ Martes**, founder of Akashic Field Therapy™, concludes. [Source](#)

Investigative journalist **Lynne McTaggart** is the author of 'The Field' (HarperCollins, 2001), a book that 'provides an overview of recent scientific discoveries that demonstrate that there is an all-encompassing energy field connecting man and matter.' McTaggart writes: 'Researchers discovered that the Zero Point Field contains the blueprint for our existence. Everything and everyone is connected with one another through this field in which all information from all time is said to be stored. Ultimately, everything – from man to matter – can be traced back to a collection of electric charges that are continually in contact with this endless sea of energy. Our interaction with this field determines who we are, will become and have been. The field is the alpha and omega of our existence.' Lynne began to work on The Field as a personal quest to see if any new scientific theories could explain how homeopathy and spiritual healing work. "During these meetings, I made incredible discoveries," says Lynne. "What these scientists were working on seemed to overthrow the current laws of biology, chemistry and physics. Their work not only offered an explanation of why homeopathy and spiritual healing might work. Their theories and experiments also compounded into a new science, a new view of the world." [source](#)

Different scientific experiments indicate that past, present and future apparently flow together in the zero-point energy field, as **Tijn Toubert** wrote in Ode Magazine, November 2003. The American doctor and author **Deepak Chopra** puts it this way: 'Time is dependent on our

perceptions. No experiment has ever proven the existence of the continual movement of linear time and the concept has never been expressed in a mathematical formula. The experience of the continual movement of linear time is a phenomenon that was created by our nervous system. In fact, the past, present and future exist simultaneously, side by side, in a field of endless possibilities. The experience of linear time is the way in which nature protects us from experiencing everything at the same time. But that is what actually happens.' **Einstein** put it more concisely: **'Space and time are modes in which we think, not conditions in which we live.'** Tijn Touber: 'In the field there is no difference between a memory and a new experience. Just as intuition, clairvoyance, premonitions, telepathy and other 'inexplicable' phenomena can be understood if the Zero Point Field is seen as a storage place for information to which anyone can tune in at any time.' [source](#)

Even "inspiration" is no longer an inexplicable circumstance, but a demonstrable physical phenomenon. (...) Artists are interpreters and translators rather than creators.' What they do is 'tuning in' with the field. 'Tuning in means: not thinking and making contact with the information that's already there. You become one with the information and resonate with it,' **Shireen Strooker** explains. 'Learning to tune into the Zero Point Field enables us to create consciously.' (...) 'Dreams are where reality begins. The future is created by seeing that future, by tuning into it. In principle, anything is possible.' Or, as **Gandhi** put it: 'Be the change you wish to see in the world.' [source](#)

American astronaut and engineer **Edgar Mitchell** states that 'the ubiquitous experience of persons of all cultures who claim to sense nonlocal information, who believe they have lived past lives, who experience unseen dimensions and entities, and seem capable of influencing matter nonlocally' can be explained when taking together two seemingly unrelated concepts: 'the concepts of holographic information and the zero-point field. The brain (and every cell of the body) is a quantum device. And every quantum entity has both a local (particle) and a nonlocal (wave) aspect. Prodigious amounts of information can be carried in this holographic manner including, theoretically, the entire space/time history of the learning organism. In other words, the totality of our subjective experiences can be thought of as a multimedia hologram in resonance with the zero-point field.' (...) 'It also can explain Carl Jung's concept of the collective unconscious and the reason why archetypal symbols recur in dreams, regression therapy, and shamanistic rituals.' [Source](#)

Syntropy

'Putting things together in a meaningful way is one of the basic features of nature.'

Albert Szent-Gyorgyi*, 1977

The concept of syntropy (also known as **negentropy** or negative entropy) has been introduced in the 1940s by the Italian mathematician **Luigi Fantappiè**. It was late 1941 when he experienced himself suddenly projected in a new panorama which radically changed the vision of science and of the Universe which he had inherited from his teachers. The new phenomena he discovered, he should later name *“syntropic’, totally different from the entropic ones, of the mechanical, physical and chemical laws, which obey only the principle of classical causation and the law of entropy. Syntropic phenomena, which are instead represented by those strange solutions of the ‘anticipated potentials’, should obey two opposite principles of finality (moved by a final cause placed in the future, and not by a cause which is placed in the past): differentiation and non-causable in a laboratory.”* Fantappiè concluded: *“It appeared to me clear that these ‘syntropic’, finalistic phenomena which lead to differentiation and could not be reproduced in a laboratory, were real, and existed in nature, as I could recognize them in the living systems. The properties of this new law, opened consequences which were just incredible and which could deeply change the biological, medical, psychological, and social sciences.”* [source](#)

Luigi Fantappiè *“discovered that all physical and chemical phenomena, which are determined by causes placed in the past, are governed by the law of entropy while all those phenomena which are attracted towards causes which are placed in the future (attractors), are governed by”* the law of syntropy which is symmetrical to entropy. [Source](#)

*Albert Szent-Gyorgyi was a Hungarian physiologist who won the Nobel Prize in Physiology or Medicine in 1937. He is also credited with discovering vitamin C. *‘In the late 1950s, Szent-Györgyi developed a research interest in cancer and developed ideas on applying the theories of quantum mechanics to the biochemistry of cancer. (...) Late in life, Szent-Györgyi began to pursue free radicals as a potential cause of cancer. He came to see cancer as being ultimately an electronic problem at the molecular level. In 1974, reflecting his interests in quantum physics, he proposed the term “syntropy” replace the term “negentropy”.* [\(Source\)](#) Albert Szent-Gyorgyi described syntropy as a disposition toward elaboration in living things.

Moreover, Fantappiè’s model of syntropy has also created a new meeting ground between science and spirituality, which he indicated as follows: *“Let us conclude by looking at what we can say about life. What makes life different is the presence of syntropic qualities: finalities, goals, and attractors. Now as we consider causality the essence of the entropic*

world, it is natural to consider finality the essence of the syntropic world. It is therefore possible to say that the essence of life is the final causes, the attractors. Living means tending to attractors. But how are these attractors experienced in human life? When a man is attracted by money we say he loves money. The attraction towards a goal is felt as love. We now see that the fundamental law of life is this: the law of love. I am not trying to be sentimental; I am just describing results which have been logically deduced from premises which are sure. It is incredible and touching that, having arrived at this point, mathematical theorems start speaking to our heart! [...] The law of life is not the law of hate, the law of force, or the law of mechanical causes; this is the law of non-life, the law of death, the law of entropy; the law which dominates life is the law of finalities, the law of cooperation towards goals which are always higher, and this is true also for the lowest forms of life. In humans this law takes the form of love, since for humans living means loving, and it is important to note that these scientific results can have great consequences at all levels, particular on the social level, which is now so confused. [...] The law of life is therefore the law of love and differentiation. It does not move towards levelling and conforming, but towards higher forms of differentiation. Each living being, whether modest or famous, has its mission, its finalities, which, in the general economy of the universe, are important, great and beautiful.” [source](#)

(Entropy: literally ‘tendency to diverge’: ‘en’ = diverge; ‘tropos’ = tendency. Entropy is considered to be a universal ‘force’, causing organized forms of matter to gradually disintegrate into uncertainty, disorder, fragmentation, chaos, etc... Syntropy can also be seen as the entropy exported by living systems to keep its own entropy low.)

Prana

Prana is Sanskrit for 'vital life'. In Vedantic philosophy it refers to 'a vital, life-sustaining force of living beings and vital energy, comparable to the Chinese notion of **Chi** or **Qi**. Prana is a central concept in Ayurveda and Yoga where it is believed to flow through a network of subtle channels called **nadis**.' [source](#) In traditional Indian medicine and spiritual science nadis are the channels through which 'the energies of the subtle body are said to flow. They connect at special points of intensity called **chakras**. Nadis seem to correspond to the meridians of traditional **Chinese medicine***.' They 'are not nerves but rather channels for the flow of consciousness.' Nadi literally means 'flow'. 'Just as the negative and positive forces of electricity flow through complex circuits, in the same way, prana shakti (vital force) and manas shakti (mental force) flow through every part of our body via these nadis. According to the **tantras** there are 72,000 or more such channels or networks through which the stimuli flow like an electric current from one point to another.' [source](#) & yogabodychakra.com

* '**Traditional Chinese medicine** (TCM) asserts that the body has natural patterns of **qi** that circulate in channels called meridians. In TCM, symptoms of various illnesses are believed to be the product of disrupted, blocked, or unbalanced qi movement through the body's meridians, as well as deficiencies or imbalances of qi in the **Zang Fu** organs. Traditional Chinese medicine often seeks to relieve these imbalances by adjusting the circulation of qi using a variety of techniques including herbology, food therapy, physical training regimens (qigong, tai chi chuan), (...) and acupuncture.' [source](#)

Chakras

Chakras are nerve plexuses or interwoven networks of nerves with numerous communicating branches. Each chakra combines a set of spinal nerves to serve a specific area of the body. In Hindu texts chakra is a concept *'referring to wheel-like vortices which, according to traditional Indian medicine, are believed to exist in the surface of the etheric double of man. The chakras are said to be "force centers" or whorls of energy permeating, from a point on the physical body, the layers of the subtle bodies in an ever-increasing fan-shaped formation. Rotating vortices of subtle matter, they are considered the focal points for the reception and transmission of energies.'* [source](#)

The following seven primary chakras are the most commonly described:

- Base or Root Chakra (Muladhara): serves the ovaries / prostate. Focus: Foundation, base, survival, instinct
- Sacral Chakra (Swadhisthana): large triangular bone at the base of the spine; serves the pelvis, buttocks, genitals, thighs, calves and feet. Focus: Sensuality, emotions, relationships, instincts
- Solar Plexus Chakra (Manipura): navel area; serves internal organs. Focus: Personal power, ego, food, freedom
- Heart Chakra (Anahata): heart area. Focus: Love, compassion, tenderness, awareness
- Throat Chakra (Vishuddha): throat and neck area. Focus: Communication, self-mastery, expression, individuation
- Brow or Third Eye Chakra (Ajna): pineal gland or third eye. Focus: Insight, intuition, vision, Wisdom
- Crown Chakra (Sahasrara): top of the head. Focus: Universal consciousness, union, oneness, enlightenment

One of man's most powerful natural tools and latent natural energies to explore and tune in to universal consciousness and to completely open up all chakras is **kundalini**.

Kundalini

'The knowledge of Kundalini, in the hands of the adepts of the future, can result in gaining contact with those intelligent forces of nature of which we now see weird and erratic exhibitions in psychic healers, mediums and sensitives.' **Gopi Krishna**

'Kundalini is the original source of all life, but you are cut off from it in so many ways. Then you become an outsider to yourself and you do not know how to come back home. This coming back is the science of yoga. As far as human transformation is concerned, kundalini yoga is the subtlest science.' **Osho**

Kundalini is a latent corporal energy, lying coiled in the sacrum bone at the base of the spine. It is one of man's most powerful natural tools and latent natural energies to explore and tune in to universal consciousness. When the kundalini awakes, it tries to force a passage through the spinal opening, meanwhile enabling to possibly completely open up the different nerve plexuses or chakras. As **Shri Anandi Ma** explains: *'Kundalini may partially or fully rise from the lowest chakra and become very active in the body, but if it does not reach the heart chakra, there will not be much spiritual benefit in this. It may even be a scary experience if you don't understand and respect, what is going on. There is in reality nothing to be scared about since the energy will by itself fall down and rest after a while if one just leaves it alone.'* [source](#)

A fully activated kundalini will generally be truly awareness increasing, revitalizing and energizing, enhance one's intelligent, intuitive, visionary and creative capacities and introduce intense feelings of joy, love, beauty, oneness, lucidity, bliss and completion. An awaked kundalini can also induce emotional purgings in which particular emotions become dominant for short periods of time. According to **Gopi Krishna**, the scientific research of the kundalini mechanism *'would prove that talent and genius can be cultivated, as was done in India in the past. It would prove that human beings can reach a state of conscious awareness in which the highest secrets of life and existence be intuitively learned. It would prove that nature has provided a safeguard against the abuse of power in this age of highly advanced technology and science. This safeguard lies in the fact that the knowledge will tend to a recurrent crop of spiritual geniuses to handle the affairs of mankind.'* [source](#)

kundabuffer

In *'All and Everything: Beelzebub's Tales to his Grandson'* the Greek-American mystic and spiritual teacher **George Ivanovich Gurdjieff** (1866 – 1949) launched the idea of a **'kundabuffer'**: *"an implant put into man in order to keep man asleep and unable to do anything but serve the dictates of his lower nature."* (...) *"'Kunda' is short for the Sanskrit term 'Kundalini' which means 'coiled' so that Kundabuffer literally means 'no longer*

coiled’.” [source](#) In ‘Kundabuffer and the Personal Self: A property such that they should perceive reality topsy-turvy’ the Gurdjieff Journal explains: “There is a latent force of meaning hidden within this idea of Kundabuffer which, at certain moments, when we pause long enough for it to touch us, can penetrate to another level of our consciousness, to a level where it is able to disturb us. To disturb us in a way we know and intuit that we need to be disturbed. Yet such moments are rare. Why? Because the shock inherent within an objective truth so easily gets deflected, neutralized, by one or another form of buffer—that is, through that unseen predisposition by means of which we are ‘protected’ from the discomfort of having to deal with what otherwise would be disturbing to our familiar and cozy frame of reference. (...) If we are dealing with the inversion of a fundamental order, what is this order we unconsciously invert? About what are we actually speaking? A tempting yet facile reply might well be that what Gurdjieff must have had in mind is the maleficent factor of egoism within the human psyche. However, it is indeed a facile answer, since egoism appears as one among innumerable other maleficent consequences of the organ Kundabuffer (which consequences continue to predominate, says Gurdjieff, even though the organ itself has long since been removed). In other words, egoism is subsumed within the much larger context of what Gurdjieff sees as a deep underlying flaw in the way the human psyche perceives reality.” [source](#)

Read more about kundalini on [the Ecovaproject Kundalini pages](#) + also read: [What is kundalini?](#)

Crystals and meditation:

‘Crystals can be used in meditation to help one to more clearly concentrate and to focus his or her mind’s energy and to enhance the quality of the meditation. Crystals amplify one’s intentions and thoughts which raise his or her energy vibration, promoting conscious awareness.’ **Crystal Healer Ashley Dalke:** [source](#)

Brainwaves

Our brain is an electrochemical organ made up of billions of brain cells or neurons which use electric impulses to communicate with each other. An electric impulse of a brain cell is converted in a chemical signal in the synapse. Consequently, the chemical signal is changed into an electrical signal in the receiving brain cell. That's why the functioning of the brain is sometimes compared to an electrochemical factory.

'The combination of electrical activity of the brain is commonly called a Brainwave pattern, because of its cyclic, 'wave-like' nature. Our mind regulates its activities by means of electric waves which are registered in the brain, emitting tiny electrochemical impulses of varied frequencies, which can be registered by an electroencephalogram' (EEG). [source](#)

Psychological experiments *'using EEG machines indicate a direct correlation between differing states of mind and brain-wave frequency.'* (...) *'Our emotional states are often a complex soup of overlapping feelings and mixed thoughts, and therefore the brain is constantly emitting multiple frequencies at any given time. EEG machines can read the dominant frequencies emitted by the brain (near the skull) with accuracy to the millisecond. An EEG chart shows oscillations of varying frequencies corresponding to the dominance of the brainwaves detected.'* [source](#)

Scientists generally study four* categories of brainwaves. *'They range from the high amplitude, low frequency delta to the low amplitude, high frequency beta. Men, women and children of all ages experience the same characteristic brainwaves. They are consistent across cultures and country boundaries.'*

- **BETA** - 13-30 cycles per second - awaking awareness, extroversion, concentration, logical thinking - active conversation. A debater would be in high beta. A person making a speech, or a teacher, or a talk show host would all be in beta when they are engaged in their work.
- **ALPHA** - 7-13 cycles per second - relaxation times, non-arousal, meditation, hypnosis; a state of relaxed alertness good for inspiration and learning facts fast
- **THETA** - 4-7 cycles per second - day dreaming, dreaming, creativity, meditation, paranormal phenomena, out of body experiences, ESP, shamanic journeys. (...) *The ideation that can take place during the theta state is often free flow and occurs without censorship or guilt. It is typically a very positive mental state.*
- **DELTA** - 1.5-4 or less cycles per second - deep dreamless sleep, deep relaxation [source](#)

- *Since the development of digital electroencephalography also so-called **GAMMA WAVES** are involved in brainwave studies. Gamma waves have a frequency between 25 to 100 Hz; 40 Hz is prototypical. *‘The 40 Hz gamma brainwave is found in advanced sensory processing, heightened focus, and coordinates simultaneous processing of information throughout the brain. Increased gamma activity is associated with a good-memory. Lack of the 40 Hz brainwave is found in people with learning disabilities.’* [source](#)

While the alpha brainwave is *‘capable of bridging the gap between conscious thoughts and the subconscious, the theta brainwave allows us to deeply connect with our subconscious mind.’* [source](#) It is of course important to understand that too much of a dominant brain wave rhythm can cause problems.

To learn more about brain waves: explore ‘Brain Waves – A Guide To Understanding’: [Beta Brain Waves](#); [Alfa Brain Waves](#); [Theta Brain Waves](#)

Emotions

Given that brainwaves and emotions are interlinked, it is logic that different emotions from happiness, love, joy, enthusiasm and euphoria to sadness, hatred, fear, anger and depression come with different levels of brainwaves.

Beta waves are associated with anxiety, anger, nervousness; Alpha waves can lead to a very contented and happy state of mind; the Theta brainwave state of mind is associated with strong, powerful emotions like feeling carefree and emotionally connected with others; and the Delta state can give the feeling of a deep trance and listlessness. However, it is important to understand that problems can be caused if a brain wave rhythm becomes too dominant. Too much beta brainwaves will often block out our emotions or keep us from fully experience our natural emotions. This will be reversed when theta brainwaves return or are strengthened so that we can *‘learn to feel and understand our emotions better.’* [source](#)

Depression and other often hidden emotions such as fear, anger, shame and grief *‘can negatively affect us long after the original event that caused them. When our body fails to “let go” of these emotions, we can find ourselves with unhealthy patterns, destructive beliefs and negative relationships, even physical problems,’* Neuro Emotional Technique® (N.E.T.)* – therapist **Roxanne Dominis** states.

*N.E.T. *‘uses acupuncture meridians to help clients tap into where we are storing emotions in our bodies.’*

One more thing about the relation between brainwaves, mental state and emotions: When the right brainwave patterns occur, *'they seem to evoke certain super states of the brain. These can range from mental focus, great creativity and even the ability to overcome any of the phobias, addictions and other mental disorders in the brain.'* By using brainwave entrainment technology, *'you can directly affect your emotions, get rid of the negative ones and only use the positive ones to amp them up and make them a tangible force in your life.'* [source](#)

Crystalline power

In 'The healing Power of Crystals' **Dr. Olga Rodriguez Rasmussen** describes crystals as powerful, transformational tools. Crystals, being composed of silicon and water, *'constitute and comprise the very essence of our physical and even energetic composition'* so *'that is why we can so intensely feel the vibration of a crystal bowl resonating within us. If we believe that crystals are as much a part of the web of connection as we are, then we can readily recognize that crystals have the ability to act as intermediaries, enabling us to communicate and connect with higher levels of consciousness and existence,'* she writes, thereby referring to Sound Healer and author **Jonathan Goldman**.

In 'Shifting Frequencies' Goldman states: *'Quartz crystals have many amazing qualities — perhaps most extraordinary is their ability to transduce energy. Quartz crystals can take one form of energy and cause it to change form, moving up the energy spiral. Sound, for example, can become electricity...'* (p. 96-97).

Diane Stein, Reiki Master and author of 'Healing with Gemstones and Crystals', makes the following observation:

'A network of crystal and gemstone energy intersects the Earth. At ground level this network is formed of the ley lines, the planet's acupuncture map. Beyond the Earth's body and mirrored in the human mental body aura is the universal grid. This is formed by crystal and gemstone energy radiating from the planet and the galaxy and also is incorporated into human energy.... The grid contains our individual minds and the Collective Mind of society, as well as access to the Universal Mind of ... the all-creative Void. The grid is the interface between our auras and that of the Earth and the universe... The little crystals and colored gemstones in our pockets and jewelry do more for us than we know, and their energy is increasing in usefulness as time goes on.... We are becoming much more than people can ever remember being before; we are becoming the Beings of Light, energy, and information, what

was our original heritage. Human twelve-strand DNA contains the genetic keys of all life in the universe... [which is a] Living Library. That library is being repaired, healed, and reactivated, and returned to us primarily by way of gemstones and crystals.'

In 'Vibrational Medicine' **Richard Gerber** lists the frequent usage of crystalline technologies in our daily life and asserts that we humans are multidimensional beings:

'Each human being is an organized interweaving of many bodies of differing vibrational frequencies. Through our interconnection to the chakras and our higher frequency bodies of light, we are able to assimilate energy and information from the highest levels of being. Energy and information originating at the soul level undergoes progressive transformation and translation until it becomes manifest as a conscious personality which must exist in the molecular/cellular vehicle of the physical plane. Due to the limited nature of the physical brain at its present level of linear expression, we become locked into the perspective of a seemingly fixed space/time frame. Thus the multidimensional universe is beyond our underdeveloped insight. To most individuals, the higher dimensional energies are in the realm of invisibility... As technology makes visible what was previously seen only by clairvoyants, the invisible becomes visible... (p325) From utilizing crystals for communication, information storage, solar power, and laser applications in industry and medicine, we are slowly discovering that the gems and minerals of the Earth hold undreamt-of potentials for serving humankind. (p327) While scientists have chosen to explore the electronic properties of silicon crystals, it is quartz crystals which bear the greatest potential in the manipulation of subtle energies. All crystalline structures are formed of mathematically precise and orderly lattice arrays of atoms. In addition to the variety of grid-like lattice structures, some researchers feel that there are also spiral arrangements interwoven into the crystal structure. Crystals represent the lowest state of entropy possible because they have the most orderly structure in nature.

The crystalline structure will respond in unique and precise ways to a wide spectrum of energies including heat, light, pressure, sound electricity, gamma rays, microwaves, bioelectricity, and even the energies of consciousness... In response to these varying energetic inputs, the molecular structure of the

crystal will undergo particular modes of oscillation, thereby creating specific vibratory frequencies of energy emission.

Quartz crystals can be used in many different ways to process various types of energy. These functions are numerous and include reception, reflection, refraction, magnification, transduction, amplification, focusing, transmutation, transference, transformation, storage... stabilization, modulation, balancing, and transmittance.

Of particular interest...is the application of these functions of quartz crystals towards subtle energetic healing of human illness. According to crystal researcher Marcel Vogel, a senior scientist with IBM for 27 years: The crystal is a neutral object whose inner structure exhibits a state of perfection and balance. When it's cut to the proper form and when the human mind enters into relationship with its structural perfection, the crystals emit 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.

Although the crystal may be used for "mind to mind" communication, its higher purpose ... is in the service of humanity for the removal of pain and suffering. (...)

The key concept which Dr. Vogel has presented is that the quartz crystal is capable of amplifying and directing the natural energies of the healer. The subtle energies of the healer's field become focused and coherent in a manner similar to a laser.' (p338-339)

Gerber also notes the importance of using crystals for meditation, stating that the right cerebral hemisphere has '*unique crystalline connections to the pineal gland.*' (p345-346)

According to **Dr. Rashid Buttar**, Medical Director of The Center for Advanced Medicine and Clinical Research in Cornelius, NY, '*energy medicine will certainly be a major constituent of the medicine of the future.*' In the foreword to **Michael Katz's** '*Gemstone Energy Medicine*' he writes:

'Research indicates that specific fields of energy enhance the immune system, evidenced by increased DNA synthesis in lymphocytes.... Patients have reported many benefits during and after their experiences of using various forms of energy healing, including having an increased sense of well-being, more energy, better sleep, and improved pain control. Acupuncture, in fact, is

nothing more than enhancing and opening up energy channels that have been blocked or, in other cases, blocking certain energy channels along specific meridians to achieve a desired effect. Plants exposed to specific types of energy fields have also been noted to grow faster than they do in other parts of the building that lack the field exposure. (x-xi)'

Michael Katz states:

'Doctors and patients are experiencing that energy medicine works — often where conventional medicine does not.(...) Energy medicine is shedding light on the true nature of health and disease and offering solutions to seemingly intractable health problems — often leaving those who practice it healthier and more vital than they thought possible.

One of the most powerful forms of energy medicine is gem therapy. Here, too, a change has taken place. (...) Thousands of people around the world—physicians, homemakers, Olympic athletes, business people, celebrities, and many others—have come to experience remarkable healing by applying therapeutic gems...

Over a decade of clinical experience...have yielded gem therapies that work — both as primary treatments and as complements to other healing modalities. Emotional maladies, mental complaints, and acute and chronic illnesses have responded to these gem therapies in unprecedented and exciting ways.' (1-2)

Physicists tell us that all matter is energy in physical form. Gemstones are certainly no exception. Formed over eons ... the Earth's gemstones embody intense concentrations of energy (...) (3)

...It may seem paradoxical to use a stone —the embodiment of earthly material— to affect subtle, nonphysical energies. Yet a closer look reveals what may not be immediately apparent —that the crystalline nature of certain gemstones and their ability to process energy has much in common with the liquid crystalline forms in our own cells. (5)

Katz also *'discusses the various patterns of energy and how it flows through a crystal. These patterns or currents are largely determined by the shape and patterns of the crystal. Some shapes are better than others in conducting and amplifying energy,'* Dr. Olga Rasmussen writes. [Source](#)

Silicon & Silicon dioxide (SiO₂) in the Earth's crust and in the human body

Silicon dioxide or Silica is a 'compound made out of the two most abundant elements in the Earth's crust, silicon and oxygen (SiO₂). (...) Silicon is the second most abundant element of the earth's crust (26%), second only to oxygen in abundance (49%). (...) Silicon is not found free in nature but occurs chiefly as silica. Silicon is important to plant and animal life. Silicon was recognized as an essential trace element in 1972. In the human body, silicon is found in the connective tissues, tendons, ligaments, cartilage, and blood vessels and it is thought that the mineral is essential for their integrity. Silicon is also required for healthy nails, skin and hair and for calcium absorption in the early stages of bone formation. (...) French research suggests that silicon can help to prevent osteoporosis and can be used to treat bone fractures. (...) Collagen, a primary component of connective tissue and a third of all body protein, is rich in silicon. Elastin is also rich in silicon. Silica, in close cooperation with vitamin C, has the ability of holding moisture in tissues through compounds known as (...) glycosaminoglycans (...). Silica is also vital for tooth structures. (...) Silica has three main crystalline varieties: quartz (by far the most abundant), tridymite, and cristobalite. Silica is the main constituent of more than 95 percent of rocks that comprise 59 percent of the earth's crust. Quartz makes up about 12 percent of the land surface and about 20 percent of the Earth's crust. The highest levels of silicon in humans are found in the skin and connective tissues. Blood averages about 0.5 milligrams of silicon per liter of blood plasma and amounts in the liver, heart and lungs range from 2 to 10 milligrams per kilogram. (...) Note: The silica content of foods is usually found in the skin or other outer layers of a food (i.e. rice polishing) and thus silica is often the first to go in food processing. The current intake of silica by the average person is suspected to be low.' [source](#)

'One of many important benefits of silica is that it allows for an increase in absorption of all other vitamins, minerals, and nutrients to allow the body to repair, renew and rejuvenate itself every day.' [source](#)

Silicon: An Essential Nutrient of Good Bone Health

'Research at the Grand Forks Human Nutrition Research Center (GFHNRC) has shown that low dietary silicon decreases the bone and blood concentrations of substances that stimulate cells to form joint and bone cartilage and initiate bone calcification in experimental animals. Low dietary silicon also has been shown by the GFHNRC to increase the excretion of products resulting from collagen and bone breakdown and loss, which are used as markers of osteoporosis risk. The recent research confirms that silicon stimulates the formation of

collagen, a protein that gives bones their strength and flexibility, joint cartilage its cushioning ability, and a scaffold upon which bone mineralization occurs.'

Silicon was actually first reported as possibly being an essential nutrient more than 30 years ago. For the next 25 years, the battle of bringing attention to the nutritional importance was fought, not too successfully, by a scientist who promoted the hypothesis that inadequate dietary silicon could contribute to diseases associated with aging such as atherosclerosis, high blood pressure, osteoarthritis and osteoporosis. After this scientist's death, studies examining the nutritional importance of silicon came to a standstill until about 2 years ago. Then several research groups reported new findings indicating that silicon is important for joint cartilage and bone formation and maintenance, thus boosting the suggestion that silicon is a nutrient of concern for osteoporosis, and perhaps osteoarthritis.

Scientists at King's College and St. Thomas' hospital in London, England in collaboration with scientists from Harvard and Tufts Universities in the United States reported that there is a "significant positive association" between the density of bone and silicon intake in men and in premenopausal women. In addition, scientists at the University of Mons-Hainaut in Belgium have found that silicon is an essential component in bioactive glasses or materials used as bone substitutes upon which new bone can grow in humans with serious bone injury.' (...) 'The richest sources of silicon are unrefined grains of high fiber content, cereal products and root vegetables.' **Forrest H. Nielsen** [Source](#)

Benefits of crystal healing

According to Complementary Therapist **Laurel Alexander** these are the benefits of crystal healing:

- Stress and anxiety control
- Pre-and-post-operative care
- Self development
- Improving self confidence
- Increasing creativity and focus
- Balancing mind, body & spirit
- Moving through change

Some reasons why:

- *The composition of the Earth is one-third quartz crystal.*
- *The silica and water that crystals are composed of are also major components of the physical body.*
- *Quartz is fossilized water and our bodies are composed of 65% water.*
- *Crystals' piezoelectric effects (their energy fields), match our human energy field and electrical frequency.*
- *The Earth's magnetic field is crystal vibration energy and so is the magnetic field of the human aura. Laurel Alexander [source](#)*

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