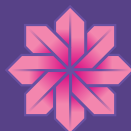


there's nothing like it on earth!



CRYSTAL
CASTLE

& shambhala gardens

See the biggest and most beautiful crystals in the world



welcome to the crystal castle

These private botanical gardens filled with extraordinary crystals, sub-tropical plant life and daily experiences for all ages will provide you with a uniquely enriching experience.

"We stumbled across this wonderful place whilst driving through the region. It is THE most beautiful place ever. The serenity, the peace, the absolute beauty of the gardens, the crystals and amazing statues, it's indescribable. To top it off the staff were just lovely. It was the highlight of our trip. Just loved it..."

Trip Advisor

"It was beautiful, peaceful, a lovely, lovely experience....As it was my last visit to Australia, it was certainly a place that will stay with me in my soul forever. Thank you."

Trip Advisor

Jim Kellar of The Herald is also a fan: *"This private garden of peace and tranquillity... featuring a sacred Stupa monument for world peace that has the blessing of the Dalai Lama....it's a place to unwind, contemplate, absorb the spirit of life at your own pace.... the Lotus Café with panoramic views features the best vegetarian plate I've ever enjoyed."*

"You don't have to be a hippie crystal lover to like it there," advises another reviewer, *"it's a place for anyone who likes nature and something a little different."*

"Wow!!! What an experience! I loved every second" writes another TripAdvisor visitor.

"The serene atmosphere, positivity and energy of this sacred place is worth every cent of the entrance fee. Leave yourself a LOT of time - you might lose track of it."

It is our joy to offer the Crystal Castle experience to you.

This is our life's work.

We hope you enjoy it.



Sono & Naren King



included in your visit:

- Sit in an ancient amethyst cave.
- See rare and amazing giant crystals & fossils throughout, dating back 500 million years.
- Experience the world's largest amethyst geode, the Enchanted Cave, and also the world's tallest geode pair, the Crystal Guardians, both weighing over 20 tonnes.
- Take flight in the Wings to Eternity mural.
- Wander 5 hectares of botanical Shambhala Gardens and rainforest.
- Be at peace with the largest stone Blessing Buddha in Australia.
- Touch the World Peace Stupa, a project blessed by the Dalai Lama.
- Find yourself in a labyrinth.
- Join the daily Peace Experience.
- Learn how to use your crystals to set an intention in the daily Crystal Intention Experience.
- Enjoy more experiences including Music of the Plants and the Crystal Experience, which rotate during the week.
- Have fun in the children's playground - free face painting on weekends & school holidays.
- Take home your own copy of the Crystal Castle Guidebook.

to enhance your visit:

- Celebrate yourself with a personal Aura Image.
- Browse extraordinary gifts of nature, spoil yourself and take home special treasures.
- Lunch on the terrace overlooking one of the best views in Byron Shire.



index

Plan Your Visit	04	The Crystals	30
In the Beginning	06	Crystals in Astrology	38
Journey to South America	09	Mystic Lore of Crystals	54
Crystal Guardians	10	Castle Jewels	58
The Enchanted Cave	12	Amazing Auras	60
Dragon Egg	14	Kalachakra World Peace Stupa	64
Wings To Eternity Mural	16	Lotus Café	66
Fountain of Peace, Mural & Geode	18	Kids	68
Labyrinth	19	The Amazing Team	69
Damanhur Spiral	20	Your Contribution to Rebuild Nepal	70
Reflexology Walk	21	Villa Crystal Castle	72
The Buddha Walk	22	Regional Map	74
Rainforest Walk	28	Crystal Castle Map	76



included in your visit: - see website and signs for each day's program



the peace experience

daily

A unique offering to deepen your inner and outer sense of peace.

"I really love the blissfulness I feel when I'm there. They have upped the ante and added a free 'Peace Experience' which includes meditating with the crystal bowls and walking to various sites culminating with a connection with the peace stupa. Wow! Make sure you are there - this shouldn't be missed." - TripAdvisor review



music of the plants

This is an amazing experience, an expression of the innate intelligence of the plant kingdom. You will receive a fascinating introduction to the history and research involved and have an opportunity to sit in amazement and listen to the plants play, expressing their unique vibration through music. Connect to the deep beauty of nature.



the crystal experience

Since ancient times crystals have been used as beautiful adornments, also as talismans, in healing and ceremony. Listen to a brief history of the Crystal Castle then an introduction to how crystals form and how they work. You will learn how to tune into and choose crystals, how to work consciously with them, to set powerful intentions and how to cleanse them. Start your own journey of exploration.



crystal intention experience

daily

Positive change can occur in surprising ways when you combine the power of your intention with crystals.

Join us for a 15 minute 'Crystal Intention Experience' to learn how to create your intentions using quartz generator crystals.

plan your visit

come early and enjoy the day!



dragon egg

daily

Included free with your entry, this where you can actually sit in awe inside a magical crystal cave. Surround yourself with the exquisite beauty and energy of this extraordinary 120 million year old amethyst cave and receive it's unique crystal blessing.

The Dragon Egg is open daily for all visitors to enjoy.

"Mummy, it feels like peace in there..." - A recent young visitor.



wings to eternity

daily

It has taken many years of searching to find these three rare crystal wing formations. The extraordinary Wings to Eternity mural is their magical backdrop within the Shambhala Gardens. Become part of the flutter of butterflies or rest in the foliage with the fairies. These deep purple amethyst crystal wings will delight all ages.

Take flight with the Wings to Eternity!

to enhance your visit:



aura images

purchase online or at the Crystal Matrix counter

To further enhance your visit we have aura imaging available.

Discover the unique and beautiful colours of your energy field with a personal aura image. Your aura colours can provide insight and open a visual door into your personal world, highlighting your true potential.



As 1985 was drawing to a close, Naren King was invited to a New Year's Eve party in a unique and magnificent building on a property near Mullumbimby, New South Wales. Eccentric architect Edwin Kingsbury had pioneered his concept of 'harmonious architecture', designing a round central building with four radiating wings, no 90° angles and a series of magical reflecting ponds. The building was positioned right on the point where the earth's energy lines, or ley lines, intersect. Owner Mal Cooper had demanded the very best materials from around the region for its construction in 1980, and had gone broke as a result.

in the beginning



Captivated by the extraordinary property, Naren set his sights on becoming its new owner. Five knockbacks from the banks didn't deter him and his persistence paid off when a Harley-Davidson-riding bank manager loved the adventurous nature of the crystal business Naren was envisioning. 'The Castle', as the locals jokingly called it, began operating as a crystal business: Crystalight. At that point in time the land was practically bare as much of the area had been cleared for grazing and banana growing.



Crystalight was Australia's first direct importer of quality natural crystals from around the world, supplying wholesale crystals from the hills of Mullumbimby. Local hippies got wind of something interesting going on and kept 'dropping in' to marvel at the crystals. The Byron Bay Visitor Centre started directing tourists to 'try to get in'. With all this activity the 'Crystal Castle', as it became known, was eventually open for limited trading to the public.

Naren has spent over 30 years travelling the world in search of extraordinary crystals. At one stage so much rose quartz was imported that it was used to line the pathways around the Castle and the gardens began to take shape. People loved to spend time surrounded by all this beauty and they started hanging around, so the Cafe was built to provide them with refreshments.

Naren, 1986

Over the years the further development of the Castle has been an ongoing project for Naren and his wife, Sono, who is the Creative Director of the Crystal Castle and has inspired the beauty and richness you see and feel here. The gardens have expanded dramatically and attractions such as the Labyrinth, the children's playground, the tranquil Buddha Walk, Damanhur Spiral, the Kalachakra Stupa for World Peace, the amazing Enchanted Cave and Crystal Guardians, and most recently the Dragon Egg, Wings to Eternity Mural and Giant Treasure Chest have been added as more and more visitors come to enjoy this beautiful property.

Each new addition has been inspired by the same passion that prompted that visionary purchase over 30 years ago: a deep desire to create a place of peace and magic, of lasting beauty and wonder.

Early days at the Castle



journey to south America

The journey to bring the extraordinary crystals you see in the beautiful grounds of the Crystal Castle is at times a rough and unbelievable quest.

Early in 2016, having heard whispers of some amazing new discoveries, Naren and his daughter Manya embarked on an epic journey to South America, inspired by Naren's 20 year dream of acquiring and sharing the largest crystals in the world. After five days, six flights and some really long drives, they arrived in the amethyst fields of Uruguay to visit some special crystal geode sites. After having procured the largest geodes in the world, they then discovered an amazing amethyst cave.

"We climbed inside and were completely surrounded by millions of tiny, sparkling lavender crystals. The feeling was indescribable, one of complete, silent wonderment."

The journey continued north to Bahia and Ceara in Brazil, with gruelling 18-hour days travelling at high speeds along sandy goat tracks in 40 degree heat, following up leads on small mines the farmers were working on their dry lands. Sometimes they came to dead ends, other times finding such wonders as a rose quartz wall.

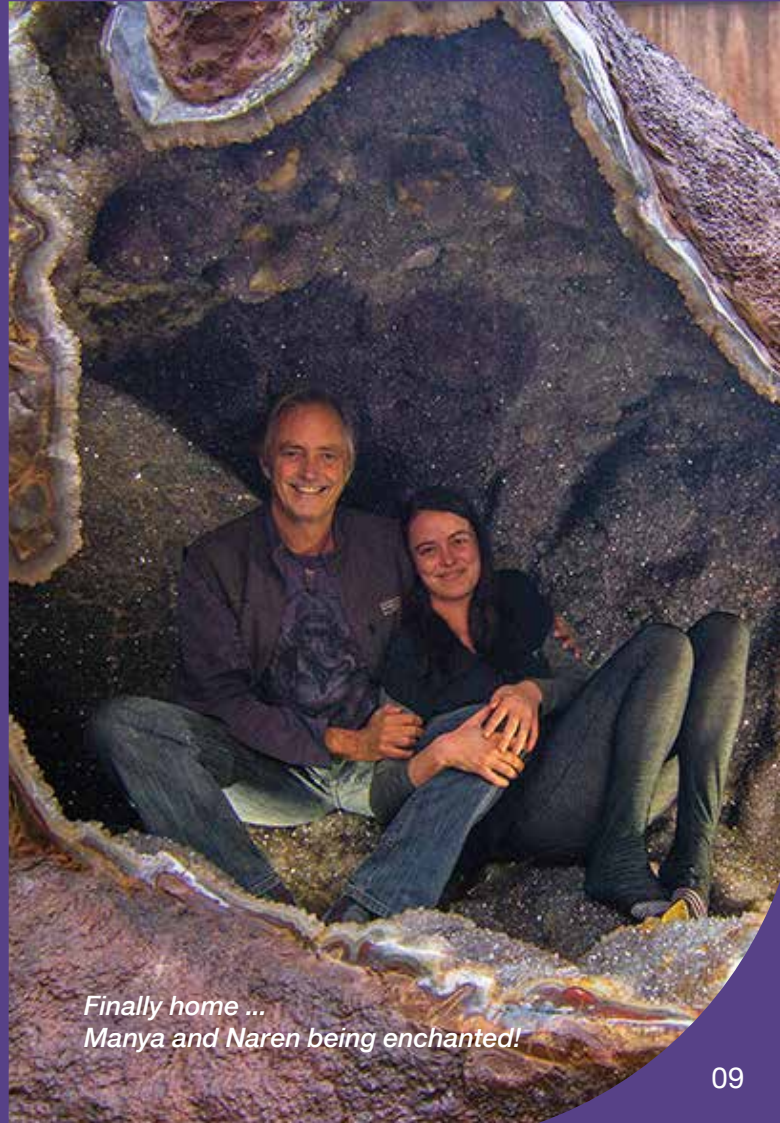
"This area is one of the poorest parts of Brazil and the small crystal discoveries support some economic growth for the subsistence farming villagers trying to live off land covered in rough quartz."

Dodging security issues and venomous snakes, they descended by a thin rope into a crystal mine with smoky 'jacare' (crocodile shaped quartz) that we call Elestial Quartz and then later found farmer Pedro in a very poor area, who has found a rich vein of 'dogtooth' or Chevron amethyst. *"It's amazing to see this white and purple-banded stone, running in parts like a small river."*

The result of this incredible journey is the two recent additions, the Enchanted Cave and the Crystal Guardians.

Manya checking out how crystal geodes are formed within the rock.

Naren descending into a heart shaped opening on the crystal search. Notice the quartz wall on the left.



*Finally home ...
Manya and Naren being enchanted!*

The world's tallest crystal geodes are now on display in the Shambhala Gardens. Standing at a breathtaking five and a half metres, the Crystal Guardians are an exquisite smoky quartz geode with delicate sprinklings of amethyst and calcite crystal flowers, as well as clear quartz and agate.

Not only are these natural monuments the world's tallest crystals, they are also unique due to their makeup, says Naren King. *"If they were the size of my hand they would still be among the rarest crystals ever seen. I've never seen anything like this in thirty years of collecting crystals."*

Travelling from a remote location in Uruguay, it took nothing short of a miracle, three very large trucks, two cranes and skilful engineering to bring these massive geodes, weighing a mammoth 20 tonnes, to their new home. The beautiful pair stand as silent sentinels watching over the green hinterland.

"We see them as beacons of hope," outlined Naren. *"They are a human charging station with immensely powerful energies. Everybody is welcome to come and stand between them to be recharged."*

*Manya & Naren inspecting the very top of the Guardians
Moving one of the Guardians into place in its new home.
Bringing the Crystal Guardians and the Enchanted Cave to the Castle.*



crystal guardians





The Enchanted Cave with its sparkling amethyst crystals is an awe-inspiring creation of nature. It was an epic journey to bring the Enchanted Cave from South America to Mullumbimby, where visitors now have the opportunity to see this wonder usually hidden deep beneath the earth's surface.

The Enchanted Cave is approximately 5.5 metres wide and weighs over 20,000 kilograms, that's 20 tonnes or the same as seven cars!

the enchanted cave

This amazing geode was created around 120 million years ago when a giant bubble formed inside a molten lava flow. Over time the lava cooled and hardened and mineral rich water seeped through the hard rock exterior. The water evaporated or leached out of the rock leaving behind tiny mineral deposits. As millions of years passed, these iron rich deposits grew really slowly forming beautiful lavender amethysts in a magical cave.

We hope you enjoy seeing the largest amethyst cave ever discovered in the world.

Every geode is a mystery until it's opened, then it's a wonder!

dragon egg

After finding the largest crystals in the world in 2016, Naren and his daughter Ayla went on a mission to fulfill every crystal lover's dream, to sit in a crystal cave.

The extraordinary 120 million year old geode comes from Uruguay and is open for all visitors to sit inside and enjoy, free with your entry.

This magnificent amethyst cave, that we have affectionately called the 'Dragon Egg', weighs 10 tonne and with its perfect deep purple colour is extremely rare.

Surround yourself with the exquisite beauty and energy of this amazing crystal, and receive a crystal blessing as you sit inside this magical space.

"Mummy, it feels like peace in there..."

A recent young visitor.







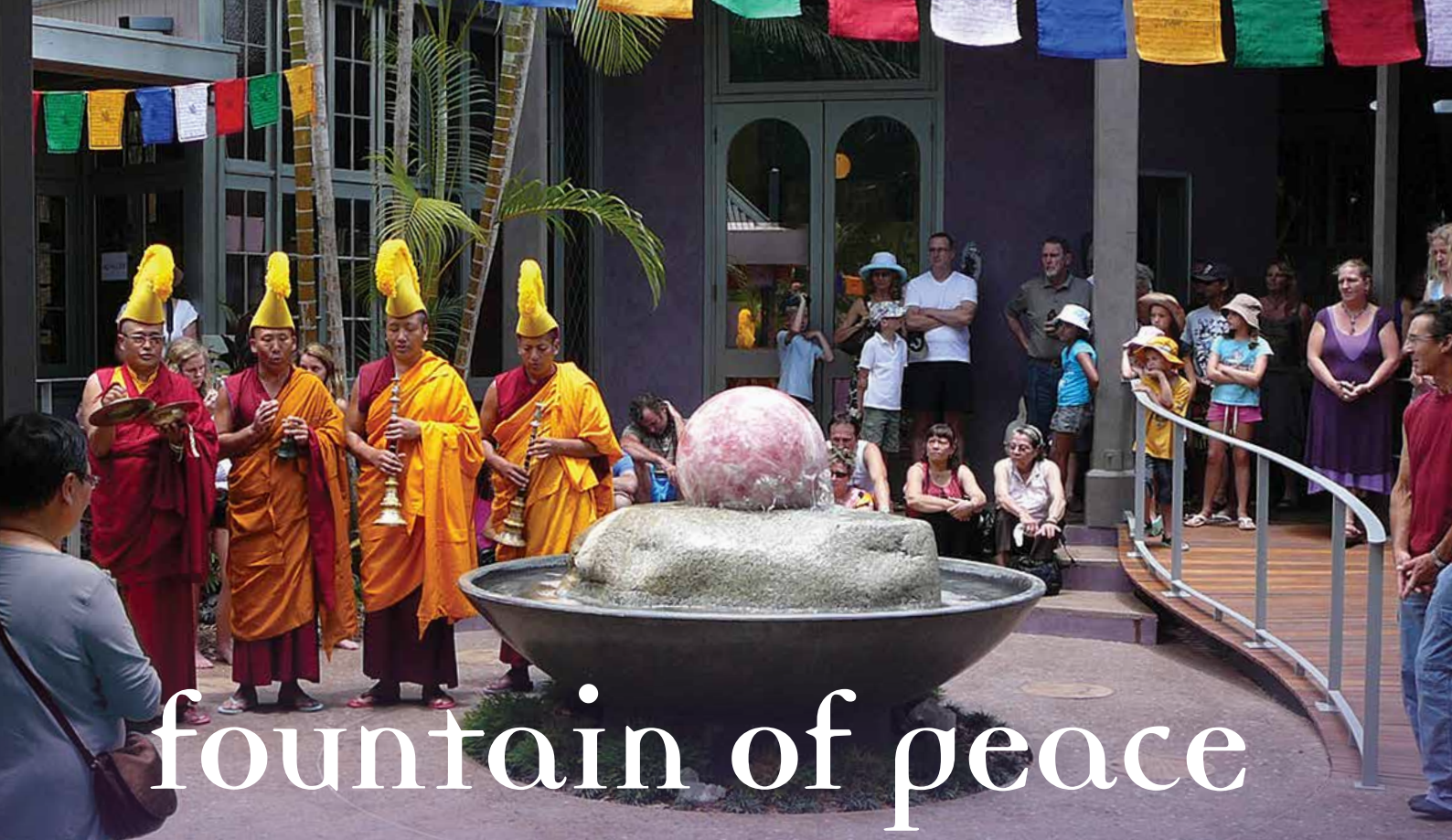
wings to eternity

It has taken many years of searching to find these three rare crystal wing formations. The extraordinary Wings to Eternity Mural is their magical backdrop within the Shambhala Gardens.

Become part of the flutter of butterflies or rest in the foliage with the fairies. These deep purple amethyst crystal wings will delight all ages.

Take flight with the Wings to Eternity!





fountain of peace

The extraordinary water feature at the centre of the Castle's courtyard was crafted by highly skilled fountain makers in Germany using rose quartz from Brazil and granite from Switzerland. Polished into a perfect sphere, the 310 kilograms of semi-precious stone appear to defy logic and gravity by rotating on a mere 0.3 millimetres of water.

According to mystic lore, rose quartz emanates the qualities of love and compassion, making this masterpiece of engineering the spinning heart of the Crystal Castle.

mural & geode

Journey To Shangri-La : This clever 'trompe l'oeil' mural, by local artist Peta Laurisen (assisted by Tiffany Calder Kingston), is painted in a specialty style giving an illusion of depth, tricking the eye into believing this is a real scene. The mural features a grand archway inspired by the famous Angkor Wat temple in Cambodia; the winding stairway to the Tiger's Nest Monastery (Taktsang) in Bhutan; a tiger standing guard, bringing awareness to the risk of extinction for this majestic animal; and symbols from twelve of the world's faiths etched in the stone of the archway to represent the oneness of humanity.



Around 10 million years old, weighing 1.12 tonne, and standing a magnificent 3.4 metres tall in front of the archway, this graceful amethyst geode was discovered in 2007 in the south of Brazil, by the family who source many of our crystals. Three generations of this family have been searching for crystals in the mountains for over 50 years and this was a large and rare find.

labyrinth


The labyrinth is an archetypal symbol found in spiritual traditions throughout human history. It is a form of sacred geometry that has traditionally been located on sacred sites, power places or energy vortices on the Earth. Found as far apart as India, Arizona, Java, Peru, Iceland, Crete, Egypt and Europe, traced through early Minoan civilisations back to the Neolithic, each labyrinth is inherently designed for the same purpose: as a form of meditative inquiry, an entrance into sacred time and space to seek insight or inspiration.

The mysterious winding path that takes us to the centre is symbolic of entering the unknown. It becomes a metaphor for our journey of self-inquiry. Unlike the maze, which is a puzzle designed to be solved, there is only one way in to the centre of a labyrinth and one way out, no tricks and no dead ends. By walking the path towards the centre, it is believed that neurological pathways get activated between the left and right hemispheres in the brain.

In the Middle Ages an eleven-circuit labyrinth design divided into four quadrants became popular. It was often found in Gothic cathedrals but over time many of these eleven-circuit designs were destroyed or intentionally removed. The most famous labyrinth still in existence today was built around 1200 AD in Chartres Cathedral near Paris. Created in 2000, the Crystal Castle labyrinth is based on the Chartres design.

At the point of entering the labyrinth, you may like to pose a question or to set an intention and invite an answer to be revealed to you. On the way to the centre there is an opportunity to let go of the details of your life. This is the act of shedding thoughts and distractions. A time to open the heart and quiet the mind. At the centre you will find a beautiful rose quartz flower of life. It is a place of prayer and contemplation, a place to simply stop, wait and receive. Walking back out along the same path is often calmer, more meditative and rejuvenating, and further insights into your current situation may be revealed. Each journey is unique, no response is the same and guidance or insight appears in many ways.

Labyrinths are being used as legitimate medical tools to help calm the agitated and to provide people with a quiet place to meditate. They are also being built in schools to be used by anxious students or for those with behavioural problems.



*"In a maze we lose ourselves, but
in a labyrinth we find ourselves."*

Michael Stevens

Sydney Morning Herald

DAMANHUR SPIRAL



This crystal spiral is an energy link connected to the stone spirals and labyrinths that live in the Sacred Woods Temple of Damanhur, Federation of Communities in Northern Italy. The link is created through a small crystal that has been charged with joy and positive thoughts. The spirals are in turn connected to the Temples of Humankind, dug under the mountain that hosts these stone circuits in the woods of the spiritual eco community. Together, the Damanhurians believe, they all form an extensive book of knowledge used to reawaken the divine essence present in each individual.

The spiral form invites us to always enter deeper into ourselves, to search for the inner room that holds the responses to our most spiritual questions.

To use the spiral there are a few simple rules to adhere to. These can be found clearly listed on the sign at the beginning of the spiral.

We hope you enjoy your experience and your sit on the massive smoky quartz throne when you reach the centre of the spiral!

For more info visit : damanhur.org

reflexology walk

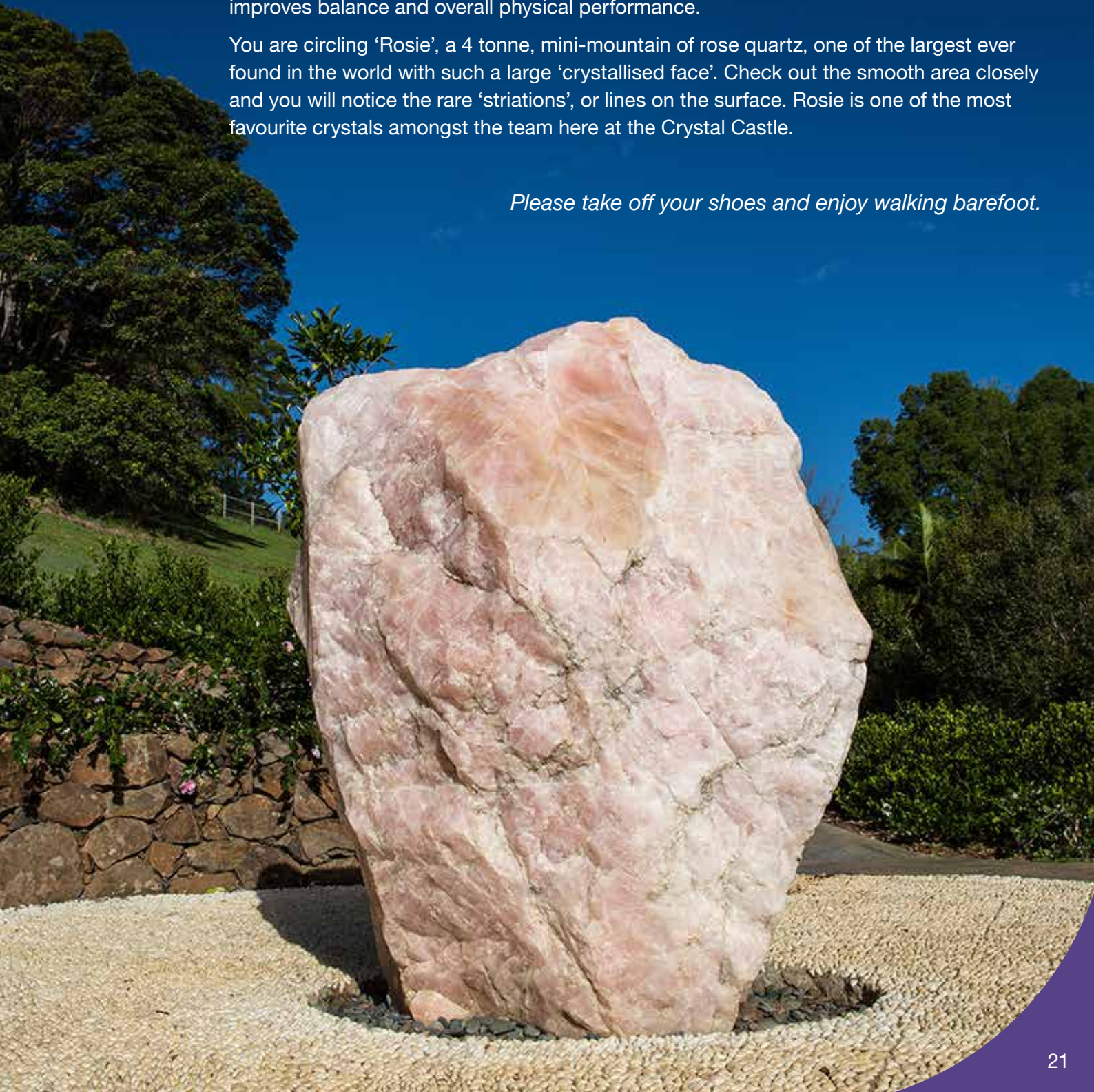
Reflexology is an ancient healing art that has been known for thousands of years and was first practiced in early India, China and Egypt. It is based on the principle that there are specific reflex areas on the hands and feet that are linked to the internal organs and other parts of the body. Interesting fact: there are over 7,000 nerve endings in your feet!

Every morning in Asia, millions of people take off their shoes and walk reflexology paths to enhance their well-being and to reduce chronic pain.

It was recently confirmed in a study by scientists at the Oregon Research Institute that walking barefoot on cobblestone surfaces significantly reduces blood pressure and improves balance and overall physical performance.

You are circling 'Rosie', a 4 tonne, mini-mountain of rose quartz, one of the largest ever found in the world with such a large 'crystallised face'. Check out the smooth area closely and you will notice the rare 'striations', or lines on the surface. Rosie is one of the most favourite crystals amongst the team here at the Crystal Castle.

Please take off your shoes and enjoy walking barefoot.



the buddha walk







ganesh

Ganesh (also known as Ganesha) is the Lord of Joy and remover of obstacles. He is also worshipped as the god of education and literature, knowledge, wisdom and wealth.

According to the Hindu religion, Ganesh, when honoured before a new undertaking, will bestow riches and assure success.



Lakshmi

Lakshmi is the Hindu goddess of fortune and prosperity, wisdom and fertility, generosity and courage. She is the embodiment of beauty, grace and charm and serves to remind us of the abundance of life's blessings.



Buddha

Siddhartha Gautama was the son of a Nepalese rajah and became the spiritual teacher who founded Buddhism. Buddha left a life of luxury and devoted himself to years of contemplation, finally reaching enlightenment while sitting beneath a Bodhi tree. He chose to spend his life teaching others how to achieve a state of liberation and freedom from suffering.

Buddha taught his followers to pursue a 'middle way' of moderation and meditation.



Avalokiteshvara

Avalokiteshvara (said avalo-kitesh-vara) is the Buddha of compassion. He is said to see everything and everyone in all corners of the universe and does wondrous things to help alleviate the suffering of beings and bring them towards enlightenment.

Like all Buddhas, he helps release beings from the three mental poisons of attachment, hatred and ignorance.



rainforest walk



The Crystal Castle Rainforest Walk is a wonderful example of a project where we have been able to work together with members of the community and another local organisation to support something we are firmly committed to – the well-being of our natural ecosystems. In partnership with Rainforest Rescue, over 7000 trees have been planted in the Crystal Castle grounds since 2006 and almost that number again have naturally established as a result. The outcome is a beautiful 1 kilometre trail through regenerated rainforest, a place where visitors can be at one with nature and enjoy the abundant birdlife, beautiful water-sculpted feature rocks and rare species of wildlife.

The Big Scrub was once the largest expanse of subtropical rainforest in Australia, covering over 75,000 hectares between Byron Bay, Ballina and Lismore. Although less than 1 per cent remains it is the most diverse ecosystem in New South Wales. The regeneration of this glorious rainforest is vital to the survival of over 100 threatened species of flora and fauna.

Rainforest Rescue is a not-for-profit organisation that has been helping to protect and restore rainforest in Australia and internationally since 1998. Kelvin Davies, one of the organisation's founders, explained how the Rainforest Walk project came about. 'There is a special consciousness about the Crystal Castle and we felt that it would be a wonderful location, and they might be open to the idea of growing a rainforest. Through a mutual friend I met with Naren King and he immediately took up the idea and we both excitedly stepped forward with the Rainforest Walk project. We look at it as a community business partnership and together we can offer a real chance for people to experience the local wildlife and rainforest species that are home to this area.'

Kelvin recalled the start of the project in May 2006. *"When we first arrived at the site it was a wall of weeds; the lantana was impenetrable, 5 or 6 metres high, so initially we really couldn't see what the potential was. We employed local bush regenerators Dave Rawlins and Mandy Lisson to drive the design process in order to showcase all the native plants found in a big scrub – not just trees but also interesting plants like lamandras, sedges and palm trees, ferns, etc."* Mandy and Dave's passion and hard work has been one of the vital forces that has made the Rainforest Walk so successful.



Popular Australian cartoonist and philosopher Michael Leunig created the cartoon character in this logo especially for the Crystal Castle Rainforest Walk project.

the crystals







how crystals are formed

Crystals have always fascinated human beings, their clarity and nearly perfect symmetry captivating our attention since the earliest times. The word crystal is derived from the Ancient Greek word *krystallos*, from *kruos* meaning 'ice cold'. It was originally thought that crystals were a type of ice that was so cold it would never melt. In fact, crystals are minerals in which the atoms are arranged in regular geometrical patterns. Just as our DNA determines the colour of our hair and our growth patterns, the shape of a crystal is the expression of its internal atomic structure.

Most of the Earth's crystals were formed millions of years ago as the molten rock cooled and hardened to form the Earth's crust. By volume and weight the largest concentrations of crystals in the Earth are part of the Earth's solid bedrock. Other crystals have been created as the lava from volcanic eruptions cools down. The slower the molten rock cools, the larger the crystals that are formed. Other types of crystal are created slowly over time as liquids underground find their way into cracks and deposit minerals. Temperature, pressure, chemical conditions and the amount of space available are some of the factors that affect a crystal's growth. Sometimes crystals develop in confined spaces and in this case they form crystalline masses but may not grow into their typical crystal shape.

Crystals are mainly formed from silicon and oxygen, silicon being a most prolific element in the Earth's core. When silicon and oxygen combine, they form silicon dioxide, which is also known as quartz. The other elements which are present during this process are what create the myriad of different types of crystals and contribute to their properties. There are several other major crystal components, including carbon from which diamonds are formed.

The shape (or lattice) of a crystal falls into one of seven basic structures. Cubic crystals, for instance, are based on a square inner structure; examples include fluorite, garnet and pyrite. The shapes of tetragonal crystals are all based on a rectangular inner structure, and include four-sided prisms and pyramids, trapezohedrons and eight-sided and double pyramids. Stunning natural crystal forms include clusters, points and crystal caves; however, crystals are also often cut and polished into specific shapes such as spheres, hearts or figurines.

One of the most striking features of crystals is their colour. When we see colour we are actually seeing the wavelengths of light that are reflected rather than absorbed by an object. Clear crystals such as clear quartz take in and then reflect out light without changing it, hence they are colourless. Other crystals, such as peridot, are nearly always the same colour because certain light-absorbing atoms are an essential element of the mineral's atomic structure. Yet other crystals, such as amethyst, can come in a range of different colours. In this case it is light-absorbing impurities in the atomic structure that produce the colour. These may be present in greater or smaller quantities creating, for instance, the different shades of amethyst.

Crystals are actually all around us, an essential component of many modern items that we take for granted. Computers, phones, radios and watches, traffic lights and even space shuttles all rely on the capacity of certain crystals to generate electrical impulses when mechanically stressed or to resonate when an electrical charge is applied. The beauty and energy of crystals have delighted and inspired us for millennia. When we pick up a crystal that we are drawn to we are connecting with one of the Earth's ancient treasures. Little wonder that we often feel it is a storehouse of wisdom and a potent source of energy.



featuring amethyst

Amethyst crystal is well known throughout the ages as a healing stone. It comes in the most beautiful shades of purple with colours ranging from soft, pinkish lavender to the darkest and richest violets and purples. If you look carefully some amethyst can also contain surprise flashes of red, gold and blue.

Amethyst is a quartz crystal, composed of silicon dioxide with traces of ferric iron. The colouring is due to the presence of colour centres where silicon ions in the crystal lattice of the quartz have been substituted by ions of iron.

Known as the 'Stone of Spirit' or the 'Stone of Integrity', amethyst has long been associated with purity or piety. It is the stone of the Buddha and in Tibet it is widely used in the making of prayer beads which form part of the practise of meditation. In Christian traditions amethyst is also known as the Bishop's Stone and is still part of the official garb worn by Catholic Bishops.

Amethyst is considered a master healing stone. Extremely calming, yet deep. This most dynamic crystal is reputed to bring a wonderful sense of serenity and peace. Little wonder that, of all the amazing crystals here at the Crystal Castle, amethyst is our favourite.

Madonna is a treasured member of the Crystal Castle team, affectionately known as the 'The Crystal Oracle'.

She trained with the famous crystal healer and pioneer, Melody, and also delights in learning directly from the crystals themselves.

We asked her to share some of her knowledge of crystals and their special properties.



history & mystic lore

Many people's first thought about crystal healing is that it is just a 'New Age' phenomenon. However, when you delve further into the modality, it is possible to see that humanity has long admired crystals for their natural beauty and their associated healing and protective qualities.

Throughout the history of the world, many diverse cultures sensed that stones had 'magical' powers and considered them to be gifts from the heavens. The Babylonians, the Chinese, the Japanese, the Aztecs, the Tibetans, the Africans and, the many peoples across the Americas and the Indigenous Australian Aborigines recognised the healing powers of crystals and gems.

One of the earliest written records concerning the use of crystals for their healing properties comes from an Ancient Egyptian papyrus dated around 1600 BCE. It noted the use of lapis lazuli, malachite and red jasper beads worn around the neck for therapeutic effect.

These and many more cultures have valued gems as a key to attain enhanced levels of vitality, well-being and spiritual attunement, much as we do today.

Crystals generate, store, regulate, transmit and transform energy.



how to use crystals

There are many ways to use crystals for healing. Several possibilities are listed below.

- Wearing crystals: pendants, bracelets, earrings or rings.
- Carrying crystals: a small tumble stone, flat stone or in a pouch.
- Placing crystals on the body: simply hold a crystal up to a particular area on the body that needs revitalising, activation or clearing.
- Placing crystals in your house: they brighten up any room or entrance.
- Placing crystals under your pillow: for sweet dreams.
- Meditating with crystals — either sitting or lying quietly with your crystals and allowing them to reveal themselves to you.
- Creating crystal essences and elixirs.

the healing power of crystals

To begin, I would define the process of healing as the journey of bringing the body, emotions, mind and/or spirit back into harmony. I believe crystals can support and assist us to heal ourselves and others. They can show us a way, creating a bridge from one level of awareness to the next. They have the potential to be powerful allies on our path to growth, and emotional, mental and spiritual evolution. If you want to change something in your life, you will often need to go to a higher vibrational level to attract that something else!

Crystals act as a transmitter and amplifier of healing energy. Quite wonderfully, they may help you tap into your own inherent wisdom, self-healing abilities and intuition. Remember, the more you consciously ‘tune in’, the more they can assist. Everyone can connect with the healing power of crystals!

how to select the right crystal for you

So, you are captivated by the healing possibilities of crystals but are unsure how to choose the right one for you? Amazed by the vast choice of colour, shapes and metaphysical healing properties?

Well, I have compiled the suggestions below to hopefully assist you in finding the most beneficial crystals for your healing, learning and awakening journey.

All crystals vibrate on a particular frequency, just as human beings do. You will often find that the crystals you are most drawn to will be those that vibrate on a similar or higher frequency to your own. These are often the most beneficial to you at your particular stage in your evolution or life.

There are two main ways to choose a crystal: either in a rational or an intuitive way:

The rational method involves you taking a moment to research either in a crystal book or by reading our helpful mystic lore cards to find a crystal that corresponds to a particular quality or property you are searching for. It can be fun to explore what crystal healers and other people say! Nearly all of us start learning about crystals this way.

For example, say I am yearning for more peace of mind at the moment. I'm feeling really stressed out by relationships or situations in my life. I see that amethyst is considered the stone of peace. From there, I may find myself being drawn to a luscious purple amethyst pendant or small pocket stone or maybe even a raw cluster for my desk. In doing so, I am helping to set the intent that this is the frequency I wish to call into my world. It is as if I am creating a crystal bridge from me to that level of frequency/emotion and the crystal is a component of that bridge.

Another popular way to start is by choosing a new crystal based on your traditional birthstone or zodiac stone.

(see table on the next page)

AMETHYST

Peace

The mystic lore of this stone is:

- * sweetness of life
- * tranquility
- * divine connection
- * protection
- * purification
- * intuition
- * common sense
- * motivation

"I am tranquil
& at peace with life"



CRYSTAL CASTLE
& shambhala gardens

© crystalcastle 2019



Now let's talk about the intuitive way of selecting a crystal :

This path encourages you to take a moment to breathe and open your heart to the crystal you seek. It's all about using your heart, not your mind, to select the perfect piece. Some people follow their eyes, others use a pendulum to dowse, and some use their hands to 'scan' the energy, while others simply like to pick up a crystal and get a 'feel' for it.

The trick is not to spend too long on the process otherwise the logical side of your brain is likely to jump in. The intuitive method is all about allowing your eyes, hands, heart and/or soul to guide you towards transformation, growth and healing!



Phantom quartz

crystals in astrology

Aquarius (air)

January 20th – February 18th

- Amethyst
- Moonstone
- Labradorite
- Hematite
- Fluorite

Aries (fire)

March 21st – April 19th

- Citrine
- Carnelian
- Aventurine
- Jade
- Kyanite

Gemini (air)

May 21st – June 20th

- Citrine
- Agate
- Tiger eye
- Amethyst
- Howlite white

Pisces (water)

February 19th – March 20th

- Moonstone
- Amethyst
- Labradorite
- Calcite
- Bloodstone

Taurus (earth)

April 20th – May 20th

- Jade
- Lapis lazuli
- Clear quartz
- Rose quartz
- Red jasper

Cancer (water)

June 21st – July 22nd

- Moonstone
- Red jasper
- Calcite
- Hematite
- Sodalite

Many people also enjoy using crystal oracle cards. These intuitive tools can be incredibly useful and accurate in guiding you to your next perfect crystal piece.

For some people, the next step is to actually connect to a crystal's particular vibration or frequency. In this process you may even experience a tingle, an energetic pulse or a temperature sensation. Others may even hear a crystal's spirit (or Deva) sing or speak to them.



Amethyst, Agate & Chlorite

We have special zodiac pouches already made up if you're interested. They make fabulous and easy gifts!

LEO (fire)

July 23rd – August 22nd

- Tiger eye
- Carnelian
- Citrine
- Agate
- Clear quartz

virgo (earth)

August 23rd – September 22nd

- Amethyst
- Amazonite
- Jade
- Rose quartz
- Fluorite

Libra (air)

September 23rd – October 22nd

- Aventurine
- Kyanite
- Lapis lazuli
- Moonstone
- Jade

scorpio (water)

October 23rd – November 21st

- Labradorite
- Onyx
- Smoky quartz
- Tektite
- Unakite

sagittarius (fire)

November 22nd – December 21st

- Snowflake obsidian
- Sodalite
- Clear quartz
- Red Jasper
- Amethyst

capricorn (earth)

December 22nd – January 19th

- Fluorite
- Carnelian
- Smoky quartz
- Hematite
- Clear quartz

crystals in your life

Many people find it beneficial to create an area in their home that they dedicate to fostering sacred space and a stronger connection to their spiritual side. This is a place where you can set an intent for the day ahead. It is almost like a little crystal altar — an area with a selection of your favourite crystals, fresh flowers, some inspirational pictures or words and maybe a candle or vessel for burning incense or oils.

This sacred space is where you can take a moment out of your busy day to relax and connect with the wisdom inside. This is a great way to start if you haven't meditated before or even if you're a practised yogi!

Creating this space can be a powerful tool for transformation in your life. It's as simple as dedicating a small table, or corner in a room, to the enrichment of your spirit.

A good idea is to also create a central crystal focus such as a crystal cave, a crystal angel or an intention crystal (see page 56). This can help to integrate and transform energies for you.

A cave or altar piece can radiate very powerfully and is often used to change the frequency of a room.

Selenite assists us in creating a peaceful atmosphere, and a lovely large wand or 'log' of selenite is a welcome addition to any room. Selenite attracts and holds spiritual energies to create a safe sacred space. Perfectly positioned in any area of the home where you feel stagnant energies exist, she lifts both you and the room to higher planes of awareness.

Many healers and therapists, including counsellors, naturopaths and body-workers, often enjoy the calming, clearing benefits of having a large piece of selenite under their table or desk.

Others simply enjoy having a bowl of small tumble stones sitting on their coffee table, so that they can dip into them at leisure when spirit calls them to.

Some people enjoy placing stones in strategic spots around the home. One idea is to place two pieces of black tourmaline at the front door to protect the home and discourage any 'negative' energies from entering. Another idea is to set protective crystals in all four corners of your house, room or healing space.

I find rose quartz is brilliant for this. We have some lovely raw chunks of rose quartz which I use to grid in the four corners of my cabin and healing room. I also have had the honour of creating a huge rose quartz medicine wheel in my garden — the most magical place to meditate!



increasing your intuitive & psychic gifts

My suggestions for assisting you to open up to your intuitive and spiritual wisdom include the following:

Amethyst: this is one of our favourites here at the Crystal Castle, as you may have guessed! It is extremely beneficial at calming the mind, allowing your intuitive and psychic gifts to shine through the mental chatter. It is considered an extremely protective stone, transmuting 'lower' energies to positive ones. Traditionally, it was used to heal addiction. Today, I see it as an excellent 'stress buster' and for fostering one's connection to the divine.

'I am tranquil and at peace with life.'

Sodalite: this blue and white stone assists us to create a bridge of understanding between our conscious and subconscious mind. It helps clear our inner vision and release feelings of guilt or self-limitation.

'I intuitively understand the nature of things.'

Moldavite is a very special form of tektite (meteorite glass). This beloved cosmic stone encourages rapid transformation and activation. A magical stone that I find increases my synchronicities and psychic sensitivities. It is a rare stone found only in the Czech Republic.

'I transform my limitations into gifts.'

Phantom quartz facilitates us to access past or parallel lives and to see how they may be affecting us now. It also assists us in finding the still point in meditation, while at the same time expanding our focus beyond our current expectations. It's for breaking through to the next level!

'I connect to universal awareness.'

Other enlightening possibilities include: fossils, clear quartz, super 7, selenite, pietersite, lapis lazuli, azurite, apophyllite, kyanite, celestite, charoite, calcite, fluorite, iolite, herkimer diamond, rutilated quartz, and danburite.



Amethyst cave



Moldavite



Sodalite



Rose quartz

crystals for love & relationship

Whether we wish to draw a soul mate relationship into our lives, heal our wounded hearts, nurture ourselves more or expand our capacity to be a loving, compassionate being, most pink or green crystals will assist.

My suggestions:

Rose quartz: the gentle flowing energies of unconditional love are expressed by this beautiful pale pink stone. Its soothing frequency nurtures, releasing and easing anxiety and fear. It cultivates self-worth. *'I feel loved and loving.'*

Rhodochrosite is considered the stone of self-love, balance and self-healing. It may be a beneficial support for those ending a relationship or beginning a new one. Good for those who need comfort from all forms of abuse. It really helps us listen to our true heart's desires. *'I embrace joy and self-love.'*



Rhodochrosite

Tourmaline - Pink, Green & Watermelon:

The various healing shades of tourmaline tenderly assist us to attract love, to trust and to open to the hidden beauty within and around us.

'I trust love will be revealed to me'

We sometimes have some special pieces of tourmaline available that have grown in a matrix of quartz, so they are especially powerful allies to focus our attention on love and healing

There are many other crystals that are renowned to help open/heal the heart centre or encourage passion. Some of these include green calcite, aventurine, sugilite, amazonite, emerald, garnet, ruby, jade, green fluorite, peridot, rhodonite, malachite, and unakite.



Pink Tourmaline

crystals for grief & loss

The cycle of life and death, whether in our relationships with other human beings or with animals, has the potential to provide us with both wonderful joy and also feelings of great loss and sorrow.

Crystals can offer our heart and soul so much wonderful support and comfort. They can guide us through these sometimes challenging and difficult times and they can help restore our emotional equilibrium.

Mangano calcite: this pale pink stone offers soothing energies for a grieving soul. It is particularly helpful when parents have lost a child. It is also the stone of forgiveness; it encourages the release of grief and brings a sense of unconditional love and angelic support.

Apache tears: these natural water-worn obsidian pebbles may console a grieving or traumatised being.

Lepidolite: this lovely lilac stone inspires one to remain relaxed and serene moving through life's challenges. It supports us in coming to a place of acceptance and grace.

Other supportive crystals include celestite, smoky quartz, sugilite, rhodochrosite, red jasper, aquamarine, moonstone, green calcite and blue quartz.



Mangano calcite



Apache tears

crystals for happiness

My suggestions to help lift depression, numbness, anxiety and fear:

Labradorite: this wonderful stone teaches us that no matter how challenging times may seem, it is possible to rise above them. There really is an abundant universe awaiting us. Plus, for sensitive souls, it is a brilliant tool for keeping the aura clear and protected. This crystal helps us connect to our higher self, our spirit guides, and it aides us in self-mastery.

'I manifest magic in my life.'

Smoky quartz: use this powerful healer to clear negative energies and densities in the energy field. It facilitates grounded forward movement and a brighter outlook.

'I am grounded and clear in my physical body.'

Others crystals to uplift include agate, sunstone, aqua aura, blue lace agate, citrine, carnelian, dalmatian jasper, peacock ore, tiger eye and orange calcite, to name a few.

Crystals to ease anxiety include celestite, aventurine, aquamarine, amethyst, moonstone, desert rose, green calcite, kunzite and charoite.

crystals for protection

Shungite, black tourmaline, fluorite, amethyst or smoky quartz are some of the crystals I use and recommend for protection from all forms of negativity and electromagnetic smog (computers, TVs, mobile phones etc.). They are great to either wear or have close by your electronics.

calming the mind & soul

Amethyst: this purple stone promotes inner peace, serenity and divine connection. Great for encouraging relaxed sleep and healing dreams.

'I am tranquil and at peace with life.'

Larimar: light blue larimar soothes, uplifts and reminds us to nurture ourselves. Also known as dolphin stone, it helps you swim effortlessly through rough waters and go with the flow!

'I am tranquil, calm and clear.'

Other calming stones include fluorite, rose quartz, blue chalcedony, blue lace agate, lepidolite, sugilite, selenite, calcite and celestite.



Labradorite



Smoky quartz



Larimar

crystals to support study & learning

Fluorite: one of my all-time favourites! Fluorite is a fabulous tool to help you focus on the task at hand. It can assist you with learning and retaining new concepts and ideas, and with maintaining objectivity. It's great at psychic protection too. Plus, it helps you to organise your life effectively for your soul's purpose. What could be better than that!

'My heart and head are aligned in making important life decisions.'

Hematite is amazing for mental attunement. It stimulates your power to focus and concentrate fast! Great for technical subjects. Also, it helps you to act on your intuitive guidance.

'I am grounded and connected to the earth.'

Other useful crystals include agate, dumortierite, carnelian, black onyx, jasper, moss agate and pyrite.



Fluorite



Pyrite

work, creativity & new projects

Aventurine assists you with confidence, self-discipline, prosperity and growth. This green crystal will help you to tackle new projects. It is extremely beneficial to either carry a piece or have it close to you in your workspace. It is also considered to be great at protecting against ill-wishes from any colleagues.

'I move forward in life with confidence and humour.'

Carnelian is the orange crystal of motivation and creativity, encouraging you to do all those things you have been putting off doing! It helps you to take the first step and allow things to flow from there.

'I am confident and motivated.'

Blue calcite is one of the stones of inspiration. Its soothing and positive energies are known to deter workplace rivalries.

'I am inspired and creative.'



Aventurine



Carnelian



Blue calcite

Amazonite aids in encouraging fair practices and draws new customers to a business. This green stone helps you to stand up for yourself, when necessary.

'I speak my truth with love.'

Tiger eye may be the stone to assist you with decision making, vitality, balance and action.

'I am balanced and see all aspects clearly.'

Other crystals that may resonate with you include agate, calcite, pyrite, lapis lazuli, hematite, tiger iron, red tiger eye, tourmalinated quartz and smoky quartz.

crystals for children

Children are often drawn naturally and intuitively to the right crystal for them. Their rational mind is less likely to get in the way! Starting a small crystal collection can ignite a lifelong passion. It will also encourage children to connect with the wonder of the natural world around them!

A popular choice is **agate**. As it enhances love, light and harmony, agate is sometimes seen as the 'protector of children'.

Rose quartz and **amethyst** offer soothing unconditional love energy which helps calm children who have trouble sleeping.

Our children's pouches contain clear quartz, carnelian, tiger iron, labradorite and fluorite.



Aquamarine

crystals for travel

Jasper (all the different varieties): this is a very strong, grounding and protective stone and is wonderful at helping you feel stabilised, safe and nurtured, even if things around you are changing at a rapid pace.

Mookaite is perfect if you are travelling outside Australia, as this beautiful jasper is unique to this country. It is considered a very sacred earth mother healing stone. Mookaite keeps you calm and flexible, and following the wisest path.

'I make the right choices.'

Aquamarine is traditionally used as the perfect protective stone for journeys by sea.

'I courageously release the past.'

Carnelian is a valuable crystal to have when making journeys by car. I have my car keys on a key ring with a carnelian stone!

crystals for well-being & overall healing

I believe that a holistic approach is a beneficial component in the search for wellness. By applying the resonance of a particular crystal with the 'intent' to heal the body, we can encourage ourselves to reach out to wholeness and stabilise any imbalance in our physical and energetic field.

The following crystals assist us in changing the way we see our life, which invites our life to change!

Agate. These stones are master healers, steady and reliable. When you need strength and the ability to dissolve inner tension these crystals will come to your aid. Agates come in a wide variety of colours and patterns, and they contribute to physical balance. They help you break through to new perceptions and possibilities for yourself.

'I am healing.'

Red jasper, the stone of vitality and physical strength, has a long history as a powerful protection stone. It is good for those who need to be a warrior in some way in their life. A strong, nurturing stone, it is excellent at transmuting pain and aiding in recovery from illness.

'I am full of vitality, endurance and stamina.'

Other brilliant crystals suitable for healing are the sparkling green fuchsite, also carnelian, turquoise, jade, moss agate, ruby fuchsite, bloodstone, unakite and any of the jaspers.



good luck, abundance & prosperity

Citrine. To attract abundance, place this crystal in your wallet or purse. A comforting, warming and energising stone, it helps you to be open to receive all the blessings life has to offer.

'I am abundant.'

Red goldstone. Quite simply, this is the lucky stone.

'I am blessed by good fortune.'

Jade is considered by many to be the 'wealth' stone. Carry a piece of jade if you're embarking on a new chapter in your journey. It promotes a long and prosperous life.

'I enjoy the abundance in my life.'

Other crystals for good fortune include aventurine, topaz and garnet.

crystals and the chakras

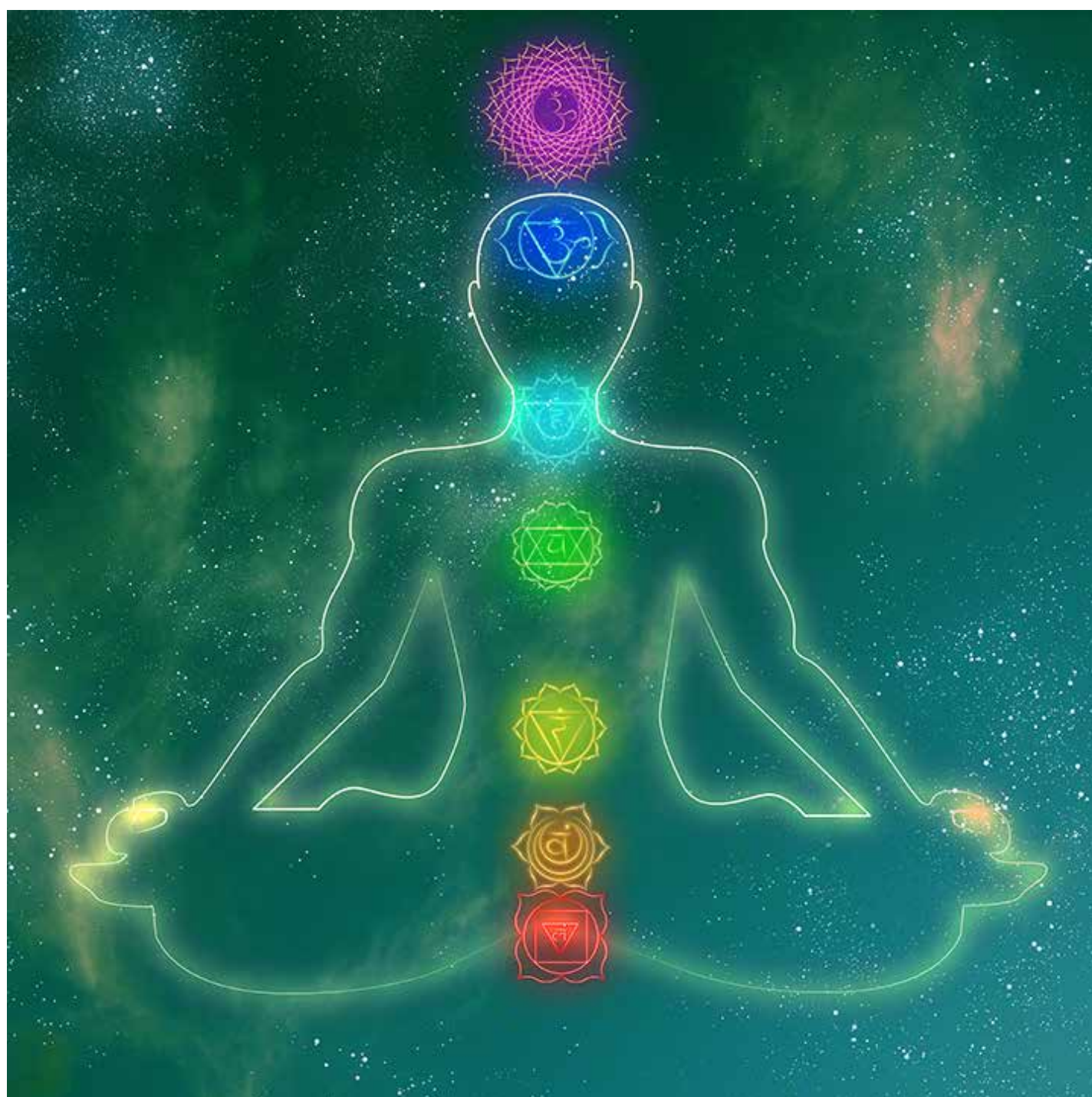
A wonderful starting point, if you are curious to learn more about spiritual growth and energy medicine, is to explore the chakras.

Chakra is an ancient Sanskrit word meaning spinning wheel or vortex. The chakras are connecting points between the aura and the physical body. The aura is an energy field or bio-magnetic sheath that surrounds each of us.

It is generally considered by many different traditions that there are numerous chakras in our energy field. I highly recommend starting with the solid foundation of the seven major chakras, for those of you who are new to energy medicine, crystals and the chakras.

These are the base, sacral, solar plexus, heart, throat, third eye and crown chakras (charted in bold).

Plus, if you wish to be adventurous, feel free to also include two extra chakras — the earth and soul stars — which are being increasingly recognised by healers and esoteric practitioners.



The chakras are considered either open or closed, spinning one way or another, depending on our state of being and our experiences. They resonate at different frequencies and have colours, sounds and crystals that correspond to them.

The chakras also relate to certain physical conditions, specific organs and the endocrine system. So, for example, if you had a health issue with a particular organ, such as the stomach, you could explore which chakra is associated with it (in this case, the solar plexus) and work with a crystal related to that particular chakra. Any blockage or imbalance in these energy centres may lead to dis-ease or imbalance in the physical body.

The chakras need to be kept balanced and the energy flowing freely. This allows us to function to our fullest potential and to embrace well-being on all levels.

Crystals are wonderful healing tools to assist us to balance (clear, infuse or activate) the chakras.

We can explore the use of crystals to heal and balance our chakras in a number of ways.

My suggestions include:

- Hold a corresponding crystal up to a particular chakra you perceive as being unbalanced or weak for a period of time and simply breathe, relax or meditate.
- Lie down and place a set of crystals on all the main chakras. You can do this for yourself or another — a mini crystal healing!
- Use a gem elixir - create or buy a chakra balance essence.
- Create a divination set (a pouch or bowl with an assortment of chakra crystals). Ask a question, choose a crystal, see which chakra it connects to, and follow your intuition to receive a clear answer.





We also have a crystal chakra pouch already made up that can be used for healings or divination. Or maybe you may choose to create your own special one?




Some crystals are fabulous for aligning and activating all the chakras ...

and are great additions to any crystal healing collection. These include: Aragonite, clear calcite, elestial quartz, fluorite, unakite, kyanite, labradorite, lepidolite, moldavite, clear quartz, rutilated quartz, tourmalinated quartz, seraphinite, shiva lingam, and tektite.

Clear quartz and kyanite are particularly useful for aligning the chakras.



Chakra	Colour	Related organs	Balanced attributes	Examples of possible chakra deficiency or excess	Suggested healing crystals
Earth star	Brown		Standing firmly and harmoniously on Earth, expressing your soul gifts	Fear, powerlessness	Black tourmaline, hematite, charoite, smoky quartz
BASE 	Red	Adrenals, kidneys	Stamina, vitality, physical health, patience, ability to manifest dreams, inner security	Lack of energy, little enthusiasm, obsessive worrying, impatience, hyperactivity	Agate, carnelian, garnet, hematite, jasper, obsidian, ruby, smoky quartz, sunstone, black tourmaline, bloodstone, red calcite, jet, petrified wood, rhodonite, tiger eye/iron, ruby zoisite
SACRAL 	Orange	Reproductive system, kidneys, spleen	Creative, adaptable, flexible, delight in pleasure and life's gifts	Feeling of separation, creative blocks, compulsive behaviour, arrogance	Carnelian, citrine, moonstone, jade, turquoise, orange calcite, sunstone, tiger eye/iron
SOLAR PLEXUS 	Yellow	Pancreas, diaphragm, digestive system	Self-worth, confidence, learn from mistakes, healthy boundaries, personal power, divine will	Feeling overwhelmed and at mercy of fate, loneliness, ego centred, digestive disorders	Citrine, carnelian, malachite, pyrite, amber, caxoxenite, honey calcite, golden labradorite, ocean jasper, peridot, pietersite, prehnite, rhodochrosite, rhodonite, sunstone, tiger eye/iron, yellow jasper
HEART 	Green or pink	Thymus gland, heart	Unconditional love, compassion, self-love, unity	Sentimentality, selfishness, anxiety, jealousy	Rose quartz, jade, aventurine, bloodstone, chrysoprase, emerald, pink and green tourmaline, rhodochrosite, amazonite, green calcite, chrysocolla, diopside, hiddenite, kunzite, malachite, moldavite, morganite, rainbow obsidian, peridot, prehnite, ruby zoisite

Chakra	Colour	Related organs	Balanced attributes	Examples of possible chakra deficiency or excess	Suggested healing crystals
THROAT 	Blue	Thyroid, parathyroid	Speak our truth with kindness, good listener, clear communication, creativity and self-expression	Unable to express our needs clearly, shyness, compulsive talking, sore throat	Turquoise, blue lace agate, blue topaz, amazonite, aqua aura quartz, aquamarine, blue calcite, chrysocolla, lapis lazuli, larimar
THIRD EYE 	Indigo	Pineal gland	Intuition, clairvoyance, imagination, trust in life, discernment	Absent-mindedness, mental confusion, inability to cope with day-to-day life, self-hatred, nightmares, headaches	Apophyllite, amethyst, lapis lazuli, sodalite, blue apatite, blue calcite, blue topaz, celestite, blue chalcedony, charoite, dumortierite, herkimer diamond, lolite, mookaite, moonstone, snowflake obsidian, petrified wood, pietersite, blue sapphire, selenite, ulexite, phantom quartz
CROWN 	Violet	Pituitary gland	Pure knowing, wisdom, grace, integration, oneness with all that is	Fanatical religious beliefs, forgetfulness, dark night of the soul, schizophrenia	Amethyst, angel aura, apophyllite, azurite, celestite, charoite, danburite, moonstone, petalite, prasiolite, selenite, sugilite, phantom quartz, smoky quartz
Soul star	White or gold		Ultimate soul connection/illumination	Rescuers, not empowerers	Herkimer diamond, moldavite, amethyst, celestite, danburite, petalite, selenite, sugilite



caring for your crystals

Recently, many people have felt drawn to 'energetically' cleanse their precious crystals on a regular basis and when they first acquire them.

It is believed that as well as emitting energy, crystals also absorb energies from their surroundings and from those who touch them. So from time to time they need a little 'recharge' or cleanse. This can be done by giving them a gentle energetic cleansing and then dedicating them to the 'highest good'.

Here are a few suggested methods for the GENTLE energetic cleansing of your crystals, pendulums and jewellery:

- **Intention &/or visualisation:** take a few relaxing breaths, hold your crystal to your heart and visualise divine light clearing your piece. Ask that all 'less than love' energies are cleared and transmuted.
- **Using another crystal:** place your crystal on another crystal (amethyst clusters, caves and selenite are especially favoured for this).
- **Sound:** chant or sound a bell, drum or Tibetan singing bowl over them.
- **Smudging:** allow the smoke from incense or white sage (the Native American way) to purify your pieces.
- **Moonlight:** lay them out to catch the rays of the full moon.
- **Sunlight:** place them in sunshine. However, we only recommend using this method for a short period of time when the sun is at its most soothing (like dawn or sunset) so as not to fade or damage your gems.
- **Crystal Castle clearing essence:** combining a number of the above in one beautiful essence spray.

Whichever approach you choose, it's important that it feels right to you. And it's also important to remember it doesn't need to be a difficult process! So have fun and do it with grace and ease.

Some traditional methods you may be familiar with include placing your crystal in water, salt water or direct sunlight. These methods, however, can in fact damage the structure or colour of your precious gems.

Generally, we have found most crystals prefer the gentler methods suggested above.



Singing bowl



Smudge Stick



crystal castle clearing essence



We have created our very own Crystal Clearing Essence, to assist you in cleansing your own crystals.

This potent essence was birthed on the Winter Solstice when 10 Crystal Castle goddesses came together in a full moon sacred ceremony in the gardens. The essence is infused with crystal energies, pure essential oils, flower essences, blessings and prayers, sacred tones and chants, made with love and pure intention.

You can use this beautiful essence to assist in cleansing and uplifting your energy and aura, crystals, your home or work space.

attuning and dedicating your crystals

After giving crystals a lovely energetic cleanse, many people enjoy attuning and dedicating them.

Attunement means 'harmony'. So when you attune to a stone, you are inviting the resonating frequency of the crystal and yourself to come together in harmony. This simply involves aligning the crystal to a common intent. This greatly enhances the effectiveness of the crystal and need only take a minute.

It can be as simple as holding the crystal in both hands and saying clearly 'I dedicate this crystal to the highest good of all' or it can be quite a specific intent such as 'I dedicate this crystal to empowering myself to find the perfect new job ASAP!'

Crystals are magical gifts from Mother Earth.

Please remember, they deserve to be treated with respect and gratitude.

the mystic lore of crystals

Stone	Meanings
Agate	Healing
Agate - Blue Lace	Communication
Agate - Moss	Stability
Amazonite	Truth
Amber	Cleansing
Amethyst	Peace
Amethyst - Green / Prasiolite	Interconnection
Apatite - Blue	Inspiration
Apophyllite - White	Light
Aqua Aura	Illumination
Aquamarine	Release
Aragonite	Centering
Aventurine	Confidence
Azurite	Insight
Bloodstone (Heliotrope)	Renewal
Calcite	Awareness
Carnelian	Motivation
Celestite	Divine Guidance
Chalcedony - Blue	Soothing
Charoite	Receptivity
Chialstolite	Rebirth
Chlorite Phantom Crystals	Regeneration
Chrysocolla	Expression
Chrysoprase	Grace
Citrine	Abundance
Danburite	Higher Consciousness
Dumortierite	Mental Stimulation
Elestials	Alignment
Emerald	Harmony
Fluorite	Alignment
Fossil	Transformation
Fuchsite	Rejuvenation
Fuchsite - Ruby	Well-being
Garnet	Prosperity
Goldstone - Blue	Uplifting

Stone	Meanings
Goldstone - Red	Good Luck
Hematite	Mental Attunement
Herkimer Diamond	Attunement
Howlite - White	Inner Strength
Iolite	Inner Vision
Jade	Wealth
Jasper	Supreme Nurturer
Jasper - Dalmation	Playfulness
Jasper - Leopard Skin	Spiritual Discovery
Jasper - Ocean (Orbicular)	Re-programming
Jasper - Picture	Earth Connection
Jasper - Polychrome	New Possibilities
Jasper - Red	Vitality
Kunzite	Divine Love
Kyanite	Intuition
Labradorite	Magic
Lapis Lazuli	Wisdom
Larimar	Tranquillity
Lepidolite	Serenity
Lodalite (Inclusion Quartz)	Dreaming
Malachite	Strength
Moldavite	Transformation
Mookaite	Ancient Knowledge
Moonstone	Cycles
Morganite	Belonging
Obsidian - Black	Reflection
Obsidian - Rainbow	Replenishing
Obsidian - Snowflake	Awakening
Onyx - Black	Discipline
Opal	Centering
Opal - Dendritic (Andean Opal)	Equality
Peacock Ore	Joy
Pearl	Purity
Peridot	Growth
Petrified Wood	Beginnings

“By sharing my love of crystals with you, my hope is that your journey will be supported with ever increasing joy, peace, wisdom and illumination.”

Madonna

Stone	Meanings
Pietersite	Recognition
Prehnite	Inner Knowing
Pyrite	Willpower
Quartz - Blue	Connection
Quartz - Clear	Clarity
Quartz - Phantom	Universal Awareness
Quartz - Rose	Love
Quartz - Rutilated	Expansion
Quartz - Smoky	Grounding
Rhodochrosite	Self Love
Rhodonite	Awareness
Ruby	Life Force
Ruby Zoisite	Individuality
Sapphire	Psychic Activation
Selenite	Activation
Seraphinite	Evolution
Shiva Lingham	Creation
Sodalite	Understanding
Sugilite	Higher Purpose
Sunstone	Self-empowerment
Super 7	Divine Plan
Tanzanite	Truth
Tektite	Expansion
Tiger Eye	Balance
Tiger Iron	Creativity
Topaz - Blue	Expression
Topaz - Mystic	Wonder
Tourmaline - Black	Purification
Tourmaline - Green	Heart Healer
Tourmaline - Pink	Unconditional Love
Tourmaline - Red (Rubellite)	Nurturer
Tourmalinated Quartz	Purification
Turquoise	Wholeness
Turquoise - Green	Heart Healer
Unakite	Courage

my top 6 stones

So, if you're not sure how to start your very own crystal collection, these are my top 6 for beginners!

1. Amethyst
2. Rose quartz
3. Black tourmaline or smoky quartz
4. Carnelian
5. Fluorite, and
6. A blue stone of your choice.

Come have some crystal fun!

still want to know more?

Madonna also recommends the following books:

- Judy Hall : The Crystal Bible (Vols 1, 2, 3)
- Judy Hall : The Ultimate Guide to Crystal Grids
- Robert Simmons & Naisha Ahsian : The Book of Stones
- Naisha Ashian : The Crystal Ally Cards
- Rachelle Charman : Crystal

And an encyclopaedia for adults and children:

- Dan Green : The Rock & Gem Book



intention crystals

Clear Quartz generators are special crystals. They are said to store energy and to receive, integrate, amplify and then project energy outwards.

We work with quartz generators by setting intentions, and transferring a thought or feeling into the crystal. We believe the generators support us to amplify our intentions.

The Crystal Castle itself was created starting with a powerful intention set more than 30 years ago into a large clear quartz generator, which still sits on a lightbox in Naren and Sono's home after all these years. That intention has been 'That the Crystal Castle is wildly successful for the benefit of a peaceful humanity'. And of course you can state any intention you like that feels right for you and right for others.

Our signature hand crafted teak lightboxes help to share and enhance this focus, creating a wonderful ambience imbued with intention while bringing more beauty into your home.



crystal singing bowls



The enchanting sound of crystal bowls seems to often spark an ancient remembering, touching something indescribable in our being. Made from the highest quality quartz crystal, these beautiful instruments certainly create a magical and powerful effect of sound and vibration. The tones produced by crystal bowls are not just heard by the ear, they are felt in the body, where different tones are said to resonate with particular energy centres and organs.

Quartz oscillates at a very high frequency, amplifying and transmitting tone and energy. This is why pure quartz crystal is used in all the world's most advanced telecommunications systems.

Like a powerful radio transmitter, the crystal singing bowls transmit potent vibrational energy. These pure crystal tones can affect brain wave activity and support a state of deep relaxation. The resonance and purity of the sound has a profoundly peaceful effect.

Crystal singing bowls are made from 99% pure crushed quartz heated to about 4000°C in a centrifugal mould. The process makes each bowl unique and although the larger bowls are more reverberant, the size of the bowl does not necessarily determine its note. By playing a bowl in different ways or by adding water you can alter the frequency. Some bowls harmonise with other bowls, and when both are played simultaneously, the effect is exquisite and synergistic.

Anyone can create a beautiful sound from the crystal singing bowls with no lessons. Simply circle the rim with a special mallet. You can play them at any time for just a few minutes and create a sacred space with the potential to restore and revitalise, nurture insight and intuition and quiet the mind. Most of us have only a small amount of pure, clear, healing sound in our lives. Our ears no longer always get a daily exposure to running streams, bird songs, and the rustling leaves in the forest. The pure sonic waves that ring from the singing quartz crystal bowls can wake up our ability to listen and to hear.

Singing bowls are wonderful for personal use and for holistic practitioners to support their healing modality. They can be used for sound therapy, musical performances, group meditation, and workshop processes. Crystal bowls are even finding their way into traditional settings such as churches and business offices, bringing balance and harmony to every place they are used.



castle jewels

Beautiful crystal gems in a wonderful array of colours, shapes and sizes provide a fantastic palette of inspiration for our jewellery designers, both local and international. Our crystal jewellery selection is diverse, ranging from simple but stunning strings of crystal beads, delicate drop earrings and dainty crystal bracelets to magnificent, elaborate pendants and individually created statement jewellery pieces – unique, one-off designer creations that support you to shine and feel beautiful.

Objects worn next to the skin can enhance the metaphysical properties of the crystals. Our designer hand selects precious and semi precious stones from around the world, combining them with sterling silver to create the Castle's in-house jewellery range.

When you choose crystals to wear you may find yourself drawn to stones that not only suit your colouring and style but also intensify and support specific energies that heal, empower or otherwise serve you. An ideal combination of all these elements provides you with exquisite jewellery that not only enhances your radiance but also nourishes your being. The team in the Castle Jewels showroom are always available to help you find the perfect piece that will delight you each time you wear it.





amazing auras

Have you ever been curious to see your aura?

We have state of the art technology that creates the most amazing images of your auric field in vibrant colours.

The aura is an electromagnetic field that exists around every living thing. The first aura photograph was taken by Nikola Tesla in 1891 and as technology has advanced so has the capacity to create these incredible images.

Our aura 'throne' has a special biofeedback device that measures the electromagnetic pulses from the meridian points on your hands. These pulses are then converted into their equivalent colour vibration and mapped to the area of the body to which they correspond. This is projected onto the image to give you an extraordinary colour map of your life force.

Each colour has special significance, reflecting both physical and emotional states. It is a brilliant tool for exploring your personal energy field.



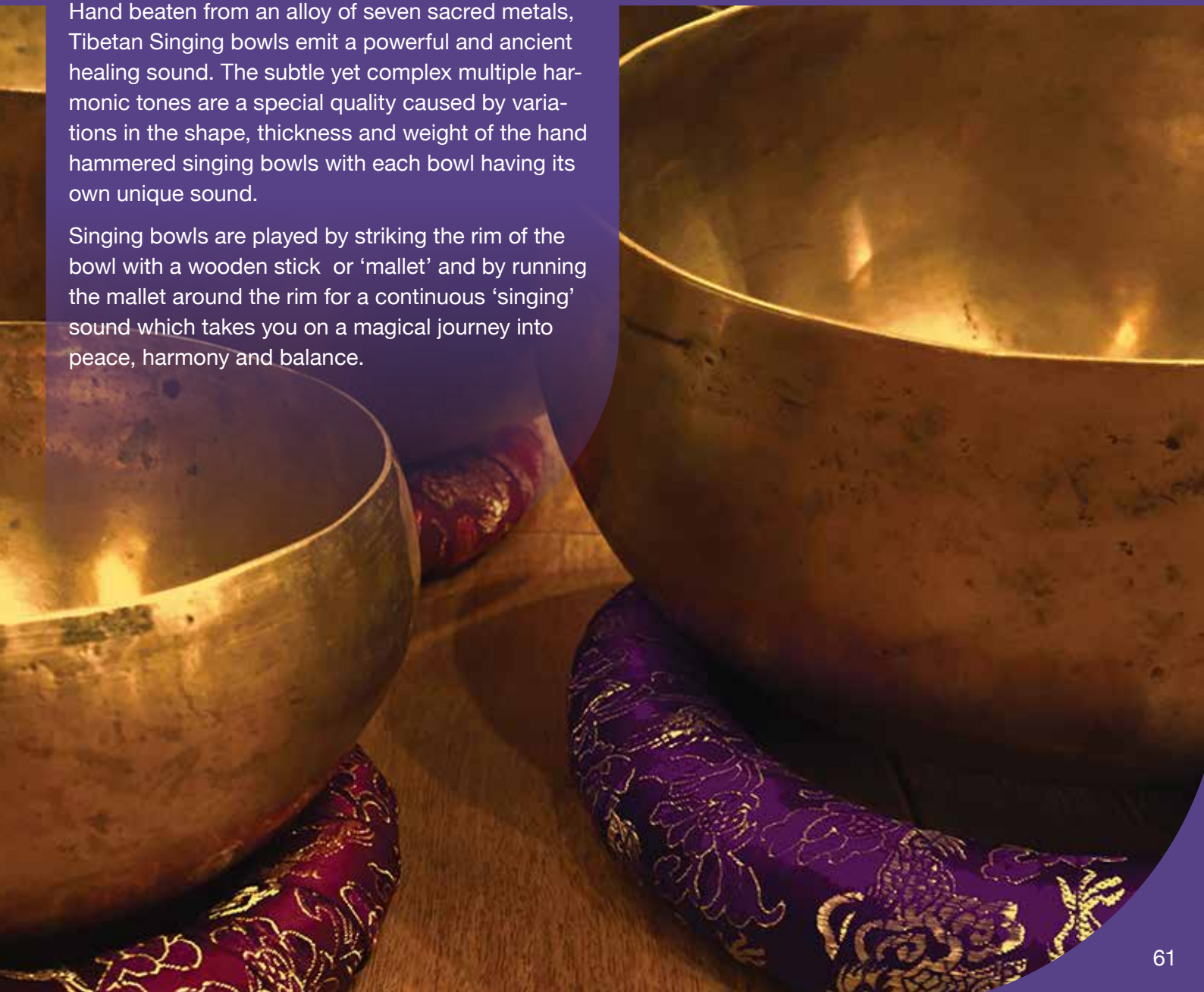
Tibetan singing bowls

Singing bowls are thought to date back to the 10th-12th century AD in the Himalayas. In traditional Buddhist practices, a singing bowl may signal the beginning and end of silent meditation, accompany chanting, or indicate a change in activity eg. changing from sitting to walking meditation. Bowls often feature spiritual motifs such as the mantra Om Mani Padme Hum or the Ashtamangala, the eight auspicious Buddhist symbols.

Today they are found on altars and in meditation rooms worldwide and have many purposes: they are used for relaxation and meditation, to harmonise the chakras and aura, to intensify concentration and consciousness, to purify ritual objects. They are also believed to assist in connecting with spiritual guides and to send prayers and amplify rituals.

Hand beaten from an alloy of seven sacred metals, Tibetan Singing bowls emit a powerful and ancient healing sound. The subtle yet complex multiple harmonic tones are a special quality caused by variations in the shape, thickness and weight of the hand hammered singing bowls with each bowl having its own unique sound.

Singing bowls are played by striking the rim of the bowl with a wooden stick or 'mallet' and by running the mallet around the rim for a continuous 'singing' sound which takes you on a magical journey into peace, harmony and balance.





wisdom & inspiration around the castle

As you wander and enjoy the lush beauty of the Shambhala Gardens, keep your eye out for inspiration from some of the world's greatest teachers. Painted and carved on rocks, or displayed on decorative signs, are sacred mantras and words of wisdom from people such as the Dalai Lama, Nelson Mandela, Eckhart Tolle, Oriah Mountain Dreamer, Byron Katie and Osho.

We are often told that a phrase from these inscriptions has given someone the insight they were seeking at the ideal moment.

prayer flags

Prayer flags date back thousands of years to healing ceremonies of the Bon tradition of pre-Buddhist Tibet. They are found strung along mountain ridges and peaks high in the Himalayas, at Buddhist stupas and temples, and nowadays adorn and bless homes around the world.

Prayer flags come in sets of five : blue, white, red, green, and yellow representing the five elements and are woodblock printed with sutras, mantras, prayers and sacred symbols. One of the most common symbols at the centre of prayer flags is the Wind Horse (Lung-ta), other central images include Buddha and Tara. At each corner are images or the names of four powerful creatures : dragon, garuda, tiger and snow lion.

Tibetans believe that, as the flags flutter, the wind catches the prayers spreading good will and compassion into all pervading space. By hanging flags in high places, the Wind Horse carries the blessings depicted on the flags to all beings. There is perhaps no simpler way to create good merit in this troubled world than to put prayer flags up for the benefit of all other living beings.

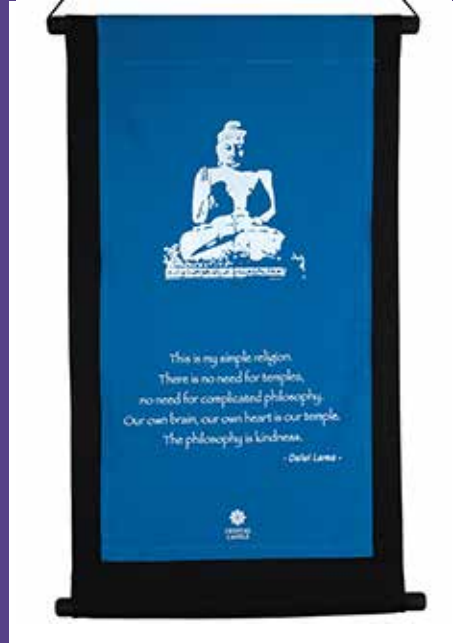
Silent prayers whispered on the breath of nature...



inspirational scrolls

Take some inspiration home with you - we have a beautiful collection of inspirational quotes on elegant hanging scrolls in a range of colours for you to choose from.

You will find these in Wisdom Alley.



books

In the Book Lair we have everything from Astrology to Zen!

In keeping with our desire to offer experiences and information from many different paths and sources, our bookshop is filled to the brim with fascinating works to inspire and educate on a wide range of topics. You will find books by many of the great teachers. There's a lot of great information on crystals, of course, as well as guides to a huge range of healing and self-help modalities.

But don't expect just books. There is also an extensive selection of tarot, oracle and life guidance cards by local and international artists.





Kalachakra world peace stupa

Byron's World Peace Stupa is an extraordinary construction both architecturally and spiritually. A stupa is a sacred monument built by the Tibetan Buddhists to represent universal divinity. These intricate structures are assembled under the precise guidance of a Tibetan Lama and every part of the design is endowed with special significance. Inside is a treasury filled with sacred objects and at the heart of the structure is the Tree of Life, a wooden pole covered with thousands of mantras written in gold.

Symbolic of community strength and interdependence, Tibetans believe that great benefit can be gained from walking clockwise around a stupa. Indeed, the mere sight of a stupa is said to put one in touch with one's own innate goodness, inspiring compassion, kindness and thus ultimately good karma.

The stupa at the Crystal Castle is a Kalachakra Stupa, a rare type of stupa with an unusual spherical body that symbolises the energy cycle and the essential structure of the cosmos. It is created to protect against negative energies using symbolism from the Kalachakra Tantra and is known as the World Peace Stupa. It is specifically for restoring balance to the Earth in times of war, conflict and environmental destruction.

Unique in the Southern Hemisphere and only the seventh in the world, this amazing structure has been engineered to last 1000 years. The contents of its treasury, items of value to the giver and symbolic of community well-being, will travel into the future like a spiritual time capsule – a potent prayer for peace and prosperity.

"This stupa is very important for Byron Bay, the whole of Australia and for world peace," said Gen Lama Thupten Phuntsok, Gyuto Monk elder who guided the construction.

grand opening

'Build it and they will come' had been our motto during the many years of planning and preparation, and come they did as almost 1500 people filled the stupa amphitheatre for the grand opening. The date, determined especially auspicious by the project's spiritual guide, Gen Lama, was 27th October 2012.

The opening ceremony, directed by our wonderful MC, Elyjah McCloud, honoured the amazing input from so many different people who supported and co-created this wonderful project. The Gyuto Monks of Tibet completed the rituals required with their joyful peace and depth of spirit, not to mention their extraordinary harmonic chanting, and Crystal Castle's own Ayla King moved many to tears with her beautiful a cappella rendition of John Lennon's 'Imagine'.

Mr Sonam Dagpo, His Holiness the 14th Dalai Lama's representative in Australia, officially opened the World Peace Stupa. *"The Kalachakra Stupa is very significant — wherever we build or construct them, these stupas will bring peace, help in avoiding natural disasters and bring harmony and peace among the people,"* he said. *"For Buddhist believers this is a place of pilgrimage, but for the non-believers this is a piece of Buddhist architecture to look around and a very good place to have inspiration, peace, and happiness."*

Once the ceremonies were complete people waited patiently in lines to take their turn to walk around the stupa and lend wings to their prayers of peace by spinning the beautiful brass prayer wheels.

Watch the short video link on Crystal Castle website.





lotus café

The Lotus Café offers breathtaking views of the Byron hinterland and the beautiful Shambhala Gardens.

Enjoy local, organic coffee and teas, a variety of nutritious snacks and vegetarian meals drawing inspiration from global cuisines. Our delicious cakes are baked on the premises and we offer a selection of heavenly smoothies.

To lower our carbon footprint we have created our very own organic food garden from which we harvest fresh seasonal produce daily.



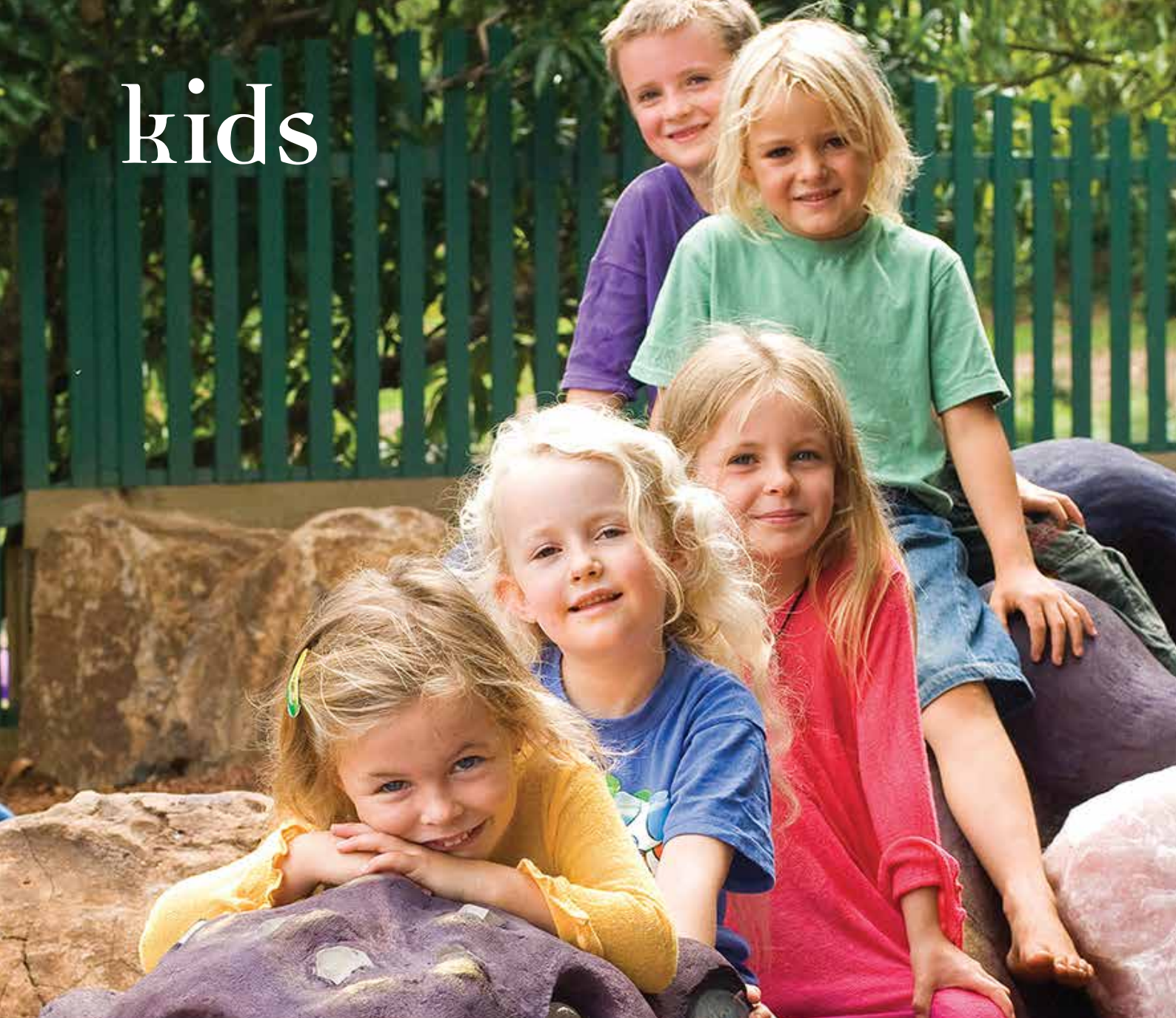
We cater to a large variety of dietary requirements including vegan, gluten free, dairy free and sugar free. We use naturally occurring sugars and unprocessed sugar alternatives in our recipes to enhance the nutritional profile of our fresh treats. Try our homemade sugar free vanilla ice cream and vanilla syrup!

We create dishes with wellness in mind, while still giving you delicious meals and delectable, sweet desserts, served on fully compostable crockery and cutlery.

All your food is homemade in our kitchen with a selection of daily specials. Whether it's a fine cup of coffee, a mouthwatering homemade dessert, or a delicious lunch, we've got something to tempt you!



kids



children's listening game

Note for Parents: Our intention is to create as much peacefulness for our visitors as possible here at the Crystal Castle & Shambhala Gardens, as well as, introduce a simple listening meditation for children. It would be a kindness to other visitors, if at times during your visit, you were willing to support this. If so, please ask and remind your children that Crystal Castle is a quiet place full of nature's magic and to listen for the sounds of nature.

Children's Listening Game sheets are available at the Welcome Hut and the 'children's area' in the Lotus Cafe.

face painting

Transforming our younger visitors into pirates and princesses, clowns and cats, ghoulish ghosts and fabulous fairies. Throughout the holidays and every weekend, our team of local face artists offer face painting, free for children.



the amazing team

The Crystal Castle has been conceived and created step by step, plant by plant and crystal by crystal, on a magical journey that has spanned over 35 years. The breathtaking wonder of the place that you visit today has only been possible due to the amazing skill and pure hard work of more than a thousand people.

Byron Shire is home to an amazing collective of creative individuals. The wonderful tribe who have been instrumental here include landscapers, designers, builders, crystal fanatics, accounts geniuses, stock handling experts, gardeners, cooks, and many others who focus on providing you with the best possible experience. We are deeply grateful for their inspiration and their passion.

There are over 80 people on the team now, in addition to the many who have contributed over the years.

We thank all of these wonderful individuals and feel very blessed to work with such a magnificent team!





your contribution to rebuild nepal

It is part of the Crystal Castle's commitment and ethos to be a place for healing and transformation, not only on a personal level but also on a global level.

"We believe in supporting humanity, and your visit here helps us do that. We believe in creating impactful change in the world, not a token effort and we use the Crystal Castle as a catalyst for that change."

Crystal Castle Founder, Naren King

Your contributions support many global projects focused especially on the wellbeing of children. Since the creation of the Labyrinth, we have helped build orphanages in East Timor, Kenya and South Africa.

The statue offerings on the Buddha Walk are collected and provide a daily warm meal for the children in a Tibetan kindergarten in Northern India. Since 1999 we have donated to the 'Support for a spiritual life' project, providing living costs to five Buddhist nuns living in the Tso Pema caves.

The Crystal Castle also donates many gift vouchers every year to support schools and charitable organisations in our local community.

After the tragic earthquake in Nepal in 2015, the Crystal Castle held a benefit concert at the World Peace Stupa raising funds that were used to shelter over 600 people, counsel hundreds of traumatised children, help rebuild schools and homes, and run medical camps. Another Rebuild Nepal concert was held in 2016 and some of the main projects we have and continue to support are...

sano bhorle village school, nepal

Working with wonderful local partners, Learning Planet, and with your support we bought and gave the village an eco earth brick machine, and provided funds to rebuild the primary school and community centre. Construction is underway for the villagers' homes and the school is scheduled to open in 2020.



access nepal

We support Access Nepal, an important project rescuing and helping children from child labour, exploitation, sexual abuse and violence. Rebuild Nepal helps with the costs of running a transitional safe home for these children in Kathmandu.

www.accessnepal.org

bodhisattvas in action (BIA)

We support BIA in Kathmandu, a young monk's project that brings masterful craftsmen and women, themselves disabled and often forgotten, to teach a craft to disabled people. BIA also runs an annual wheelchair racing event and we sponsor their Kathmandu wheelchair marathons to highlight the treatment of other-abled people in Nepal.

www.bia-foundation.org

local women's handicrafts (LWH)

Nasreen Sheikh, a child labourer in a sweatshop at the age of 12 who escaped that life and dedicates herself to educate women about their rights and teach them skills, runs this wonderful business. We have helped Nasreen build her Local Women's Handicrafts and training centre, and her women's beautiful handmade handicrafts are available at the Crystal Castle.

www.lwhnepal.com

new life nepal

We are supporting New Life Nepal, a wonderful organisation working with children with disabilities in Nepal. With our help the organisation provides medical support and long term rehabilitation for 30 children and is working on building a home for abandoned, orphaned girls.

Your compassion is making a huge difference.

If you feel moved to support this fundraising there is a collection box next to the visitors book.





A sanctuary in the heart of traditional Bali. Villa Crystal Castle, with its Yoga Shala, Rose Spa, and tranquil guest facilities, is nestled in lush green rice fields. The perfect retreat villa in a stunning location only 10 minutes drive from Ubud.

The magic and beauty of the Crystal Castle has been brought to the island of Bali, with 10 tonnes of natural crystals shipped from around the world beautifying and energising the property.

We are now open for exclusive retreats, events, and private stays and can sleep up to 14 people in 7 luxurious air-conditioned bedrooms with additional accommodation choices available from our local partners. Visit villacrystalcastle.com to book your retreat or private stay.

Villa Crystal Castle is also a social enterprise and raises funds for Crystal Castle's charitable and social projects in Nepal and for other humanitarian causes.

Yoga Shala & Rose Quartz Reflexology Spiral



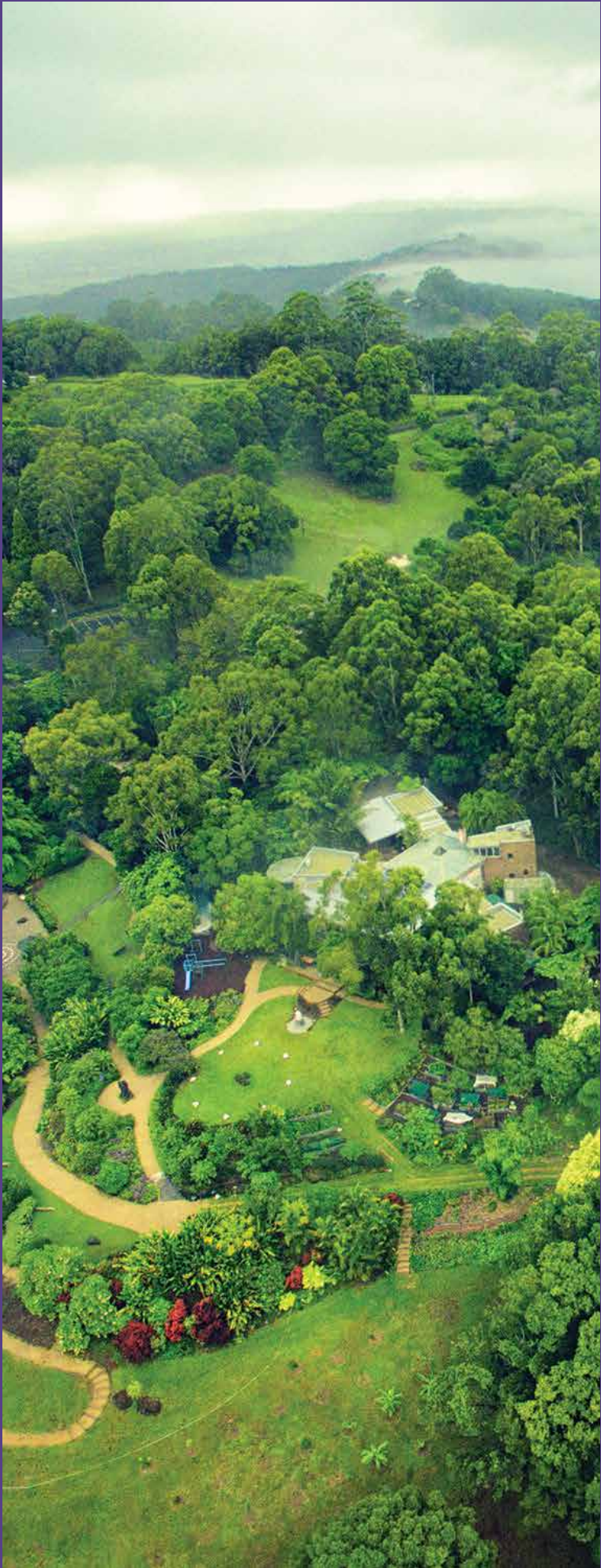


Rose Spa



Beautiful Bali Team







CRYSTAL CASTLE
& shambhala gardens

Mullumbimby
Turn Left
at P.O.

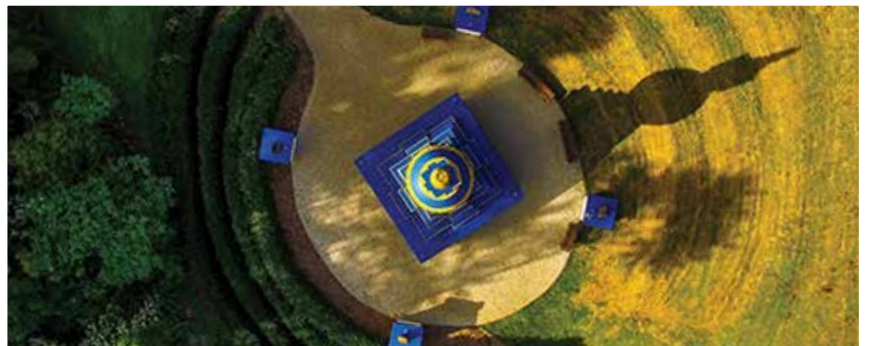


Follow the numbers for the full
Crystal Castle experience...

map legend

1. Welcome Hut
2. Water Pourer Pond & Torii Gate
3. Giant Sahara Fossil
4. Dewi Sri
5. Castle Jewels (p. 58)
6. Lotus Café (p. 66)
7. Playground & Crystal Dragon (p. 68)
8. The Crystal Guardians (p.10)
9. Organic Veggie Garden
10. Ganesh (p. 24)
11. Lakshmi (p. 25)
12. Giant Treasure Chest
13. The Blessing Buddha (p. 22 & 26)
14. Wings To Eternity (p. 16)
15. Nandi, The Bull
16. Looking Spot
17. Bamboo Avenue (p. 2)
18. Garuda & Vishnu (p. 2)
19. Sodalite Rock
20. Avalokiteshvara (p. 27)
21. Crystal Matrix & Auras (p. 60)
22. Book Lair (p. 63)
23. Treasure Room
24. Wisdom Alley (p. 62)
25. Peace Room Experiences
26. Courtyard, Fountain & Mural (p. 18)
27. The Enchanted Cave (p. 12)
28. Labyrinth (p. 19)
29. Damanhur Spiral (p. 20)
30. Rainforest Walk (p. 28)
& Bushtucker Track
31. Dragon Egg (p. 14)
32. World Peace Stupa (p. 64)
33. Rose Quartz, Reflexology Walk (p. 21)

- AB Accessible Bathroom
AP Accessible Pathway
CP Carpark
P Pram Accessible Pathway
T Toilets







sit in an ancient crystal cave!

Home to the world's largest natural crystals where you can sit in an ancient amethyst cave. Wander the tranquil Shambhala Gardens adorned with sacred statues. Enjoy breathtaking views, a delicious lunch and homemade desserts.

Discover the jewel of Byron.



CRYSTAL
CASTLE

& shambhala gardens



only 20 mins Byron Bay &
40 mins Gold Coast airport



Crystal Castle



@crystalcastlebyronbay

81 Monet Dr, Mullumbimby NSW, Australia

crystalcastle.com.au

open 7 days 10am-5pm (NSW time)

open till 5.30pm 27 Dec - 29 Jan