

# THE LIFESTREAM LETTER SAMPLER

LIFESTREAM ASSOCIATES\*70 SABLE CT.\*WINTER SPRINGS\*FL 32708-4117 USA  
TEL/FAX: 407-699-1672



## Contents

### *The Legacy of Marcel Vogel*

A transcript of the Second Annual Advanced Water Sciences  
Symposium Paper, 10/96

### *Use of the Quartz Crystal Ball*

The procedure and process of scrying using quartz crystal

*Star of David Medallion and  
The Star of David Medallion to the Rescue*  
Description and use of the Medallion and  
An example of the Medallion in Action

*Hydrothermal Quartz: Crystals Get Cultured*  
An article on laboratory grown quartz

*Opening the Subtle Energy Channels*  
Tibetan Tradition Energy Exercises

## The Legacy of Marcel Vogel<sup>1</sup>

by

Rumi Da

This article presents an overview of the work of Marcel Vogel. It is not a technical paper, but rather a presentation of possibilities as demonstrated in the life and work of one man.

Marcel spent the last 17 years of his life doing pioneering research into the relationship between quartz crystals and water. In retrospect it seems that his entire life brought him to this work. In 1984, after almost 27 years as an IBM senior research scientist, Marcel retired and created his own laboratory, Psychic Research, Inc. The lab was dedicated to the study of subtle forces and energies that radiate from the body of living forms. It was his intent to quantify these forces and build a systematic language of identification for these energies which have most often been labeled and dismissed as "metaphysical". Among his projects were:

- 1) the structuring of water for purification purposes
- 2) the structuring of wines to rapidly age them
- 3) the measurement of energy fields around a crystal
- 4) the therapeutic application of crystals and crystal devices

When visiting his laboratory in San Jose, California, one would find some rather sophisticated scientific equipment inside of what seemed to be a rather ordinary industrial and office complex. In one room there was an electron scanning microscope. Another room was virtually filled with a Zeiss Ultraphot microscope. It had over two hundred accompanying objectives and many applications - dark field, right field, interference microscopy, the use of a contrasting chamber and polarized light microscopy. All of this was attached to a camera, computer, and video display system. The Zeiss, which Marcel assembled during his 27 years at IBM, was used to detect (among other things) magnetic defects and errors. This was more than \$500,000. worth of equipment donated by IBM to Marcel at the time of his retirement. In another room of the lab was a Cary Model 15 spectrophotometer and other incidental equipment.

In yet another room one could find a radionic instrument known as the Omega 5. This device was used to study the fields seemingly undetectable by the otherwise impressive standard scientific equipment.

Through his research Marcel hoped to prove that science and metaphysics are intrinsically compatible. How did he come to this work and what did he discover?

### Background

Marcel Joseph Vogel was born April 14, 1917, in San Francisco. As a child he suffered from respiratory difficulties and at the age of six had a near death experience - he was officially pronounced dead of double lobar pneumonia. So profound was the impact of this experience that it was very difficult for the young Marcel to return to the so called "normalcy" of childhood. In fact, he never did. He claimed that at this time he experienced a light and a sense of love and well being that was overwhelming. Physical plane life seemed pale in comparison leaving him, even at such a young age, to question the meaning of life.

From the age of six he became increasingly interested in the study of the fireflies that he saw in his back yard. He wanted to know how this little insect could emit such a light.

He applied this insatiable curiosity to himself as well. Each day he would walk to early morning Mass and in the quietness of prayer ask the question "Why am I here? What is the purpose of my life?"

After six years he heard a voice in his mind say "You will be a phosphor chemist. You will do pioneering work in luminescence. You will write a book and create your own business." Quite a tall order for a young man of eleven years!

He and his father, Joseph, built a laboratory in the back of their home and young Marcel set about attempting to duplicate the chemical that made the fireflies in his backyard glow. At the age of twelve he had synthesized the chemical compound 3-amino-phthalaz-1-4 dione. This compound, when mixed in water with potassium ferro-cyanide and hydrogen peroxide, produces a chemi-luminescence that matches the light of the firefly. He continued to try to make a set of phosphors that would produce light in a tubular form. This was before the advent of fluorescent lights, but Marcel had seen a white powder of phosphor, in a tube, that would convert the ultraviolet radiation in the tube into a visible form - visible light. This was his main area of interest and even as a grammar school student he visited the Mechanics Institute and translated, from the German, original articles on phosphor chemistry. He then set about duplicating the outlined experiments in his own amateur laboratory.

<sup>1</sup> This is a transcript of a paper by Rumi Da for the Second Annual Advanced Water Sciences Symposium in Dallas, TX, October 3-6, 1996.

Marcel had synthesized and manufactured a set of phosphors before he was fifteen years old. His vision, at this early age, was that the proper phosphor system would be a rare earth phosphor. The cation, or positively charged ion would be composed of a rare earth compound like Europium, and the anion, or negatively charged ion would consist of a tungstate or silicate structure. These ideas came from the translated scientific papers that were published in the "Analen der Physik" and other German scientific publications of the time.

His objective before going to college, based on the answer to his years of prayer from the ages of six to twelve, was to become of phosphor chemist. He was able to see the blending of chemistry and physics that would bring about the advent of solid state physics. As was the case throughout his life, Marcel wanted to be on the forefront of what, in his vision, was the science of the future.

Throughout his high school and college years Marcel systematically researched all the existing publications and papers in the field of luminescence. There were no courses available so he had to teach himself. He majored in chemistry and physics at the University of San Francisco, working at night to fund his education. Unfortunately, due to deteriorating health, he was unable to graduate with his class. From 1940 his education was completed privately with Doctor Peter Pringsheim. The two met when Doctor Pringsheim, a German refugee professor, was attempting to find information about luminescence at the university library. The librarian referred him to a young student, Marcel Vogel, who had apparently read everything in the library on the subject and would be of more value to him than the librarian. Two years later the two men jointly published *The Luminescence of Liquids and Solids and their Practical Application* (Wiley Interscience-1943). This book has since gone through three editions and was translated into German in 1953. It is currently out of print.

After the publication of the book, Vogel Luminescence Corporation was formed. From 1944 to 1957 Marcel pioneered in the manufacture of fluorescent bulletin paints for outdoor signs and billboards. He created a complete set of artist media fluorescents including fluorescent oil colors, phosphorescent paints, fluorescent chalk, crayons, tempers (day-glo) colors, bulletin paints, invisible ink, tracing and tagging powders used with insecticides detectable with portable black lights, black lights being another Vogel creation. Black light kits were also created for the detection of cancer, rodent contamination, and milk inspection.

With Ralph Benson, Marcel then published a paper entitled *Vulvar Fluorescents: The Early Detection of Pregnancy and the Advent of Carcinoma*. Vogel Luminescence also patented an egg candler that combined both ultraviolet and visible light to detect the Pseudomonis fluorescence bacteria that are present in eggs laid by chickens contaminated with the bacteria.

During this time with Vogel Luminescence Marcel also did part-time consulting work for IBM. With Ralph Flores and Don Johnson he developed a magnetic coating formulation that is still in use today on IBM hard disks. It was a stable, adhesive coating of magnetic materials for a 24 inch diameter hard disk that demanded a completely new composition of matter.

It should be noted that this magnetic coating did not come about by normal linear science. For many unsuccessful weeks, formula upon formula were created with horrifying results. The coating would fly off the aluminum disk when the drive was turned on or it would bubble up like some pox ridden biological specimen. Finally, at the point of total exhaustion in his 18 to 20 hour workday, Marcel collapsed into sleep at his tiny laboratory. Later, as he groggily awoke, he was in the midst of a dream — a can of molasses floated in the space before him with the words "infinite viscosity" resounding in his ears. He knew immediately what needed to be done. Two supposedly incompatible chemical agents were brought together, the results of which we still use today.

In 1957 Vogel Luminescence was sold to Ultra Violet Products and Marcel joined IBM as a full time research scientist. He was one of the "Big Blue's" few non-lettered scientists. Such creativity and genius could not be allowed loose on the streets, despite the lack of a diploma. He became one of the most prolific new patent inventors in IBM's Data Products Division history. Included among the many inventions are patents in the field of magnetic recording media, liquid crystals, and the creation and development of rare earth phosphors. Marcel also was granted many patents in the field of Opto Electronics. This was for work on photo-relays for analog to digital converters, as well as work with rare earth phosphors, which resulted in the development of the red hue for color televisions. His work with liquid crystals helped realize their emergence into everyday life in the form of digital displays on everything from watches to radios. He also received patents for the degassification of liquids, Dark Field Microscopy and its use in surface analysis, organic & inorganic photoconduction and more.

In 1969 Marcel gave a course in creativity for engineers at IBM. It was at this time that he read an article in Argosy magazine entitled "Do Plants Have Emotions?" about the work of polygraph expert Cleve Backster into the responsiveness of plants to human interaction. Despite initial rejection of the concept of human-plant communication, he decided to explore these strange claims.

He was able to duplicate the Backster effect of using plants as transducers for bio-energetic fields that the human mind releases, demonstrating that plants respond to thought. He used split leaf philodendrons connected to a Wheatstone Bridge that would compare a known resistance to an unknown resistance. He learned that when he released his breath slowly there was virtually no response from the plant. When he pulsed his breath through the nostrils, as he held a thought in mind, the plant would respond dramatically. It was also found that these fields, linked to the action of breath and thought, do not have a significant time domain to them. The responsiveness of the plants to thought was also the same whether eight inches away, eight feet, or eight thousand miles! Based on the results of the experiments the inverse square law does not apply to thought. This was the beginning of Marcel's transformation from being a purely rational scientist to becoming a spiritual or mystical scientist.

Basically it was found that plants respond more to the thought of being cut, burned, or torn than to the actual act. He discovered that if he tore a leaf from one plant a second plant would respond, *but only if he was paying attention to it*. The plants seemed to be mirroring his own mental responses. He concluded that the plants were acting like batteries, storing the energy of his thoughts and intentions. He said of these experiments: "I learned that there is energy connected with thought. Thought can be pulsed and the energy connected with it becomes coherent and has a laser-like power."<sup>2</sup>

Marcel discovered that the greatest cohering agent is love. This, of course, set him apart from his fellow scientists. At a time when many still don't acknowledge that an observer affects what they are observing, the notion of love was a totally unscientific idea. Even when cloaked in the garb of a term like resonance it was unacceptable. To Marcel, love was (and is) a pure force. Certainly we experience it as an emotion, but this is our experience of something that is beyond emotion. He likened it to gravity, an attracting and cohering force present at every level of existence. Without this relationship an important aspect of scientific investigation is missing,

preventing us from discovering and exploring the more, perhaps most, subtle aspects of life.

This is one reason why certain scientific investigations in the area of subtle energies cannot be readily replicated. It is not always a matter of scientific protocol, but a matter of relationship. Unfortunately many scientists would consider this to be some kind of inessential and perhaps bothersome epiphenomena. Although such individuals are scientists, to Marcel, they were technicians attempting to prove what they already thought was true. The true scientist is one who attempts to discover with childlike curiosity. Too often we, all of us, only want to confirm what we already believe.

The details of the work with plants can be found in the books *The Secret Life of Plants* by Peter Tompkins and *Christopher Bird and Psychic Exploration: A Challenge to Science* edited by Edgar Mitchell.

During this time period, 1974, Marcel gave many lectures about his work with plants and at one of these presentations, at the First Church of Religious Science in Los Angeles, he was approached by Dr. McKistry who told him about quartz crystals that she had with her. Apparently these crystals had the peculiarity of vibrating when held in the hand. Although he too experienced the vibration of the crystals in his own hand, Marcel was unimpressed with them. Nonetheless he accepted her gift of a small quartz point. The journey had begun!

## Crystals

What is a crystal?

The word crystal comes from the Greek word "krystallos", meaning frozen light. A crystal is generally considered to be a systematic, orderly and repetitious patterning of molecules or energies. From a more metaphysical point of view, some consider that Light is stepped down through many levels of density before the physical form of the crystal manifests through the dynamics that we understand in crystallography. It is the forming aspect of Light that patterns the highly ordered array of energies we call a crystal. Should this light pre-form be altered in any way, the completed crystal will be altered from its original "intended" form. In fact, while viewing the growth of a liquid crystal, Marcel was able to alter its final form. Instead of maintaining the normal shape that an oleate of cholesterol would take, the outcome was a configuration clearly recognizable as the Madonna. Marcel had been focusing on an image of the Blessed Virgin in his mind's eye while viewing the growth of the crystal

<sup>2</sup> Personal communication

under the microscope, uninterrupted, for one solid hour!

Marcel witnessed and photographed the precipitation of Light into crystal in his IBM laboratory while growing liquid crystals and subsequently wrote:

*"When cool, if a liquid crystal state exists, the melt goes into a birefringent state under polarized light which can be readily seen under a polarizing microscope. From this state the sample will then crystallize into the solid state.*

*"In the course of the study of this state under the microscope I noticed a remarkable event, namely that before the melt went into the liquid crystal state, a blue flash of light took place and then immediately after that, the sample transcended into the liquid crystal state.*

*"This state was videotaped and, after one year of effort, a picture was taken at the moment of transition. What appeared on the film was the prefiguring in space of the crystallographic form the system was to assume. The blue flash contained information which formed into a geometric form. This geometric form was the source of the crystallographic form from which the crystal grew and developed<sup>3</sup>*

The flash of blue light witnessed through the microscope was the transfer of information from the level of light-coding to the physical plane. This is discussed in metaphysical literature, but had never before been witnessed and photographed.

#### 4: Intelligence matrix

Quartz crystal begins its life deep within the earth from a hot vapor, a supersaturated solution of silicon dioxide (SiO<sub>2</sub>). As this source cools within subterranean space, a unit cell of seed cell of quartz forms around a nucleating site in much the same way as an oyster forms a pearl around an irritant. It is likely that each new atom is laid down where the possible bonding sites are the most plentiful. These areas contain the greatest energy. The molecules adhere to a silica based matrix such as granite or sandstone. This unit cell is a tetrahedron shaped molecule composed of four atoms of oxygen with one silicon atom suspended within.

The primary unit cell acts as an attractor for other silicon dioxide molecules, ions, and so forth. Over time, trillions of these cells link together and, through a spiraling motion, layer upon layer of quartz is put down until the crystal is complete.

The primary unit cell contains all the information

needed to generate the ultimate form - the hexagonal or six-sided form we know as a quartz crystal. According to Marcel, once the crystal has ceased growing, the intelligence matrix of the crystal disappears and the form of the quartz is basically an empty shell until we interact with it and enliven it with our own energy. This is accomplished by the transfer of thought (energy) via the pulsed breath. At this time Marcel knew intellectually what a crystal was, but his exploration of the world of quartz was only just beginning.

One morning, at IBM, co-worker Chuck Mignosa approached Marcel with complaints of back pain from a weekend of skiing. Prompted by intuition he took the crystal from his lab coat pocket, looked at it and pulsed his breath. This sent a charge through the crystal, a crystal that happened to be pointing at his friend Chuck.

Immediately Mignosa's head went back and he entered into an altered state of consciousness as he fell to the floor. As he helped his friend up, Marcel thought that this was total nonsense and wanted nothing to do with it. Chuck, however, was thankful that his back pain was gone.

Despite his initial reluctance, Marcel eventually began his 17 years of research into the application of quartz crystals. He very quickly found the limitations of natural quartz. They had the capacity to store, amplify, and transfer information, but they could not adequately cohere the energies emitted by the body and mind of an individual.

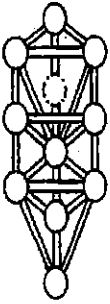
Raw crystals have varying fundamental fields depending upon where and how they were mined as well as their variation in shape due to the distortions caused by stressors present during its growth. Some crystals have very high fundamental fields while others are found to have a minimal field. Synthetic quartz was found to have virtually no fundamental field.

The ability of crystals to store information is widely known. According to the September 4, 1994, issue of *Newsweek*, Stanford University physicists have demonstrated the first fully digital model of a device that stores information as a hologram within the subatomic structure of a crystal. The scientists were able to store and retrieve a holographic image of the Mona Lisa. The particular crystal held only 163 kilobytes of memory, but it is expected that these holographic units could store up to one million megabytes. The short article says that crystals store information in three dimensions and could be ten times faster than the fastest systems currently available.

<sup>3</sup> PRI Newsletter: 1989 vol. 6.1

## Faceting a quantum converter

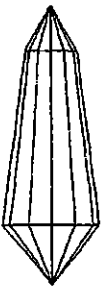
Because the raw quartz crystals Marcel was studying did not cohere the energies with which he was working, the idea of faceting the crystal came to him. Rubies and other types of crystal are faceted to make them useful for laser applications. Aluminum oxide chromium, natural ruby, is a rather unimpressive stone until it is faceted into a cylinder with booster windows so that light can be pumped into it and reflected internally so as to produce a coherent light - a laser. Just as light pumped through a faceted ruby can produce coherent energy, Marcel speculated that perhaps thought pumped through a specifically faceted quartz could produce a coherent energy.



As happened in his study of luminescence, he found the published technical literature sorely lacking. One morning, in 1974, he awoke with a pattern in his mind's eye: the Tree of Life as shown in the Kabbalistic teachings. This was a teaching and a pattern with which Marcel was unfamiliar. At the time he saw only the pattern of a rectangle with a triangle at each termination.

For an entire year he spent most of his lunch hours at the IBM glass shop attempting to facet raw quartz into this configuration. As he found out more about the geometry of the Tree of Life he was able to grind the quartz with greater specificity into the shape suggested by his vision.

Various other shapes were also tried: single terminated, double terminated, four-sided, six-sided, six-sided with four-sided terminations, eight-sided with four-sided terminations and so on. From continual experimentation came the first fundamental instrument for storing, amplifying, transferring and cohering the energies of the bodymind of an individual: a four sided quartz crystal with pyramidal terminations. One tip was more acute than the other. The more acute termination is called the "firing tip" as this is the end of the crystal from which the coherent field is emitted. The faceted crystal was a three dimensional representation of the Tree of Life. These crystals have come to be known as Vogel-cut<sub>m</sub> crystals.



A crystal must be faceted not only with geometrical precision along the "C" or growth axis, but must also be worked with right attitude, understanding, and

consciousness. It is not simply a matter of mechanically cutting the same general shape. Some of the reputedly best crystal and diamond cutters in Germany have attempted to reproduce the Vogel-cut<sub>m</sub> crystals with no success. Despite the similarity of appearance, the energetic measurement taken with the Omega 5, an instrument discussed later in this paper, indicated that these crystals were not the same.

When I presented these findings to Marcel he laughed saying:

*"You see, I've told you before that you can try to copy these crystals, but you can't do it. Now you know for yourself! There's much more involved than just cutting crystals into a certain shape."*<sup>4</sup>

The structural change in cutting quartz into the shape identified as Vogel-cut<sub>m</sub> is to tune it to be a coherent information transfer device. The form geometry of such a crystal creates a coherent field of energy that can act as a carrier wave of information, whereas raw quartz does not.

Why is this important?

According to Marcel:

*"This 'carrier wave' must have a coherency to it so as not to mingle with the radiations emitted from the target material but act now as the differentiating transport vehicle. The quartz crystal cut in the dipyramidal shape provides such an instrument."*<sup>5</sup>

In the case of offering healing service to another individual, radiations emitted from the target material refers to the difficulty or distress experienced by the client. The coherent light emitted from the Vogel<sub>m</sub> crystal is able to penetrate the often disparate radiant fields within and around a distressed individual. An incoherent energy is often dissipated if not completely absorbed by the chaotic field generated by the distress. Beyond this the most profound effect of the faceted crystal has to do with its relationship and resonance to water. Because more than 75% of the physical body is water, the Vogel<sub>m</sub> crystal, with its resonance with water, is the perfect delivery mechanism for the introduction of subtle energies to an individual. Marcel also felt that the various subtle energy bodies described in metaphysical literature are gradations of a field that is anchored to the physical body via the water molecule.

<sup>4</sup> Personal communication

<sup>5</sup> PRI Newsletter: 1990 vol. 7.4



During the initial years of his work with crystals, Marcel developed a protocol for removing unwanted vibrations or thoughtforms from an individual in distress. He found that the crystal could act almost as an energetic scalpel in what amounted to an energetic or etheric surgery.

Over the years he developed various methods for proximate, remote, and self healing using the Vogel-cut<sub>2</sub> crystals.

The crystal is a quantum converter that is able to transmit energy in a form that has discreet biological effects. This is most likely a resonant effect. The human body, on an energetic level, is an array of oscillating points that are layered and have a definite symmetry and structure. This crystallinity is apparent on both a subtle energetic or quantum level as well as the macro level. The bones, tissues, cells, and fluids of the body have a definite crystallinity about them. The structure of the fluids, cells, and tissues of the body tends to become unstructured or incoherent when disease or distress is present. The physical body is comprised of liquid crystal systems in the cell membranes, intercellular fluids, as well as larger structures such as the fatty tissues, muscular and nervous systems, lymph, blood, and so on. Through the use of an appropriately tuned crystal to which these structures are responsive, balance and coherence can be restored by delivering the necessary "information" or energetic nutrients needed.

As a dramatic example of the capability of these crystals to convert energy, Marcel once created a circuit with one of his Vogel-cut<sub>2</sub> instruments as a "power source". He told me in conversation that:

*"I have made electricity with the crystal...up to 75 volts. Using a crystal like this (a Vogel-cut<sub>2</sub>). It's an induced voltage...a direct current voltage. I put the crystal in the middle of a box ( a hexagonal mahogany box) and then I made a coil of copper wire and then silver-tin wire wrapped 250 times. I had another coil on the outside made of nickel wire. There were primary and secondary wires that came out to a voltmeter. I drew my breath in and pulsed the breath and out came voltage from the crystal. I tried this with an uncut crystal as well, but it didn't work. I have the equipment in my lab to make greater voltage, but I haven't gone into this. There is so much else to do and those who saw me do this became very disturbed."*<sup>6</sup>

Marcel went on to tell me that he did this also with a light bulb in the place of the voltmeter and was able to cause the bulb to illuminate.

## Measuring subtle energies

Initially, there was a difficulty in measuring the energies in and around these crystals. Readings from a milli gauss- meter showed 0.07 milli-gauss: a charge of apparently no significance. Undaunted by this, Marcel asked, in prayer, to be shown some way to measure this new instrument he had developed. Six weeks later a man showed up at his home with such an instrument. This instrument was the Omega 1 and since, four subsequent incarnations of the Omega were created with the final version, the Omega 5 being used for much of the fundamental research at Marcel's laboratory.

The Omega 5 is a radionic type of instrument that measures energies beyond the capacity of standardized scientific equipment. In fact, the energies measured are yet to be acknowledged by mainstream science, although the effects are often clearly visible and demonstrable.

Although the exact nature of these energies may be unknown, they can be quantified by a numerical value ascertained by radionic instrumentation, a value known simply as the rate.

This value is obtained by placing the item to be studied in what is known as the witness or sample well. The second finger of the right hand is used to stroke a flat area on the instrument called the "stick plate" while the left hand slowly rotates one of several dials until a "stick" is obtained with the rubbing hand. The stick is a phenomenon in which the finger rubbing the plate feels as if it is immobilized or "stuck" on the surface of the designated area of the instrument. This stick represents a numerical value as shown by the dial being turned. On the Omega 5 a total of nine dials is used giving a series of three 3 digit rates for the sample being studied. A pendulum can also be used to detect the correct values. Both methods utilize the dowsing process.

The Omega 5 presents us with a rate for:

- 1) a signature for the information band or identity value of the sample being studied
- 2) the energetic fields within the sample
- 3) the energetic fields surrounding or radiating around the sample

Marcel referred to these fields measured with the Omega 5 as the information band.

Although a subjective type of instrument, the Omega 5 produced data that could be used to indicate how to proceed in the use of standard scientific measurement. Sometimes information isn't discovered because one simply doesn't know where to look. The Omega could give clues as to where to

<sup>6</sup> Personal communication

look. The data obtained radionically might have some more physical or chemically based correlates.

### Information band

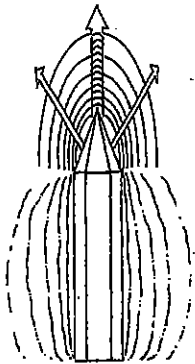
Marcel found that this information band measured by the Omega 5 exists in and around all matter. This band is a record keeper of the events that have gone into bringing an object into being, and the response of this object to the actions on it, whether light, sound, heat, or electrical forces.

The combination of these forces builds a series of patterns or codes which characterize or identify the substance in the same way we characterize each element in the periodic table by its atomic weight and the protons and neutrons which are in the nucleus of the atom.

No atom is static; it is in a state of motion. This motion generates a field. The composite of these fields is the ground state of the information band. It is different from the excited state of the electron which goes into the conduction band and drops down into the ground state.

These perturbations form an energy cloud around the substance. This is the mind of the atom. In the case of metal, for example, the aggregate atoms are responsive to light, pressure, rubbing, and scratching of the surface.

There is a rhythmic nature to this field. There is a periodicity to the information band. It will expand and contract in accordance with its relationship to planetary influences.



Marcel took a clue from occult writer Alice Bailey:  
*"We have seen that the atom of chemistry, for instance, demonstrates the quality of intelligence; it shows symptoms of discriminative mind and the rudiments of selective capacity. Thus the tiny life within the atomic form is demonstrating a psychic quality - take the atom that goes to the building of form in the mineral kingdom; it shows not only discriminative selective mind, but elasticity."*<sup>7</sup>

*"Let us endeavor to realize that there is no such thing as inorganic matter, but that every atom is a life. Let us realize that all forms are living forms, and that each*

*is but the vehicle of expression for some indwelling entity."*<sup>8</sup>

Sir Jagadis Chandra Bose found that metals exhibited fatigue in much the same way as do muscles. Just as muscles recover after a period of rest, so too do metals.

Bose was able to show this fatigue in metals subjected to long continued stimulation. He then subjected the metals to a stimulating agent (a solution of sodium carbonate) which gave an increase in activity to the metal. He then found that a minute dose of poison enhanced the responsiveness of the metal and a large dose abolished the responsiveness. These are similar reactions observed in organic or living systems. What is the connection?

Marcel's contention was that there is communication through the information band. As long as there is integrity in the system, the object holds itself together and one can obtain the rate for the information band that is releasing the fields into the space of the form geometry of the object.

If we impact a substance, such as a coin, all other coins of the same metal will be impacted. It was found that if we took two quarters and subjected one to measurement in the Omega 5, any work done to the other coin would present itself in the measured coin. A quarter was taken to another room in the laboratory and scratched. The coin in the sample well of the Omega showed a dramatic response at the moment of the scratching. This is similar to the work demonstrated with plants and cells as done earlier by Marcel Vogel, Cleve Backster, and others. Inorganic systems seem to demonstrate the same responsiveness as organic systems. The information band is an energetic communication band between all substances, between all life.

### Water research

Water is one of the prime solvents from which life has evolved. It is also the basis of many of the chemical compounds that are on the earth. From measurements made with the Omega 5, we obtain a measurement for water, in the pure state, of 454. The water used was triple distilled.

The value of 454 represents the signature, or the fundamental numerical identity of the information band of the water itself. The water can then be contaminated with impurities such as salts, chlorine, toxic vibrations, etc., and it can be seen that there is a decrease in the dimension of this band. Purifying the water by distillation or filtration will bring the

<sup>7</sup> Bailey, Alice. *The Consciousness of the Atom*. NY, NY: Lucis Publishing Co. p :68.

<sup>8</sup> Bailey, Alice. *The Consciousness of the Atom*. NY, NY: Lucis Publishing Co. p :74



water back to its original value of 454. It should be noted that the signature radionic measurement of a Vogel-cut, crystal is also 454, indicating some connection between these crystals and water. This connection or resonance is not found in unfaceted quartz.

In the study of wines, it is remarkable that when the information band was measured and a specific field applied to the wine by circulating it around a Vogel-cut, crystal programmed with that specific field, there was an abrupt and immediate change in the wine that brought it to completion. This is the transfer of information to the wine in a quantum form, a form which brings about the finishing of the wine. The field applied to the wine was the intent of love.

### Water and wine and magnetic fields

One of the primary areas of investigations at the Psychic Research laboratory was the relationship between water and quartz crystals. It has been found that by circulating water around a charged Vogel-cut, quartz crystal many changes occur in the water. These changes are referred to as structuring.

As we know, water consists of one oxygen atom and two hydrogen atoms that are held together in a covalent bond. This is an actual physical force, much like gravity, that holds these atoms together.

Structured water can be thought of as water that has a greater degree of bonding between adjacent water molecules than does unstructured water. Structured water also forms a crystalline-like structure consisting of elongated chains of molecules that can be differentiated from the surrounding water molecules by qualities that are consistent with qualities found in liquid crystals such as increased birefringence and a lowering of the freezing point.

A microstate is the angular, geometrical alignments that water molecules have when they are in the structured state. Quartz crystal shows a microstate but not a mesophase, as it is a permanent state solid rather than a transitional state or semi solid. When the various angles of the quartz molecule are investigated, a possible basis for its resonance with the water molecule is found.

The fundamental geometrical pattern of quartz and water is the tetrahedron. Water molecules, bound together, form tetrahedrons in tilted or puckered rings. This tilting happens because of the bonding angle that exists between any three water molecules. This angle is approximately 110 degrees. The normal flat hexagon formed by the bonding of tetrahedrons has angles of 120 degrees. Water molecules with

smaller angles, if they are to be formed into a hexagon, must have an uneven structure that is not in a flat plane but is instead a three dimensional object. This uneven structure is formed by what is called the angle of tilt. This angle can be between 20 degrees and 60 degrees, but the most common is 26 degrees. This is where the intermolecular bond is the strongest and it happens to be half of the interlattice angle of quartz. The second most common bending angle for water is 54 degrees which is quite close to the interlattice angle of quartz.

The interlattice angle of a crystal is related to the basal angle. The basal angle is  $\frac{1}{2}$  of the angle of the tip of the crystal. The interlattice angle of quartz is 90 degrees minus the basal angle which is 38 degrees. Therefore the interlattice angle is 52 degrees. This is also the angle of the Cheops pyramid.

The bonding angle between molecules for water is 104.5 degrees. This is the angle that exists between the hydrogen atoms of each water molecule. It is virtually double that of the interlattice angle for quartz.

It is possible that there is a compatible harmonic between water and quartz because of the similarity of these angles. This could allow a resonant transfer of energies that are stored within the crystal to a significant number of water molecules in any given sample.

The structure of quartz can replicate itself in water because of this structure based resonant transfer. The geometry produces frequency patterns, harmonics, that can transfer into water. Very small amounts of energy are required for this transfer. The nature of resonant systems is such that a minimal input can achieve a maximal output.

Resonance transfer occurs because the waveforms coming out of vibrating substances have nearly identical waveforms. The phase relationships of a resonating system can be defined in terms of the angular separation that exists between adjacent molecules. The six molecules that form one hexagonal ring, when in resonance, will vibrate or broadcast its energy on a wave that has a particular frequency. The first molecule will vibrate influencing the second molecule; the second will affect the third, and so on. The time intervals between successive broadcasts will result in a phase delay which can be converted into a phase angle. Successive waves coming from an oscillating system have successive phase angles that equal the angular separation that exists between members of the system. The phase angle within the vibrating ring of water molecules is 60 degrees (360 divided by 6). If there were 7 molecules in the ring, the unevenness described

previously, the phase angle would be  $360/7$  or  $51.43$  degrees. This is the principle phase angle of quartz. Most of the internal angles of water and quartz are either fractions of this angle or multiples of it.

It is the interlattice resonance between the quartz microstate and the lyotropic mesophase that is the determining factor in the formation of the lyotropic mesophase in water. It is the reason that water can be structured by spinning it around a Vogel-cut, quartz crystal. It does not require large amounts of energy to accomplish this. *(Personal communication)*

As an example of resonant transfer, one can imagine a series of dominoes being placed across the United States, from San Francisco to Washington. Each successive domino would be slightly larger and heavier than the previous piece. By the time we reached Washington, the final domino might be as large as the Washington monument. By applying a slight push to the first domino, less than one pennyweight, each domino would be knocked over until the final piece was toppled. Through the introduction of a very small energy to a system the result is the production of enough energy to knock over the final very large and heavy domino.

The structuring of water around a Vogel-cut, quartz crystal is dependent upon the program that is imprinted into the crystal. It is the program that brings about the abrupt change in state. A fundamental program that can bring about dramatic changes in water is that of unconditional love.

In the structuring of water and wines the question was whether there was a field created in space when the water was spun around a crystal.

A GE magnetometer was attached to the inside of the structuring chamber and a series of readings were taken when the water was spun around a charged crystal. Within the chamber was housed a stainless steel coil, the tubing being  $\frac{3}{4}$  inch in diameter and with seven right hand turns. The diameter of the coil was approximately six inches. The programmed Vogel-cut, crystal was placed, with firing tip (the more acute termination) downwards, in a specially designed holder so that it was in place within the coil.

The chamber or enclosure for the coil and crystal was made from pine and finished with shellac. The magnetometer was mounted on the side of the chamber with the probe placed in the space between the crystal and the coil. The temperature was kept at 70 degrees F. with the chamber sealed. 1000cc of water was used at all times.

For each pass around the crystal, a sample was taken for an analysis with the Omega 5, a sample was taken for pH and conductivity measurements, and a

cuvette sample was taken for infrared and ultra-violet spectrophotometry.

The results of these experiments showed that:

- 1) water spinning in a coil generates a weak, but measurable field
- 2) crystals of quartz can be charged with "information" and tuned to the fields generated by spinning water
- 3) a critical charge is required for "information transfer" to occur (i.e. 1 - 4 passes around the crystal)
- 4) this number of passes can be modified by the programming of the crystals
- 5) more than one operator is possible
- 6) the program transfer is a resonance transfer with no loss in the original program after hundreds of experiments have been done with the system
- 7) water is made to be a permanent magnet. This field remains constant after the water stops spinning and can be removed by the application of a bulk demagnetizer.

The basic changes noted in water after being spun around an appropriately charged Vogel-cut, crystal were as follows:

- 1) decreased surface tension
- 2) the appearance of two new bands of light in the infrared and ultra-violet spectrum indicating a stretching of molecular bonding of the water. This is indicative of more energy and a new information in the water
- 3) the conductivity of the water increases
- 4) the pH of the water can be altered up to 3 points, an increase in acidity or alkalinity
- 5) the freezing point of the water could drop to as low as  $-30$  degrees C
- 6) a significant number of the molecules would become aligned in micro-clusters or molecular chains; orderly, systematic and repeating patterns. The water has become a liquid crystal system capable of storing information

According to Marcel:

*"This structuring is best assayed with a UV spectrophotometer where one finds an increase in UV absorption due to an increase in the water bonding from the water forming chains on itself. The magnetic moment of this structured water is increased by 0.07 gauss and there is also an increase in the pH and dielectric conductivity. Boiling of the water after structuring shows no change in the UV spectrum, so one can conclude that a permanent chemical change has taken place. When a drop of this structured silica water is dried on a slide and compared with untreated silica water, the photomicrographs show the formation of needle-like silica crystals in the structured water*

*drop while the untreated water dried to an amorphous mass of silica gel. This shows that the process of structuring water produces a structuring or ordering effect on the solutes in solution.*"<sup>9</sup>

The crystal, in this case was programmed with the intent of unconditional love. The water could be programmed with specific information depending upon the nature of the information programmed into the crystal. If, for example, the crystal was programmed with a sedative, the water would take on this characteristic or vibration. Drinking the water would induce sleep or deep relaxation.

Practical applications of this process include agriculture, the preservation of foods, as well as potential uses for healing.

The energetic patterns of a fertilizing agent can be stored in a crystal and then transferred into water. The water is then used to irrigate plants. We have found on a small scale experimentation that plants treated in this way show significant growth increase compared to untreated plants.

Although in most cases it was found that water generated a weak magnetic field, on one occasion a different effect was noted. Normally the effects noted above were attained by circulating water through a Pyrex glass tube coiled seven clockwise turns, around a Vogel-cut<sub>™</sub> crystal. By reversing the position of the crystal so that the firing tip was pointed upwards, an energy was released that lifted Marcel off the floor and flung him to the wall. He was standing approximately three feet away from the apparatus when this happened. Afterwards his eyes were burned as if from intense radiation.

Water is an unknown because of its familiarity. We have yet to discover the power inherent in this plentiful fluid. When water is circulated and spun around a charged crystal, enormous charge can be released from it. Further research is needed to determine the nature of this energy.

It is quite likely that although there is a measurable magnetic field present, it is, in reality, only an effect of something more fundamental in nature than EM fields. It should be noted, however, that the fields present in both the crystal and liquid when charged, whatever the nature of that field, can be cleared by a bulk demagnetizer.

Dr. Glen Rein has called these energies a quantum field or non-Hertzian energy. Dr. Rein has stated that quantum fields are independent of time and distance. This correlates with the observations made by Marcel not only in his work with water, but in his



early work with plants as well. His observation is that thought seems to overcome the inverse square law.<sup>10</sup>

The term "information transfer" is used to refer to an energetic phenomenon that is not in the traditionally accepted electromagnetic spectrum. Although somewhat vague, the term "information" indicates that there is some kind of discreet coding and not just an unqualified energy. When an information transfer takes place from a Vogel-cut<sub>™</sub> crystal to water, wine, juice, or even milk, there is an abrupt, immediate change in the physical properties of the fluid.

For example, in 1986 I was given two bottles of wine. One was a prize winning 1983 Chardonnay from the Sycamore Creek Vineyards. The second bottle was a 1986 Chardonnay from the same vineyard, newly bottled. There was a remarkable difference between the two in regard to body, bouquet, flavor, and even color.

I took a sample of the 1986 wine and obtained measurements from the Omega 5 in all three parameters: signature value, internal field, and external field. I then used the Omega 5 to program a Vogel-cut<sub>™</sub> crystal with this information. Having done this I placed the crystal within a coil of Pyrex glass tubing. The coil was housed within a wooden box. I then poured the 1986 wine through the tubing so that it circulated around the crystal. I did this seven times, so that sample one passed around the crystal once, sample two passed around the crystal twice, sample three, three times, and so on. I also kept a control sample.

It was found that sample four perfectly matched the 1983 Chardonnay in body, bouquet, flavor, and color. The remaining six samples did not match the '83 wine in any way and, in fact, samples 5 through 7 were bitter and almost undrinkable.

The fourth sample was then taken to the Omega and measured. The value obtained was then transferred into a Vogel-cut<sub>™</sub> crystal. The crystal was placed back into the apparatus and the remainder of the 1986 Chardonnay was circulated around it. In subjective taste testing by all of us present in the laboratory (including the vintners) the 1986 wine seemed to be a duplicate of the 1983 wine.

According to Marcel:

- 1) *A crystal (Vogel-cut<sub>™</sub>) tuned to water (454) is programmed with information so that a wine will be brought to completion with all of the reactions that are potential in the chemistry.*

<sup>9</sup> PRI Newsletter: 1986 vol. 3.2

<sup>10</sup> Laskow, Leonard. *Healing With Love*. Harper San Francisco. Appendix A.

- 2) The wine is then spun around the crystal 1 - 5 times
- 3) The wine is then measured with the Omega 5 after each spin.
- 4) A decision is made as to which wine is best.
- 5) The information is transferred to a master crystal and the wine is run in production with the master crystal. When the information becomes critical (at 4x), an abrupt change in the state of the wine takes place in much the same manner as we have seen with the liquid crystals.

"I believe we are seeing in the wine a critical transfer of information which can then cause abrupt changes in the chemistry of the system."<sup>11</sup>

"We have found that we can transfer a program for a laboratory unit to a larger industrial unit and then treat the wine in line with no loss of speed for the bottling operation. The structuring that we achieved in the winery was not dissipated by the filtering of the wine or the bottling apparatus. We found that the structured wine is more resistant to rapid breakdown when exposed to the atmosphere and will hold its flavor for extended periods of time."<sup>12</sup>

The procedure of circulating a fluid around a programmed Vogel-cut<sub>11</sub> crystal has been done not only with water and wines, but with juices and milk as well.

In the case of juices, the following experiment was done by Marcel and Dr. Brian O'Leary. Seven cups of orange juice were used in this experiment. One cup was designated as the control. Cup one contained juice that had been spun around the crystal once. Cup two contained juice that had been spun around the crystal twice. Cup three contained juice that had been spun around the crystal three times and so on to include all six remaining cups. Each cup was then injected with mold. The crystal was programmed with the intent of unconditional love. The following results were observed after one month:

- 1) control cup: completely moldy and slimy
- 2) cup 1: very similar to control cup
- 3) cup 2: slightly less moldy than cup 1
- 4) cup 3: even less mold than cup 2
- 5) cup 4: somewhat dark but no growth of mold at all
- 6) cup 5: somewhat dark and extensive mold growth
- 7) cup 6: extensive mold growth

The results observed here are in keeping with the observations in the wine and water experiments. The fourth pass around the crystal seemed to be the most

effective in regard to information transfer and attaining the optimal results. Prior to the fourth pass there seemed to be insufficient information transferred to the wine, water, or juice, and after the fourth pass there appeared to be an excess of information. Once the optimal level of energetic transfer was achieved, a rapid breakdown or degeneration occurred in the medium being used exceeding even that of the control sample.

Speculation is there's a learning curve involved. Just as an individual reaches a saturation point in taking in new information, so too fluids have an overload point. Beyond this, the chemistry of the fluid begins to deteriorate with great rapidity. As more information is added, the deterioration becomes greater and greater.

Wines treated by this process once opened can be left for weeks without any detriment to the wine. This is the case for milk also. The chemical breakdown seems to be minimal.

### Marcel's legacy

The purpose of this paper was to provide a fitting review of possibilities as demonstrated in the life and work of one man, Marcel Vogel. As a summary, one could not improve upon the eulogy for Marcel presented by Dr. Bernard McGinty at Marcel's funeral on Valentine's Day, 1991, at St. Leo's Catholic Church, in San Jose, California. The following is the text of his eulogy.

By Dr. Bernard McGinty:

Those of us who are scientists or physicians and who worked with Marcel Vogel were well aware of his scientific achievements: his extraordinary work with phosphors, bioluminescence, luminescent paints and the design of magnetic disc coatings in computers. He was one of the most prolific scientists in IBM history with over 100 patents in his name. Yet, until his recent honorary Ph.D., he possessed no official university degree. He made his mark because of the brilliance of his mind, his prolific ideas, and his seemingly limitless creativity.

But it is not his scientific work that I want to talk about. For it is for his work with Spirit, his great spiritual strength, his wonderful capacity to love that I will always remember Marcel.

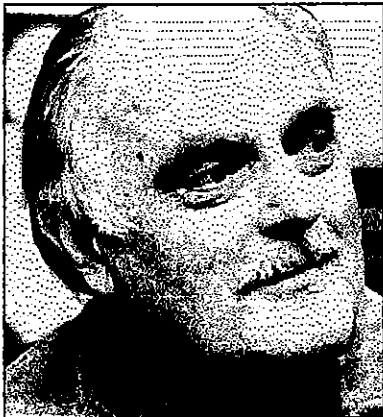
I was one of a group of 16 physicians privileged to work with him over a number of years with body energies, especially the capacity to focus healing energies with crystals in the treatment of illness. All of us had an extensive background in acupuncture

<sup>11</sup> PRI Newsletter: 1989 vol. 6.1

<sup>12</sup> PRI Newsletter: 1988 vol. 5.1

and appreciated the ability to manipulate body energies.

Under Marcel's guidance, some of us began to learn the process of transmitting thought, especially loving thoughts, unconditionally, to our patients. It brought us an even greater capacity to appreciate the power of the mind to influence illness, the power both to heal and exacerbate disease. And, most important all, to appreciate the incredible presence of unconditional love and its capacity to trigger transformative shifts in a patient's psyche.



Marcel served for me as a spiritual mentor. He was a truly devout, yet iconoclast Catholic with a passionate love for Christ, and whose devotion was part of his very breathing. Yet he

embraced with a deep understanding the teaching the Eastern religions with an especial love and admiration for the Lord Buddha.

He possessed the ability to see beyond the confines and formal structure of church teaching to appreciate the underlying principles in all devout religions. Marcel would have been just as comfortable in a Tibetan monastery as he was in this Church. And just as comfortable and compatible in the presence of the Dali Lama as he would in the presence of the Pope.

Marcel emphasized the power of meditation to heal and guide our lives. I would like to invite you to join with me now in a meditation prayer to, for and with Marcel.

Please sit comfortably in your chairs, take some deep breaths and in a true ecumenical spirit rest with your palms turned upward and the tips of your thumb and forefinger joined together.

First of all visualize Marcel.

See him clearly; that big teddy bear of a man with his great capacity to love.

Ask yourself, what lessons did he teach you?

How did he serve as an example to you?

In what way did he influence your life?

Now send Marcel your true appreciation of what he did for you and what he meant to you.

It is said that all great teachers pass on their energy, their knowledge, and their wisdom. Ask Marcel to pass on to you whatever energy, knowledge or wisdom you need from him.

Finally, let us all join together in sending him a wave of love. Thank him for being part of our lives. And send him on to his highest spiritual evolution with our blessings and with all our love.

I would like to close with a prayer of St. Francis of Assisi – a prayer that embodies the essential purpose of Marcel Vogel's life.

Lord, make me an instrument of Thy Peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, Faith;  
Where there is despair, Hope;  
Where there is darkness, Light;  
Where there is sadness, Joy.  
Lord, grant that I may not seek to be  
consoled as to console;  
To be understood as to understand;  
To be loved as to love;  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying  
that we are born to eternal *life*.



Marcel and Rumi Da at the Vogel's 49<sup>th</sup> wedding anniversary party, California, January, 1991.

## USE OF THE QUARTZ CRYSTAL BALL

by

Rumi Da

The use of a crystal ball has been shrouded in mystery and superstition for centuries. Why is this? Primarily because mystery and superstition allow those who know about such things to appear more powerful and special than they actually are and to control those who don't know about such things.

Using a crystal sphere is quite simple. There is one primary requisite, however: you must have a genuine quartz sphere, not an Austrian lead crystal ball. The lead crystal ball is actually glass and glass does not exhibit any of the properties that make quartz useful to us. Some of these properties are piezo-electricity, information storage capability, and energetic transfer capacity. Quartz has these properties because of its orderly, regular and repeating molecular pattern. Glass is amorphous or completely random in its molecular building blocks.

How can one distinguish glass from quartz? A good glass sphere will be completely clear and incredibly shiny or brilliant. A good quartz sphere will be clear but usually not quite as brilliant. This is due to the different ways that the two materials refract light. The quartz ball will seem to be "denser". Most quartz spheres will have some kind of inclusion in them, however minimal. These are usually clouds or veils or very small cracks. Sometimes other minerals become included. Any of the inclusions you have seen in quartz points are also found in crystal balls. After all, this is the source material for the sphere. A glass sphere will sometimes have bubbles within. This is found only in the poorer specimens.



Probably the easiest way to determine whether a sphere is glass or quartz is when one charges the crystal with one's mind. This is accomplished in the same manner as energetically imprinting any crystalline form. When one does this as described later in this article, the sphere will be felt to oscillate or vibrate. The surface of the crystal will feel "sticky" to the touch. This response does not happen in glass.

Another way to determine if a sphere is glass or quartz is price. Glass spheres are quite inexpensive compared to quartz. One can usually find a good six inch diameter glass sphere for somewhere around \$150 +. A similar sized quartz sphere could cost up to \$5000 + depending upon the quality of the crystal.

For the process described here, a six inch diameter sphere would be excellent, but a three inch diameter would suffice. According to some, the best crystal sphere is ground from a double terminated quartz. This would make the cost of the ball significantly more expensive than indicated above and *very rare*. Unless you are unusually sensitive, and *accurate in your sensitivity*, it is impossible to determine if an already existing sphere has been cut from a double terminated crystal. The only way to be sure would be to provide the raw material yourself.

Experience with hundreds of people has shown that the requirement of a double terminated source material, although quite special, is not necessary. As always, the key is the user or operator, not the crystal alone.

The first thing to do when working with a crystal sphere is to clear it. This can be done by holding the ball in both hands. Look at it as you create the intent to clear the crystal of any influence that might be harmful or limiting to you. Take in a slow deep breath, focus your intent on the crystal and release the breath as a sudden pulse through the nostrils.

To charge the crystal, rotate or rub the sphere between your hands. As you do this you can apply a little pressure, as if you are pushing your hands into the crystal. The ball will soon feel to be somewhat "sticky".

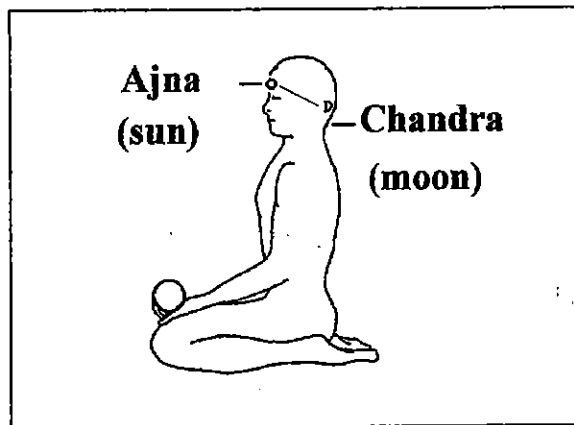
When you experience this piezo-electric surface charge, focus your attention on the sphere with the intent to transfer the energies of love and well-being to its center. Take in a slow deep breath, look lovingly at the crystal and then release the breath as a sudden pulse through the nostrils. You may feel an oscillation from the crystal and possibly within your body as well. When this energy shift subsides, focus on your intent.

If, for example, your purpose in using the sphere is to contact inner plane Masters or guides, fix your

mind on this intent, breath in deeply, focus, and then pulse your breath through the nostrils. Quite often you will sense a light coming from the ball. This light is frequently visible to anyone who might happen to be with you when you do this. You are now ready to begin "scrying" or gazing into the crystal.

It is very common that "veils" or clouds begin to form within the sphere. These are like curtains. To eliminate these veils you can use the same method of breath and intent practiced so far in working with the crystal. When you encounter any clouding, simply have the intent to lift or pass through this veil, inhale slowly, focus on your intent, and release the breath in a sudden pulse through the nostrils. Repeat this procedure anytime you encounter an obstacle to your use of the crystal.

As you experience those energies that you seek to contact, begin a simple dialogue. You may want to have a tape recorder nearby so you can record the information.



The crystal ball acts as a lens for the energy of the mind. One may feel a pulsing or pressure at the occipital area or base of the skull. This happens due to the stimulation of the visual cortex of the brain and an area known in kriya yoga as the Chandra or moon chakra. Some metaphysical teachings call it the alta major center. Regardless of the name given to it, this area is related to the third eye in the middle of the forehead. Frequently a strong connection can be felt between the two focal points like a streaming or pulsing of energy linking the base of the skull to the center of the forehead.

The images that appear when using a crystal ball often appear to be hovering two to three inches over the sphere. This is normal although the source of the imaging is within the user. It is unimportant whether

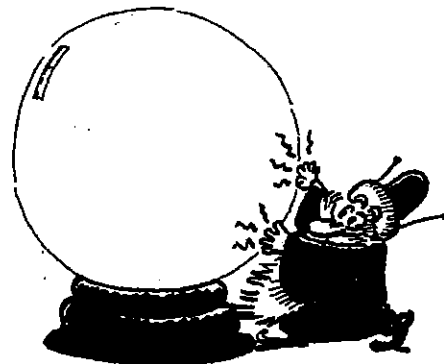
or not one has the eyes open or closed for this process. It is a matter of preference.

In the past, individuals have used glass, mirrors, water, and other reflective surfaces to obtain the same outcome described above. This is possible because it is the user, not the quartz, that is the primary operative here. The purpose of the quartz is to act as a stabilizer and storage medium for the energies activated in the process of scrying.

The reason for using a sphere rather than a normal crystal of quartz is that a properly ground sphere intensifies the process of concentration due to all the energies being focused into the center of the crystal ball.

It should be noted that the same results can be obtained using a Vogel-cut™ crystal with an even greater coherence and resonance with one's consciousness. This is due to the Vogel crystal's properties as outlined in the previous article.

In the final analysis it is always the meditator's consciousness that is the guiding factor. Any instrument or device is simply an adjunct to the user's already existing abilities and talents.



## STAR OF DAVID MEDALLION

Quartz demonstrates the Star of David energy configuration. In order to utilize this template to its highest benefit, we have found that using this pattern as a shield faceted from pure quartz to be very effective not only as a type of psychic shield, but also as a tool for subjective communication.

Marcel Vogel wrote of this crystal medallion:

*We have designed, after careful testing and measurement, an optically clear quartz crystal medallion, cut in the shape of a triangle, which is worn over the witness area (thymus gland). It may be programmed with any thought of intention you choose, but we have had great success using it as a protective shield from unwanted energies. A drop of a flower essence, a homeopathic remedy or such can be placed on this medallion and it will radiate its essence throughout your body.*

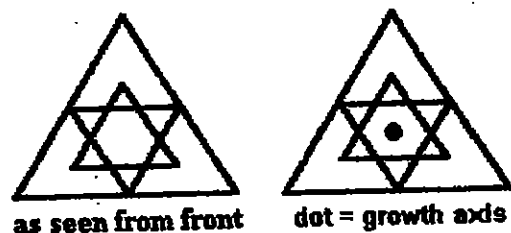
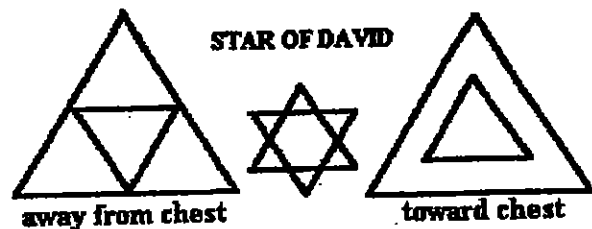
*When I imprint the crystal medallion with the thought of love and well-being, I cohere all the energies of my body so that it becomes an impenetrable fortress of its own energies. Now I can handle external forces without taking them in, and without their interfering with the functioning of my own body. This does not mean that the medallion takes away the sensitivity; in contrast, it desensitizes the wearer to invasive external energies so that the wearer is able to remain open to tune into what he or she chooses.*

*Without this protection, I feel the differential vibrations of each of the people with whom I am interacting. There is a confusion within my being as to how to process these energies within my own system and this begins to interfere with my normal body vibration. My energies get drained because of all of the vibration I am forced to process.*

*Surrounding our physical body we have an energy field known as the auric curtain. After much experimentation with this field, I have given it the name of information band. When this information*

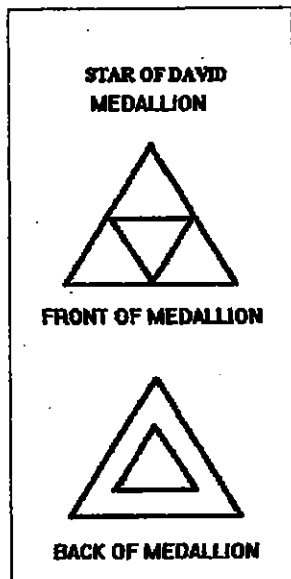
*band is interfered with, one loses control over one's own body and it gets weaker, sometimes losing consciousness as well. We're not talking about disease here, but purely energetic information exchange. An example of this is when an audience projects a thought at a speaker. If the thought projected is one of approval, the speaker is likely to receive a feeling of well-being. If the thought is one of disapproval, the speaker will immediately feel drained of energy and will most likely exhibit fatigue. Wearing the medallion at this time will prevent this type of energy drain.*

*Within the triangular structure is contained another triangle, one quarter the size of the medallion, with the tip facing up (as it is worn against the witness area) on the back of the medallion, and another triangle with the tip facing downwards (as it faces out from the body).*





*The higher mind (or soul) works with symbols. From these symbols, the truth is being spoken. Each of us has a triune nature of body, represented by the top point of the medallion, mind, represented by another point, and finally the interaction of spirit with matter, the soul, represented by a third point on the triangle. In both esoteric and Christian philosophies this element of the triune or tri-unity can be found. The two smaller triangles form pyramids in space, creating tetrahedrons, the symbols for water (the molecular structure of which is also a tetrahedron). As above, so below. Turning the medallion over, you find a reverse pyramid.*



*There is a co-balancing of forces. The large triangle is also brought to a pyramid in space and so the energy is pouring out in one direction (creating a field in space around your body) and held stable in the other direction (keeping that field steady), similar to the actions of our healing crystals.*

*To CLEAR the medallion of unwanted energies, programs, or thoughts, hold it in one hand and rest the other hand over it. As you draw your breath in, think the thought of clearing the medallion of any harmful or limiting energies. When you have done this, release the thought into the medallion with a pulsed breath through the nostrils.*

*To CHARGE the medallion, hold it as stated above, draw your breath in and think thoughts of Love, well-being, healing, or whatever you desire and again release these thoughts into the medallion with a pulsed breath. It is suggested that you always charge the medallion with Love and well-being. Any other intent can be overlaid on this primary patterning. Love acts as a carrier wave for any and all additional information.*

*Putting your intention into a device like this helps you build and maintain the ultimate shield or protection for yourself. Wearing one of these medallions with loving intent can hold the integrity of your body and maintain the equanimity of self in spite of whatever goes on in and around you.*

*(PRI Newsletter #6.5 Sept.-Oct. 1989)*

**The Star of David medallion is available from Lifestream Associates in a choice of sizes.**

**Regular** (approx. 35mm. each side)

Silver: \$225.

Gold: \$350.

**Mini** (approx. 25mm. each side)

Silver: ~~\$75~~ 150

Gold: ~~\$75~~ 200

*All medallions are made from clear natural quartz crystal. Citrine and amethyst, set in gold, are available as special order items in the regular and mini sizes. Add \$25 for mini and \$50 for regular. See order form.*

## THE STAR OF DAVID MEDALLION:

### To the Rescue

by

Rumi Da

In the summer of 1995 we saw a classic example of the medallion in action. At a two week seminar in Switzerland a friend, Patricia, came to me with a serious condition of high blood pressure. This pre-existing condition was greatly exacerbated by being in the high elevation of the Swiss Alps. The blood vessels in her eyes were bleeding through and there were occasional nose bleeds. Something needed to be done.

With no medication available, Patricia recalled that a naturopathic doctor in Rome had told her that blood pressure could be normalized by eating an entire head of roasted garlic and, in fact, this had been effective in the past. That evening several of us were treated to bruschetta with garlic. It was a wonderful snack but somewhat inappropriate in a group situation where not everyone was eating garlic. Another remedy had to be found.

Remembering what I had taught about a crystal being able to store and transfer the vibration of any substance, Patricia decided to put this to the test. She took her Vogel-cut™ healing crystal, cleared and charged it and then programmed it with the vibration of garlic.

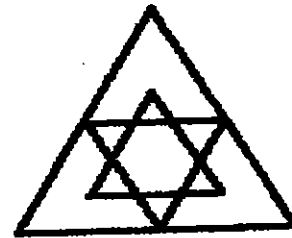
She did this by placing a clove of garlic on the crystal, creating the intent that the essential vibration of the garlic be imputed to the crystal, and then releasing this intent with a pulsed breath.

Once satisfied that the crystal had been programmed effectively, Patricia projected her consciousness into the crystal and then meditated with it in her hand for approximately twenty minutes. The symptoms of the high blood pressure attenuated.

However, as often happens when we use a palliative remedy, she neglected to continue this practice once her symptoms disappeared. Only when the experience of increased pressure returned did she remember to use the crystal again. Although effective, we thought that perhaps there was another way to utilize this dynamic without Patricia having to experience the yo-yo effect. To this end she did the same practice, but this time using the Star of David medallion. Once programmed and worn over the witness area, the medallion would continue to maintain the vibration of the garlic within her energy field or information body, thereby maintaining a normalized blood pressure.

For the remainder of her stay in Switzerland the difficulty of high blood pressure did not present itself again. Once home in Rome, Patricia no longer experienced any difficulty as she was no longer in the mountains.

It must be understood that this is not a recommendation to replace medical intervention with this kind of treatment, but rather to present this as a possibly useful option when appropriate medical treatment is not available.



### LIFESTREAM ASSOCIATES

70 Sable Ct., Winter Springs, FL 32708-4117

Tel/fax: 407-699-1672

## **HYDROTHERMAL QUARTZ:**

### **Crystals Get Cultured**

**by**

**Rumi Da**

Hydrothermal quartz, also known as "cultured" or synthetic quartz, is grown in an apparatus called an autoclave. This "pressure cooker" is able to produce an internal pressure of 21,000 psi (pounds per square inch) and very high levels of heat. Superheated steam is a solvent for silicon dioxide. A supersaturated solution can be created in the autoclave from which crystals of quartz can be grown on appropriate seed plates.

Crushed silica is put into the bottom of the autoclave to function as the source material for the soon to be crystals. Slices of quartz are hung in the upper portion of the device to act as seed plates. The autoclave is filled to about 85% with a somewhat alkaline water that has an added 1% of sodium hydroxide. This increases the solvency of the water to the quartz.

The autoclave is heated and as the temperature increases various processes unfold. When at 200°C most of the water has become superheated steam. At 300°C the internal pressure has risen to 20,000 pounds per square inch or 100 times that of normal atmospheric pressure. The crushed silica at the bottom of the autoclave dissolves and the water, with the superheated steam, begins to rise. The temperature in the upper region of the chamber is about 40°C lower than that at the bottom and when the solution of silica reaches this area it supersaturates and crystallizes on the seed plates.

Crystal up to 50mm x 150mm can be grown in 3 to 4 weeks. Larger crystals are created by using these first generation pieces as the seed plates in a second or even third run.

Colored crystals can be created by a process called "doping" which is the addition of chemicals to the mix to produce the desired color. Iron will

produce green or yellow; cobalt produces blue. Amethyst is created by the addition of iron oxide to the crystal which is then irradiated. Citrine can also be created by irradiating a clear crystal.

This hydrothermal process is used in the creation of other types of crystals as well.

Emeralds, for example, can be produced this way. Instead of the source material being only at the bottom of the autoclave, it is placed at both the bottom and the top. Seed plates of beryl (rather than quartz) are suspended in the middle portion. Oxides of beryllium, aluminum, and chromium (or sometimes vanadium), are in the lower part of the autoclave and crushed quartz is at the top. These constituents dissolve at 600°C and react together in the center of the autoclave, forming the emerald solution which crystallizes on the seed plates of beryl.

This process produces a controllable and some argue a purer form of crystal in. Objectively, it can be very difficult to discern the difference between the synthetic and the natural crystal once it is faceted, although there are some guidelines that can be used. These guidelines are indicators such as inclusions, color zoning, and twinning.

One of the most common features in earth grown quartz is what is known as twinning. Twinned crystals occur when two or more crystals grow together and produce a symmetrical shape. This can happen when one of the crystals grow with one half rotated at 180° to the other. This is called contact twinning. Penetration twins occur when one crystal grows through the other and there is a direct relationship between their crystallographic axes. Twinning can also occur in synthetic quartz if it is grown from twinned seeds.

Probably the most reliable method to distinguish natural from synthetic is the color zoning and inclusions of the crystal. In natural amethyst, for example, there is a feature called "tiger striping" in which zones of light and dark can be seen within the overall violet color of the crystal. This is unlikely to happen in synthetic amethyst.

The color variations in natural quartz can be corrected by "cooking" the crystals. Citrine can be created that has uniform color. In this process poor color quality amethyst is heated to about 450°C with the result that it becomes a citrine. These crystals are sometimes known as "burnt amethyst". They are natural, but heat treated. Citrines and amethysts are often processed this way to create a more homogenous "sellable" color.

Natural quartz typically has inclusions such as groups of tiny prismatic crystals, flecks of various impurities, and so on.

The primary question for most individuals involved in healing and meditation work is "why use synthetic quartz?". The tendency is that most natural quartz has a twinned or "confused" spiraling of its molecular matrix. This means that the pattern of rotation of the molecules is not just to the left or to the right, but a hodge podge of both. In the experience of some practitioners this slows down the movement of energy through the crystal. Cultured quartz does not have this condition unless it was intentionally grown with source material from twinned crystals. This is why the quartz used in the electronics industry is laboratory grown material.

Earth grown crystal will always have the imprint of the environment in which it grew. This is a plus for most people. It is a connection to the earth and a relationship to whatever coding may have been installed in the crystal either intentionally or through the natural process of its long history of growth.

Synthetic crystal does not have this history. Those who use such crystals use them for just this reason. They want a crystal that is devoid of any prior programming and has a purer matrix than is possible in nature.

One internationally renowned healer, a friend in Canada, prefers the synthetic crystal for his healing work because it delivers the energy he is working with in a much faster and more powerful way. He has both a natural quartz Vogel-cut™ crystal as well as a Vogel crystal faceted from synthetic material. For the most part he prefers the synthetic material. Although Vogel-cut™ crystals are not normally made from cultured material, several customers have special ordered them and are very satisfied with the results.

Some individuals maintain that the synthetic crystal has no "life" or "life force". Our experience has been that everything is alive whether natural or synthetic. The point is understood, however. A cultured crystal is a *different* life than an earth grown crystal.

When one has a synthetic stone of any kind, if you take that stone, clear it and charge it with breath and mind, it will change. As we infuse the crystal with our own consciousness, our own energy, the stone will change. We breathe into the crystal our breath of life. The variable here is one's ability to actually effect this change.

It comes down to a matter of choice and a matter of what is better for the task at hand.

As Richard Bach notes in his book *Illusions*:

*"Argue for your limitations  
and they're yours."*

Our suggestion is to experiment with both types of crystal and find out what works best for you in each circumstance.

*Still, unless specifically requested,  
we continue to create Vogel-cut™ crystals  
from natural earth grown quartz.*

## OPENING THE SUBTLE ENERGY CHANNELS

by  
Rumi Da

In many traditions of health and metaphysics there is a teaching about subtle energy channels. Most of us are familiar with the meridians of acupuncture and the nadis of kundalini yoga. A good book on either of these subjects will give you an overview of what these pathways are. Recommended is Vibrational Medicine by Richard Gerber.

Although the methods outlined here do not require detailed knowledge of these subtle energy channels, it can only be helpful to be more informed.

Even though these practices are preliminary in nature they are still quite powerful and it's advisable to proceed with caution and awareness.

These exercises are adapted from the Tibetan tradition. Their purpose is to center, balance, concentrate, and purify the energetic field that you are. As you proceed in this work you will discover for yourself what they're on about as they begin to take affect. Keep in mind that there's no rush required. Hasten slowly...don't force.

There are some very basic preparations that will assist you enormously. As with any practice, it is necessary to clarify your intention. The overall intention of all consciousness work is to explore Awakening, the emergence from the deep spiritual sleep in which we exist. Anything else is a side effect. Contemplate this purpose and then you can specify the particular intent of the practice that you're about to unfold. Always keep in mind, at least initially, what it is that you propose to accomplish. If you don't know where you're going, what the movement of your energy is you may become totally dissipated and exhausted.

The place to begin is with investigating the physical body and its energy channels...the veins and arteries, and more importantly, the nervous system. An anatomy and physiology coloring book can be very helpful. Do the work. Get into the mind of a child...the playful mind. *It's okay to color outside the lines!* Learning a few things about the physical body will help you in your understanding of the more subtle channels, the psychic pathways.

When you've been doing this for awhile, add to your exploration an investigation of the planetary body. Find the circulatory and nervous systems of Gaia, the earth. This will offer up even more clues. See the analogies. As above, so below.

Next, examine the elements...earth, water, fire, air, space, and consciousness. What do they represent? Investigate for yourself. Use the books if you want to, but find out for yourself.

What do these elements mean in YOUR life?  
Ask these questions:

Where does it begin?  
How long does it last?  
How does it decay...die?  
How do these elements inter-relate or interact?

These are the ELEMENTary questions. Keep the mind of question, the opening mind. Look for these elements throughout the day as shapes. Each has its own particular geometry.

**EARTH** is the square, the four corners of the earth. When in balance, it manifests as support, harmony, equanimity and generosity, or extension. When distorted, the earth element becomes obstruction, pride, and arrogance, rigidity and miserliness.

**WATER** is circular. It's balanced manifestation -- insight, clarity, and fluidity. When distorted it becomes the violent mind full of hatred, anger and aggression.

**FIRE**, or radiance, is the upward pointing triangle demonstrating, when balanced, as compassion and discernment. When distorted it is lack of discernment, obsessiveness, compulsiveness, and possessiveness.

**AIR** is the integration of the upward and downward pointing triangles. It is the six pointed star seen as freedom and spontaneous activity when balanced; anxiety, fear, paranoia, envy and suspicion when distorted.

**SPACE**, or akasha, is the crescent moon or half circle, manifesting as wisdom and limitless intelligence when in balance, and depression, stupidity and willful ignorance when out of balance. See where these shapes exist in nature....in the physical body. See where the elements manifest within you.

These are the various contemplative practices that you might find fruitful to pursue. Contemplate the impermanence of things...how they change...the comings and goings of life around you. Know that you too will pass away. Who is it that passes?

Next, contemplate suffering. Don't wear it like a badge. This is part of the cultural and religious programming...to wear your suffering on your sleeve for all to see, as if learning requires suffering. It doesn't! Look into suffering as such, but not as a definition of who you are. This is simply the negative ego. It ultimately has no substance, so why bother with it? Simply *see* into the nature of suffering. It's been said that suffering is having what you don't want and wanting what you don't have...seeing the impermanent

as permanent and the permanent as impermanent. Look into this.

The next step is to contemplate the extraordinary miracle of your precious human form, the good fortune that you are here, in this realm, with such relative affluence and possibilities. See the great opportunity of human birth..

You can study the mind of compassion...the Heart...loving kindness. What's in it for you? What's in it for anybody? Or everybody?

Contemplate Awakening -- individual, planetary, cosmic - are they separate? Investigate the Bodhisattva being. This is one who is awakening for the sake of all sentient beings. What is that on about? Question, question, question.....and then live the answer.

These investigations need to be done before proceeding to the following phase. As mentioned, hasten slowly. Allow as much time as it takes. There's no need to push. Where do you think you're going anyway?...ultimately. If you think there's somewhere to go, investigate that one. That's a major problem for many of us.

The next step in this process is what's called the Hollow Body Practice.

Sit in a cross legged position if at all possible. This helps to close the body's energy circuit. If this is too difficult, sit in a chair. It's better to be able to sit comfortably than to be focused on pain the entire time.

Let your right hand rest in the left, spine straight but not rigid. Curl your tongue back against the roof of the mouth. This stimulates the higher energy centers in the head. Let the eyes focus about ten inches beyond the tip of your nose.

Visualize your body as being that of any Buddha with whom you feel a resonance. If you're Christian, you might see your body as the body of Christ. See this being as being you in meditation. Have the thought, "My body is now the body of \_\_\_\_\_ (Buddha, Christ...) and it is hollow and clear within."

Beginning at the head and moving downward, develop the feeling sense and visual sense that the body is hollow....like a balloon. To move from the head downward is important as it will allow the experience of the descending energies of Baptism.

You may find it easier to do only one body part at a time. Begin with the head...add the neck at the next sitting...then the shoulders...then the arms...and so on until you are able to move down through the entire body. Remember, you're not going anywhere. Hasten slowly. Cut yourself some slack and take it easy. No urgency -- there's no need to push.

Once you're able to be the hollow body of Christ or Buddha, see the body as being various sizes from the microscopic to the cosmic. Throughout, maintain the

sense of hollowness. Stay with this stage for some time, perhaps weeks, until you really get a *felt* sense of what this meditation is on about.

When you feel ready, ;move on to this next phase: visualize the central channel (sushumna) within the spine as if the spinal canal were hollow and clear. Imagine the left and right channel (ida and pingala) on either side about half the width of the central channel. See them ascending from the nostrils, inside the forehead to the top of the head and then down either side of the sushumna like two shepherd's crooks. The right side is red with a little white...the left is white with a little red. All three channels are hollow.

The next step is to visualize the chakras. Some teachings indicate only four chakras, but we're going to suggest the standard seven. Imagine them...one at the base of the spine;...one just above the genitals...one at the solar plexus...another at the heart...next at the throat...up to the brow, slightly above and between the eyes...and finally at the crown. All of these centers are the criss-crossing of nadis...more hollow tubes! The entire body is a network of hollow tubes, all pulsating and ALIVE...all essentially empty. All form is essentially emptiness.

To supplement this work, draw pictures of the nadis and chakras. Find some books on the subtle channels and see how others have depicted them. Use colored pencils or crayons and be creatively playful, like a child. These are important practices, but not necessarily so serious.

### VASE BREATHING

So far we have investigated the body, our own and that of the earth. We have looked into the nature of the six elements and their relationship to each other. Next is the five contem- plations: impermanence, suffering, the miracle of embodi- ment, loving kindness, and finally Awakening. Continue to explore and investigate these energies.

For the next practice it is important to first stabilize the breath, to let it be flowing evenly through both nostrils. Usually the breath flows more easily through one nostril than the other and this changes about every two hours or so throughout the day. To experience this difference in the flow through each nostril may be a practice in itself. Develop this sensitivity. Sit and observe your breathing. By noticing the air as it passes through the nostrils you can feel which is open more, the left side or the right.

You can also accomplish this by blocking one nostril and breathing. After several seconds block the other nostril. Through which side is it easier to breathe? Their is a period of time, a transition time, in which

both nostrils are open equally. If this is the case for you, do this again in fifteen minutes and you will find a change. During the two hour cycle there is a period of approximately fifteen minutes during which the flow of breath is changing from the left to the right or vice versa.

When the breath is flowing more through one nostril than the other, there is a simple method to bring it into balance.

Rest the ring finger of your right hand on the center of the forehead and close the clear nostril with the right thumb. Exhale, releasing the breath through the open nostril and then inhale gently, slowly, and deeply. Repeat this three times and then switch nostrils, repeating the process in its entirety with the other nostril. When the breath flow is balanced take a few moments to breathe deeply and feel how this is different.

There is another, more subtle way to bring the breath into balance. Noticing which nostril is most open, slowly and gently exhale, as if only through that nostril. As you slowly inhale through the same nostril imagine a blue/white light flowing in and reaching a point in the center of your forehead. Exhale this light slowly from the center of the forehead and out through the same nostril. Repeat this for two or three minutes or until you feel the nostril to be completely open.

The next step is to now exhale through the other nostril. Do this in the same way. Imagine that a blue/white light is being exhaled. As you inhale bring this light in through the nostril to the center of the forehead. Gently exhale, the light moving from the center of the forehead and out through the nostril. Continue this for two or three minutes or until you feel the nostril to be completely open.

At this point both nostrils should be equally open and the flow of breath and light balanced. With your next inhalation, imagine the breath and light reaching the center of the forehead and as you exhale let the energy flow out through the other nostril. If, for example you have breathed in through the right nostril, exhale through the left. Inhale through the left and exhale through the right. Inhale through the right and exhale through the left. Continue this pattern for several minutes, using the center of the forehead as a kind of bridge.

Why is it important to work with this practice?

There are two reasons:

Studies have shown that this technique will synchronize the hemispheres of the brain. (Laskow) This affords us optimal functioning and balance between our linear and non-linear selves.

Secondly, according to yoga teachings, we consist a system of non-physical energy channels. Primary among these are two that are placed on either side of the spine.

These conduits conduct or transport the solar and lunar currents along the vertical axis of the body. The origin of the two primary channels is at the base of the spine; their termination is at the nostrils. Their path is like a shepherd's crook that follows from the base of the spine, up over the crown of the head, flowing down over the forehead and ending at the center of the forehead or third eye area. When the subtle energy channels are not in balance it manifests in our breathing. Consequently, we can have a degree of control over the flow of energy, or prana, through our subtle selves by adopting a certain degree of control over the breath. This form of alternate nostril breathing will bring balance to us both physically and non-physically and balance is the precursor to any kind of healing



ॐ म ऋ ॐ



Ron Carson (Rumi Da) is a spiritual friend and mentor, a guide whose work is to be of assistance to those who tread the path of Awakening and seek to be of service in the process. He is an authority on the use of quartz crystals, having studied with teachers from a variety of backgrounds ranging from the scientific to the spiritual and shamanic. Ron has trained as an addictions counselor, massage therapist, and professional rebirther. He is a graduate instructor of the School of Hatha and Raja Yoga of Toronto, Canada, and has participated in informal training in Gestalt, Transactional Analysis, Bio-energetics, Neuro-Linguistic Programming, and Spirit Releasement Therapy. He is also a member of the Association to Advance Ethical Hypnosis.

In 1979 he was initiated into sannyas by Osho Rajneesh and given the name Swami Anand Rum Da.

In 1981 he was given the Dharma name of Venerable Karma Tigme Tashi by His Holiness Kalu Rinpoche. Ron has a broad understanding of Theosophy and the teachings of the Tibetan Master Djwal Khul as presented through Alice Bailey and Janet McClure.

Ron travels extensively throughout the United States, Canada, Europe, and South East Asia offering teaching to a wide variety of individuals. To experience his lectures and seminars is to be accessed to the energies of Love and Humor as well as to a broad spectrum of knowing, expertise, and understanding. He brings both Eastern and Western mystery traditions into up-to-date, practical, and interesting presentations.

Ron is the author of LIFESTREAM CRYSTAL ENERGYWORK, VOGEL-CUT™ CRYSTALS, numerous articles for a variety of publications, and has in preparation CRYSTALS AND THE MATRIX OF CONSCIOUSNESS.

Ron has conducted workshops with friend and mentor Dr. Marcel Vogel with whom he acquired his fundamental training and knowledge of the use of quartz crystals. Of him, Marcel said:

*I see in Rumi Da a man who is capable of carrying on the teaching in a lovable, meaningful manner. This teaching is to know Self in a deeper, more meaningful way and to release the attachments to the past in a loving manner.*

*Rumi Da now treads the path of Enlightenment and the unfolding of the Soul descending more fully into matter. Rumi has the training, he has the crystals, and you can come to him... and he will have other people that he will train and this type of training can be passed on to others.*

Shortly before his death in 1991, Dr. Vogel asked Ron to continue the work with crystals and specifically to offer teachings to those individuals interested in this form of service:

*I ask that you carry on this work as best you can and maintain the standards we have striven to achieve over the years. I have given you the heart of my work and I know you will continue with wisdom and love.*

To this purpose we continue the teaching on crystals and the exclusive authorized production of the authentic hand-crafted Vogel-cut™ crystals.

Ron offers teaching on a variety of other spiritual and personal growth pathways. If you have an interest in further information about these or about Vogel-cut™ crystals, or would like to subscribe to *The Lifestream Letter*, please do not hesitate to contact us at:

LIFESTREAM ASSOCIATES

70 Sable Ct.  
Winter Springs  
FL 32708-4117 USA  
Tel/Fax: 407-699-1672