

Edgar Cayce's Sacred Stones



Edgar Cayce's Sacred Stones

 The A-Z Guide to Working
with Gems to Enhance
Your Life and Health

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A Note to the Reader

Edgar Cayce's readings are numbered to provide confidentiality. The first set of numbers refers to the individual or group for whom the reading was given. The second set of numbers refers to the number in the series from which the reading was taken. For example, 254-8 identifies the eighth reading that was given to the subject who was assigned #254. It is important to remember that the readings were given for individuals even though they carry a universality of content. With the physical readings, however, it should be noted that the information is not meant to be used for self-diagnosis or self-treatment. Any medical problems need the supervision and advice of a health care professional.

Unless otherwise noted, the King James Bible has been used for biblical quotations.

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I thank you all.





It's hard to believe that the first book I wrote for the A.R.E. Press was published ten years ago in 2005. Time flies, as they say.

For the past several years, I had an inner knowing that someday I would write one more book for the A.R.E. The trouble was that I had no idea what it would be.

The moment that my first book about gemstones, minerals, metals, and more was published, I continued with my research and discovered there were many more aspects of this material to explore. After various visions and dreams concerning the fact that I needed to finish something else regarding the Edgar Cayce material, I still had no specific answers about what to write.

For years, I have had an idea floating around me to write a book called *Stones of the Bible*. Initially, I wanted to write that book as an answer to critics who believe that the power of gemstones is evil. The reality is that nothing could be further from the truth. Gemstones have played an important part not only in the Bible but also in many other civilizations.

Little did I know for all these years that these two ideas were similar. Back in 2013, I began a lengthy process of revisiting all of my previously published work. I reread every word, contemplating what I had written and asking myself what I might like to expand upon in the future.

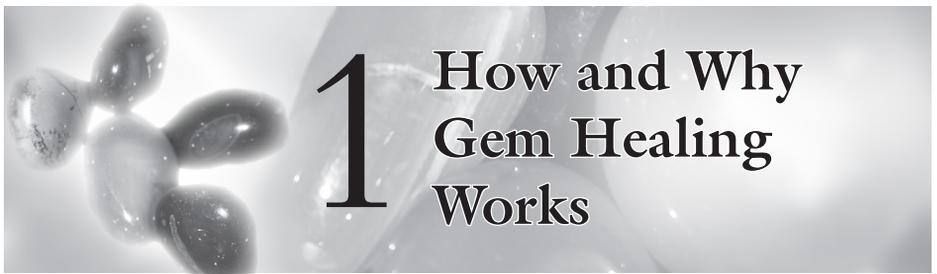
When I read the Cayce material again, I realized that this book more than any of the others had profoundly influenced my thinking and inspired me in many other projects through the years. I soon realized that I was not finished exploring this topic. Although my first book has what I consider to be an abundance of information, I knew that there was much more to explore.

So I find myself once again immersed in the work of the world's greatest psychic. As always, it is my honor to work with the Association for Research and Enlightenment in order to revisit and expand my thoughts from the prior work into this latest compilation. I hope you will enjoy the material.

Life is mysterious. Some circumstances feel like they are "meant to be," and while we may have a knowing of when we would prefer for certain things to happen, sometimes our situations unfold in longer periods of time than what we initially imagine. I believe the time is *now* for this book!







1 How and Why Gem Healing Works

Before we begin our journey together, we need to discuss how and why gem healing works in the first place.

Everything in the universe consists of vibrations, and this idea is highlighted in much of the Cayce material.

Recently after a long period of working non-stop over the holidays, I developed a headache that lasted for three days. It was so severe that I had no choice but to go to bed and rest. When we need rest but refuse to listen to subtle clues, the body will eventually make the decision for us. Such was the case with my headache.

I live in the Dallas area, and we had experienced a very cold period with little sunshine throughout the month of December. When the sun finally came out, so did the pollen and other unwanted pollutants that blew in from all over the place.

On the sunniest and most beautiful day we'd seen in quite some time, I found myself indoors and in bed with the covers over my head. It was a challenging time for me, to say the least. For the first part of my confinement, aside from trying to hold still so that my head wouldn't hurt, I noticed that my mind was running a mile a minute.

I had been listening to some classical Christmas music in my car, and unfortunately the entire album played over and over in my mind for a day and a half. Once the music ran its course, other thoughts arose and languished about movies I had watched on the Hallmark Channel. Slowly, those faded away.

By the third day, I started thinking about memories from the deep past. By then, with my headache ever present, I escalated the situation from taking baby aspirin to adding sinus pills, which I absolutely hate to do.

Once my headache finally cleared up, my feet and legs began buzzing. Still completely out of whack, I called a friend to tell her that I was sure I was experiencing a true frequency sickness of some kind.

I was so “out of it” the first day that it wasn’t until the second day before I finally got up and selected some rocks. I chose my favorite citrine for my solar plexus, some amethyst for my eye sockets, a carnelian for my abdomen, and some quartz for the collarbone and neck area.

Within about twenty minutes of laying the gems on my body, I began to feel better. The stones, along with a vaporizer filled with eucalyptus, a lavender pillow on my eyes, and music consisting of alpha waves, all worked together to help me turn the corner in my healing.

This example of using stones explains how working with gems or any vibrational remedy can be successful. When you feel out of alignment in any way—and normally on a much more subtle level than what I just described—you need something to help you to restore your alignment.

Gems and stones, along with music, essential oils, and other wonderful tools that we have at our disposal, are very beneficial for realigning us with our natural healthy balance.

Gem healing is like music. Have you ever heard people trying to play music when it is out of tune? There is something off, and it doesn’t sound quite right. That is what happens to the body—the physical body, as well as the energetic body. On the contrary, when you hear singing or playing that is harmonious, it lifts the spirit as though the heavens have parted.

When a guitar is off tune, the guitarist must strum a note and adjust the strings to bring the whole instrument back into harmony. We are similar. The influences of other people, daily stress, environmental toxins,

and more add up until we become out of harmony with our blueprint of perfection, which is how we feel when we are in perfect alignment.

We *can* get back on track. As I recently experienced, sometimes all it takes is slowing down. However, if we don't stop and listen to our bodies long enough to take the proper steps to realign, we might develop some unhealthy discomfort or dis-ease.

I am extremely concerned about the idea of frequency sickness. Our society is often so plugged into phones, computers, televisions, and other devices that we have become out of sync with nature. This is not good!

During those few days when I was ill, I could not stand the sight of any screens or loud sounds. I was literally sick of anything electronic. I had to unplug. I am a very sensitive person, and I am greatly concerned about the masses that may be unaware of what electronics are doing to us. I certainly believe that technology has been a blessing to society in many ways. Communication has become more accessible, but on the other side of the coin, various health issues are arising. As they continue to emerge, I believe we will see more ramifications in the future.

Now more than ever, it is extremely beneficial to understand Cayce's work and to learn how to use natural methods to shift our energy when necessary.

Subtle Bodies

Aside from the physical body, there are three areas of energy within all of us. Actually, there is just one big energy field, but I like to break it down in order to work with it more easily.

The first is the etheric energy layer. This is the field that resides closest to your physical body and is most intricately tied to your health and well-being. If you are blocked here, it will result in an actual, physical illness.

Second is the mental or emotional body, which is six inches away from the body. This is where our memories and emotions are stored. When we do not adequately express our emotions, this area is affected.

Finally, the causal or spiritual body is about a foot away from your physical body and extends to infinity. I believe that all of our challenges in life begin here. Some challenges derive from karma that we incarnat-

ed here to work on, and some challenges are new lessons that we have decided to take on after our birth. If we can address our issues at this level, then we do not need to be concerned with the emotional aspects or physical aspects of our energy bodies. That is easier said than done, of course! As my story about being ill demonstrates, we do not normally make changes unless there is mental or physical discomfort first.

When you place a stone on your body, that mineral exists at a higher vibrational frequency than that of the body. Because it is natural and free from the mental or emotional garbage that affects the rest of us, the stone holds its own. When introduced to the physical shell, it will create a change in the above-mentioned energy fields.

Different stones bring different qualities to us. Do you need love, health, or money/security? Depending on what you want to create, certain stones hold a frequency for those circumstances or attributes. By using the stones, your field can begin to shift and align in order for you to attract what you want. We will explore how this energy shift works throughout this book.

Chakras

The other way gems work is to align us with the frequencies of colors in the rainbow spectrum as well as the colorful energy centers of light within each one of us.

Crown chakra:

Color—white

Location—top of the head

The crown center connects you to your higher power. If this area is blocked, you will feel disconnected from life and depressed. Clear crystals are best to help open your crown.

Third Eye chakra:

Color—violet

Location—center of the forehead

The third eye is the seat of your intuition. Amethyst, which we will discuss later in the book, is a carrier of the violet ray and will help to open this center.

Throat chakra:

Color—blue

Location—Under the Adam’s apple, just above the collarbone
The throat center helps us to speak our truth. Sapphire is a carrier of the blue ray and will help to open this center. There will be an entire section about sapphire later in this book.

Heart chakra:

Color—green or pink

Location—near your physical heart, in the middle of the chest
Society has many heart issues that are both physical and spiritual. Learning to love others and ourselves is the key for this energy center. You can use rose quartz or emerald to assist in opening the heart. There will be more on emerald, the carrier of the green ray, later in the book.

Solar Plexus chakra:

Color—yellow

Location—stomach, at the convergence of the ribcage
The solar plexus chakra is the seat of your personal power and material abundance, representing courage and manifestation on the physical plane. Citrine is the carrier of the yellow ray. Citrine is amethyst that has been heated up by either natural sunlight or, in many cases, artificial means. A wonderful stone, citrine never needs to be cleansed as most other stones do. It is very good to use for opening up all of the chakra centers, and it will energize you. A delightful by-product of citrine is that it will bring cash and money into your life (there is a difference between “abundance” and money). Known as the “Merchant’s Stone,” citrine will stimulate growth when you put it in your cash register or wallet.

Sacral chakra:

Color—orange

Location—two inches below the naval
The sacral center is about creativity and productivity in the world at large. Carnelian is a carrier of the orange ray and beneficial to use on this area. More is written about carnelian later in the book.