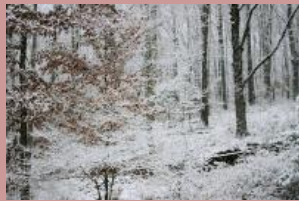


Topaz Spirits

Topaz Spirits Winter Newsletter - 2011

Greetings!



Christmas in Tennessee

Mid-winter ... hard to believe that with the weather we've had, it's only half over! It seems like we've had enough winter to last for years. Hopefully, you're all dug out, thawed out and have heat, light ... and internet! Tennessee hasn't been too bad and what snow we did have turned out to be a dog winter paradise. Chasing snowballs is the ultimate!

Towards 2012

This newsletter, I'd like to talk about 2012. I recently found a book I'd ordered perhaps a year ago and somehow lost track of ... never read it. In any case, as I renewed interest in it, I realized it echoed much of what I'd been feeling about this approaching time. As you know, the Mayan calendar ends on the winter Solstice of 2012. Many are predicting the end of the world while others are interpreting this as the end of the world *as we know it*. Some time ago, I read an archeology book that tracked clearly showed dramatic changes occurring about every 26,000 years, meshing totally with the Mayan calendar. We are about to witness such a transition in our lifetimes ... I believe that what will be isn't the world like the movie, 2012, but rather a step into a more advanced time.



Think about where we are ... we are in an era where technology changes practically by the nanosecond. Everything is fast and instantaneous. The overthrow of the Egyptian government took a mere 19 days and while not bloodless or non-violent, this was incredibly quick and all spawned by the internet. Compare to the American Revolution that took 8 years of violence, compounded by a smallpox epidemic that claimed more than twice as many lives as the war itself did. We have phones that travel with us, little talking devices that give us directions, games that simulate war ... and exercise, information at the touch of a keyboard. Digital books outsell print paperback books and most of the diseases that killed our ancestors (like smallpox) have been virtually eliminated. We build mile high buildings, send rockets to the moon and beyond and yet pollute our environment shamefully. We can't agree on the path forward ... or even if we should be on that path and most of our politicians are embarrassments. Actors, actresses and sports figures are the new royalty and we soak up all the gossip about them ... plus we set aside precious time to watch 'reality' shows. And yet, disease in third world countries is ignored, children die all over the world in hideous fashion, crime is more violent than most wars and it is criminal what we do to ourselves, others and Mother Earth. We aren't a nice species, but in spite of it all ... there is promise.

Things are not all black ... there is always the yin and the yang, in perfect balance. Many are seeing that things can be different and are bravely stepping up to the line to do something about it. We feel the quickening and are heeding the call. We are the Light Workers and we know that it all can be different, better and full of love and compassion ... for all, especially including Mother Earth. Many helpers are emerging to assist those who will guide the others ... and it seems that there will be a resurgence of Lemurian values and philosophy, at least from my own personal channelings.

Key in the transition, Light Workers must focus on the following:

- Strengthening of Core Self
- Balance and centering
- Opening the heart
- Transmutation and transformation of negative energies
- Putting the Spiritual advancement we have achieved into physical expression

In an effort to help Mother Earth through our own awakening, we utilize her emissaries from the crystalline realm to assist.

Strengthening the Core Self



Vanadinite for Focus

A strong Core says that we are happy and content with our Self. It is critical to our understanding of the totality of our Soul essence, who we are, including our many lifetimes. Keep in mind too that this isn't a static thing ... like a beautiful garden, constant weeding keeps it beautiful. Beliefs that no longer serve us or represent our parents, but not us ... those are the things we need to let go of to maintain our internal garden. And if it is something we don't like, now is the time to pull that weed. A few years ago, my friend, Jane, sent me a newsletter for her company and it was an eye-opener. The title of the newsletter was "Oxygen" and she talked about taking care of your own oxygen first ... like on the plane. You

know the drill as the flight attendant gives the safety lecture that "... in the unlikely event of a decompression, the oxygen masks will automatically fall ... place the mask on your face first and then assist others." This means that taking care of your own needs isn't an act of selfishness but rather one of responsibility. How can you help others if you don't keep your Self strong?

Crystals: Hematite quartz from Orange River (good for past life regression as well), vanadinite, ruby, spinel, zircon and manganovesuvianite, Life Force Lemurian quartz.

Balance and Centering

Sometimes we go full tilt towards Spiritual enlightenment and find ourselves literally in la-la land. What we missed is that at the end of the day, we are still products of this Earth and have a physical expression to balance. Grounding is the crucial part of the effort. It keeps us real, relative and expressive. When we are well-balanced, there will be a sense of calm and knowing. Maintaining that "center" helps us to advance more quickly and in a more deliberate manner.



Amphibole for Perception and Centering

Crystals for balance: Smoky ametrine, iolite paired with sunstone, amethyst paired with citrine (or ametrine), ruby paired with sapphire.

Crystals for centering: Moonstone, amphibole quartz, girasol quartz, rainbow obsidian.

Opening the Heart



Pariaba Tourmaline for Heart Opening and Expression

The heart is literally the gateway between the physical (and the lower Chakras) and emotional expression (and the higher Chakras). It is here that we store many of our emotions about friends, family, relationships, significant others. All the hurts of the past, all the slights, the highs, the lows ... it's all there. Unless addressed, it will manifest through the years into physical disease. Unless released, we allow these negative things to rule our lives and in turn, hamstring our own Spiritual advancement. We aren't

taking care of our own oxygen. Opening the heart is key and in doing so, we permit love to flow both ways ... in and out. With no open heart, there is no love and love is one of the keys to all that we do.

Crystals: Rose quartz, pink and green tourmaline, rhodochrosite, Kullu Rosie quartz, green Lemurian quartz, sunstone.

Transmutation and Transformation of Negative Energies

As with the heart, we store much within our bodies as a result of what we are physically and emotionally exposed to from chemicals to radiation to toxic attitudes and experiences. Many people have experienced firsthand what happens when they cleanse too rapidly in that they often release more than the body and its many levels can cope with. So the key is not just releasing, but knowing what to release and how to do it. Through an active program of transmutation, we can detoxify in a meaningful way without upsetting the balance of the energies. As an example, it is always good to get rid of a negative energy, but unless done properly, you just turn it loose to "re-infect". It will keep coming back like a nasty rash. On



Hotspot Smoky for Transmutation

the other hand, releasing it to the Earth or the ethers with the wish that it be balanced by higher forces, love and Light, then it will successfully transmute. Now, this doesn't happen overnight since these things didn't dwell just overnight. It will take continued effort and work to finally effect the change, and in doing so, change your Core belief about that negative energy.

Crystals: Aquamarine, cerrussite, obsidian, hotspot quartz, smoky quartz.

Putting the Spiritual Advancement We have Achieved into Physical Expression



Smoky Ametrine for Placing the Ethereal into the Physical

One of the key elements in Spiritual advancement is to balance it with physical expression ... to teach others ... spread the word even if it's only by example. Spiritual advancement isn't just something we *each* do ... it is something we *all* must do so that humans, as a species, advance into those 26,000 years. Remember balance and centering? If you are balanced and centered, your advancement shows in all that you do,

how you conduct your Self and who you are. And in terms of your physical body, completing the movement of energy is highly beneficial and helps to maintain a healthy

state. It is all part of the wonderful cycle!

Crystals: Lightbrary quartz, starbrary quartz, Messina quartz, hematite quartz, smoky ametrine.

And at the End of the Day ...

These are just a few thoughts and musings. At the end of the day, we all have to look into the "mirror" and take a hard look at our Self ... hopefully you like what you see. If you don't, there is tomorrow and another opportunity! Seize it and fly! Have a wonderful transition into spring as the yin times yield to the yang and the world begins to bloom and grow!



Jan

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