

This is my favorite time of the year ... when leaves turn, pumpkins are everywhere and the air has a special fragrance of the harvest. It's also a transition time from the high energy, extroverted yang of the summer to the more subdued, introspective yin energy of the winter. Fall offers sufficient time for us to slow down and welcome the cold, the pace and the change ... and prepare for New Years resolutions.

Most of us don't like change awfully well – it has the habit of jolting us out of our comfortable little niche and into something unfamiliar and different. And it never seems to come at a good time. How many times do you finally get a boss you love, only to have him/her get promoted or transferred or resign? Or the house you finally have just the way you want it develops a water leak and you have serious renovation? Or a child moves out or back in? And the list goes on. Some changes are big while others are life altering ... but believe me, like anything else, they happen gradually in spite of how they seem.

All that taken into account, there are several crystalline entities that are wonderful for aspects of change.

**Calcite:** This is the premier mineral for working with change. No matter what crystalline form or color (and calcite runs the gambit of both), nothing

works to mellow out the effects of change like calcite. Because it has so many forms, so many colors and such an effect on other crystalline species (calcite causes the growth interference effect in much of the Russian quartz), it is often called a “change master”. Calcite teaches you to be a chameleon, deftly fitting in to whatever situation you may find. Remember that change is the only constant and it is also the only way that we grow in every regard. Fear prevents us from embracing change for what it is and Calcite mitigates that fear so

That you can accommodate life's perturbations.

**Growth Interference Quartz:** Now, this Spirit is about change, but in a different manner. Growth interference quartz was formed with another mineral, generally calcite and during its growth, the acid environment that created the calcite also eroded it. The only evidence it leaves behind is the network of parallel and intersecting lines that score the surface of the quartz. Understanding how this happens, consider a tree that as a sapling is thin and flexible. You can literally braid three small trees and then allow them to grow together like that. The quartz is similarly effected. The growth interference layers cleave easily and you will get fantastic growths, spires and interestingly, criss-cross glyphs on the

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faces. This Spirit teaches you to accept change and use it constructively to further your own Life's Expression.

**Faden Quartz:** Faden quartz was a subject of a previous newsletter, but worth mentioning again. Generally, these are tabby quartz that grew in two different directions, leaving a "thread" of white along the growth line. Faden is German for thread. These crystals are wonderful for transformation as you cast off your "old life" and embrace the new. They help to communicate to your Core Being why the change was necessary and deepens your understanding of the facets of the change. These are wonderful quartz for Spiritual growth and accepting the changes that enlightenment brings about.

**Metamorphosis Quartz:** This is an unusual and rare quartz with the only known source being Brazil. It is generally small points that are opalescent to turbid inside due to rare minerals included during the formation of the point. If exposed to radiation (natural or otherwise), the quartz takes on a smoky green color that is unlike any other ... this is the treasured Oro Verde quartz. Interestingly, this quartz isn't so much for dealing with change as for bringing it about when you are in need of something different to get you out of whatever rut you're in.

**Hot Spot Quartz:** This is generally a smoky quartz with circular darker smoky spots in it. Smoky quartz occurs naturally from exposure to radiation eons ago within the earth. Often the radiation is points (like beams) and you get the characteristic "hot spot". (Note: there is no longer any radiation in a smoky quartz – any radiation is long gone, so you are perfectly safe in handling or working with it.) The hot spot quartz is a transmutation quartz, mentioned here since it shows that you can literally "remake" your Self by bringing about the changes that are critical to your growth and enlightenment.

**The Changeling:** As the name suggests, the changeling is about adaptation. Intricately carved by acids, mineral washes, water and wind, the changeling has a convoluted shape that is highly lustrous because of allowing the environment to shape and mold it. What the changeling teaches is that it is possible for each of us to allow our consciousness to take another form so as to give us a different perspective, additional insight or more information, beyond what our own senses provide. In this manner, we become more fair, more considerate, more balanced and more compassionate ... all critical factors for significant Spiritual evolution, empowerment and achievement.

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There are several others crystalline Spirits that are useful for change, but I've tried to hit the major ones. As we move into the yin times, it is good to work with whichever Spirit(s) that you feel comfortable with and get in touch with the changes critical to you.

Happy Fall!

*Jan*