

# The Little Book of *Crystal Skulls*

An Introduction  
to the World of  
the Crystal  
Skulls

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# The Little Book of Crystal Skulls

Edited by  
Lorenzo Guescini

Contributors:  
Emma Lipscombe  
Sue Bottomley  
Genevieve Monica Seapara  
Darren Bates  
Rebekah Freeman  
White Elk Woman

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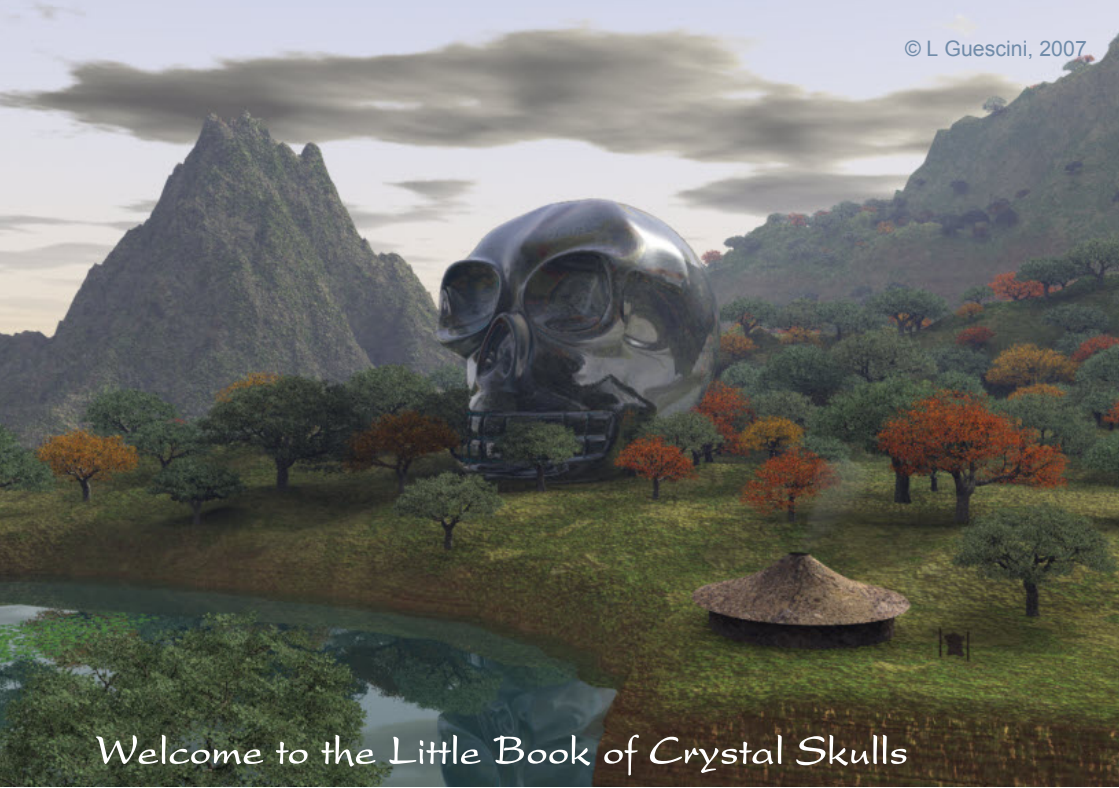
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## Welcome to the Little Book of Crystal Skulls

When I was twelve, the thing I wanted most for Christmas was not a bike or a train set but a copy of a book called Arthur C Clarke's "Mysterious World". The book explored many fascinating topics like UFO's, Bigfoot, frogs that rained down from the heavens and even dear old 'Nessie' but none of that mattered. No, the reason that this particular book was my number one must-have present that year was because on the cover of it was a picture of the most amazing object I had ever seen - a Crystal Skull.

The skull in question was from the Museum of Mankind in London and it fascinated me endlessly. More than a quarter of a century later, that fascination remains and perhaps helps to explain why, when I was asked if I would make time in my increasingly hectic schedule to take on the project of illustrating the Crystal Skull Message Cards, it seemed like just too good an opportunity to pass up.

Over the last couple of years I have had the pleasure of meeting many crystal skull 'caretakers' and their charges and also to see how the skulls effect those who they come in to contact with. From my own experience, the word that perhaps best describes someone's first real experience with the skulls would be 'profound'. Everyone's experience is different but whatever its precise nature it often seems to leave an indelible mark. Even those who are initially

apprehensive about them (generally brought on by the Western association between skulls and death) can find themselves inexplicably drawn to the skulls.

In recent years, there has been a resurgence of interest in the Crystal Skulls and, even as I am writing this, we are awaiting Hollywood's take on the subject with the imminent release of *Indiana Jones and the Kingdom of the Crystal Skull*.

Science tells us that we are looking at the universe through a pinhole - a tiny, highly selective view point - and that everything is one vast energetic process, and we are part of it. Mystics have been saying the same thing for centuries. Energy work and energetic awareness is central to many mystical and spiritual practices and later in this book you will get an intriguing glimpse in to how the Crystal Skulls interact with the human energy field.

I sincerely hope you enjoy this little book and perhaps it will inspire you to learn more about these fascinating creations or even become a Caretaker yourself. As most Crystal Skull Caretakers will agree, 'once you invite a crystal skull in to your world, your life will never be the same again'.

Many blessings,

***Lorenzo***

December 2007



# **Part I**

An Introduction To  
Crystal Skulls

## What are Crystal Skulls?

It will probably come as no surprise to learn that Crystal Skulls are pieces of quartz crystal that have been carved, machined or otherwise shaped to resemble a skull (usually, but not always, human).

Ruben



Name: Ruben  
Height: 3¾ inches  
Material: Quartz Crystal

Skulls range in size hugely, from tiny modern skull carvings, designed to be worn as pendants, to extraordinary pieces often larger than an actual human skull. The level of detail of carvings can also vary considerably - from relatively crude, where only the major features are reproduced, to heavily stylised examples that more closely resemble ceremonial masks, as well as those that are exquisitely detailed and anatomically correct, sometimes even having detachable jaws.

Although traditionally these artefacts were created out of quartz crystal, modern skulls can be found fashioned

from a variety of different precious and semi-precious stones and even man-made reconstituted materials such as goldstone and opalite.

## The Make-up of Quartz Crystal

Quartz is actually the second most common mineral in the Earth's crust after Feldspar. Although it is possible to manufacture synthetic quartz, natural quartz (or rock crystal) is an entirely natural material with the chemical composition SiO<sub>2</sub> (silicon dioxide). It is formed over millions of years in a process that requires extreme heat and pressure.

Typically quartz crystals will form on a surface, with one end anchored while the other is free to grow. The process starts with a 'seed' crystal, a single crystalline cell that, if the conditions are right, starts to replicate itself creating a complex crystalline pattern. Each newly formed crystal follows this same pattern creating a geometrically regular three-dimensional structure.

Pure quartz ranges from clear to cloudy white. It is often graded for quality, for example, triple A grade would be exceptionally clear (like glass) whereas a B grade is likely to be more cloudy and may have rainbows and numerous

inclusions / flaws within. During the millennia it takes for the crystal to grow, impurities can creep in. This can change the colour of the quartz, for example the presence of aluminium in the process can lead to the grey clouding from which smoky quartz gets its name. Other common varieties of quartz include: amethyst (iron impurities) rose quartz (iron/titanium impurities), onyx, aventurine, tiger's eye, citrine (produced when amethyst/smoky quartz is heated either naturally or otherwise) and carnelian.

It also occurs in a beautiful form known as Rutilated Quartz, which contains very fine, almost hair-like, strands of rutile crystal (titanium dioxide) visibly suspended inside it. Crystal healers will often refer to these strands as 'Angel Hair'.

## The Properties of Quartz Crystal

Quartz has piezoelectric properties; this means that when pressure is applied to the crystal it produces a tiny electrical pulse. Quartz crystals also have a constant, precise and measurable vibration. These properties have led to the use of quartz crystals in watches & clocks, the pickups on record players and other electrical devices.

What is interesting to note here, in relation to the crystal skulls, is that the natural vibration of quartz crystal, is easier to attune to the human vibration than any other mineral.

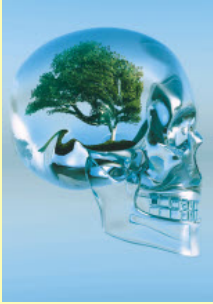
## Quartz Crystal for Healing

*"I'm here to store knowledge from distant lands, for the users to acknowledge as they wish and to do with what they want, to learn from, accept and move on. You can't go wrong with quartz; it is the soul healer, channeller and songwriter. The quartz you hold can help you channel, cleanse thyself, heal and distil information from." – channelled in meditation with a Brazilian clear quartz point.*

A piece or a cluster of Clear Quartz crystal is very often one of the first pieces to find its way in to a healers collection, along with other members of the quartz family such as amethyst, citrine, smoky and rose quartz. The energy (or vibration) of clear quartz is quite fast and it affects the head and crown chakra almost immediately. However, this can vary depending on the type of quartz and the shape of the piece, for example, working with a tumbled piece of quartz will often feel more subtle than using a wand or cluster. While a cluster has a more clearing and uplifting kind of energy (maybe due to the upward points).

Many healers would use clear quartz for things such as:

- ◆ Energizing other crystals
- ◆ Helping bring upliftment, energy, cleansing and harmony to a room (especially clusters, large wands, points & terminator formations)
- ◆ Aiding concentration (which may also improve memory)
- ◆ Clearing your own and others' energy fields
- ◆ Clearing toxins from the body



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The following information came through to White Elk Woman whilst meditating with a clear quartz crystal skull and a mandala made up of various quartz points and clusters.

Q: Why quartz for Ancient skulls? (More on these later)

A: *"Because it was readily available."*

*"For hearing, programming, remembering, recall, computer-like precision of transcending information, reality, awareness, practicality, fractals, the best 'Rainbow Bridge'"*

Q: To whom was it readily available?

A: *"Us - the Supreme Beings of technology, not the Maya, for they were and are simply our human counterparts to enable humanity to find our treasures and creations"*

Q: Why choose the Maya?

A: *"They did not lose their connection to Source. They are simple yet highly intelligent and evolved beings. Simplicity of understanding and acceptance of information passed down was the key"*

*"Quartz vibrated faster than any other living thing at the time of conception" (of the Crystal Skulls)*

*"Time and space does not exist in 'crystal' – therefore being able to access all dimensions of 'time and space' concurrently".*





## The use of Crystals through History

Crystals, minerals, stones and their powers appear in the stories and legends of many old and ancient civilisations. The Egyptians, Greeks, Mesoamerican cultures, Native Americans, Pagans, Witches, Lemurians and Atlanteans all utilised crystals in one way or another.

Probably the most recognisable crystal artefact from popular folklore & literature must be the witches, or seers, crystal ball. The Seer (more commonly known these days as a clairvoyant – one who sees) would gaze into the clear crystal sphere and allow visions or apparitions to appear, from which information about the past, present and future would be passed on. Some readers today will still use a crystal ball for scrying, but they will often just place one on the table to create an ‘energy’. Many healers will also use a crystal sphere for healing and throughout history it has been known to have powers of amplification and clearing.

Stories of Atlantis place great emphasis on the use of crystals for generating power, healing and for storing energy and encoded information/knowledge. The understanding and use of crystal technologies was said to have brought a great deal of power to the Atlanteans, which was used both positively and negatively, and ultimately it is believed that it was the abuse of this power that led to the destruction of the Atlantean civilisation.

## The Classification of Skulls

Crystal skulls are usually classified by age in to three general categories: New/Contemporary, Old and Ancient. These categories were defined by the Society of Crystal Skulls International, which was founded in 1945 by Nick Nocerino (who was considered to be one of the world’s foremost experts on Crystal Skulls). There is no way to directly date when a Crystal Skull was made (unless you can trace it’s exact history back to the carver), so researchers rely on the context in which they are found and by scrutinising the skull for clues as to the tools and techniques used to make them.

The following offers a broad definition of each of the categories:

**New/Contemporary Skulls** – There has been an increasing interest in crystal skulls over the last decade or so and there are a huge number of new skulls being produced in a vast array of materials, the majority of them it seems are being carved in China or South America. Craftsmen using modern tools and machinery produce them. The amount of mechanical ‘assistance’ involved in the creation of the skulls varies greatly. As well as human skulls, you can also

find Star beings, which, while not actually skulls, are shaped with the classic elongated heart shaped Extraterrestrial face (some call these 'Alien Heads').

**Old Skulls** – These are skulls carved between 100 and 1,500 years ago. Often the style of these carvings can appear to be somewhat crude. Generally a close examination will often reveal tool marks that can provide insights into how and when the skull was carved. Some caretakers will class an old skull as one that can actually be traced back to the carver and dated, irrespective of how old it actually is.

**Ancient Skulls** – The age and origin of the Ancient Skulls is often unclear and there may be no evidence of tool marks at all on these skulls. With no clues as to how or when they were made, it can sometimes be difficult to determine whether a skull should rightly be classified as old or ancient. Ancient skulls often have a special significance perhaps appearing in legends or other direct links to ancient civilisations, such as the Mesoamerican cultures. Only a small number of these skulls have so far presented themselves physically, although it has been suggested that many more of these skulls are being held in 'safekeeping' by indigenous peoples. Most crystal skull caretakers will tell you that the definition of an Ancient skull means that its history can only be traced back so far and then the story of where it actually came from seemingly disappears. This means that they cannot actually be dated other than by intuitives, medicine people, healers and seers tuning in and communicating with the skull. For the most part Ancient skulls remain an enigmatic mystery...

Horace



Name: Horace  
 Height: 1½ inches  
 Material: New Jade

## The Mitchell-Hedges Skull

There are a number of famous crystal skulls, perhaps the best known being the Mitchell Hedges skull (which has also been called the 'Skull of Doom' and the 'Skull of Destiny'). The skull itself weighs over 5kg, is made of clear quartz and is somewhat unusual in that it has a detachable jaw, just as you would find on a real human skull. Most would class this as an 'Ancient' skull.

The origins of the skull are shrouded in mystery and even the story of its discovery has been subject to a great deal of debate.



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The official story was that the skull was discovered in the 1920's (different accounts put anywhere between 1924 and 1927), during an excavation of the Mayan city of Lubaantum in the Central American country of Belize (formerly British Honduras). A colourful British adventurer named Frederick Albert "Mike" Mitchell-Hedges led the excavation.

The discovery of the skull was supposed to have been made by his adopted daughter, Anna, on the day of her seventeenth birthday. Some accounts say Anna found the Skull under an ancient altar, others that she just saw something glistening in a hollow on the side of a hill. Although, curiously, it would be another three months before the lower jaw section was found, just a few feet away from where the original find was made.

Mitchell-Hedges was well known for embellishing the accounts of his adventures and it does seem that he preferred a good story to the plain facts. Despite this, Mitchell-Hedges made little mention of the Skull or its discovery in his subsequent writings documenting the excavation. This lack of documentary evidence has caused some people to speculate that the skull was not discovered at Lubaantum at all.

Furthermore it has been suggested that the skull actually did not come in to the possession of Mitchell-Hedges until 1943, when it was put it up for auction at

Sotheby's in London by an art dealer called Sydney Burney, however before it could come under the hammer it was purchased by a certain Frederick Mitchell-Hedges for £400.

However, responding to these episodes, Anna Mitchell-Hedges offered a full account of what had actually happened. To the lack of documentary evidence, she said that her father had managed to negotiate with the legislative council of British Honduras exclusive rights to excavate the Lubaantum site for twenty years. This generous concession had been given on the strict understanding that all finds from the site would go to the New York Institution and the British Museum.

It seems that Frederick Mitchell-Hedges gave the skull back to the Mayans immediately after its discovery. Had the find been documented, the skull would certainly have been claimed by the museums and, in fact, this claim has been asserted on a number of occasions. The Mayans subsequently presented the skull back to Mitchell-Hedges as a parting gift.

As to the Burney affair, Anna Mitchell-Hedges offered an equally straightforward explanation saying that the skull had been placed with Mr Burney, a school friend of her father, as security for a loan and was immediately redeemed when he discovered it was to be put up for sale. This would certainly explain why it never reached auction were it could have presumably fetched a high price.

All of this just seems to add to the magic and mystery of this extraordinary skull. Those who have been privileged enough to spend time with it talk about the 'awesome power' it exudes.

Anna Mitchell-Hedges passed away in April 2007, aged 100. The skull remains in private hands.

## Carving Crystal Skulls

Creating a skull requires a great amount of skill and takes a considerable amount of time. Add to this that the carving of a natural substance such as

*Edgar*



Name: Edgar  
Height: 2½ inches  
Material: Blue Obsidian

crystal is fraught with difficulties - for example if you carve 'against the grain' (i.e. the way the crystals molecular symmetry is orientated) it will shatter - and you can start to appreciate the dedication of the craftsmen both ancient and modern who release these amazing objects from the rock that holds them.

### Sontorelle (Starbeing)



Name: Sontorelle  
Height: 1¾ inches  
Material: Opalite

In a modern world where power tools and machinery churn out all kinds of intricate objects at a phenomenal rate it is easy to forget the extraordinary effort that must have been required by ancient peoples to fashion these creations.

The best way to illustrate this is to look for a moment at the make up of the Mitchell Hedges skull. In 1970, the Hewlett-Packard laboratories in Santa Clara were given permission to do an analysis of this particular skull.

Now it may seem odd that the skull should have been handed over to Hewlett Packard, a company who, it's

probably fair to say, most people would associate with computers, printers and other high tech equipment but, as previously mentioned, crystals have a number of key uses in the field of electronics and the HP laboratories had developed a great deal of expertise in the properties and structure of crystals.

The first test they performed was actually to confirm that the skull was indeed made from natural quartz crystal, a fact that had been called in to question by the unusually clear nature of the material from which it was made.

Further analysis of the surface showed no signs that the crystal had been fashioned using metal tools. Even under extreme magnification there was no evidence of the scratch marks, which metal tools would have inevitably left behind. More than this, because of the hardness of quartz crystal it is unlikely that normal metal tools would have been particularly effective anyway.

The researchers suggested that to actually achieve the type of finish observed on the Mitchell Hedges skull would have required repeated applications of a fine abrasive to shape and polish the surface (they suggested a solution of sand and water). However it is obvious that this kind of process would have taken a phenomenal amount of time and, indeed, the researchers themselves suggested that it could have taken 300 man-years to complete!

## *A New Caretakers First Experience...*

I had to travel the distance between Perth, Western Australia to Allhallows, England to meet that which I'd only seen on websites. Since my cousin directed me to her website I was fascinated with the skulls. I read all I could find, each time I saw another picture there was recognition of sorts.

On my visit to England this year my cousin kindly took me to meet a Keeper of the Skulls. Sharon (White Elk Woman) & Brian were kind enough to let me into their home & to covet their skull collection, finally making choices for gifts of the smaller Human Skulls to take to friends & family 'back home'. When it came to choosing one for myself the Human Skulls seemed to disappear & only the Star Beings remained, yet when choosing for gifts I saw only the Humans. Unfortunately price did come into play but I couldn't help but handle all that were there. The choice was difficult, who am I kidding, if I could I would have bought them all home, but I didn't have that luxury. Maybe next time? But then again, I was chosen by one, which is the way of crystals, whatever we might like to believe.

I sat for a while with one in each hand, trying to determine which would return to Australia with me. Eventually the clear quartz made it known that he was mine or was that vice versa? The deal was made & I felt peaceful, content. I didn't want to put him down, he just felt right in my hands. I wasn't sure what to expect, if anything. I have used crystals in meditation, in healings, but a crystal skull never.

I was fascinated by how close I felt to 'my' crystal skull. Even leaving Sharon & Brian's going back to my cousin's home & visiting with their skulls, mine felt different. It's hard to explain or to understand if you've never experienced the feeling.

I'm sure each person that owns a crystal skull feels the same about theirs, but for a new comer it was a strange feeling but one that felt right.

I handled 'my' skull as often as possible while still in England, not as often as I would have liked, but enough to be sure of my/our choice. For the flight home silly as it may sound I apologised to all the skulls for having to wrap & pack them safely in my hand luggage. I was worried that one or more would break; fortunately they were tougher than I thought, all making the trip to Perth, in one piece.

Once home & unpacked I showed my husband, who I think felt I was mad! Crystals are definitely not his thing, well not yet. But he puts up with the

'strange' things his wife does. As usual with a new crystal I cleansed & programmed my Star Being. The full moon made a great setting for him along with all my other crystals that had been left while I was away. I would have put them out in the rain, had we had any!

Once cleansed I sat with 'my' skull for a while in meditation, talking to him, trying to figure out why I had him & what he was going to teach me. I was unprepared for what happened then.

I felt that I had only been meditating for a short while only to discover it was over an hour. But at the end of that time I had a name, Amestar/Amistar, for now I alternate between the spellings.

I was even more unprepared for what I found when I looked up the name online:

What I wrote first was Andromistar - this then became Amistar/Aместar. I've looked for all three names & Andromistar/mestar comes up with nothing, the other two names show as below. Both of which make perfect sense to me.

Language	Expression	English Translation of Definition
<b>Austrian</b>	<b>amestar</b>	To add.
<b>Spanish</b>	<b>amistar</b>	To cause to be friendly again; to conciliate anew; to restore to friendship; to bring back to harmony; to cause to be no longer at variance; as, to reconcile persons who have quarrelled.
		To bring to acquiescence, content, or quiet submission.
		To make consistent or congruous; to bring to agreement or suitableness; - followed by with or to.
		To adjust; to settle; as, to reconcile differences.

I have since spoken to Amistar on many occasions, each time he imparts knowledge or confirmation. There are also times when we just sit in peace and each time I come away with a new found 'knowing'. The telepathy/connection, whatever you wish to call it, is incredible.

When I handed over one of the fluorite Human skulls to a friend she got a big 'kick' almost physically from hers. She described it almost as an electric shock up her arm. She's a bit dubious as it is more powerful than any crystal she has



yet handled, but it's wonderful to see the spark in her eyes. She is slowly learning to allow the Skull in, to learn from it whatever it's willing to show her. She hasn't told me whether she has found its name yet, but I know there's a trust between them, which is wonderful to witness.

The other small fluorite waited patiently for another friend to show up & lay claim. This friend uses crystals in much of her healing & when giving readings - can't wait to see what the two of them can get up to!

The small Human lapis lazuli, I bought for our youngest son's birthday - so Little Boy Blue stayed with Amistar until recently. As our son loves skulls & was fascinated by the pictures sent to me by my cousin of her skulls, I know Little Boy Blue was welcomed home.

I'd just like to thank Sharon & Brian for allowing me to meet these wonderful beings & for asking me to share my experience.

It's hard to explain/believe but I do urge others to find out for themselves. As with any crystal, they are not for everyone but you'll never know if you never try.

Love & light,  
Sue  
Perth, Western Australia



# Crystal Skulls & the Human Energy Field

Recently while working at a show we had the opportunity to try a little experiment. In one of the quieter moments, we had our friends from Auraworld ([www.auraworld.co.uk](http://www.auraworld.co.uk)) take some aura photos of someone sitting with a skull. Just out of curiosity.

In Photo 1, the image shows the subject seated by herself. In the second photo, taken shortly after the first, she is holding "Joshua", a clear quartz skull, on her lap. The readings showed that the chakras and the left & right side of her body had been brought in to balance in the second image.

While a show environment is hardly ideal for carrying out such a test, the results were very interesting. So when the opportunity arose to have some more aura photos taken, this time in more controlled surroundings we were keen to take advantage of it.

The results are shown on the next page. This second set of images were taken in a private sitting, once again, by Auraworld. The images were taken in quick succession, one after the other.

Once again, the first picture (photo 1), is of the subject by herself. Note that this is a different type of aura photograph which shows a representation of the whole body not just the upper

## Example 1.



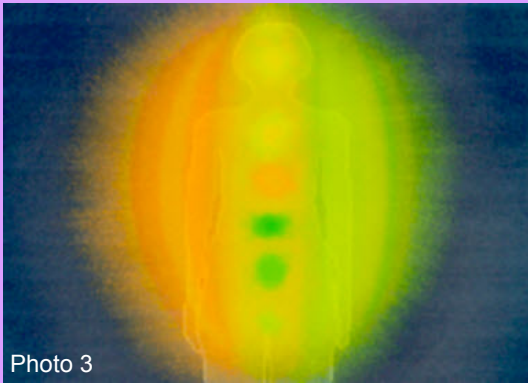
Photo 1.



Photo 2.

Above Photos have been scanned from originals.  
Original images by Auraworld - [www.auraworld.co.uk](http://www.auraworld.co.uk)

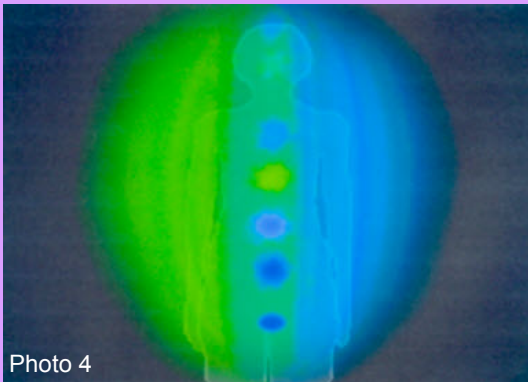
## Example 2.



chakras as in the earlier example.

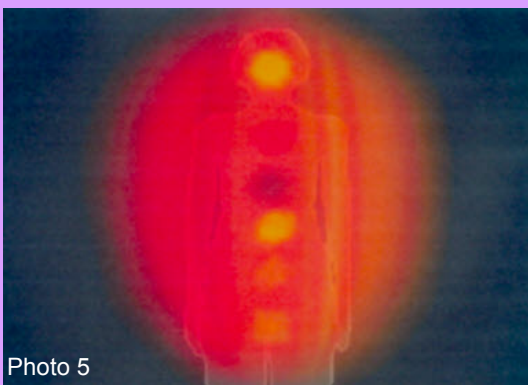
In the second photo (photo 4), Rosie, a large rose quartz starbeing (alien head), has been placed at the subjects feet.

In the third picture (photo 5) Rosie has been replaced with Starlight, a large orange calcite starbeing.



Remember these pictures are all of the same person and were taken in one short sitting (about 10 minutes from start to finish). The colours in these pictures have not been adjusted in any way.

Below: Starlight, the Orange Calcite alien head (starbeing) from photo 5.



# Part II

Messages from the Crystal Skulls



HOPE

*Channeled by Brave Eagle*

Just a bit of history before I share with you one of the channeling's I received from HOPE. I was told many many years ago by Nick Nocerino that the skull I would watch over would come and I would know her when it did.

Well when HOPE showed herself first in spirit, she was of a light Golden color. I knew she was not carved out of clear quartz or any other mineral or material. When she showed up in tangible form she was carved out of a light Golden citrine. I know she may not have been carved decades ago, yet we all know her material (citrine quartz) is old and undatable.

I feel in my heart that HOPE is here for this new millennium, as she has said, this Golden Age that is upon us. She shares what is ahead and gives HOPE and shines with FAITH.

This is one of our communications a channelling from HOPE about a week after I received her. I had asked her to share with me her light and this is what she blessed me with.



"You as human spiritual beings must accept that in this time, this new millennium, this golden age, that you must fight for the light. Yes it will be some of the most challenging times of your lives, yet you must persevere. You all have past experiences that influence your old patterns of behavior to erupt and you react naturally. In that you grasp the negative and the shadow, it only feels easier than the light, yet it is not the

best. There are some that have truly learned better avenues of thought and actions and even those few fall with realization that it is old and does not benefit you or the whole. You react because you are familiar with the old, you must learn to consciously respond. Your shells have become comfortable with the uncomfortable. Your minds, which still need to fully awaken, know better, yet you choose exactly what you do not want or like.

It is only because you are not fully awake nor have you been taught to fight for the light. You might ask what does that look or feel like? It is the opposite of the negative, which is the positive, it is the opposite of the shadow, the light, it is the opposite of fear and anger, it is love.

It is HOPE. If your actions are with integrity, with respect, with honesty and truth and ultimately with the light and love of the great creators own energy and spirit and you do your best at any given time, that is the light.

That is your HOPE. That is what you should choose to grab hold of.

When your fellow equals may be drowning you throw them something they may float upon to save them, when your mirrors are wallowing in their own shadow, you give them a helping hand. You will not be able to force anyone to grab hold of the light, only they themselves can take hold and fight for their light and erupt their free will of choice to fight or not to fight, which is a choice in itself. Some of you of course will attempt to grab hold of those that may seem unable or weak and pull them along side, yet you will learn that they will not learn of their own strength. They must do for themselves.

cont...

## HOPE channeling (cont.)

Light and love come from within and within is where your strength lies. Within is where ultimate validation comes. Lessons of life upon your earth plane will have disruptions, yet they will not be everlasting. You may not like them, most do not. Yet you will learn to move beyond them with FAITH and HOPE. Do learn how to rid the shadows of disruptions or awaken the memories residing within your mind so you may fly upon the current until they are no longer present? Most are capable of such great progress.

Challenging experiences are truly your planets opportunities for growth in this time of evolution. Yes we see your growth from a telepathic spiritual plane and we know that your blessings will stimulate your growth and your challenges will do the same.

What I bring to you is awareness of the need to learn more of the light and how it is to reflect from your life's responses to the coming experiences. Take what has not or does not work.

For now until time another, have faith my keeper and those connected to you, for with faith you have HOPE."

19/10/2007

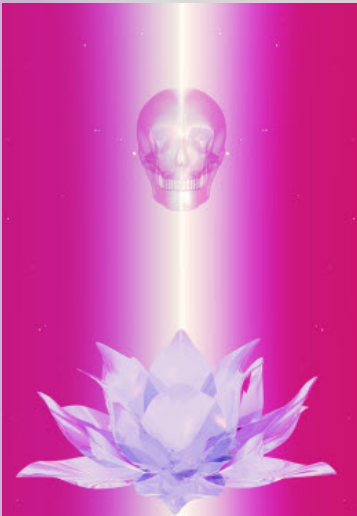
That was an amazing experience for me for I had been waiting so long for her. I have acquired many skulls of many different materials and sizes and have done much work with them all and feel very fortunate and honored to do what I do in this lifetime, yet with her it is different, she is HOPE in my heart and for many others. This particular message was shared on October 19, 2007.

As for myself, I am ½ Lakota Sioux and ½ Spanish, My birth name is Genevieve Monica Seapara. My Medicine name is Brave Eagle. I am a carrier of Eagle medicine within and hence comes my medicine name "Brave Eagle". I can remember as far back as three years of age being given the gift of spiritual sight, my elders taught me that it was Creators gift. The gift of knowing. It has been with me since.

My people as a child called me a Mystica. A calling that recently came back to me from the people in Peru. I am a Shaman and spiritual practitioner of holistic indigenous practices and owner of a beautiful and very special metaphysical shop, named Blossoming Path, in the lovely village of Fair Oaks, California. I am a teacher to many as many are teachers to me. My vision and my dream within this dream of life is to share HOPE in this world through FAITH in life. I promote light and love and am very spirit lead. I share with those that are willing to listen and listen to those whom are willing to share. I desire to teach and share all I can so that we as a race of human spirits, breaths of Creator, can learn to live life loving so we can love living life.

'Hope' photographs © Genevieve Monica Seapara

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# Moon Healing

## Channelled by Darren (Daz) Bates

The following piece is something that was channelled through whilst meditating with a quartz crystal skull that had been carved in Brazil.

“As you are probably aware, there are different states of the moon, called moon phases. There are a number of varying phases, including the full moon, new moon, waxing & waning moons.

In ancient times these were considered very important as they were used for guidance and often marked the beginning of religious festivals and prophecy.

You can work with your crystal skull or skulls (star being/alien skulls included) on the same principle. When the moon is in one of its cycles, sit outside with your skull/s, place your protection around yourself and put your roots down then link in. Depending on what moon cycle it is will have an affect on what you are asking or working with, so some moon phases will work better than others for certain areas of life. For example, the Full Moon is often related to as being the ‘Mother’ energy and energetically symbolises creation and nurturing.

Working with the moon can also be helpful in releasing negative thoughts, emotions and issues, especially if you can be on a beach or coastline. When the moon is in cycle, as before, sit with your skull and centre yourself, putting protection around yourself and your skull/s and ask your skulls to help harness/channel the moons energy to heal you. Whilst doing this, release and let go of negative thoughts by letting the waves take them out to sea and the moon heal you.

You can also sit in a circle of crystals, no particular ones, just whatever you are drawn to, and release negative thoughts/issues and ask your skull to bring through a positive affirmation.

Wearing the colour blue may also help too, for it is considered to be a calming, healing & cleansing colour.”

25/10/2007

Note: The original transcript has been altered slightly in order to make sense to the reader.

## Channelled message of love from Skull spirit by Rebekah (Egyptian Cat Goddess)

When you give....to others your precious time....love.....care  
.....attention....or your money to help a needy cause.....  
You are in Spirit.

You will receive in all ways spiritually, to help you on this path you have  
chosen to walk...  
When in spirit you are the creative universal energy...  
And energy is all that money and abundance Is...  
Follow the Universal stream, do not struggle, do not paddle against the  
stream....  
Just let things be.... Follow your heart and work hard for Spirit and all is  
well...

Do what excites you, let the butterflies free from your soul and Feel NO  
Fear...Feel No fear  
When you do this...Your heart will sing everyday and your work will no  
longer be wasted days.....  
For it will be what you love and what you are here for.....

Life is Joy....

Money is the currency of the Universal stream of Divine Love.....  
Go with the flow...follow the current and let it take you anywhere and  
everywhere your heart desires...  
Embrace the abundant spiritual rewards, for you are worthy and deserve  
riches of all kinds.....

Have a pure and happy heart, smile and share your fire...  
Live to serve and the Universe will be at your command, under Grace and  
before God....

Use all of the abilities you have been born with my child...  
Creativity is the Angels song...  
As beautiful as the first rays of sunshine at dawn...  
The gentle birds song...

cont...

## Message of Love (cont.)

The chorus of the waves as the sand grains dance with every beat of the sea's heart....

To sing and act from the heart is to be truly in spirit...

Inspire the hearts of man...who's heart's lay still...

Those who have not seen the beauty in every flower that grows...

Every drop of silver rain...

Or the Love that penetrates the Soul from a child's smile or animals glance...

Know that all is well and you are loved...

Loved from all aspects of the Spiritual plain.....as we are now and you are we...

You are a fountain of Divine love and abundance...

Let it flow through you and fill your heart with joy....

For Life is Joy and that is all.....

Create...Be strong, and be True...

Do not hide your light that wants to burn bright and talk with the stars....

Nothing is as precious as you my child...Please never feel small...

Heaven is supporting you now and always...

For you are always the fathers child...

Created in likeness...

You are God spirit...

One love...

One energy...

On this plain or the next...

For what you do will echo through all eternity...

Smile child for you are loved...

All you love is loved...Safe and warm...

Call on us, whatever form we take for you...

And we are already there....

We come to help build the bright new world with you...ready for 2013....

Soon we will all come together...

Many many gathering... here and now here and now....

cont...

## Message of Love (cont.)

Be sure we are here...do not fear do not fear for we will guide and protect you....

One precious grain of sand at a time...Just like the pyramids.... From the stars a different time...

Feel the love we send you in every atom of your body...

For we are you and you are us...

Love, trust and have faith.....

Just jump..... jump.....jump...you will not fall... for we will catch you....

Only then will you make the change you truly desire....

For then you will be doing all that you have walked this earth this time to accomplish....

It is your calling....

I leave you now wrapped in angels wings.....

Fly with the Pegasus...

Talk with the elementals ...

Protect the animals..

Respect the earth...it hears you talking...

Magic and manifest....

Feel the Joy feel the Joy....

Find me on the distant breeze.....

Or in the love from your pets eyes...

I am wherever, whatever you want me to be....

Remember my child I live in you....

I love you xxx

12/01/2008



# Trance/Channelling by White Elk Woman

It is for the greater good that we all are here today...  
And I understand all of you come with questions...  
We may not be able to answer all the questions at this time....  
But please know that we hear your calling and we are aware of your  
actions, thoughts, and feelings...  
We learn from you as much as you learn from us...  
We bring the information to you as it is meant....

We may speak to you in different tongues or give you visualisations...  
Again, know that we do speak and it is for the best of all human kind...  
We hear all that is thought and said...  
We are proud of you...

(There was a short pause and I felt the energy change and another 'light  
being' came through with the following...)

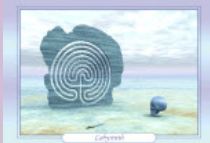
My brothers...my sisters...you are all at one...  
You are all at peace if only you would realise this....  
\*In this time and space.... In this time and space.... In this time and  
space....  
I leave you now with unconditional love...  
This is the key to the true healing....  
This is all that matters ...  
Soon you will come to realise this my brothers and sisters...

10/03/2007

\* I felt that what was trying to be put across here was that as a whole the group had lifted its vibrations to a place that felt like we had transcended the 3-dimensional realm we are all so use to living in. Even if it was only momentary (in our human awareness of time) - *that* 'time and space' was a brief glimpse of enlightenment, oneness, unity, harmony, peace, transformation and all the things that the Crystal Skulls (and their off world counterparts) are helping us towards...One day we will feel like this 'all the time'. Is that what they mean when they say things will be different in 2012?

# Crystal Skull

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