

## Within the Crystal Matrix

I spent days trying to hone in on a subject for this month's director's page. All I could think of, instead, was going to the Gem and Jewelry Show at San Mateo Expo, which was taking place on the weekend. I didn't need to make any extravagant purchases, but I felt the need to swap some stones from old settings and put them into different settings, as well as replace some older settings with new stones. I thought about this as I purchased some vibrant yellow and rainbow stones in the topaz/citrine family. The stones, themselves, were not expensive. But they did reflect my need to change energy vibrations, colors and settings.

Since 9/11/2001 I've gone through a gamut of very dark emotions; not any different I suppose than what everyone else in the U.S. is going through. The energy around the terrorist attacks was dark and evil and forced all of us to look at the shadow that was confronting us and how it gained so much power over us. It is the same shadow that exists within ourselves, which we conveniently keep hidden from even our own consciousness by denying our own prejudices and hatred. When we get in touch with it, we have no choice but to confront it, and clean and rearrange our house; doing otherwise will create major disease and discomfort.

I was not thinking about the reasons behind wanting to change colors, settings and vibrations when I made the conscious decision to go to the gem show. In fact, for many of us, the economic reality forces us to be very frugal at this time and so I was not intending to make any new purchases. What I did find, however, is that despite the feelings of helplessness, hopelessness, and immobility, I had some very powerful options in front of me that I did not pay much attention to over the last six months. Those happened to be my own power to transform energy by changing the basic and simple things around and within me.

This translated to replacing the dark energies with light and vibrant energies using colors and crystals that simulate rainbows and the sun. So, in essence, I filled the dark crevices with refracted light and blasted open my spirit to the crystal matrix and its many light paths and possibilities. The colors uplifted me, the possibilities of moving into newer and more vibrant internal settings were enormous and the ability to transcend the darkness on the planet at this time was re-ignited in my consciousness.

What this also translates to is that our subconscious has the ability to interfere with or awaken our consciousness to the possibilities within our own soul. By not confronting it, we are forced to replay the mistakes of the past; by confronting it, we can blast the light through the cell blocks that bind us to our internal prisons and move out of fear, hatred, depression, and denial. By acknowledging our own power of transformation, and by working consciously with color and energy vibrations, we can reprogram our internal settings to a lighter frequency. We do not need to stay in the dark although the dark is always there and does not go away. By making a conscious effort to change the frequency of our settings we can create newer and lighter pathways, open ourselves to more vibrant channels, unlock our cells to a rainbow matrix of possibilities, and expunge the vampires of our subconscious by dissolving them in the crystal matrix of light.