

prayer, and brings with it more peace than any other gem, but he who would wear it must lead a pure and holy life.'

"Mythology abounds with accounts of magical rings and talismanic jewels. In the second book of his Republic, Plato describes a ring which, when the [collet](#) was turned inward, rendered its wearer invisible. With this Gyges, the shepherd, secured for himself the throne of Lydia. Josephus also describes magical rings designed by Moses and King Solomon, and Aristotle mentions one which brought love and honor to its possessor. In his chapter dealing with the subject, Agrippa not only mentions the same rings but states, upon the authority of [Philostratus Jarchas](#), that Apollonius of Tyana extended his life to over 20 years with the aid of seven magical rings presented to him by an East Indian prince."

~[Manly P. Hall](#)

Gems, Stones, and Crystals

Mr. Hall is correct. Throughout human history and in many parts of the world, stones, gems, and crystals have been used in various ways for healing, magic, and spiritual development. Some of the claims regarding such gems may have been highly exaggerated, but there is some truth to all of them. In most cases, the color of a gem or crystal can tell us a lot about what it will help with. Think of the colors in association with the physical energy centers (chakras) and what part of the body they are in. So if you have health issues in the stomach area, a yellow gem would usually help best. It is also important to charge and program crystals.

Hall mentions several well-known cases of stones, crystals, and gems in history, but leaves out some important spiritual ones. The [breastplate of Aaron](#) is one of them. Aaron was the brother of Moses and became High priest. His breastplate is one of the best-known cases of several crystals being used together for protection and spiritual growth.

Sapphire

According to various parts of the quote, sapphire is practically a cure-all. It gives peace of mind, healthy thoughts, and healthy circulation. It also opens “doors” to the spirit and brings peace. It might be worth getting one if a good-quality Sapphire cost around five dollars, but unfortunately, they are a lot more expensive than that. In any case, I think the claims are somewhat exaggerated and depend a lot on who is wearing (or holding) the gem. One solution is to get a lab-grown sapphire, another is to get some lower-priced gem or crystal that is also blue. It is, to a large degree, the blue color that makes this gem so useful. Aquamarine, Blue Topaz, Spinel, and Labradorite are good alternatives. While each stone may have slightly different properties, they all help in the same general way.

Crystals for Spiritual Growth

When it comes to spiritual growth, gems and crystals in what are the “cooler” colors are best. Green, blue, purple, white, and clear stones are all useful for spiritual development. But one thing that some people forget is that the most important thing is to have a good flow of energy through all of the energy centers, therefore we shouldn't ignore the lower centers associated with the colors red, orange, and yellow. In Cosolargy, we wear a sacred thread to remind us of the Thread of Life that connects us all together on a spiritual level. On that thread, we have eight gems or crystals in the colors red, orange, yellow, green, blue, indigo, violet, and white or clear. We want all of our energy centers to be fully functional and alive. We want energy flowing through our bodies and spirits.

Programming and Charging Crystals

While they may be of some benefit without it, crystals and

gems work best when charged regularly and programmed. Some schools tell people to charge their crystals under the moon, but in Cosolargy, we charge them with the more powerful and positive light of the sun. As for programming, there is no unique formula for it, just tell the stone what you want it to do. If you wish for the blue gem to help rid you of negative thoughts, say so. If you want the stones to help protect you from evil influences, say so. If you want help with physical health, tell them that also. Do not ask them for material things such as money or a new car. Ask only for spiritual help. It is also important to remember that the crystals are an aid only; they will not do the work for you. If a carpenter has a box full of new tools, but just sits and waits for them to do something, the house will never get built. The same with using gems and crystals for spiritual growth. They will help you along the path, but you must walk the path.

From the SUN TALK collection by Harold Boulette