



Working with Crystal Nets: The Element Templates

Excerpted from *Crystal Doorways* by Sue and Simon Lilly

An energy net can allow a reharmonising of some aspect of the physical system; or can create, recreate or bring to awareness the energy of a different part of the solar system or universe; or if there is a pattern that is perceived as negative or life-damaging in some way, an emotion or illness or other sort of disease, an energy net can impose a stronger harmonizing pattern to disrupt and de-structure the negative pattern.

Putting crystals, with their primal geometric purity, in a geometric relation to each other—so giving one set of energy patterns an even larger, overlying energy pattern—is going to create quite a resonant vibration. This is likely to be a particularly strong experience to someone inside the web of symbolic and actual energies.

The Elements these nets encompass have nothing to do with current scientific terminology. The division of physical existence or matter into discreet parts: Earth, Water, Air and Fire, is as old as the concepts of time and place, as old as the awareness of being “here and now.”

The Elements are a fundamental conceptualization of the qualities of existence. They are the building blocks for most of humanity’s cosmologies. The number of Elements may change from culture to culture but the significance is constant.

They are, as it were, the archetypes of matter. Like their companions, the archetypes of human mental patterns, it is possible to dismiss them as wishful thinking or fantasy, but that won’t make any difference to their raw power and presence. Those who have, magically or otherwise, contacted some small expression of an Elemental power will know just how mind-bogglingly unrestrained, powerful and dangerously seductive such a contact can be to the balance of the human mind.

In order to be balanced in body and mind the Elements within us must also be balanced. Many, if not all, traditional healing systems assess the degree of imbalance of the Elements and aim to correct any over-preponderance of one Element with the addition of its opposite. For example, a fiery, hot inflammation will be treated with cooling, watery herbs whilst something like an edema that shows an excess of cold, watery conditions may be treated with remedy that increases the Elements of Fire and Air.

[Below is an explanation of what the crystal net for each element can be used for. These excerpts are the opinion of the original author and are not a guarantee of healing, as healing is the choice of the individual.]

Fire net

Warming the physical body; aiding and improving circulation and digestion; enhancing all levels of “fire”; contact with the archetypal element.

Earth net

Aligning and balancing the physical structure, bones, muscles etc.; clearing and protecting from negative environmental influences; aligning to the earth’s energies; harmonizing with the specific place you are in.

If you have some aches and pains this net may initially emphasise the discomfort, but you will find it soon passes. Very often there is a sensation of great weight, or sometimes of lightness. It is regularly reported that there is a feeling of subtle manipulation and rearrangement of overtense or misaligned structures.



Air net

Blowing away cob webs; helps to remove fatigue, mental cloudiness or confusion; cleanses the aura; brings back the feeling of personal space.

We often use the Air Net after a hard day's mental work or when the mind just can't shake off cloudy vagueness. Whereas the Mercury Net [of the set of planetary nets] is stimulating and busy, the Air Net is like a cool breeze, light and refreshing.

Water net

Activating the digestive system; stimulating subtle levels of communication; the flow of creativity; flexibility; releasing blocks at many different levels.

Attuning to the element of water is attuning to the upholder of life. This simple compound of hydrogen and oxygen is the foundation of most life processes on this plenty. Because it is so pervasive and its forms are so various the possible experiences within the energy net are manifold and after a few try-outs it may be useful to set finer focus on whatever aspect you wish to experience.

Water is linked with the emotions. Both have the tendency to move, to flow outwards in order to attain a stillness or a point of equilibrium. When this flow is blocked in some way pressure continues to build up and unless released, can cause devastation when it finally breaks through. Someone who feels on the point of bursting, full of desperation, with energy circling in on itself (which might manifest in the body as overactive or out-of-control condition), may find this net a way of gently releasing the internal pressure and restoring a new harmony.

Those who feel out of touch ("out of the flow," "stranded"), either emotionally or mentally, should also try this net.

Ether net

Attuning to celestial influences; spiritual upliftment and cleansing; removal from worldly matters; fine levels of inspiration.

The fifth element, ether, is like a vessel that holds all the other elements of earth, air, fire, and water. It is the medium through which these more dense elements manifest. Ether, (Sanskrit: "akasha"), is the ultimate substance, often defined as space itself. Because it is the finest of substances ether is potentially the most powerful. Tuning in to this level of creation can allow fine impulses of manifestation to appear in your life, either as new opportunities or as ideas and inspiration. Ether contains all possibilities of existence and so it is also that area where desires begin to become reality. The safeguard (or drawback!) to this is that, at fine levels of energy, only those impulses which align with the law of the universe can survive. So don't use this net as a wishing well—it won't!

Akasha, or ether, also stores within itself impression of all the interplay of the other elements, like a memory of everything that has ever happened. These are the so-called Akashic Records. Having attuned to the Ether Net it should be possible to "read" these records, which often appear as visions of what to "read" these records, which often appear as visions of what has long gone.

We have found this net to be one of the most popular at workshops, indeed, it sometimes requires considerable persuasion to move on to the next one! As the energies involved are very fine, be extra careful that you do not spend overlong in the Ether Net, and make sure you have plenty of time to come back down to earth afterwards!



Read more about crystal nets in [Crystal Doorways](#) by Sue and Simon Lilly, available through [Amazon.com](#).

This documentation is provided by

Zenquility

18080 Camdenhurst Drive
Gainesville, VA 20155