



Working with Crystal Nets: Nets of the Self

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.

This series of nets focuses on broadening and clarifying awareness of who we are and what we can achieve. Don't expect to come to any firm conclusions—rather be prepared for an expanding of possibilities, an inkling of "other things going on."

The nature of the Self and how it is seen and understood, like the nature of the Solar System, depends very much on the perspective of the viewer.

Cultural definitions of the Self vary enormously: from a here-and-now personality make-up, strictly within the physical boundary of the body, to a luminous spiritual entity, free of time and space, that permeates all existence yet focuses locally in a physical form. Most cultures agree that there is more to a person than a physical body and what can be perceived solely with the five senses.

[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.]

Activating personal potential

Clearing emotional blocks; cleansing and healing; helping to develop suppressed or diverted skills; self-development and integration.

This net is indicated when there is a feeling of confusion and a lack of direction. It helps to remove the accumulated debris from our windows of perception so that we are able to see more clearly.

Clarification on all levels

When there is a situation or an issue of which you wish to have a greater understanding; helps to remove energies that are clouding the true nature of things.

This net can be used for internal clarity, like an occasional spring-clean of the subtle energy fields, or for bringing clarity to some external situation. With the latter it is best to enter the net with the issue firmly in mind, gently mull over the circumstances, then relax and see what insights emerge. Even if there is no obvious shift of perspective you will probably find that you are better able to handle difficult situations in your everyday life.

Fine level: one

Added to another net to deepen the level of experience; helping the processed of healing and detoxification; a very deep contact with one's own centre and place of origin.



Although this is a very simple net it must be treated with great respect, for it is potentially extremely powerful. The stones are directly activating the base and second chakras and influence the body's centre-point, known as the hara, where our centre of gravity is located. Thus it is our most stable point, our centre and also our roots—the place from which we all must grow outwards.

If there is a need for detoxification this net can help to eliminate what is no longer required. If you know that there is a particular point in the body where toxins have accumulated, a herkimer diamond may be placed there to speed up the process. All detoxification means the removal of stored poisons and their passage through the body systems. With some toxins this can be extremely hazardous if not supervised correctly. At very least, it is vital to drink plenty of clean, pure water during the process to flush the toxins out of the body. Be aware that tiredness and headaches may follow as a result of the purification process.

Fine level: two

Integration of all subtle bodies, especially the finest; eases all planetary transits, particularly Saturn; access to different levels of consciousness and reality.

As well as the energy fields of the physical body, the emotions and the mind, which surround and interpenetrate the physical body we have much finer energy bodies which are to do with our more universal existence beyond normal time and space. These energy fields, sometimes called the soul body, causal body and spiritual body, do not fluctuate or change from day to day like the emotional and mental bodies but act more like supervisors and navigators steering us in the required directions in our lives to achieve our goals and learn lessons. They could be collectively labeled as the Higher Self, and are more aware of the ramifications and shifts of energy throughout existence. When all the subtle energy fields, or bodies, are integrated and working well together there is a correct flow of information and energy between them, neither too much nor too little, and this brings about a greater sense of wholeness and well-being.

All the subtle bodies are influenced by planetary positions—the tourmaline in this net help to align our energies so that we are the most comfortable we can be at times when awkward planetary juxtapositions are taking place [e.g., Mercury retrograde].

Amethyst healing

Any deep healing work; safe regressions; clarifying subtle perceptions; calming minds.

Because amethyst works effectively with the mind and is linked with the subtle perceptions of the "third eye" between the eyebrows, those who are already somewhat psychically open or sensitive, may find they are spontaneously witnessing other-life events or new information. With the help of a trained therapist this net can be invaluable to access those areas of the past that need clearing away or resolving. If you wish to attempt this sort of work it is always advisable to have someone with you who knows the ins and outs of past life regression. This presence of so much amethyst helps to prevent unnecessary experiences or unwanted intrusions, but especially for inexperienced "travelers" there may be some feelings of fear or emotional upset which will need working through.

Read more about crystal nets in *Crystal Doorways* by Sue and Simon Lilly, available through [Amazon.com](https://www.amazon.com).

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