



Platonic Quartz

Key words for this Essence

Balance ~ Geometry ~ Elements ~ Frequency ~ Consciousness
Clarity ~ Light ~ Wisdom ~ Freedom ~ Amplify ~ Alignment
Structure ~ Form ~ Healing ~ Authentic ~ Reflective ~ Harmony
Spiritual Awakening ~ Guidance ~ Awareness

These sacred geometrical pieces of quartz used for this essence each hold a specific elemental frequency. The five shapes are the alphabet of the geometric vocabulary. All forms come from these five shapes and are found in all types of crystal growth in the natural world. They contain the basic creation patterns of existence and facilitate the expansion of consciousness through which effective life-affirming action can occur.

The Octahedron represents Spiritual Enlightenment, it is associated with the Heart, the colour frequency is yellow and it is symbolic of the Air Element. This connects one to the capacity of the mind and thoughts.

The Tetrahedron represents Creation and Manifestation. It is associated with the Solar Plexus, the colour frequency is red and it is symbolic of the Fire Element. This connects one to inspiration and passion, the Divine Spark.

The cube represents Grounding Creation and Strength. It is associated with the Base of Spine, the colour frequency is green, and it is symbolic of the Earth Element. This connects one to the foundations and structure of the physical world.

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Honouring the Natural Flow of the Feminine Cycle

The Dodecahedron represents the Face of the Divine Within and Ascension. It is associated with the skin, the colour frequency is gold, and it is symbolic of the Ether Element. This connects one to the whole, and to the Universe.

The Icosahedron represents Conscious Prayer and Transformation. It is associated with the Sacral Chakra, its colour frequency is blue and it is symbolic of the Water Element. This connects one to fluidity and the emotions.

Quartz is considered to be the most powerful healing stone, it harmonises all chakras and aligns all subtle bodies. Its clarity enables the energy to respond to each individual in a unique specific way. It amplifies energy and intention; it is programmable and enhances the memory. Clear quartz embodies the concept of clarity and the value of becoming a vessel of the Light of the Divine.

The vibrational frequencies of the Platonic Solid Essence can be used to remind the cells of our physical bodies of their original perfected form by re-alignment and polarisation of energy. When working with the Platonic Solids, you are engaging the power sources of creation to manifest a new life.

Meditation with this essence can help to connect and free oneself from limiting beliefs, moving more to an expanded reality where all things are possible. The platonic solids transmit consciousness, they are energy bonds that create solid forms. All the wisdom, knowledge, and experiences of the Universal Mind can be explored and utilized through the Platonic Solid Essence as it is a means through which evolution can occur.

Regular use of this essence will restore and harmonise an individual's life and surroundings. It balances and clears the chakra system, assisting spiritual practices such as yoga, somatic dance and meditation and conscious awareness.



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