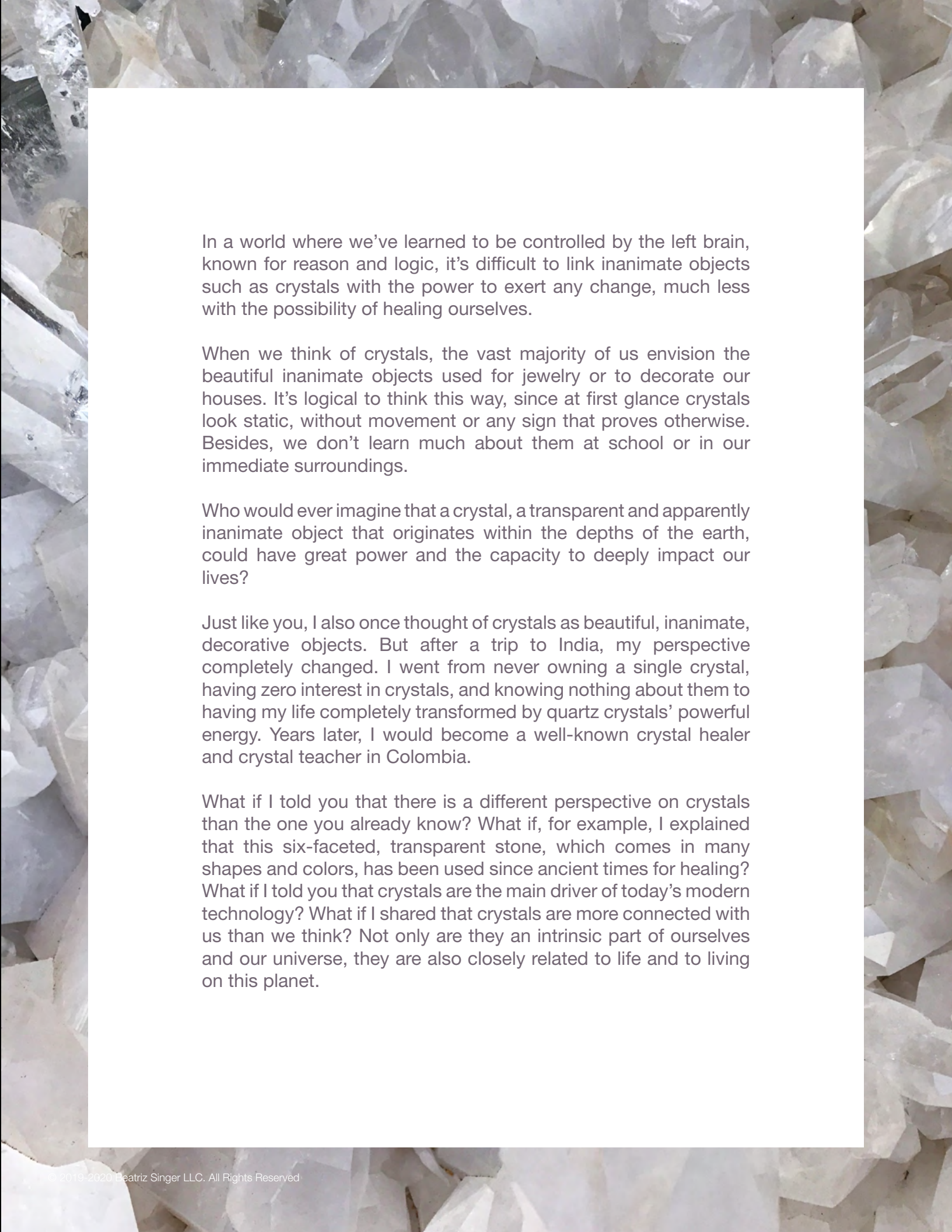




**12 Mind Blowing Facts
About Crystals
That Will Change Your Life**








In a world where we've learned to be controlled by the left brain, known for reason and logic, it's difficult to link inanimate objects such as crystals with the power to exert any change, much less with the possibility of healing ourselves.

When we think of crystals, the vast majority of us envision the beautiful inanimate objects used for jewelry or to decorate our houses. It's logical to think this way, since at first glance crystals look static, without movement or any sign that proves otherwise. Besides, we don't learn much about them at school or in our immediate surroundings.

Who would ever imagine that a crystal, a transparent and apparently inanimate object that originates within the depths of the earth, could have great power and the capacity to deeply impact our lives?


Just like you, I also once thought of crystals as beautiful, inanimate, decorative objects. But after a trip to India, my perspective completely changed. I went from never owning a single crystal, having zero interest in crystals, and knowing nothing about them to having my life completely transformed by quartz crystals' powerful energy. Years later, I would become a well-known crystal healer and crystal teacher in Colombia.

What if I told you that there is a different perspective on crystals than the one you already know? What if, for example, I explained that this six-faceted, transparent stone, which comes in many shapes and colors, has been used since ancient times for healing? What if I told you that crystals are the main driver of today's modern technology? What if I shared that crystals are more connected with us than we think? Not only are they an intrinsic part of ourselves and our universe, they are also closely related to life and to living on this planet.



My inquiring journalist skills, together with twenty plus years of a crystal healing practice with one-on-one clients and groups, and my own personal experience of working with crystals to heal myself, allowed me to connect the dots. I now understand that crystals are much more than placebos or decorative objects. Their power is real!

Let me share with you 12 Mind-Blowing Facts about Crystals that Will Change Your Life!



Quartz crystals are energy! So are you and all that surrounds you!

In 1922, Niels Bohr, who received the Nobel Prize in physics for his contributions to our understanding of atomic structure, announced to the world that the atom, the basic unit of matter, is mostly empty space filled with energy. Today we know that the empty space is filled with 99.9999999 percent energy. Energy shapes us and surrounds us and is an essential part of our being. Energy drives our biology and the functioning of our mind.

There are 7 octillion atoms in our body. Although we are not able to perceive it with our naked eyes, we are energy beings, and so are crystals and everything around us. In the transparent world of energy, each of us is a pattern of vibrating energy. Although quartz crystals may look solid, at a subatomic level, they are pulsing streams of energy.

If we perceive our reality as solid objects and are unable to perceive energy, that's because our brain fills in what is missing to create the illusion that all is dense and solid. Our brain decodes the different frequencies or vibrations we receive through our five senses into familiar ideas based on the information we already know and is stored inside our mind. As you see, we perceive our world more as ideas than as energy.

In the energy world, real balance comes from the continuous flow or expansion of energy. Our energy frequency rises when more energy flows and decreases when the flow decreases or there isn't expansion of energy. When our energy is continuously flowing and expanding—in resonance with the natural rhythms of the universe—**it's transparent**. Without transparency, it decreases its flow. A lack of energy flow and expansion relates to physical and emotional imbalances.

In the energy world, imbalance is an alteration in the flow of your energy. In my one-on-one crystal healing



practice with clients, I learned that repetitive thoughts create disturbances in our energy field. **Repetitive thoughts generate unbalanced emotions.** And unbalanced emotions, without conscious work, over time bring imbalance to our body.

The repetitive beliefs, attitudes, and behaviors we have learned from our surroundings that limit us, rather than expanding us, are what really overshadow our transparency. The scope of resonance is reduced when we resonate only with the limiting beliefs we've unconsciously internalized and don't seek to expand—as is the flow of our energy.

What's more, according to quantum physics, the act of observing transforms energy waves into particles of matter through our perception. **Consciously or unconsciously, we literally are creating every bit of our reality with each of our thoughts and beliefs.**

The real problem here is that we don't perceive our world transparently; we perceive it through limited filters based on the information stored inside our mind.

Nevertheless, even if you see yourself as matter and see the world through the limited filters of your beliefs, at a subatomic level, **we are all transparent beings made out of energy.** And because of this, we can return to our transparent selves—our best selves.

Energy is the transparent structure that sustains our life and surrounding reality, and crystals play a great role in this. True healing occurs in the invisible and transparent world of energy. **What crystals do best is resonate with invisible vibrations to restore your original transparency and balance again.**

Resonance is key! It's why crystals can tap into the authentic in you!

From our immense universe to our tiny cells, each of us and all that surrounds us is an energy field of information. This includes ourselves and crystals.

Our brain is the energy field that contains all the habits, beliefs, and behaviors we've learned from the people who surrounded us while we were growing up. Our heart is the energy field that contains all the emotions we've experienced ourselves, as well as those we've learned from others.

As each of us was raised differently, with different parents, cultures, genders, nationalities, religions, ethnicities, and so on, we all have different energy fields of information. Furthermore, we resonate with information we have inside our mind and heart and filter out whatever we are not resonating with. In this way, all the ideas and beliefs we've received from others, unconsciously adopting them as our own and now running them on autopilot, reduce the scope of our inner resonance. This decreases our inner flow of energy and brings about physical and emotional imbalances. Plus, the information inside our energy field ends, resonating with a finite reality—which is what keeps us stuck reliving the same situations over and over again.

But we also have a ground state, and that is original transparency. Crystal resonance allows us to reconnect with our original transparency—that previous unconscious state that existed prior to our incorporating unconscious information from our surroundings.

Through crystal resonance, we are naturally drawn to the crystal with the particular frequency, color, thickness, and shape needed to bring our energy back to balance.



True healing comes from resonance with our original transparency. **Crystal resonance is that unconscious power that crystals have to sync us with this untouched transparent part of ourselves.** This is key to understanding the real power of crystal healing.

In the energy world, there is no such thing as prescriptions; **energy simply resonates.** It resonates with your energy or with the information inside of you. Many people want me to tell them which stone to work with. The problem here is that my energy field of information is different from that of other people. Everyone has different beliefs, has grown up in different environments, and has gone through different experiences in life. What works for my energy field of information doesn't necessarily work for yours. **That's why I cannot choose the crystals for you.**

I highly recommend working with crystal resonance (rather than working with crystals prescriptively) because **resonance focuses directly on your energy and not the information of others.** Crystals resonate and operate through wave interaction and can connect directly with the root of the problem in your energy field of information, catalyzing processes that otherwise would be very long and difficult to access.

Crystal resonance raises the flow of energy inside of you and transparentizes or clears out all the unwanted information that's preventing you from resonating with balance and your best version of reality. It reconnects you with your original transparency and unlimited potential.





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Quartz crystals drive modern technology

It is estimated that **10 billion quartz crystals are used every year in electronic devices.**¹ They are found in smartphones, wireless applications, computers, credit cards, wristwatches, digital cameras, TVs, automobiles, stoves, medical devices, satellites, and much more. Quartz crystals are one of the main drivers behind the Digital Revolution. Their presence in our lives is inevitable, as they are essential parts of most electronic devices required in our modern lifestyle.

Quartz crystals inside our devices allow the sending and receiving of electromagnetic energy waves between our cell phones; transform energy, for example, from electricity to sound, as in our earbuds; and balance and stabilize frequencies, as in our watches.

Did you know that, in the same way crystals work inside our electronic devices—sending, receiving, balancing, and transforming energy—crystals can bring you back to a state of transparency and clear the unwanted information inside of you, allowing you to resonate with your best version of reality?

Thanks to crystals' properties known to science, by placing a quartz crystal over our body or inside the energy field around our body, we are able to transform and balance the energy of our body, our mind, and of our surroundings. **Being in the presence of or in contact with quartz can connect us with healing, peace, and well-being in our life.**

Crystalline structures in your body enable vital processes

Just like in electronic devices, crystalline structures within our body (especially those inside our cells) send and receive electromagnetic energy waves between the different organs' energy fields. These crystalline structures also resonate with the energy fields of our surroundings—including those of our own mind, other people, nature, and the cosmos.

According to cell biologist and PhD Bruce Lipton, the integral membrane proteins in each cell are antennas that respond to the environment. They can read vibrational energy fields such as light, sound, and radio frequencies—and also our mind. In other words, “Biological behavior can be controlled by invisible forces including our thoughts.”²

The phospholipid bilayer inside our cells is one of the vibrating crystal devices within us. If there are 37.2 trillion cells in your body, that's a lot of crystals and a lot of the very energy that produces our own body.

Besides those in our cells, the body has many other crystalline structures.

Many of the vital processes in our body that work with electricity involve crystals. Electricity is what allows the nervous system to send signals to your brain, allows communications between neurons, controls the rhythm of your heartbeat and the movement of blood around your body; allows you to see, feel, hear, and use your muscles to move; and regulates homeostasis.

And there's more. **DNA strands, the carriers of genetic information, are also crystals.**

We are crystalline beings! That's why quartz crystals resonate with and can heal—by way of transforming, balancing, and amplifying our energy—our body, emotions, and mind.



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Crystals are Earth's core power! Powering Earth's electromagnetic field!

Just as our bodies have an energy field, so does planet Earth. And just as our bodies' energy fields originate in the crystal vibration inside crystalline structures inside our body, **Earth's energy field originates in the vibration of quartz crystals at Earth's core.** This was reported by Kei Hirose, director of the Earth-Life Science Institute (ELSI) at the Tokyo Institute of Technology (Tokyo Tech).³ Earth's electromagnetic field is extremely important. Without it, we would be exposed to high amounts of radiation from the sun, and the planet's atmosphere and oceans would be stripped away. This electromagnetic crystalline energy field is what makes life on this planet possible.

Humanity has harnessed crystal healing since prehistoric times

Crystals have shared their wisdom with us since time immemorial—leaving an indelible mark that can be traced through cultures, civilizations, and philosophies since the earliest eras of known human history.

Archaeological discoveries in Turkey, Egypt, Peru, India, and Great Britain; at prehistoric burial grounds, the Ancient Egyptian monuments, and the ruins of Sumerian cities; and at other sites indicate that **quartz crystals have been used throughout human history**, starting with prehistoric humans as early as 75,000 BCE.

From temples, pyramids, and stone circles to dolmens and menhirs, ancient sites incorporated quartz crystals among the materials used to build them. And this is no coincidence! Whoever the builders of these sites were, they knew exactly what they were doing. They knew about energy, what electromagnetic fields are, how to tap into them, and their multiple effects on our body and mind.

Texts discovered at Nag Hammadi, Egypt, talk about the importance of such places in terms of their ability to reconnect us with our true potential. The sites created a “crystalline grid” to envelop the planet and reconnect us to that transparent and undivided part deep inside of ourselves that is aware of who we really are, beyond our learned beliefs.

And it's not a coincidence that all these special structures were built over geomagnetic energy lines. Just as the sea has waves, the earth is also in constant movement. **The combination of quartz and geomagnetic energy, together with the sun's rays, allows for concentrating and amplifying energy.** Now add to this equation the properties of quartz known to science, and transformation takes place!



The builder's intent was to ensure humankind had the ability to amplify and resonate with our original energy underneath all the layers of thoughts and beliefs acquired from our surrounding environments. They knew the importance of resonating with transparency to support a balanced society and being in resonance with the Earth and the universe.

No wonder these places were considered sacred places. People can resonate with their most transparent vibration and initiate processes of healing, reconnect with their true potential, and transform their lives by just being in them. The same Nag Hammadi ancient texts also mention how, by distancing themselves from these sites, people might be distanced from their inner selves and from reaching their highest potential and authentic truth.

I have heard many stories of people whose lives have been transformed after visiting places such as the Giza pyramids, Machu Picchu, Stonehenge, Carnac, and others.

Quartz crystals in these sites produce a crystal property known as the piezoelectric effect. The natural, ongoing, imperceptible movement inside Earth can turn mechanical into electrical energy waves. In our invisible universe of energy, where everything is interconnected, these waves interconnect with our energy field, allowing the transformation of our own energy—of all that is inauthentic within us. This enables us to resonate with our authentic energy, which in turn resonates with the energy of the universe—restoring our balance. From the creation of these ancient sites (some say it was 11,600 years ago) to our current day, experiences of awareness and healing related to them have been well known. For the ancients, these places were not common. Rather, they were sites where invisible technologies were deliberately working to reconnect us to our original perfection and bring us to a state of sacred balance.

“According to Pierre Méreaux, a French researcher and electrical engineer, these sites are alive. Such is the case of Carnac, a megalithic site in France where 80,000 quartz rich stones stand over an active earthquake zone that is constantly being compressed and thus is electromagnetically active. **It is not surprising that**



people routinely came to such an area in search of healing and believed that these sites possessed special powers.”⁴

There are over 200 references to stones and crystals in the Bible! And many ancient philosophies directly relate our well-being to flow or being in resonance with the universe. Maybe our ancestors were trying to tell us that, in order for us to remain continuously in well-being, we all have to resonate with our own transparency.

Quartz for sure held a very sacred place in the world of our ancestors.





You and crystals share a symbolic language

Thousands of years ago, the ancients knew the power of symbols and crystals. Symbols and resonance assisted them in resonating with their original transparency. **Evidence of this includes the countless symbols we see within the walls of many ancient sites, ancient scriptures, jewelry, and art around the world.** Crystals were part of this symbolic language.


Ancients knew of the resonance created by our unconscious learned information and its ability to blind us—keeping us from perceiving the whole and resonating with a better reality. They also knew that delivering the message and reconnecting people with their unconscious power required bypassing the mind and that symbols were the key to achieving this. **Symbols are the language through which we can resonate with or access the energy world and its unique properties.**

The ancients had a vast understanding of the universe that included deep knowledge of the energy world and how it interacted with us.

In the energy world, every part contains the whole and vice versa. Thus, a symbol has the capacity to hold the whole message. Quantum physics' nonlocality explains how all parts within the whole are interconnected, even though we see them as disconnected, and how two things that had been once connected remain connected beyond time and space. This means that the real meaning that the symbol had in the past for our ancestors may be accessed and experienced in the present by us.

Resonance is key when you work with symbols, as you're bypassing your learned beliefs, which normally prevent you from plugging into the transparent energy field.

Quartz crystals are symbols of transparency. Their colors, shapes, and sizes are gateways to the energy world and to your infinite potential. They are frequencies



that intermingle with your energy field and can lift you from the mind fog you live in to awareness of who you really are and ability to work toward your real potential.

Symbols help us move from left-brain perception into right-brain perception, bring the invisible to the visible, and “materialize” or bring energy into matter and vice versa. For the ancients, the invisible and visible were normal parts of their world. They used symbols to shift their perception.

Through the symbolic and energetic language inherited from ancients, from color to shapes to geometrical configurations, crystals can transform our minds and bodies to reconnect us with our best version of ourselves.

The wisdom inherited from our ancestors about the symbolic relationship between stones and the different effects they have on our unconscious parts of ourselves, such as our bodies’ organs and the information within our minds, can now be wedded to modern knowledge to reconnect with our wellness.

Crystal resonance works through patterns, both energetic and symbolic. Energetically, this could mean that our frequency is attracting a similar frequency in the form of a crystal. We can also resonate with symbols and their meanings in the form of colors, shapes, textures, sizes, and so on related to the unconscious information we need to become aware of and heal.

A crystal can resonate with similar shapes in our bodies, as well as with chemical composition, pigments, and crystal structures inside our body. For example, there are pyramidal neurons in our brains that resemble the inner structure of quartz. The main component of quartz is silicon dioxide, which is present in our bones. Rhodopsin is a purple pigment in our eyes similar in color to amethyst. Hemoglobin is a red pigment that carries oxygen from our lungs to our cells and is connected with life force. There are many more pigments in our bodies, but most cells in our bodies are transparent, just like quartz crystals. By using crystals of specific colors, one can heal corresponding ailments in the same-colored parts of one’s body.



Each crystal can also represent an archetype or symbol within our unconscious mind or energy field that has deep meaning. Such archetypes may include your mother, your father, an experience, or a learned belief or pattern inside of you that you need to heal in order to keep flowing and expanding.

In order to experience wholeness, the connection between matter and our inner transparent world must be reestablished. Quartz crystals can be great tools to reestablish this connection thanks to their scientifically verified properties. Their transparency is a symbol that can reconnect us with the transparency of our mind and a new resonance to access our highest potential and option of reality.

Crystals communicate with the hidden parts of you

Our unconscious minds record and store information indiscriminately, 24/7, whether we are asleep, awake, or not conscious. So do quartz crystals! But unlike our minds, crystals are easy to reset. This feature makes them wonderful tools to transparentize or transcend unwanted information we are resonating with within our body or mind.

According to Dr. Thomas Verny, an expert in prenatal and perinatal psychiatry, “Findings in the peer-reviewed literature over the course of decades establish, beyond any doubt, that parents have overwhelming influence on the mental and physical attributes of the children they raise. And that their influence starts before children are born.”⁵

As you already know, beliefs, thoughts, words, and behaviors are energy! We mostly absorb information through auditory and visual stimuli. From our mothers’ wombs until the age of six, our brains operate at a lower EEG frequency (0.5 to 8 Hz) and are more predisposed to the information and programming of others. **This life stage is when we become hardwired to others’ beliefs, attitudes, and behaviors and lose our original transparency.** Unfortunately, the information we absorb early in life becomes the database and program that commands all our experiences.

When you choose a quartz crystal through crystal resonance, the crystal is able to resonate with your unconscious mind and communicate with the hidden parts of yourself that you are not aware of—your core wounds, forgotten experiences, and harmful memories that originated unwanted behaviors. And you can also become aware and connect with your original transparency, where your true gifts and potential lie.





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Crystals can produce sound

It would never have occurred to me that crystals emit sounds. **The first time I heard the sounds of the crystals was in a tiny room covered with crystals from floor to ceiling and side to side in India.** I thought I was delirious or at least imagining it, but that wasn't the case.

After this experience, the journalist inside of me was motivated to search for a scientific explanation. During my research, I found out that Memnon Colossi statues made of quartzite in Egypt were known in ancient times for their singing virtues and healing qualities. During the sunrise, highly tuned electromagnetic waves such as sunlight hit the statues, igniting the vibration of atoms inside the quartz crystal. This can also happen when crystals are exposed to our energy field. **When the atoms inside a quartz crystal vibrate, they bounce into each other and produce energy and also sound.** When we work with crystals, this is what we can experience at a subatomic level.

Crystals facilitate altered states of consciousness

According to Joe Kirschvink, a geophysicist at the California Institute of Technology, human beings are susceptible to electromagnetic fields. In fact, magnetic fields can induce electric currents in the brain that mimic an electroencephalogram (EEG) signal.⁶

Dr. Rick Strassman, researcher and psychiatrist, conducted US government-approved clinical research in the 1990s that found that certain electromagnetic fields could release the psychoactive molecule DMT (dimethyltryptamine). **A small amount of these molecules can produce altered states of consciousness that some people know as shamanic or psychic states.** According to Strassman, DMT exists in our brains as a spirit molecule, allowing us to gain access to nonmaterial realms.⁷ Dr. Strassman discovered that the molecule is biologically very safe and not harmful to the body. **Recent research has shown that DMT has anxiolytic or anti-anxiety effects on the brain and that it grows new brain cells in the hippocampus** (which is an area of the brain important for memory and imagination).

In many experiments, it has been evidenced that exposure to certain magnetic fields and frequencies can stimulate the brain to release DMT.⁸ It is possible that quartz crystals' electromagnetic energy field can

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Crystals amplify the effects of ancient practices

Crystals are powerful tools and great companions in any self-exploration tasks, as they bring to the surface information inside of us we may need to work on.

If we compare the results obtained through ancient techniques such as meditation, mindfulness, and yoga to appease the mind and transcend suffering, we can perceive that crystals not only support these processes but also amplify and catalyze them.

Quartz crystal transparency can help you tap into your own transparency and make the process of meditation easier. You are able to recognize your thoughts and transparentize them, amplify the scope of your resonance, and experience expansion.

Crystal energy can help you resonate with different waves, from alpha and theta to delta and gamma; it all depends on your level of commitment to your inner work using crystals as tools. Slow brain frequencies help the production of endorphins and aid in the reduction of stress.

In the world of our five senses, transparency may be experienced as peace, well-being, and healing.

Crystals, although exposed to huge amounts of information (as are you), remain authentic to their essence

Quartz crystals themselves were formed deep in the earth's crust, over the course of billions of years, withstanding all sorts of adversities—including high temperatures, compaction, and lithification (the process whereby sediments form into solid rock). Quartz crystals are also exposed to a great deal of processing and manipulation due to lengthy manufacturing operations. First, they are mined, then they are sold to buyers and transported across great distances, and next they are cut and polished into new forms. Nevertheless, they are unbroken. These severe conditions do not change their transparent nature. This, more than anything, is the power of quartz crystals.

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Summary:

Our inner resonance with our unconscious inner information is what creates our reality.

Have you ever realized how many unconscious messages you receive daily from your environment (and have been receiving since the moment you were in your mother's womb) without your complete awareness? Are you aware of what you are resonating with inside of you and attracting as your reality?

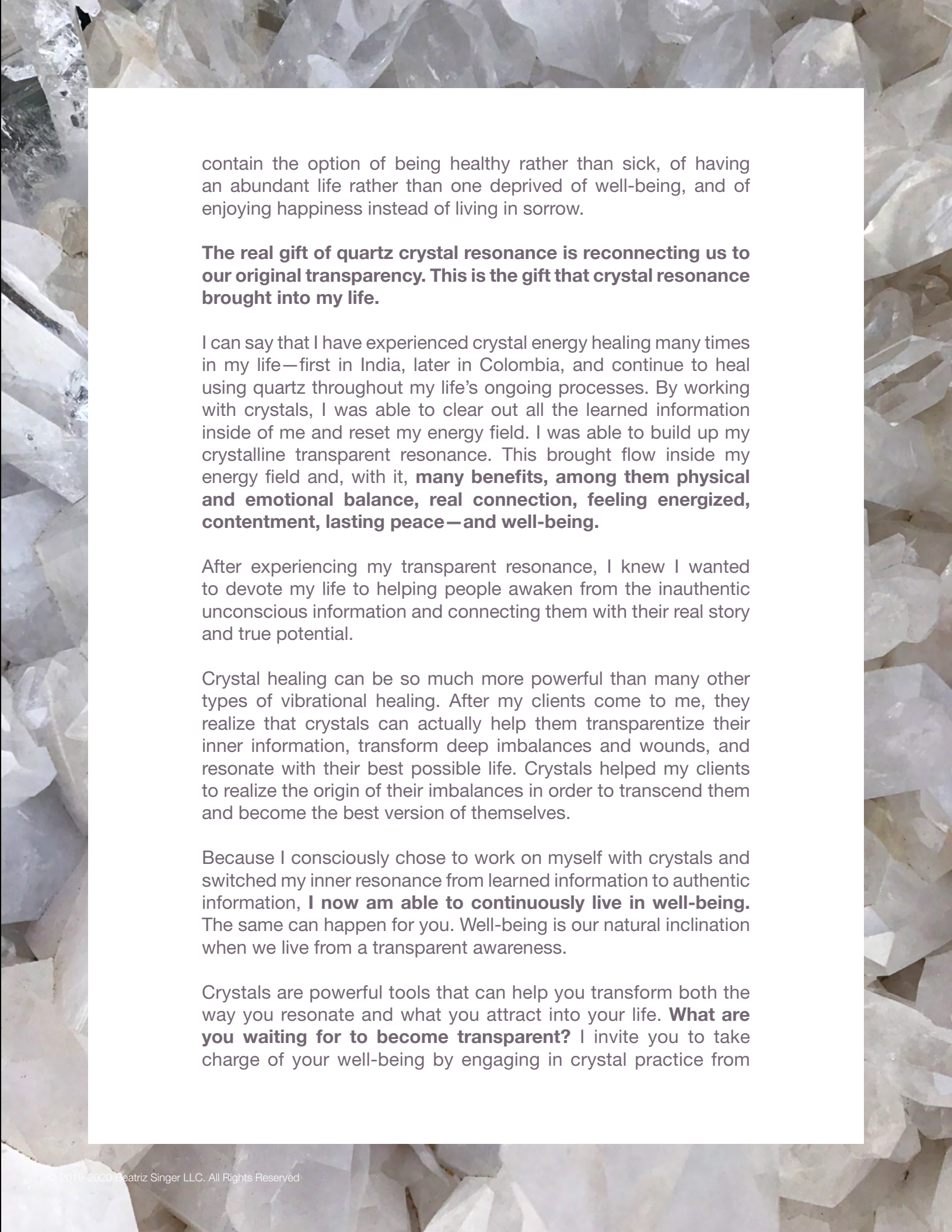
Regardless of background, we all have the same needs. We need to know who we are beyond who we believe we are. We need to transform our limiting models for more expansive ones. We need to awaken from autopilot so we can take responsibility to build the lives we all deserve. We need to experience the best that life has to offer us.

Beyond the limited perceptions of our reality, **we are all literally transparent, as we are energy.** Energy communicates through waves and doesn't have boundaries. This is our authentic nature. When we consciously choose to resonate with this side of our story, we can transcend our limited perceptions and create expansive waves to create our best version of our reality.

Crystal energy healing attempts to heal illness and transform human beliefs and experiences recorded in our body and mind's energy fields by manipulating symbols and energy patterns through quartz crystals' scientifically proven properties used in modern technology. Their transparency can help us resonate with our original transparency and transform acquired patterns to live our chosen reality.

Quartz crystals' energy and transparency can help you restore your resonance with your transparency. **Using crystals as tools for healing, you have the opportunity to transcend your mind's contents, expand, and restore energy motion and well-being.**

Working with crystals, you can increase the range of possibilities in your life. This could mean that your energy fields potentially

The background of the page is a close-up photograph of numerous white, translucent quartz crystals. The crystals are of various sizes and shapes, some showing sharp, faceted edges while others are more rounded. They are densely packed, creating a textured, crystalline pattern that fills the entire frame. The lighting is soft, highlighting the natural facets and the subtle variations in the white color of the stones.

contain the option of being healthy rather than sick, of having an abundant life rather than one deprived of well-being, and of enjoying happiness instead of living in sorrow.

The real gift of quartz crystal resonance is reconnecting us to our original transparency. This is the gift that crystal resonance brought into my life.

I can say that I have experienced crystal energy healing many times in my life—first in India, later in Colombia, and continue to heal using quartz throughout my life’s ongoing processes. By working with crystals, I was able to clear out all the learned information inside of me and reset my energy field. I was able to build up my crystalline transparent resonance. This brought flow inside my energy field and, with it, **many benefits, among them physical and emotional balance, real connection, feeling energized, contentment, lasting peace—and well-being.**

After experiencing my transparent resonance, I knew I wanted to devote my life to helping people awaken from the inauthentic unconscious information and connecting them with their real story and true potential.

Crystal healing can be so much more powerful than many other types of vibrational healing. After my clients come to me, they realize that crystals can actually help them transparentize their inner information, transform deep imbalances and wounds, and resonate with their best possible life. Crystals helped my clients to realize the origin of their imbalances in order to transcend them and become the best version of themselves.

Because I consciously chose to work on myself with crystals and switched my inner resonance from learned information to authentic information, **I now am able to continuously live in well-being.** The same can happen for you. Well-being is our natural inclination when we live from a transparent awareness.

Crystals are powerful tools that can help you transform both the way you resonate and what you attract into your life. **What are you waiting for to become transparent?** I invite you to take charge of your well-being by engaging in crystal practice from



today on and to let yourself resonate with your crystalline well-being for good.

The remarkable thing about crystal energy healing is that every stone has the power to balance an unbalanced frequency. Quartz crystals, due to their scientifically proven properties and resonance can completely re-pattern any unbalanced energy and bring transformation. Ancients and scientists knew this. Holding or being in the presence of quartz crystals is the easiest and fastest way to bring balance and transformation into our lives.

This is how it works. Among many crystals, you choose “without mind” the crystal that calls to you or with which you resonate the most. To begin the process, ask yourself: Which story inside of me is not allowing me to live my best possible life? Then simply choose a crystal from the **crystal screen**.

Join me in this crystalline journey to discover your truest transparent self and resonate with your best life!

Crystal Blessings!

Beatriz



Beatriz Singer

Beatriz has been a holistic therapist and workshop leader with an expertise in crystals since 2001. She was recognized as a crystal healer in Colombia, where she became a pioneer of crystal healing. There, she had the opportunity to heal clients from around the world, enabling them to overcome their personal stories and improve their lives.

Her background and personal story are what make her unique. Beatriz knows the power of crystals to alleviate real-world suffering. Not only is she a trained healer who has used crystals to help her clients heal, she has also used crystals to heal herself—from cancer, two difficult divorces, and the forced separation from her children. She even used crystals to reconnect to her truest self!

Beatriz has studied directly with South American shamans, Tibetan Buddhist monks, Indian gurus, and other masters and has drawn great knowledge from these ancient cultures and traditions. As a university-trained journalist, Beatriz also has the ability—and inclination—to observe, question, and research. Along with the sensitivity, awareness, and intuition of a healer, she has the information-gathering skills and mind-set of a journalist. She has gathered information from quantum physicists, neuroscientists, psychologists, geologists, archaeologists, historians, researchers, and others who use quartz crystals as key elements in technology and healing.

Beatriz draws on all this knowledge to connect science and ancient wisdom with crystal healing. Her approach to healing and to quartz crystals is practical and based in the real world and the real-life experiences we live in our daily lives.

She integrates ancient wisdom and science about the mind, body and crystals from different schools of thought. She works to demystify a subject that has often been more associated with placebos than with crystals' unique properties. She also draws on her knowledge as a journalist, sufferer, healer, scholar, and practitioner of several South American and global ancestral traditions.

All this, together with having lived and overcome painful and repetitive experiences, has given her the ability to help those who are struggling in a variety of challenging life situations discern and deactivate unhealthy repetitive patterns of thinking and behavior and internal wounds. She talks to men and women who are struggling in a variety of challenging life situations, trying to break free from unhealthy patterns of thinking and behavior. She connects the dots for them to recognize inner patterns and find inspiration to heal. She guides them on their quest to heal and transform their lives. And through her unique and powerful approach—crystal energy resonance—they are able to live their best reality.

She encourages all to include crystals as part of their daily practice, to expand their actual options, and to step into the best version of themselves.

Beatriz is a living example of what crystals can do when you work with them as a potent tool for healing. Not only has she healed herself and her relationships and manifested her dream life, she also won first prize in the prestigious Hay House Writer's Workshop Contest in 2017 with her book, *The Crystal Blueprint*. She continues to lead crystal workshop in person and online. To learn more about Beatriz, visit www.beatrizsinger.com

Endnotes

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