

Preparation

The following energetic applications and exercises are experiences that Carsten Metje made personally and experienced with clear natural rock crystal phi crystals. They can only serve as a guideline that can and should set a direction that you can always change.

The energetic energies that flow can sometimes become very high (tingling), making them feel very electromagnetically, like a magnetic force that allows fingers and thumbs to flow through them and make them vibrate.

Here, with these phi crystal exercises, you can get a taste of what powerful energies are able to flow through a phi crystal. If it is too powerful for you at the beginning, or seems too unfamiliar, you can and should stop the exercise at any time and start again from the beginning.

This book can and should be read and studied from beginning to end, once.

Once you come into synergy with the phi crystal, as it were, automatically, and this has become a normal, recurrent process, it can be very useful to simply open this book intuitively and apply the exercise shown.

Of course, it is much more beneficial to confide in your own inner guidance and to swing and move the phi crystal in its sole discretion. When this condition is achieved, miracles can happen and a unique healing process can take place.

There can and eventually will be moments in your life where you no longer need a phi crystal, where your own

vibration is so high that you no longer feel it and it tells you to heal yourself with your own energies.

Trust this to be the case!

It will continue to help you if your own vibration should drop, or it can help you with your challenges.

Since it is of the utmost importance, we repeat:

For all energetic exercises and applications listed in this book, the following applies:

The charged and purified phi crystals only open to the people who are really ready for it.

They should be used by those of you who are prepared and responsibly-minded and who dedicate themselves to their attention, preferably on a daily basis.

The phi crystals have to be studied and require interaction.

They are not operational per se.

Adequate and well-considered effort is required to communicate with the living consciousness of each phi crystal in order to integrate and synergise with it.

A phi crystal in itself, of course, can and should be used immediately.

However, in order to achieve synergy, it is particularly useful at the beginning to perform the following exercises of the handbook with a newly acquired phi crystal.

Especially for users who are completely new and at the beginning of their work with phi crystals, it may be the case that no energies or flows are felt.

The author, Carsten Metje, has also experienced this.

It took him months to personally feel the first energies of a phi crystal. Thus, patience and concentration on the

loving intention to connect and work with the phi crystal is the most important aspect when dealing with them. Only when synergy or a connection in love to the phi crystal is present and made, will a return of energy be felt.

Important!

All the exercises listed are based on intuition, which means that the circumstances, such as the place or environment, as well as the attitude and intention of the author, have led to these exercises and results.

These natural constellations can and may be different for every user, and indeed they are.

Therefore, the author asks to see these exercises as a way that is not set in stone and that can and should always be changed and applied accordingly.

Furthermore, it is very important to pay attention to the tips of a phi crystal.

As reliable and unbreakable as the phi crystal tips may seem, they are highly sensitive and can easily be chipped. Long exposure to direct sunlight should be avoided as this can destroy the phi crystal.

Contact of the tips with anything should also be avoided. Even just touching a cardboard box can cause the phi crystal tips to break off.

Be very careful with your phi crystal and always watch out for the very fine phi crystal tips in every action and application or exercise.

Hand Gestures

Every phi crystal is unique, just like every human being. There are always very special phi crystals which may not even need to be exercised.

These crystals harmonise through their presence and let their energies flow automatically. It does not matter how the phi crystal is held or whether it is kept in a safe place somewhere.

These special phi crystals are constantly radiating their healing and harmonious energies. You can and may hold the phi crystal in your hand for hours, or put it on your stomach. In doing so, the hand or the abdominal region and other invisible body levels are energised, harmonised and brought into energetic healing with the healing frequencies inherent in the phi crystal.

The phi crystal will intuitively signal you when its work should be ended, or when it may want to or should be cleansed.

As the versatility of special phi crystals is infinite, please refer to the notes in the product descriptions.

The hand gestures and exercises listed here are applicable to all phi crystals. In any case, the energetic effects and energies mentioned in the exercises will occur, or similar vibrations will be achieved or felt, as far as the user is in synergy with the phi crystal.

In the following chapter you will find different ways to hold your phi crystal with your predominantly dominant hand in order to achieve synergy.

Charging Hands Energetically

Before an energetic healing treatment can be started, it is advised to energetically charge your hands. The hands and the hand chakras can be wonderfully harmonised with a phi crystal as well as charged and purified.

Exercise: Charging Hands Energetically



Figure 2: Exercise: Charging Hands Energetically

First, hold your phi crystal with your thumb, index and middle fingers in your dominant hand, pointing the phi crystal base into the palm of your hand as you aim the transmitting tip (crown) to your free hand.

Start with your thumb and let the phi crystal swing up and down, as seen from the palm of your hand, as shown in Figure 3. When you reach your little finger, swing the same exercise back to your thumb.

In this way, all your fingers will be energised, charged and purified. Afterwards, let the phi crystal circle or swing back and forth in the palm of your hand. Feel the energies flowing in and enjoy them as they purify, recharge and energise your hand.

After 4-5 minutes, the phi crystal should be changed to the other hand and you should repeat the exercise.

The exercise is over when both hands have been charged, cleansed and energised for 4-5 minutes.



Figure 3: Exercise: Charging Hands Energetically

Warm-Up

For all exercises and applications with a phi crystal, a warm-up is very recommendable in order to resonate with the phi crystal and to be able to work with it energetically.

An initial synergy and communication with the phi crystal is fundamentally achieved by connecting to the phi crystal through meditation with the intention of love and with a request for support.

For example, if you know it, you can immerse yourself with your heart beam in the phi crystal and so connect yourself energetically with it.

It is very helpful if you carry out such a meditation on a daily basis and also use deep breathing exercises to increase the vibrations.

Once you have reached this meditative state of peace and love, call your chakras into a single unified chakra, in the heart chakra, and expand yourselves.

When the vibration frequency of 3.5 - 7.5 Hz the conscious perception of dreams (the theta wave) is reached, you can penetrate your phi crystal with visualisation or your intention of love.

Imagine a beam of love (for the people who are familiar with this medial matter, consciously take their heart beam) that goes straight from the heart chakra into your phi crystal.

Connect with this beam (your heart beam), and dive into the phi crystal.

When you feel a returning flow of love or energy in your hand, synergy has been achieved. Give permission to the phi crystal to flow and work within you, or to manifest in you.

You can expand this exercise by connecting with the source and letting the light and the energy of the source flow through you and the beam from your heart respectively, directly into the phi crystal.

The paths are diverse and different. Tune yourself energetically into your phi crystal and intuitively follow your heart.

Preparatory Actions

Before you start an exercise, we recommend that you focus on the phi crystal i.e. that you warm-up with a meditation exercise and concentrate on the crystal in order to achieve synergy.

1. Warm-Up:

The warm-up is, as just described, a prerequisite for the inexperienced user to initially get into synergy with the phi crystal.

Only experienced users who have a high light quotient can come into synergy with their phi crystal by themselves.

So to speak, the highly vibrating frequencies of the phi crystal automatically connect with those of the user.

2. Focusing:

Focusing takes place by picking up your phi crystal in the beginning, without any specific hand gestures, and you energetically convey your intention to the phi crystal.

An intention may be an energetic healing treatment, for example an extraction.

Know that you are only allowed to energetically treat and heal other people when you have received their

permission and when you have also asked the soul for permission at the soul level.

Without this permission, no cure is ever going to happen.

Perhaps it is your intention to increase your spiritual manifestation or to receive messages and increase your knowledge. Follow your intuition and focus on your intention.

One very powerful and wonderful energetic self-healing intention is to tell the phi crystal that you give it permission to flow and work within you for the highest good, and that healing can happen everywhere, where you need healing right now.

Of course, you may also ask for inner guidance so that the phi crystal is led through you to where energetic healing should and may take place.

Find your intention in love and focus yourself on it.

3. Spiritual Exercise:

Here, the exercise or application is described and how the phi crystal may or should be held in order to achieve the described effect.

These statements and hand gestures have been transmitted to the author in the same way and have led to the communicated effects.

These details and exercises are neither concrete nor set in stone.

The author asks that each user develop their own exercises for themselves and then act upon them.

These retreats are thus tips and hints to lead you into the independent use of phi crystals.

They can be very helpful and supportive, giving the inexperienced user safety.

4. Perception and Effect:

What will happen if you use the phi crystal in exactly the same way as described?

First and foremost, energetic healing will happen. A charged and purified phi crystal, even if there is no synergy, will always balance and harmonise the frequencies and vibrations (e.g., disharmonies) around it through its own frequency field (aura). With your intention and if synergy is reached, this behaviour is substantially enhanced.

Watch the many tangible energies of a phi crystal and listen to what they tell you or show, or heal in you.

The infinite way in which energies can show up through a phi crystal is largely still not understood by our minds to this day. Therefore, give yourself, your phi crystal and your soul your basic trust and let yourself be guided intuitively.

5. End:

For all that is revealed to you, be grateful and humbly accept these gifts. After completing each exercise, intuitively cleanse your phi crystal or put it back in place.

Exercises

The applications and exercises don't just appear to be easy and simple: they really are. Therefore, they are often described only briefly, since the most important thing - the healing - takes place by itself in a simple and easy way.

Important, however, are the various movements and hand gestures, as well as the energetic intention to formulate exactly and focus, or just to be guided intuitively. This allows the user to find out for himself what is best for him or her.

Here, we pass on our knowledge and experiences with which we have achieved all the shared effects and results through the exercises and applications published in this phi crystal user manual.

The intensity of the healing energies that can flow through a phi crystal is often so hugely focused and wholesome that a few minutes' worth of healing is sufficient enough to allow healing to take place at the quantum level.

Therefore, it is essential to trust and to be guided in a simple and easy way in order to achieve the best possible effects.

With your human mind, impatience and pressure, the work will not be effective with a phi crystal.

Exercise 1

It is essential to achieve synergy with a phi crystal. Only then is coherence possible in order to have a successful energetic healing treatment. The following exercises prepare the user for the phi crystal in order to create synergy with it.

Exercise 1: Feeling Energies



Figure 4: Exercise 1: Feel Energies

1. Warm-up: Meditation
2. Focusing your intention:
Connect to the phi crystal and achieve synergy
3. Spiritual Exercise:
Hold the phi crystal between your thumb and forefinger in your dominant hand. The base, the wider end of the phi crystal, points into the palm of your

hand. Keep the phi crystal calm and still and wait a few minutes.

4. Perception and Effect:

Feel the energies flowing into your thumb and forefinger and the palm of your hand. This is the first interaction between you and the phi crystal. This way, the phi crystal gets to know your energies and there can be a balancing and harmonisation of the energies so that synergy takes place.

5. End

Exercise 1: Balance and Harmonise Energies

This exercise is very similar to the previous exercise - Feel Energies - but it is more intensive.

1. Warm-up: Meditation

2. Focusing your intention:

Connect to the phi crystal and achieve synergy

3. Spiritual Exercise:

This application serves to equalise and harmonise both halves of the body. Whilst sitting, hold the phi crystal between your thumb and forefinger with both hands (maybe use the middle finger as well).

The forearms are on the thighs, the tips of the phi crystal point into the palms. The other fingers are loosely spread.

The base, the wider end of the phi crystal, can be rotated 180° degrees to show off one palm and then the other.

4. Perception and Effect:

You will feel the energies. Once synergy is achieved, there is a return of "love" or energy.

Now, simply sit and wait for the energies to start flowing.

Be careful. Pay close attention to the energies again and feel into them as they flow.

5. End:

Cleanse your phi crystal by shaking it, following the Melek Metatron Method.

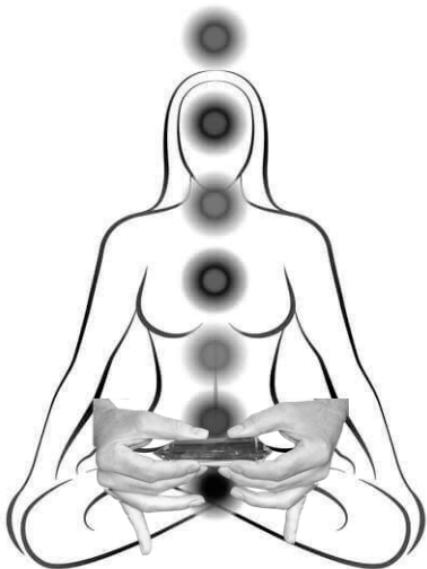


Figure 5: Exercise 1: Balance and Harmonise Energies

Exercise 1: Third Eye Chakra

1. Warm-up: Meditation
2. Focusing your intention:
Connect to the phi crystal and achieve synergy
3. Spiritual Exercise:
This application is used to balance and harmonise the forehead chakra, or even called the third eye chakra. Whilst sitting, hold the phi crystal as in the previous exercise (balance and harmonise energies) and slowly move your forehead, your third eye, towards the phi crystal. Or let the phi crystal slowly swing up and down in front of your forehead chakra at a distance of about 10-30 cm. The tips of the phi crystal point into the palms of the hands. The other fingers are loosely spread. The base, the wider end of the phi crystal, can be rotated 180° degrees to show off one palm and then the other.
4. Perception and Effect:
You will feel a magnetic attraction between your third eye, your forehead chakra and the phi crystal. Right where the power of attraction is greatest, you should stop and let the energies that show up flow. Start the exercise from the beginning as soon as the energies decline. Relax and feel yourself again in the energies that show up.
5. End:
Be careful with your phi crystal and cleanse it by shaking it according to the Melek Metatron Method.

Exercise 2

You can use this exercise anytime, anywhere, sitting, standing or lying down.

Exercise 2: Feel Energies

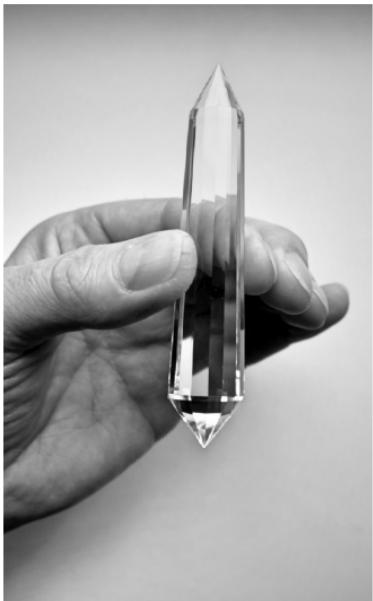


Figure 6: Exercise 2: Feel Energies

1. Warm-up: Meditation
2. Focusing your intention:
Connect to the phi crystal and achieve synergy
3. Spiritual Exercise:
Hold the phi crystal between your thumb and forefinger, possibly the middle finger with the receiving tip (base) down to the ground or to your body.

Wait patiently for a few minutes to reveal the subtle energies of the phi crystal.

These fine energies show and indicate that synergy has been achieved.

4. Perception and Effect:

Feel the return of energies from the energy field of the phi crystal, and how the energies in your thumb and forefinger flow.

Be careful.

5. End

Exercise 3 - Energies in the Palm of your Hand

This is an easy and simple exercise to feel the tremendous strength and power of a phi crystal in your own hands.

Exercise 3: Energies in the Palm of your Hand



Figure 7: Exercise 3: Energies in the Palm of your Hand

1. Warm-up: Meditation
2. Focusing your intention:
Connect to the phi crystal and achieve synergy
3. Spiritual Exercise:
Hold the phi crystal in your dominant hand with all your fingers and thumb, as shown in Figure 7, so that the receiving tip, base, points into your palm.
Point the transmitting tip of the phi crystal to the free

palm and slowly circle the phi crystal in a clockwise direction. You can feel the energy, like a laser needle, in the free palm, as it moves through the palm in a circular motion.

Now you can experiment and try out how the energies feel and flow as you swing the phi crystal counter-clockwise.

As soon as the energies weaken after a few minutes, take the phi crystal in the other hand and let the energies flow into your dominant palm. Permit all energies that reveal themselves to you.

4. Perception and Effect:

Be aware of what energies you are feeling.

5. End:

Be careful with your phi crystal and cleanse it by shaking it, following the Melek Metatron Method.

*More information about the clockwise or counterclockwise movement will follow on the next page.