

Contents

AN'ANASHA	Page 4	KRYON ENERGY	Page 46
ANA	Page 20	LOTUS	Page 5
ANA'LOTUS	Page 24	MARANA	Page 51
ARIS	Page 10	MERA	Page 54
ARTEE	Page 48	MOHA'RA	Page 35
ASHTAR	Page 47	MONA'OHA	Page 31
ATOROS	Page 53	MONASH	Page 42
ATRANA	Page 34	NASHA'O	Page 16
AVATARA	Page 33	NEKTUM	Page 15
DANAS	Page 45	NION	Page 41
DEVAR	Page 17	NUBI	Page 8
DI'TRASO	Page 14	O'SHANA	Page 27
DON'ADAS	Page 32	OM TAT SAT	Page 3
EL'AMARA	Page 50	OMAR TA SATT	Page 2
EL'GOTSHA	Page 13	ONAR	Page 43
ELEXIER	Page 22	OSAM	Page 28
ELOO	Page 12	PRADNA	Page 11
ELTA	Page 40	RADA'SO'AM	Page 21
ENA	Page 30	RUNA	Page 23
ESCHA'TA	Page 19	SAVIER	Page 18
EXOLARIS	Page 52	SHERIN	Page 49
GESHA	Page 44	SIAS	Page 39
HANAR	Page 9	SIRIUS	Page 55
HAR'ATORA	Page 36	TAN'ATARA	Page 7
JAWES	Page 26	TANA'ATARA	Page 38
JESUS CHRIST	Page 29	TARA'DOS	Page 37
JO'ANADAS	Page 25	TEEAS	Page 6

Preface

Mother Earth has formed the intention to ascend. Anyone who is ready to get involved in the New Energy will be part of this terrific step of evolution.

What does New Energy mean? Maybe you, beloved lightworker, OM TAT SAT, will become aware of it without big explanations when you occupy yourself with the Crystals of the Divine Reality.

About 12000 years ago the Crystals were anchored inside the Great Pyramid of Giza by Toth, the Atlantean, with the help of the Priesthood of the Blue People, the Ascended Masters, the angels, the ancient Gods and the Holy Trinity, the Mother, the Father and the Son.

After Atlantis had sunk, the ancient knowledge together with the Crystals was to be available for humankind in today's period of Ascension.

Since the beginning of the year 2003 these chambers are open. The medium Sabine Sangitar has been entrusted with this task as she possesses the rare ability of "Divine Hearing". Thus, it was possible to send the Crystals together with their vibrational names and numerical vibrations down to the last detail. They are part of the universal Light Language ARI SO AM, which all human beings will learn again in the following years.

How to Use the Crystals

Dear Lightworker,

The Crystals possess the highest energy and are from the highest Light. Please make yourself aware that each Crystal carries the consciousness of a deity within.

The more often you work with the Crystals, the more you will feel how powerful and strong they are.

You may copy the Crystals, cut them out and energize water, rooms or objects with them. For meditations it is recommendable to lay the Crystals on your Chakras. Use them as your intuition advises you. The energy of the Crystals will always work for your highest welfare therefore they can never be applied incorrectly.

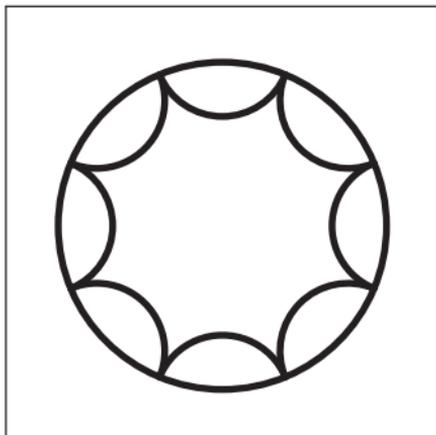
The description often mentions "visualizing the Crystals". Should you experience difficulties with this in the beginning look directly at the Crystal, draw it and feel the Crystal. What matters is the state of consciousness you are in when you use the Crystals. Visualize the Crystal, make yourself aware of the effect the Crystal has and create it in your reality. You may also say the name aloud or inwardly, this increases the effect.

You may also send the Crystals through time and space and thus to yourself, to other people or aspects of your soul as support. The effect is particularly powerful if you are in your Unified Chakra and send the Crystals with the pure intention of Love (ELEXIER). It does not matter which side of the Crystal is top or bottom. The Crystals have their own consciousness and find their way out of the Divine Reality into your own reality. Use the Crystals as often as is possible for you. Thereby the consciousness of the Crystals will be stored in your cellular water more and more. Live the truth that lies behind the Crystals and awakening will follow.

Sending you ELEXIER, ANA and PRADNA

The Team of the Kryonschool

Crystals of the Earth



OMAR TA SATT

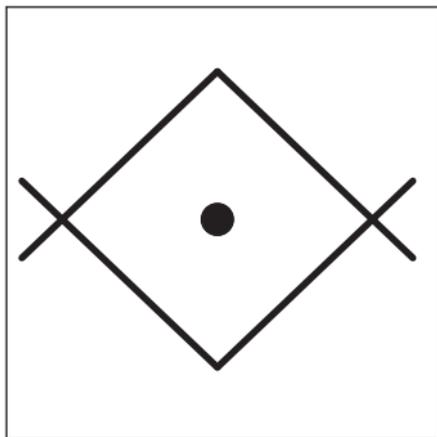
Lightworkers' Greeting

OMAR TA SATT generates the energy of being welcome. Accept every human being no matter how he meets you. Free yourself from values and standards and be aware that other people can be a mirror.

Pay attention which feeling you send to your counterpart.

The energy source of the Elohim
Numerical vibration: 3

Crystals of the Earth

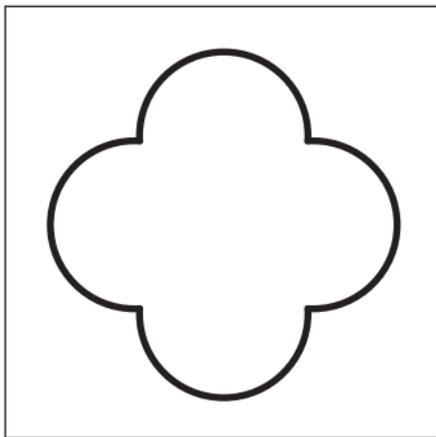


OM TAT SAT

Lightworker

You are an OM TAT SAT. You have a task.
Direct your attention to your strengths. Direct your attention to the power which you carry within. Fulfil your task.

Your own energy, as you are anchored in your Light
Numerical vibration: 25 (1987 Harmonic Convergence)



AN'ANASHA

Gratitude

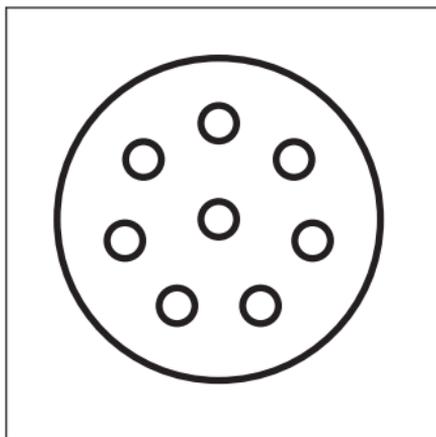
Gratitude for All That Is.

Feel your gratitude in yourself and send it outwards so that a flow between giving and taking is created.

Say AN'ANASHA for everything from the bottom of your heart, even for each blockade and every resistance. By doing so you free yourself from everything which binds you and which keeps you in the illusion.

The energy of the Cosmic Christ
Numerical vibration: 13

Crystals of the Earth



LOTUS

The New Consciousness

LOTUS is the Crystal which brings you into the New Energy. LOTUS causes a reprogramming of your DNA.

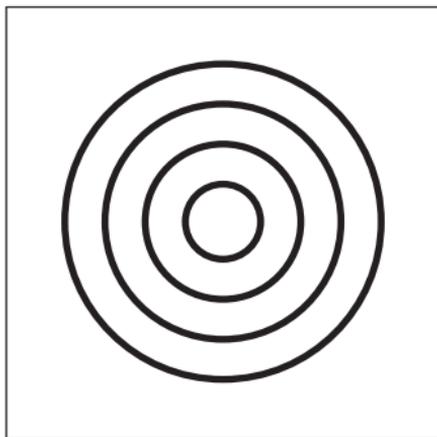
Visualize LOTUS and feel your energy being raised and your Light Body expanding. Allow the transmutation of your DNA.

The energy of Melek Metatron

Numerical vibration: 9-Metatron and 29-New Consciousness.

999 Kodoish, Kodoish, Kodoish, Adonai 'Tsebayoth Holy, Holy, Holy is the Lord of Hosts.

Crystals of the Earth



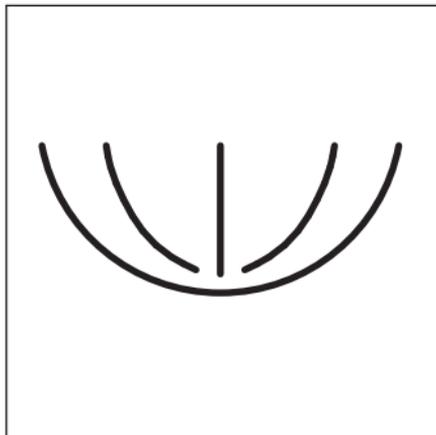
TEEAS

The Group

In the group we are strong. ELEXIER connects us and lends us strength. Feel TEEAS as it supports you, keeps you grounded and gives you strength. One for all, all for one. Send the Crystal TEEAS into a group, the energy will increase and the hearts will vibrate in harmony with the frequency of the Family.

The energy of Archangel Michael, Excalibur
Numerical vibration: 7

Crystals of the Earth



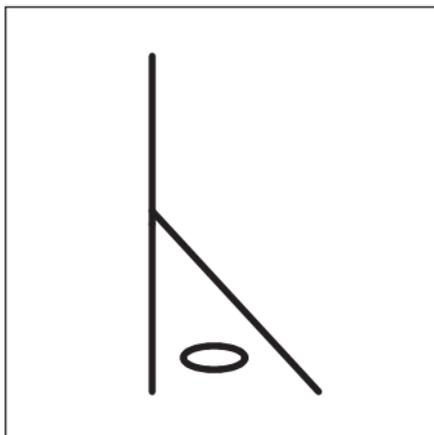
TAN'ATARA

Zest for Life

Realize that you have everything in order to be happy. Feel the perfection in yourself and in your surroundings at each moment. Then you will feel the true happiness about having the opportunity to live here on Earth.

The energy of the Angel of Love
Numerical vibration: 18

Crystals of the Earth



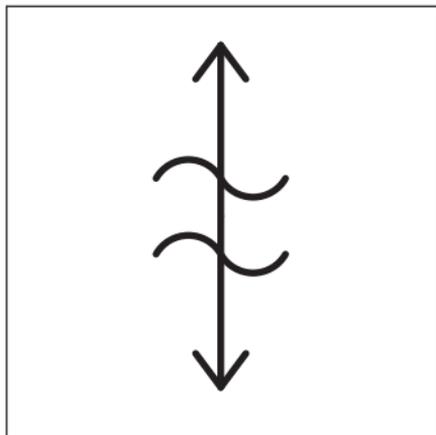
NUBI

Absorbing Divine Reality

Make yourself aware that you are living in an illusion which you have created for yourself. The Crystal NUBI leads you back, step-by-step, into the Divine Reality. Visualize NUBI and recognize the Divine Reality. Feel the love and the variety that exist in the Divine Reality. Absorb them and move your focus away from illusion towards the Divine Reality.

The energy of Jahwes
Numerical vibration: 5

Crystals of the Earth



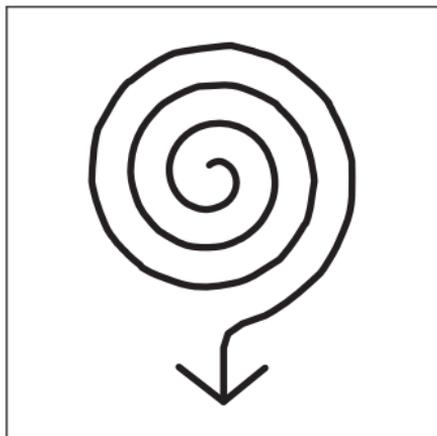
HANAR

Patience

Realize that time is illusion. When you move around in the Divine Reality beyond the Stargate, the minutes of illusion will seem like hours. Visualize HANAR and defy the illusion of time. Let things happen the way they happen. This occurs the most in times of apparent standstill.

The energy of Maha Cohan
Numerical vibration: 23

Crystals of the Earth



ARIS

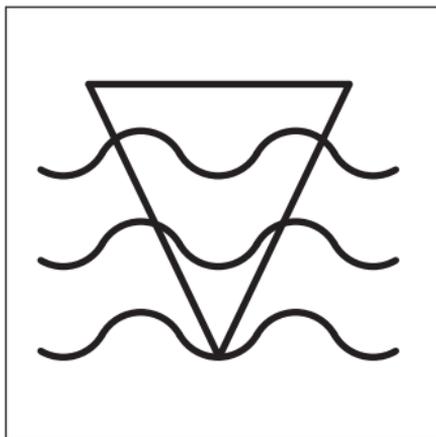
Grounding

ARIS grounds you. Draw the Crystal ARIS on the soles of your feet and feel the strength with which you are connected to Mother Earth.

You can also ask Metatron to draw ARIS into your Light Body with his fire ray. ARIS is an important Crystal for you need grounding in order to ascend with your body.

Only one who has roots can grow wings.

The energy of Seth
Numerical vibration: 6



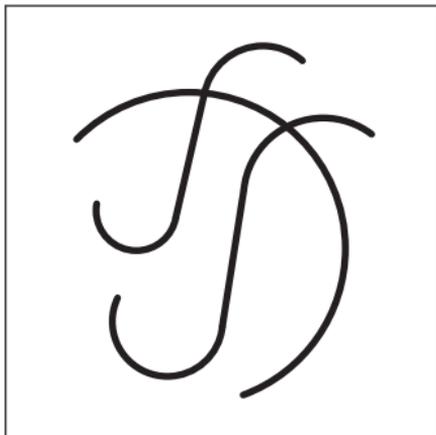
PRADNA

Strength

Awaken PRADNA in you. Profess your forte and feel the strength that flows to you from the Divine Reality. This will guide you into your Divine Power.

The energy of Seth
Numerical vibration: 38

Crystals of the Earth



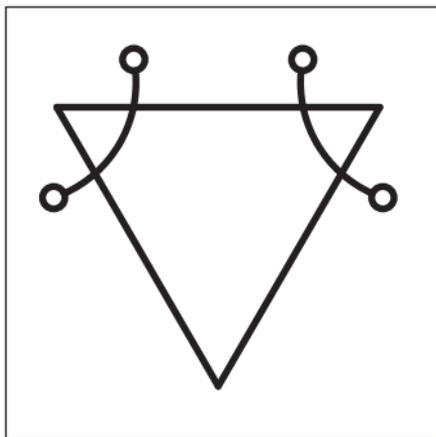
ELOO

Transforming Resistance

Visualize ELOO as soon as you feel resistance and blockades in you or in the outside. Put ELOO on any of your limitations and ask an angel, an Ascended Master or your spiritual guide to remove these blockades and to transform them in the Universe with love.

The energy of Shiva
Numerical vibration: 2

Crystals of the Earth



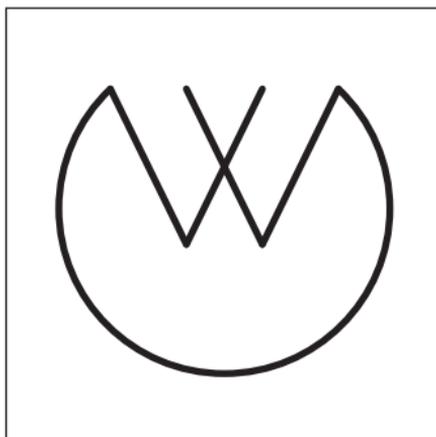
EL'GOTSHA

Letting Go

Use this Crystal for everything which binds you. Visualize EL'GOTSHA when problems, fears, doubts or resistance arise which you feel in your illusion and then let them go with love and gratitude.

Feel the blockades you would like to part with fall away from you. Thereby strength and energy is released which you can use immediately.

The energy of Babaji
Numerical vibration: 34

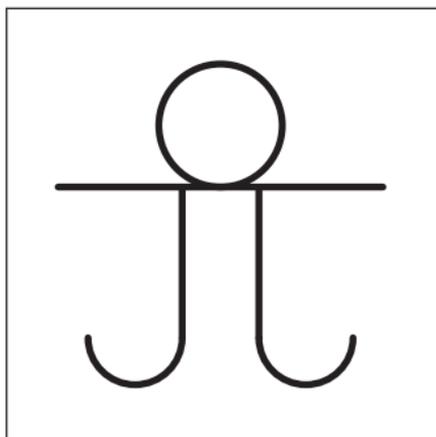


DI'TRASO

Decision

Sink into your center with AVATARA and free yourself from any values and conceptions. Visualize DI'TRASO and feel the Crystal. Ask it for help. It will show you which decision serves your highest good.

The energy of Shiva
Numerical vibration: 43



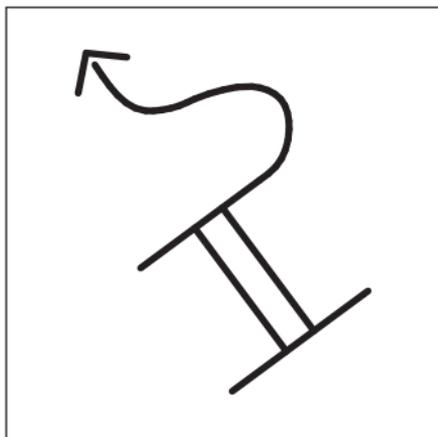
NEKTUM

Recollection

Remember your task and your origin. Remember that you are a Divine Human Being. Awaken your divine part and go into your power of creation. Visualize NEKTUM and you will feel and know who you are in the Divine Reality. Remember your task which you carry as OM TAT SAT.

The energy of Artee
Numerical vibration: 16

Crystals of the Earth

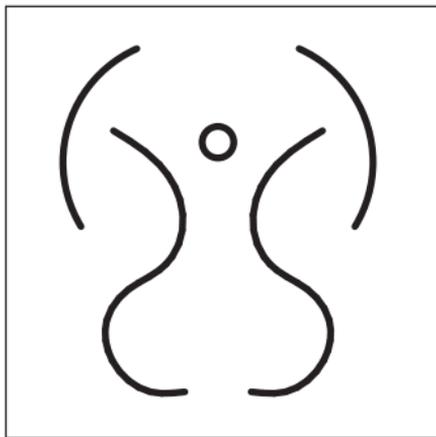


NASHA'O

Purification

Clean yourself of energies which you perceive as heavy or blocking. Visualize the Crystal NASHA'O and feel that golden light from the Divine Reality envelops you and purifies your physical, emotional, mental and spiritual bodies.

The energy of Shiva
Numerical vibration: 33



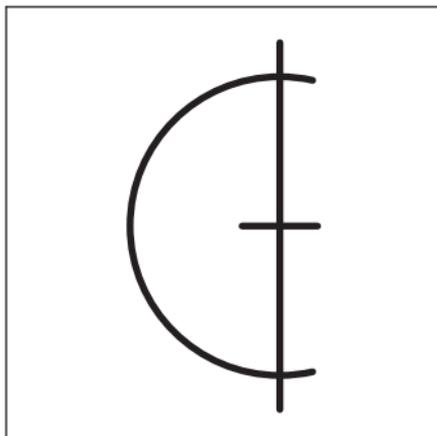
DEVAR

Fulfilling Wishes

DEVAR supports you in the manifestation of your wishes. There are no limits and no lack in the Divine Reality. You may wish for anything your heart yearns for. However, with every wish you should check whether it stems from the heart or from your ego.

The energy of Lao Tse

Crystals of the Earth



SAVIER

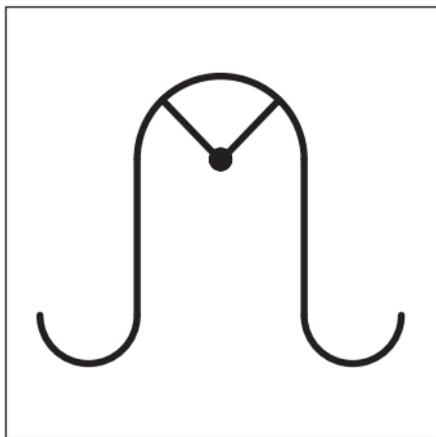
Humility

Sometimes it is not easy to walk the path of humility. Humility means to follow God and to acknowledge your own divinity.

Defy the expectations of your ego. Be grateful and acknowledge what you have achieved up to now. Visualize the Crystal SAVIER and you will be able to walk the path of humility in order to thus reach your goal.

The energy of the Angel of Love
Numerical vibration: 31

Crystals of the Light



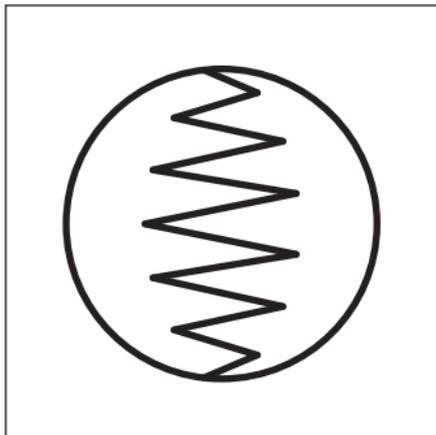
ESCHA'TA

The Link to your Christ-Self

Feel the link to your Christ-Self which has its firm place deep in your heart. It is your Higher Self which is guiding you to your High Self beyond the Stargate. Let ESCHA'TA be expressed through you, become ESCHA'TA.

The energy of the Cosmic Christ
Numerical vibration: 4

Crystals of the Light



ANA

Light

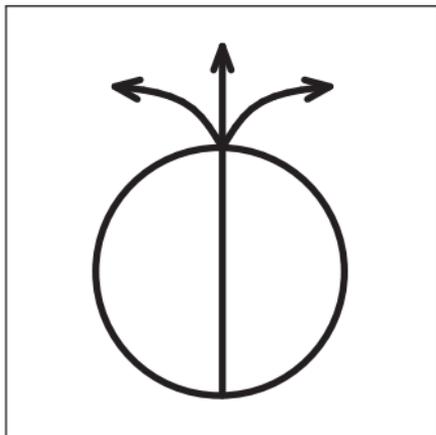
Let there be Light in you so that you may carry it to the outside. Let there be Light on Earth.

Turn your gaze inward and visualize ANA. Imagine that ANA is flowing in every cell of your body.

Your body is flooded with light and your light shines out into the universe.

The energy of Archangel Chamuel
Numerical vibration: 19

Crystals of the Light



RADA'SO'AM

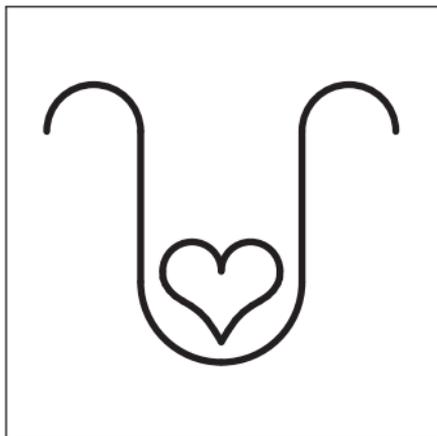
Light Absorption

This Crystal enables you to absorb light into your body. Visualize RADA'SO'AM. Breathe ANA through your Heart Chakra.

Feel that ANA penetrates every cell of your body.

The energy of Metatron
Numerical vibration: 999

Crystals of the Light



ELEXIER

Unconditional Love

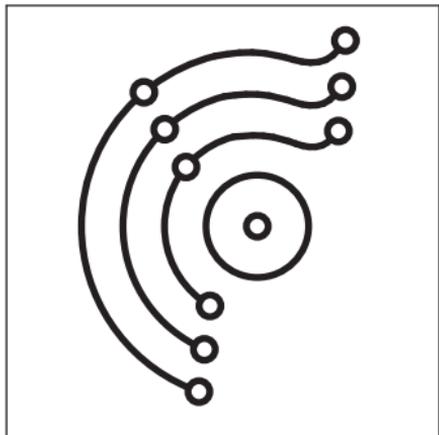
Ani o'heved o' drach - you are being loved immeasurably.
ELEXIER originates beyond the Stargate.

In your reality you can already feel a hint of what it means in
the Divine Reality to be loved immeasurably.

Through ELEXIER all things are connected with each
other.

The energy of Metatron, Mary and Jesus
Numerical vibration: 14

Crystals of the Light



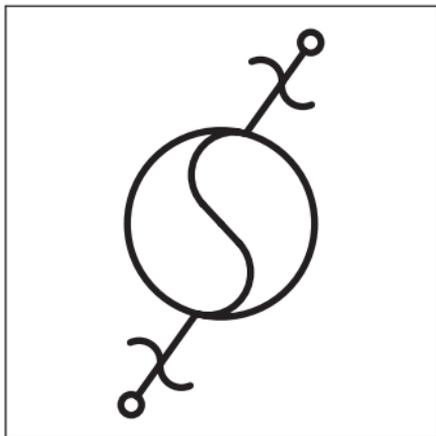
RUNA

Abundance

RUNA brings abundance to you. Beyond the Stargate there are no limits and no lack. Feel the abundance as it flows to you from there. But keep in mind: You will always only receive what you are also prepared to give! Send an energy frequency of wealth and abundance and you will create RUNA. Put this Crystal into your wallet or in a spot in which you would like to create abundance.

The energy of Seraphis Bey
Numerical vibration: 17

Crystals of the Light



ANA'LOTUS

Light Body

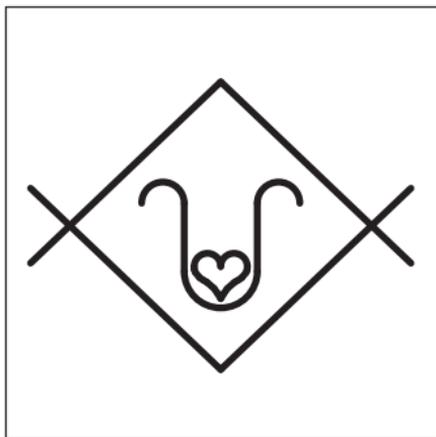
Light is in you. You radiate light.

The Crystal ANA'LOTUS increases the energy frequency of your Light Body and raises you. Imagine that Light manifests in every cell of your body and LOTUS awakens in you.

The more you expand yourself in your Light Body the more you are able to withdraw from the illusion.

The energy of Lord Sananda
Numerical vibration: 26

Crystals of the Light



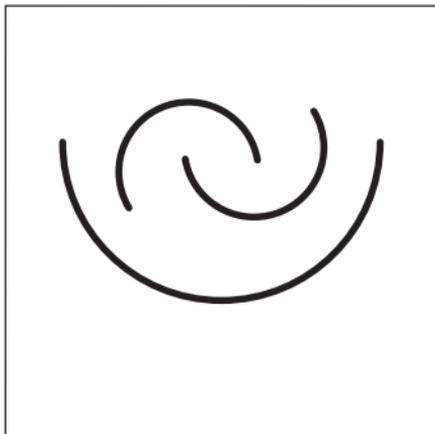
JO'ANADAS

The energy of the Pyramid

The Pyramid of Giza is more than a pyramid of initiation. The Crystals of Light have been anchored in it for eons of years. Toth built it with many Lightworkers, perhaps also with you? Feel the love of the Divine Reality and connect yourself with the Energy of God which is anchored there.

The energy of Sanat Kumara
Numerical vibration: 12

Crystals of the Light



JAWES

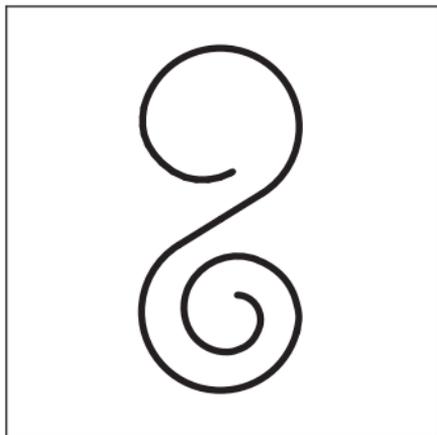
The Power of Creation

Make yourself aware that you are creator. You have JAWES within. Awaken JAWES.

Visualize JAWES and say: "By the power of JAWES I command that from now on everything happens for my highest good and I will find abundance, wealth and human love in my life. AN'ANASHA."

The energy of God Jawes
Numerical vibration: 36

Crystals of the Light



O'SHANA

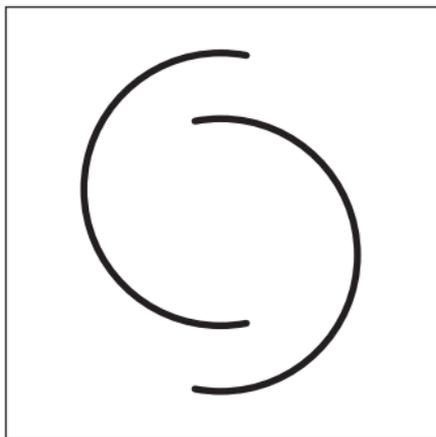
Light Companion

Even in the deepest darkness of the Illusion you have a companion who protects you and watches over you. Feel the presence of your O'SHANA and send him AN'ANASHA.

Seek to converse with O'SHANA. O'SHANA will assist you in all situations of your life and will never leave you.

The energy of Saint Germain

Crystals of the Light



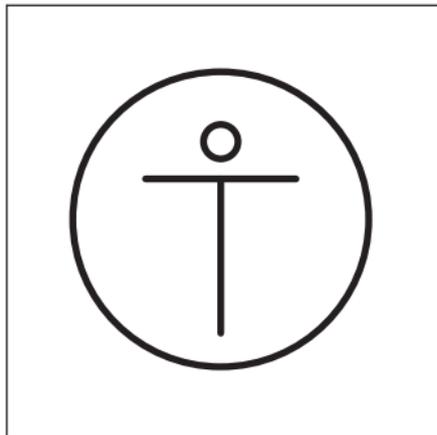
OSAM

Healing

OSAM heals all your wounds. OSAM heals your mental, emotional and physical bodies. You may also send OSAM through time and space and thus give yourself, your soul parts or other people healing. Do not forget Mother Earth, who is so urgently in need of healing.

The energy of Angel Raphael
Numerical vibration: 24

Crystals of the Light

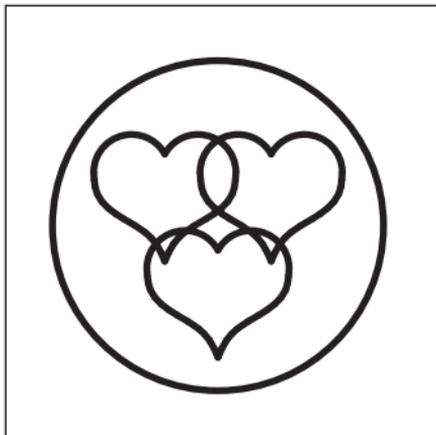


JESUS THE CHRIST

Jesus, the Christ

In the cosmic spheres Jesus, the Christ is known as Lord Sananda. Jesus is the light, the love, the truth and the life. Visualize the Crystal to get in touch with Jesus. Feel the love and the redemption which Jesus gives you as a present. Accept his consolation and get better.

The energy of Jesus - Lord Sananda
Numerical vibration: 4

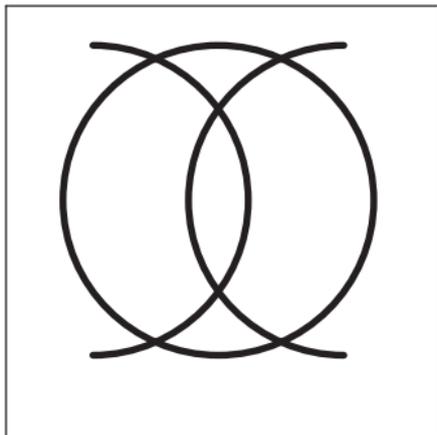


ENA

Forgiveness

Realize, that everything which has happened in your life so far has served your development. Send AN'ANASHA and ENA to every experience and free yourself from it by no longer judging it. Accept the forgiveness and also forgive yourself. There is no guilt or sin in the Divine Reality.

The energy of Buddha
Numerical vibration: 22



MONA'OHA

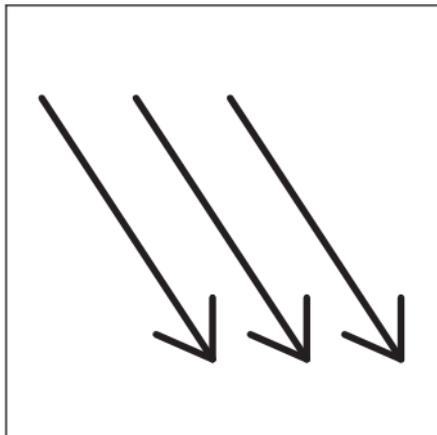
Trust

Trust your divine guidance and realize that everything which happens serves your highest good.

But consider: First you have to trust yourself before you can trust other people or the spiritual world. Have confidence in your divine power.

The energy of El Morya
Numerical vibration: 1

Crystals of Inner Balance



DON'ADAS

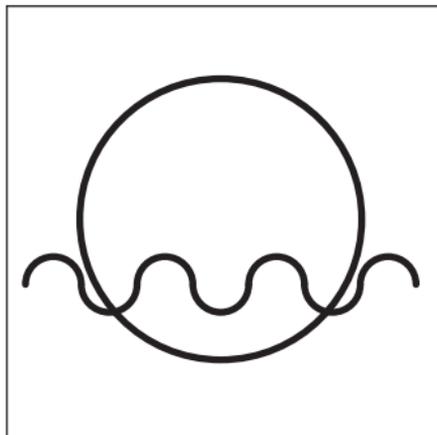
Grace

Feel the grace in your heart. Grace will be granted to you as soon as you walk the path of the light. Send DON'ADAS to people surrounding you.

Call the Angels DON'ADAS when you need support. They will manifest immediately with their full power.

The energy of the Father Universe
The energy of the Mother Universe
The energy of the Son Universe

Metatron 17
Shakti 32
Jesus 13



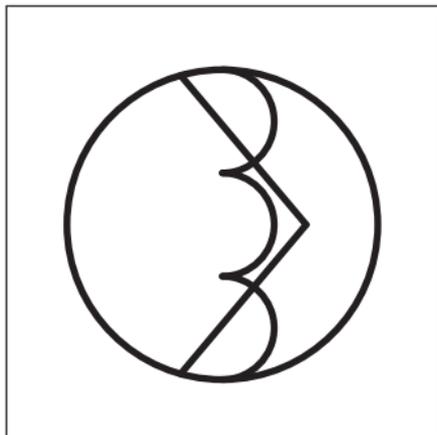
AVATARA

Centeredness

The Crystal AVATARA leads you into your center and guides your soul to silence and stability. Use AVATARA and turn inward. For in the center of your Self there is nothing that matters, there are no worries and no fears. Feel the love for it is the one thing that exists. Unify your Chakras to a radiating sun.

The energy of the Sun God
Numerical vibration: 10

Crystals of Inner Balance



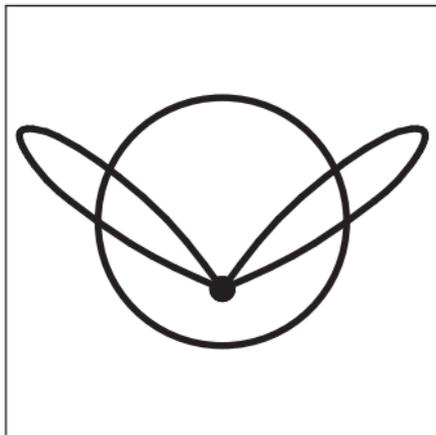
ATRANA

Pure Feelings

Feel your feelings. Feel them without judging them. Do not judge yourself. Do not judge your feelings. Realize the divinity in each feeling and be aware that behind every feeling there is always the love. Send AN'ANASHA to each feeling.

The energy of Shiva
Numerical vibration: 30

Crystals of Inner Balance



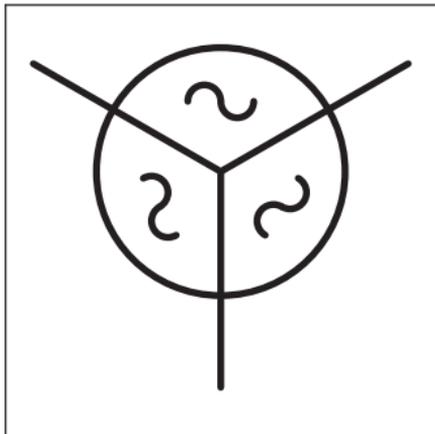
HAR'ATORA

Harmony

This Crystal creates harmony. Visualize or draw HAR'ATORA into your aura and feel the quietness and balance which radiates from HAR'ATORA. Send HAR'ATORA also into rooms or tensions which you perceive on the outside.

The energy of the Great Cosmic Light Angel Chamuel
Numerical vibration: 8

Crystals of Inner Balance



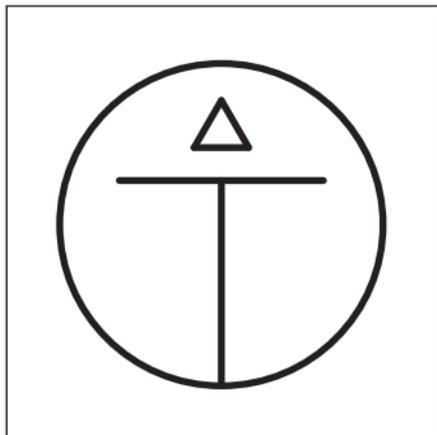
TARA'DOS

Peace

TARA'DOS be in you and TARA'DOS be with you.

Turn away from feelings which arise from your ego and go into neutrality. For where the peace of God has its foundation you will find TARA'DOS in you. Carry TARA'DOS to the outside and create TARA'DOS in your surroundings - an important task for an OM TAT SAT.

The energy of Adonai Ashtar Sheran
Numerical vibration: 28



TANA'ATARA

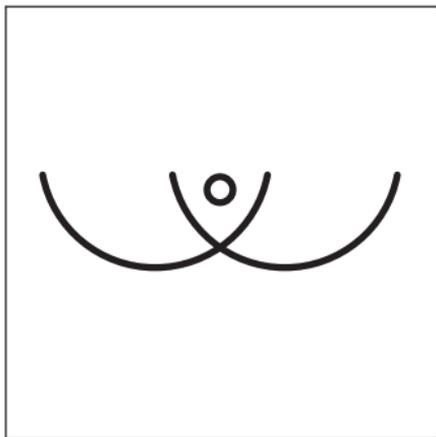
Serenity

Serenity means to see through the game of illusion. Be wise, trust the work of the Divine Reality and know: the truth always finds its way.

Also realize that for every problem you already carry a solution within. Visualize TANA'ATARA and feel quietness and serenity.

The energy of Lao Tse

Crystals of Inner Balance



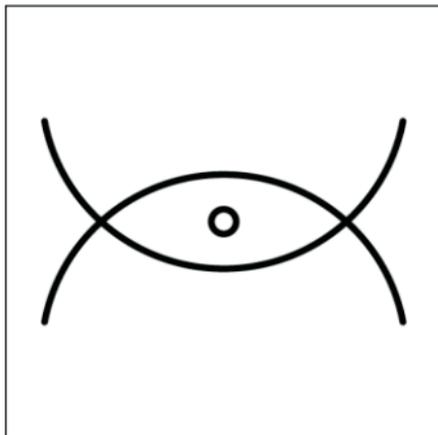
SIAS

Feminine Energy

Visualize SIAS and call the divine Mother, Shakti, that she may send you feminine energy. Also charge yourself with ELTA, the masculine energy (see page 40). Afterwards ask Jesus, the Son, to balance your feminine and masculine energies, so that you are able to find your center.

Numerical vibration: 1

Crystals of Inner Balance



ELTA

Masculine Energy

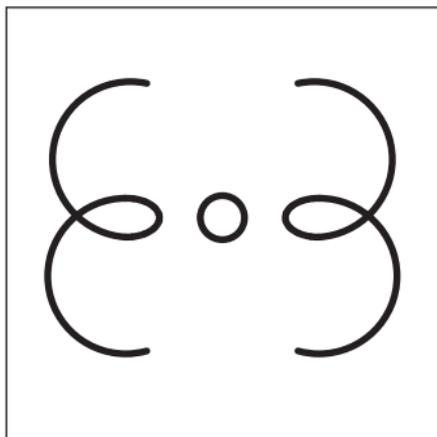
Visualize ELTA and call the Father, Melek Metatron, that he may send you masculine energy.

Charge yourself also with SIAS, the feminine energy (see page 39).

Afterwards ask Jesus, the Son, that he may balance your feminine and masculine energies so that you may find your center.

Numerical vibration: 2

Crystals of Inner Balance



NION

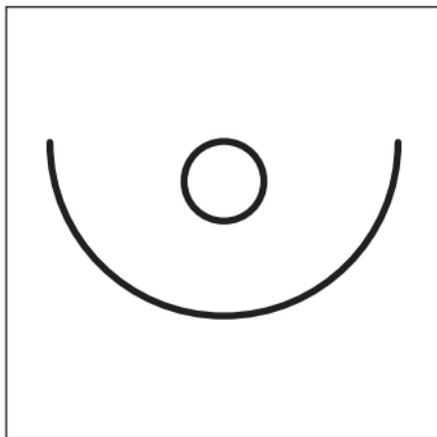
Release

At some point the time comes to part from old patterns and habits. Say AN'ANASHA to thought patterns and convictions which you want to give up and release them from your Self with the Crystal NION.

Give up the old, just as a snake sloughs its skin. Look gratefully and respectfully at what is left behind for it has guided you to where you are today.

The energy of Angel Michael

Crystals of Inner Balance



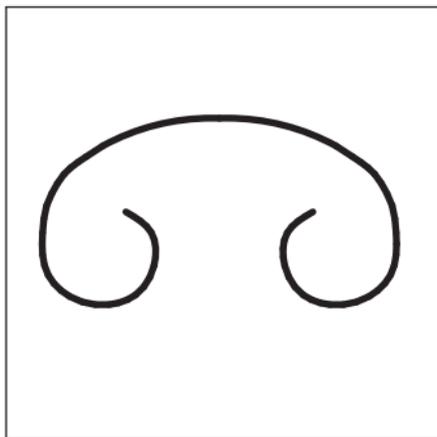
MONASH

Security

Visualize MONASH, let go and surrender to the spiritual world. In the Divine Reality you are safe and protected. Nothing can happen to you.

The energy of Mother Mary / Shakti
Numerical vibration: 1

Crystals of Inner Balance



ONAR

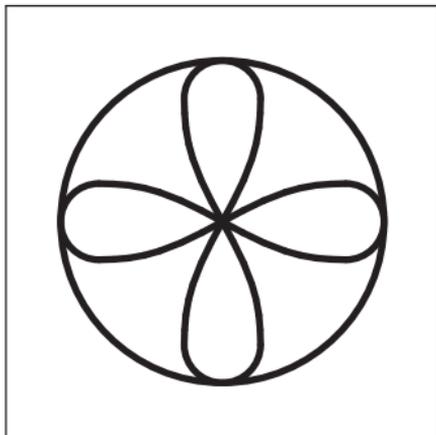
Calmness

Go into your center and find your calmness there. Nothing which is on the outside can take this calmness which you carry deep within away from you.

Direct your focus to ONAR and feel the peace that radiates from your heart.

The energy of Master Lao Tse
Numerical vibration: 20

Crystals of the Cosmos

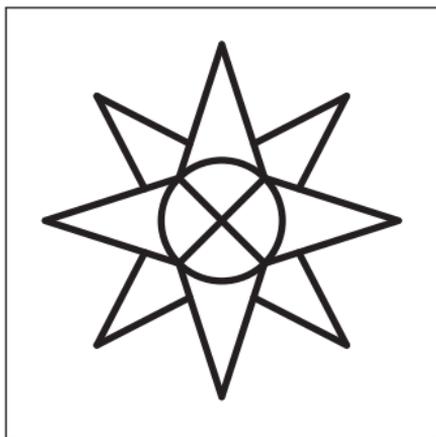


GESHA

Venus

Venus is the planet of love and feelings. A trip to Venus is an important experience as you can perceive there how beautiful the non-judgemental love is. Many beings of the universe visit Venus because this planet is of special beauty.

The energy of the Angel of Love
Numerical vibration: 44



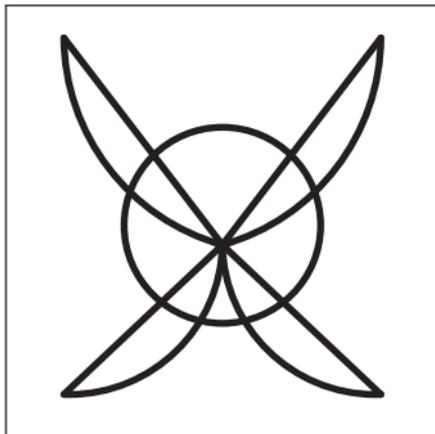
DANAS

Soulstar

DANAS is your Soulstar. In it you are unified with all your other Selves. Send it and the accompanying soul parts ELEXIER, OSAM and PRADNA and ask them to melt together. Send through time and space and ask for an increase in energy just as is right and helpful for every soul part.

The energy of Sanat Kumara
Numerical vibration: 15

Crystals of the Cosmos



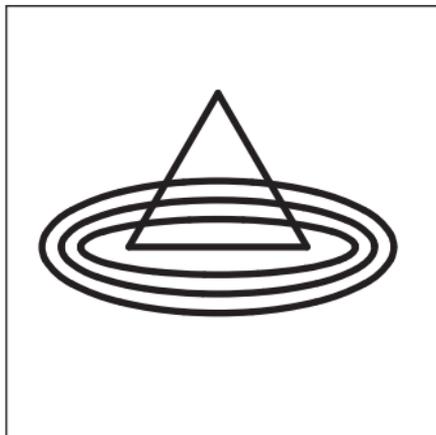
KRYON ENERGY

Kryon Energy

Kryon of Magnetic Service, a group of angels which has erected the planetary grid and is making a major contribution to the ascension of Mother Earth.

Visualize the Crystal of the KRYON ENERGY and absorb the magnetic waves into yourself.

The energy of Kryon
Numerical vibration: 11



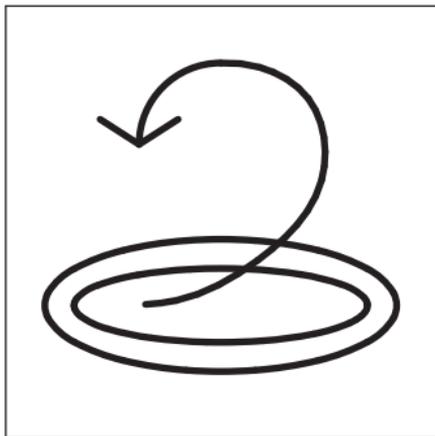
ASHTAR

The Guardian of the Universes

Adonai Ashtar Sheran is the commander of the Ashtar Command and responsible for order and peace in the universes. If you ask him he will accompany you on all your journeys beyond the Stargate and invite you onto his lightship.

The energy of the space command
Numerical vibration: 21

Crystals of the Cosmos

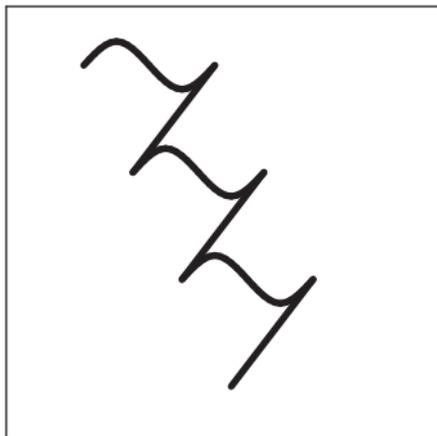


ARTEE

The Group Elder of Arcturus

The Arcturians are very loving, highly evolved beings and have a close connection to the human beings. Along with the Ashtar fleet they form the Higher Light Command.

When travelling to foreign planets call ARTEE. He will show you the way and guide you.



SHERIN

The Wise Being from the Planet Venus

SHERIN is living on Venus. Perhaps you will meet SHERIN on your journeys one day. She is wise, gentle and kind.

You can let her show you Venus sometime.

The energy of the Sun God
Numerical vibration: 41



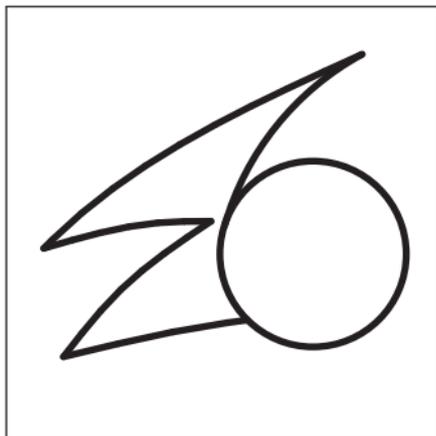
EL'AMARA

The Stargate

Go through EL'AMARA in order to get into the Divine Reality from the illusion. Everything you feel and perceive beyond the Stargate is the Divine Reality. It is real. You actually experience this. Learn to distinguish between the Illusion of your reality which only consists of thought structures, and the Divine Reality beyond the Stargate. Always keep in mind: Nothing that is real can ever be destroyed. Nothing that is unreal can persist.

The energy of El Morya
Numerical vibration: 12

Crystals of the Cosmos



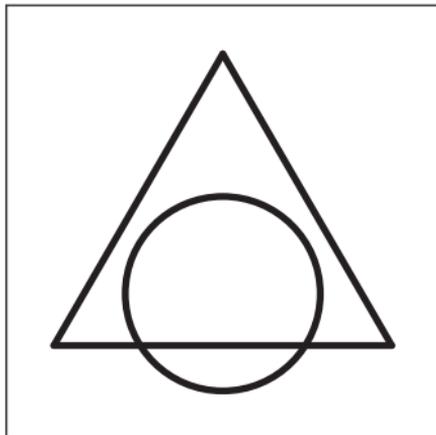
MARANA

Cosmic Journey

Travel through the Stargate and experience the Divine Reality. While travelling free yourself from expectations and ideas. Accept everything you see and feel. Do not judge it and do not try to explain it with your intellect.

The energy of Adonai Ashtar Sheran
Numerical vibration: 48

Crystals of the Cosmos

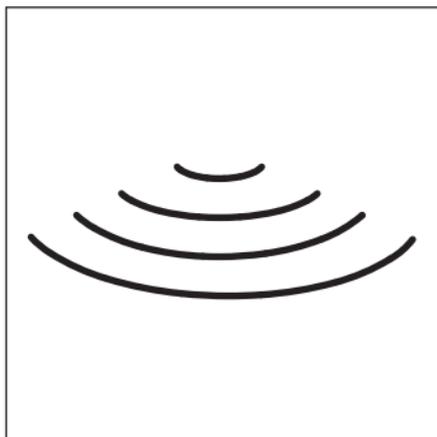


EXOLARIS

Journey to Adonai Ashtar Sheran

You are called to travel to Adonai Ashtar Sheran, the guardian of the universes. Visualize this Crystal and undertake the journey. Free yourself from all ideas and judgments. Be aware that you cannot explain with your mind what you see and perceive beyond the Stargate.

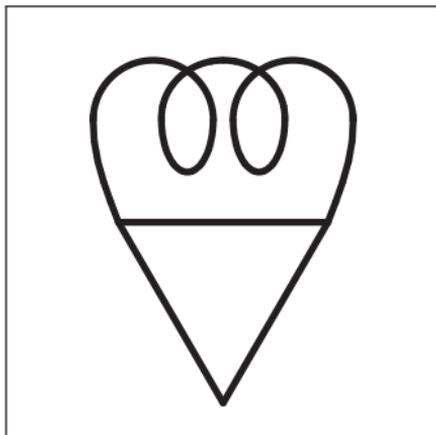
The energy of Adonai Ashtar Sheran
Numerical vibration: 48



ATOROS

Lightship

ATOROS is the Lightship. Feel the energy of ATOROS. It will pick you up beyond the Stargate and serve as your means of transport for your journeys.

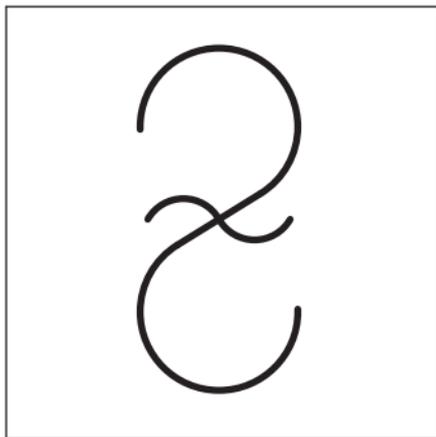


MERA

Star Companion

No matter what you see or feel on your journeys through the Stargate, there is always somebody there, there is always an energy around you. Send AN'ANASHA and ELEXIER to this being for it is your companion who keeps an eye on you and who protects you.

Numerical vibration: 48



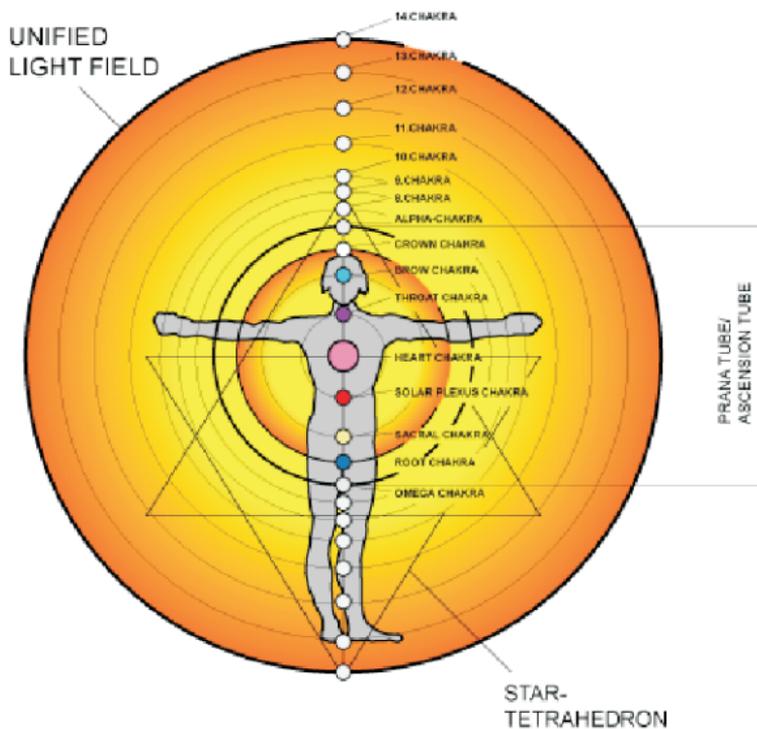
SIRIUS

The Star Sirius

The inhabitants of Sirius are technically and spiritually highly evolved. Perhaps you will undertake a star journey to Sirius. There are universities on Sirius where you can receive training.

Numerical vibration: 42

The Light Body



Alphabet of the Elohim

A	•
B)
C	↓
D	∩
E	⊕
F	//
G	~
H	-
I	↑
J	:
K	^
L	v
M	

N	
O	†
P	↑
Q	/
R	∨
S	X
T	∩
U	8
V	U
W	C
X	↙
Y	<
Z	>

Replace the letters of our language with the characters of the Elohim font.

They carry a special power within which repeal the Illusion. They are also part of the Light Language of the First Central Universe.

The typesetting can also be downloaded from our website (www.kryonschool.com) for use on the computer.

Enjoy energizing your texts!

Notes

Notes