



Steps on the Stone Path: Working with Crystals and Minerals as a Spiritual Practice

Robert Sardello

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Through myths and legends, the knowledge of the power of certain gems and crystals has been preserved over generations. However, the practical aspects of how to use these precious stones to promote spiritual development have been lost to all but a few initiates. In *Steps on the Stone Path*, Robert Sardello offers strategies and rituals for recapturing that lost power.

Sardello starts with guided meditations and rituals for developing awareness of, and the ability to experience, stone qualities such as deep silence, form, transparency, and color as modes of spiritual consciousness. Entering these modes of silent, creative consciousness requires befriending the elemental angelic beings embodied in stones. Sardello develops these initial practices into a sensory yoga of stones, in which the connection between the self and the Divine Self manifests through the medium of stone-awareness. He encourages readers to wear certain gems or to keep specific crystals close to their body, allowing them to enter the world of spirit. *Steps on the Stone Path* explores the possibility of uniting our soul being with the soul of specific stones, reveals unknown inner qualities and dimensions of humankind, and presents a dazzling theory of stones as critical tools in the making of a New Heaven and a New Earth.

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