



Spirit Mat by Zach Royer

A DIY craft project using crystals, colors, and some creativity designed to promote deeper sleep, more vivid dreams, and an overall feeling of well being.

Most people need at least seven hours of sleep every night. That means that someone who lives to be seventy-seven – the average life span in the US – will have spent more than twenty-two years asleep.

That time isn't wasted – much of it is spent in dreams, where we can live parallel lives and experience wonders we could never image during waking hours.

It is said that sleeping with a crystal under your pillow or on your nightstand can have a beneficial effect on you and your partner.

Figure – © Zach Royer, creator of Spirit Mat

Crystals and stones have been used since pre-historic time, being chiseled into tools such as knives, arrowheads, even fish hooks. In modern times, we rely on crystals more than any civilization in the past. Like prehistoric people of old, we occasionally still use crystals to start fires, updating the process with relatively low-tech butane lighters, as well as in our building and computing technology.

Without crystals, our technology and our society would grind to a sudden halt.

And just as early civilizations used crystals for divination, crystals still connect many of us to the divine.

Crystals certainly offer evidence of an intelligent Creator -- they are structured according to precise mathematical rules, and they adhere to clearly defined geometric patterns. For many, crystals offer tangible proof of God's perfection and God's plan.

In recent years, a number of spiritual practitioners have promoted the use of stones and crystals, particularly for healing. Crystals can be used for meditation, divination, self-development, as well as for physical things like deeper sleep and increased energy. That's where the Spirit Mat comes into play. The Spirit Mat uses the principals of crystal energy along with the belief in the body's chakra system to balance and energize.

The word chakra is Sanskrit for "wheel" or "disk". The chakras make up the energy system of the human body. Each chakra is associated with a separate area of life. Each one, like a spinning wheel, helps keep energy flowing – spiritually, emotionally, intellectually, and physically. When your chakras are in balance, energy flows freely and you'll feel healthy and strong.

Each chakra is associated with a color, and the color corresponds directly to the rainbow colors of the visible light spectrum: **red, orange, yellow, green, blue, indigo, and violet.**

Placing colored crystals on or near the chakras can imbue them with new energy, slow the chakras that are spinning too fast, speed up the chakras that are spinning too slowly, and ultimately help bring all of them into balance.

Not everyone has time to dedicate to balancing the chakras, and it takes more than a simple effort. It takes a consciousness change as well as a life-style adjustment, at least for me it did. If you use crystals for healing but continue to practice the same unhealthy habits, progress will be dramatically slowed if present at all.

The Spirit Mat uses the principles of crystal energy along with the body's chakra centers. By placing the Spirit Mat in alignment with the body during sleep, under your bed or mattress, you will be helping to balance and center the body's energy nodes, all while you sleep. Just SET it and FORGET it! The body physically heals faster during deep sleep, and with your chakras in better balance, you should attain a deeper sleep each night and an overall feeling of well being during the day. Dreams become more vivid, the body requires less sleep to be fully recharged -- you will wake up each day eager to get out of bed and start the day!

Now, time to create your very own Spirit Mat! Nothing like putting energy into something that will ultimately put energy back into YOU!

I hope you like the Spirit Mat project and I hope it brings extra joy into your day!

Zach Royer, creator of the Spirit Mat

Zach is the author of the ebook Pyramid Rising, and the founder / director of Kahuna Research Group, the only paranormal research team on the Big Island of Hawaii. He truly believes in the power of crystal energy, having carried a crystal everyday in his pocket since he was a child. To contact Zach Royer please do so via his website <http://www.KahunaResearchGroup.org>



Spirit Mat – Instructions

Materials Needed:

7 Chakra Crystals (purchased separately, eBay sells cheap chakra crystal kits under \$10)

Printer (capable of printing a “Poster” print)

Chakra Image (any image with the chakras in alignment should work, available online)

Cardboard

Scissors

Elmer’s Glue

Super Glue

STEP 1: *Print your chakra image using your computer’s “poster print” settings. Two by two (2x2) or three by three (3x3) are the recommended poster print settings. This will print your image using four or nine sheets of paper, dramatically enlarging your chakra image. This is especially important if you decide to make the larger sized Spirit Mat. [If you are using Windows 8, I’m not sure how to access the poster print feature, I think you may have to download a separate program called Easy Poster Print.]*

STEP 2: *Using the Elmer’s glue, glue your chakra image together at the seams onto the cardboard. You may need to trim the sides of the chakra image that connect to make it look right. You should end up with a large chakra image glued onto your cardboard. Let dry five minutes or so before moving on.*

STEP 3: *Trim the entire chakra image to create the human form, unless you’d like to keep it the way it is. I trimmed mine down to a slimmer size so it looks for like a human form and less like a*

square piece of cardboard. The choice is entirely up to you. After this, you should have the Chakra Image nice and trimmed, ready for the crystals to be placed according to each chakra.

STEP 4: Carefully identify each of your seven chakra crystals and place them according to each chakra. Use the following image as a guide, and then using the Super Glue, glue your crystals into place. Congratulations!!! You have just created your own Spirit Mat. One final step...



FINAL STEP: Set it and forget it! Place the Spirit Mat under your bed or mattress in alignment with how you sleep, or under your couch, or wherever you like to spend time. Being near the Spirit Mat during waking hours will just remind you of all the wonderful benefits of crystals and how much fun it was to make... It's a great conversation piece, and an even better gift for someone special. Just forward them this DIY instructional! If you find your kids bored one evening, you can even get them involved in this safe easy to do DIY project. The more crystals the better!



Figure - SET IT!



Figure 3 - FORGET IT!

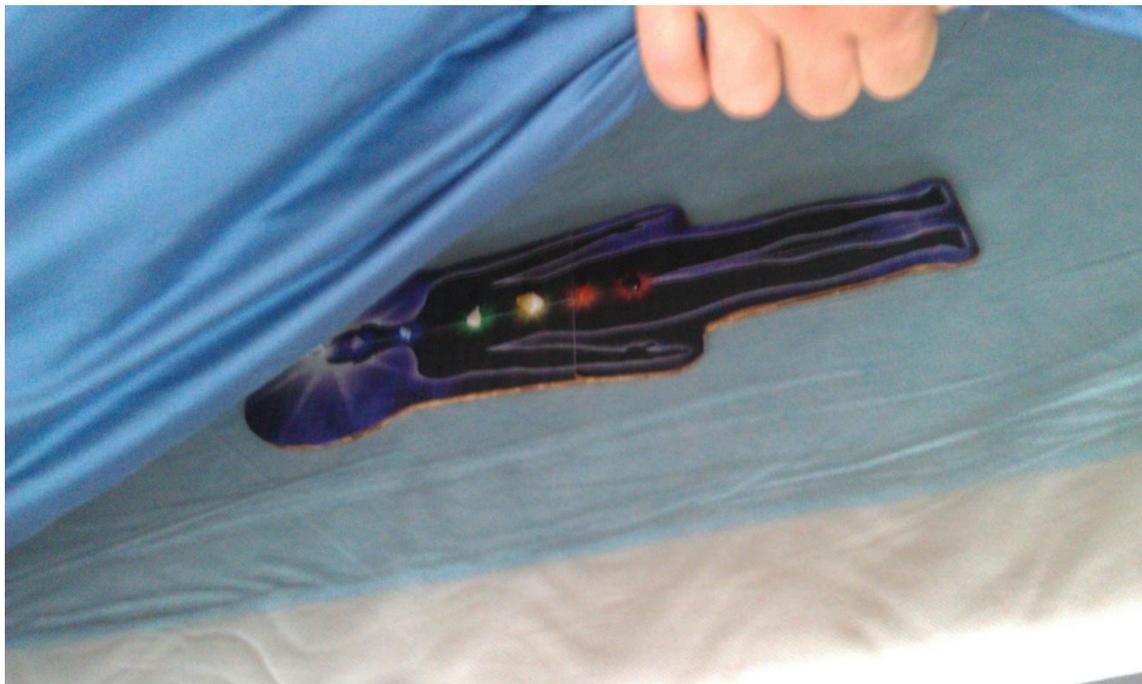


Figure 4 © Zach Royer - Placing Spirit Mat under mattress

Find this document online for free at <http://KahunaResearchGroup.org/Spirit-Mat.html>. You may also leave a comment if you'd like. I look forward to hearing from you! – ZR