



Channeler, crystal healer and shamanic practitioner Sandra Müller introduces the reader to a group of highly evolved and loving Helping Spirits known as The COUNCIL of AR. Her interactions with The COUNCIL are flavored with whimsical tales based on shamanic journeys that engage the reader while bringing forth wisdom to assist us in facing the mysteries of our aliveness that include fear, sadness, and depression while ultimately guiding us to the innate CRYSTAL-CLEAR JOY in our hearts.

Bringing this wisdom into sharp focus is the link between CRYSTALS and their healing capacity. Using the practical and simple instruction presented, the reader finds teachings that are intended to allow healing in our hearts, as well as help us access higher codes of ethics so that we can embark on a JOY-filled Journey of our own evolution and life fulfillment.

We can learn to thrive as we explore the nature of Helping Spirits; the healing frequency of AR (Altus-Reciprocity™) and how it relates to an activated quartz crystal; the role of the mineral world on Earth; why Sandra became the vehicle of collaboration with The COUNCIL of AR; and, how to create a healing TEMPLE of LIGHT in our homes and offices using the AR frequency-activated Quartzes.

This unique book is written in clear, JOY-filled language that immediately initiates balance and healing within the reader. Sandra's many past lives working as a healer and with crystals allow her to skillfully communicate the teachings of The COUNCIL of AR and instill in us the importance and JOY of working with frequency-activated Quartz at this pivotal time in the world.

