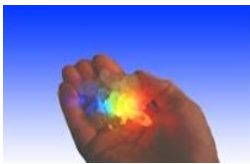


CRYSTAL NOTE

Congratulations, you have made it all the way down to the last thumbnail, a change log. The intent of this design is to be flexible – easy to use on both smart phones and large screens. The Quick Link at the top is meant for those larger screens. It takes you to a colorful site map. The links on those pages require less room but are more closely spaced, best used with a mouse.

For smaller screens, scroll vertically through my large, carefully-crafted thumbnails. Easily touch them, to select the walkthrough you want, eliminating accidental choices. Both menus are arranged in the same convenient alphabetical order. I made the three rollovers using Java Script, but even if you disable it, the links will remain fully functional – if less colorful. This upgrade repairs some expired links and corrects a few of my infrequent walkthrough errors.



I discovered this glowing crystal years ago in the Arizona desert. Crystals are said to promote physical, emotional and spiritual healing. If they work that way for you, then crystals are likely focusing your brain, which is a powerful biological machine that can do much more than think.

Crystals may also help you focus your mind which perhaps involves more than just your brain. Your mind, assisted by your brain and a suitable crystal, may create a transcendent world of thought, feeling, attitude, belief and imagination. That, in turn, can get you through the day.



The image of a mountain represents the voyage we take through life – with all its twists, turns, ups and downs.

Chris Barton – 06.19.2019