

# HEALING TODAY

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## What is Crystal Therapy?

... and how does it work?  
by Shirley O'Donoghue

## Your Body is the Mirror of Your Life

Martin Brofman on the  
importance of Consciousness  
Part 1 of a two-part article

## Rediscovering Your Soul's Garden

Spiritual Reflections by Meena Sudhakaran

- News • Mailbox • Spiritual Reflections • Case Histories • Judy Karbritz
- Reviews • A Healing Centre Near You • Complementary Practitioners
- Healing on the Web • Diary Dates

READERS PHOTOGRAPHIC  
COMPETITION  
See Page 19 for Details

# What is Crystal Therapy?

by Shirley O'Donoghue

**A**S MORE PEOPLE look toward complementary therapies to enhance their wellbeing and support conventional medicine many new therapies have emerged including Crystal Therapy. In fact Crystal Therapy is not new at all, its origins can be traced back to Egyptian times and beyond. Today it has a somewhat 'new age' reputation which is due to a huge extent on the fact that there is a spiritual aspect to this exciting and adaptable therapy.

I have taught Crystal Therapy for over 10 years and the last 2 or 3 has seen a tremendous growth in interest and awareness of crystals and their use.

So what is it and how does it work? Crystals emit a small electrical pulse or charge called piezoelectricity, to which the body's magnetic field or aura will respond when the correct crystal is selected, allowing the energy system of the body (including the chakras and meridian systems) to become fully balanced and energised.

Crystals are not necessarily expensive, and small tumbled stones are very useful in crystal healing. Choose stones that are not too heavy to be placed on the body, and not too small to be easily lost. Flatter stones will stay in place more easily and, to begin with, aim to get at least 2 stones of the same colour. Use these crystals to hold when meditating to place on specific energy centres which need rebalancing, or simply to carry in the pocket to offer an energetic support throughout the day. For those more experienced in working with subtle energies, use crystal points or terminations which have a finer directional flow of energy than tumblestones.

### Cleansing

a crystal before use is important as unwanted energy needs to be removed. Uncleansed stones become less effective, and a build up of energetic static may occur. To cleanse a crystal; simply place it in the sunlight or hold it under running water to clear any unwanted energy and to charge it. It should be remembered that there are many crystals that are damaged when put anywhere near water - Pyrite (known as Fool's Gold) can get rusty and other crystals, Celestite or Selenite for example, will disintegrate. If in doubt, smudge a crystal with incense or candle smoke, use sound or simply breathe 'white light' onto it.

Crystals are creative and adaptable and can be used in a number of ways. A Crystal Therapist places crystals on, or more usually around, the body to form a 'grid' or 'net' which the patient lies in. Usually the patient experiences a profound and deep meditative state and in many cases is aware of the energy as it works with the subtle energy system.

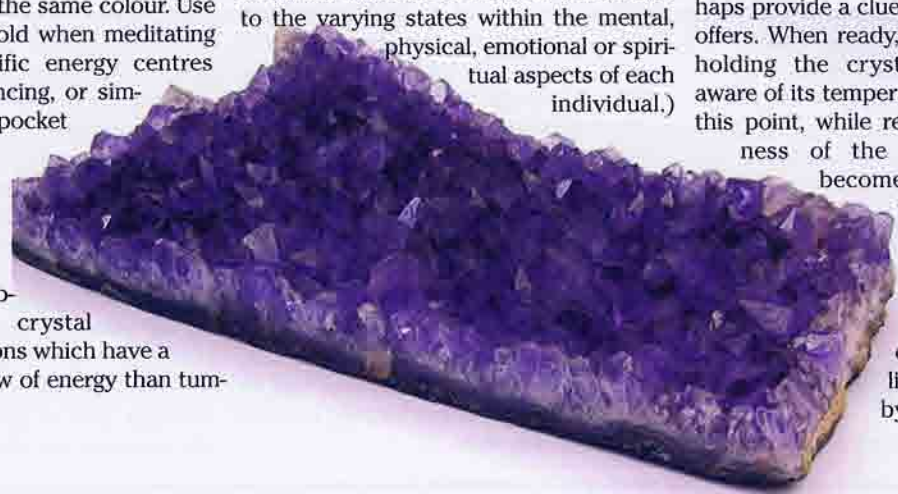
The qualities that crystals hold are hard to pinpoint. Many books offer suggestions as to the therapeutic benefits of particular crystals but these are usually the author's perceptions and there are always other interpretations (photographs of some auras are different to those of others due to the varying states within the mental, physical, emotional or spiritual aspects of each individual.)

Crystals respond to the varied states by supplementing them. What is most required is drawn from the crystal. The analogy of a radio can be used.

Think of the crystal as being a radio which can be tuned to Radio 1, 2, 3, 4, Jazz FM etc. Whilst one person will tune to Radio 1, another would want Radio 4, and so on. Choosing a crystal should be entirely intuitive and as easy as selecting the first one that catches the eye. The fact that it drew the attention is enough for someone to know that it is a good crystal to use. To understand what it offers try to attune to it. This can be as easy as looking at its shape, colour and texture, relating it to a time, a place, a quality or a memory, or using meditation to connect on a deeper level with it.

### Attuning/Meditating with crystals

Many crystal therapists consider the left hand to be the receiving hand and the right as the giving hand. There are always exceptions to this rule – natural left handed for example – so it is important to go with what "feels" correct. Hold the crystal in one hand and sit or lie somewhere warm and comfortable. Look closely at it examining any cracks or flaws. Note its colour and shape, registering any relevances that may perhaps provide a clue as to the qualities it offers. When ready, close the eyes and, holding the crystal lightly, become aware of its temperature and texture. At this point, while relaxing, more awareness of the emanating energy becomes apparent, sometimes felt as a buzzing or tingling in the hand or along the arm. Opening the brow chakra, try to form a link with the crystal by remembering the



shape, colour etc. Become more relaxed, imagine drawing energy from the physical crystal into the hand; each breath drawing the energy further along the arm and into the shoulder. At that point try to decide where to send the energy – to a particular chakra, a meridian, into the aura or to a specific physical spot. Use the breath to direct the flow to wherever it is desired and sit quietly until ready to finish the meditation. Then, simply reverse the process, sending the energy back using breath and visualisation to finally return it to the physical crystal. By becoming aware of emotional responses, visions or colours' sensations or words that just seem to float into the mind, will begin to offer the ability to discern the qualities that the crystal is offering at that moment. Next day (or week) doing the same exercise with the same crystal may pick up on something else because there is a good chance that the mental, emotional, spiritual or physical states have changed.



- To wear crystals is a useful way of maintaining and protecting the body's energy levels – It is important that they maintain energy integrity and this can be simply done by using a small piece of Carnelian, such as a tumblestone, and placing it in a pocket. In cases where there is a need for stronger protection, use Black Tourmaline which also has a positive grounding quality to it.

- To enhance positive thought processes carry or place Citrine where it can be seen.

- To treat plants, animals and children. This can be easily and simply done by charging up spring water by placing a crystal in it and leaving it for a few minutes, or better still, overnight. Dowzers will be able to measure the increase in positive energy as the water absorbs the energy pattern of the crystal. The water can be drunk or used for plants. A word of caution; always ensure that the crystals are not toxic or soluble in water. Any crystal belonging to the Quartz family – Amethyst, Clear Quartz, Rose Quartz, Citrine etc will be fine.

- As an enhancement to other therapies: Crystals can be placed around the massage couch to promote a greater sense of relaxation. When beginning to use crystals, therapists can look at the three most commonly used – Rose Quartz, Clear Quartz and Amethyst.

Rose Quartz promotes unconditional love, and is good for those suffering from low self-esteem, broken heart etc.

Clear Quartz is good for clarity and energising and therefore suitable for someone tired, stressed or muddled.

Amethyst is good as an all round healer with a protective quality, as well as an aid to deeper meditation which would work well with someone who is finding it difficult to switch off, or needing strong energy balancing.

In addition, a "grounding" crystal is helpful to aid the natural grounding processes for both therapist and client. The use of these crystals can be as simple as placing them underneath the couch.

It is recommended that for a more detailed use of crystals to contact a college teaching a recognised qualification, such as promoted by the Affiliation of Crystal Healing Organisations (ACHO).

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Crystals can also be used:

- As environmental placements: As well as being a decorative focus, Rose Quartz is excellent in helping to reduce the effects of electro magnetic pollution when placed on or near computers, microwaves etc. Placing a large piece of Amethyst or Rose Quartz in the bedroom or living room will help to keep the atmosphere light and positive. Having Clear Quartz near the desk will aid positive thought processes and clarity of thought.



## HEALING TODAY

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