

# SANCTUARY

INNER SPACE FOR WOMEN'S MENTAL HEALTH & WELLBEING  
(ACROSS SURREY AND THE SOUTH EAST)

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## BATTLE CRY

women at the front line

*Deep in debt  
there is a way forward*

*Christmas tips for survival*

They look beautiful, they are lovely to touch, and from Ancient Egyptian times, they have been used to enhance wellbeing. Shirley O'Donohue\* provides the complementary therapies that many enjoy at our women's mental health and wellbeing days. She tells Sanctuary about crystal therapy...

## "I HAVE BEEN

teaching Crystal Therapy for over 10 years now and in the last 2 or 3 years there have been a tremendous growth in interest and awareness of crystals and how they can be used.

"So what is Crystal Therapy and how does it work? Well, crystals emit a small electrical pulse or charge called piezoelectricity, the body's magnetic field or aura responds to this charge which, when the correct crystal is selected, allows 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 so that they are easily lost. Flatter stones will stay in place more easily and aim to get at least 2 stones of the same colour to begin with. You can use these crystals to hold when meditating, to place on specific energy centres which need rebalancing or simply to carry in your pocket to offer an energetic support throughout the day.

"The way a Crystal Therapist would work would be to place crystals on or around the body to form a "grid" 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. Alternatively they can be used as follows:

- As an aid to meditation
- As environmental placements – as well as being a decorative focus, Rose Quartz for example 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.
- Wearing crystals is a useful way of maintaining and protecting the body's energy levels
- As an aid to concentration place a Citrine or Fluorite on the desk or in the office.
- Treating animals and children. This can be easily and simply done by charging up water simply by placing a crystal in some spring water and leaving it for a few minutes or overnight. If you can dowse you 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 to water plants even. One word of caution always ensure that the crystals are not toxic or soluble in water. Any crystal belonging to the Quartz family e.g. Amethyst, Clear Quartz, Rose Quartz, Citrine etc will be fine.
- As an enhancement to other therapies. Crystals can be placed around the massage couch for example to promote a greater sense of relaxation.

*\*Shirley O'Donoghue is Principal of Lucis College and teaches Crystal and other Complementary Therapies to practitioner level. She is also the author of Working with Natural Energy published by Capall Bann ISBN 186163154-5 and Working With Crystals also published by Capall Bann ISBN 186163191-X. She runs workshops and courses on crystals, flower essences, colour and stress management.*



# Crystal magic