

## WHAT IS CRYSTAL THERAPY



The origins of Crystal Therapy can be traced back to Ancient Egypt, and other ancient cultures in Australia, America, Far East and Asia where they were reputed to use crystals such as Carnelian to staunch blood and cool anger, Malachite to help mothers giving birth etc All of these civilisations used crystals in one way or another to support mind body and spirit. Today Crystal Therapy has a somewhat “new age” reputation which is due to a large extent to the fact that there is a spiritual aspect to this exciting and powerful therapy.

I have been teaching Crystal Therapy for over 25 years now and in the last 2 or 3 years there have been a tremendous growth in interest in crystals and

what they do as well as a greater awareness that Crystal Therapy is more than just using crystals that balance the energy of the chakras.

### **How Does Crystal Therapy Work?**

The earth's crust is made up of quartz and other minerals and our bodies similarly consist of various crystalline substances: Calcium in the bones, Iron in our blood, Silica in our lymph and fatty tissue etc. This means that there is a resonance between our physical bodies and the earth. In addition to this we use crystals in industry, technology and science due to their ability to reflect, transmit, transmute, amplify, focus and store energy. We find them in clocks and watches, lasers, telephones, cars, computers and so many more uses that harness this harmonious resonance. One of the theories of how crystals work is that they provide a consistent harmonious resonant frequency which helps to bring back into balance an energy field (aura or if you prefer the electro-magnetic field of the body) which has become out of balance and chaotic due to the stress of day to day living which we experience. Again, many ancient cultures have used healing practices which address illness or imbalance not just within the physical body but also acknowledges mental, emotional and even spiritual imbalance too. It is only relatively recently that our western medicine has fully acknowledged the detrimental effect of emotional imbalances on the physical body. Physics tells us that when two fields combine with each other the lower resonating frequency is raised by the higher resonating frequency. Many Crystal Therapists believe that this is what is at play when crystals are introduced into an incoherent human energy field.

Crystal Therapists generally work with the energy fields within the body including the aura, chakras and meridians. Many other popular complementary therapies work with the same systems such as Acupuncture, Reflexology, Yoga, Reiki, Shiatsu etc and crystals can be incorporated into these therapies to great effect as well. The Endocrine system is the closest physical link to the subtle energy system as Chakras, aura and meridians are sometimes known .

Crystal Therapists general seek to stimulate and support the chi, (sometimes known as prana in Ayurvedic medicine) which brings the system back into balance this helps the client to feel more in tune with their thoughts, feelings and emotions so that they can find the resources within themselves to maintain balance and energy flow to the optimum effect.

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 use with specific energy centres which need rebalancing or simply to carry in your pocket to offer an energetic support throughout the day.



For those more experienced in working with subtle energies you can use crystal points or terminations which have a finer directional flow of energy than tumblestones.



Cleansing a crystal before use is important as you need to remove unwanted energy. Uncleansed stones can become less effective and a build up of energetic static may occur. It is simple to cleanse a crystal, simply place out in the sunlight or hold under running water to clear an unwanted energy and to charge them up. You should however remember that there are many crystals which are damaged if they are put anywhere near water – Pyrite (or

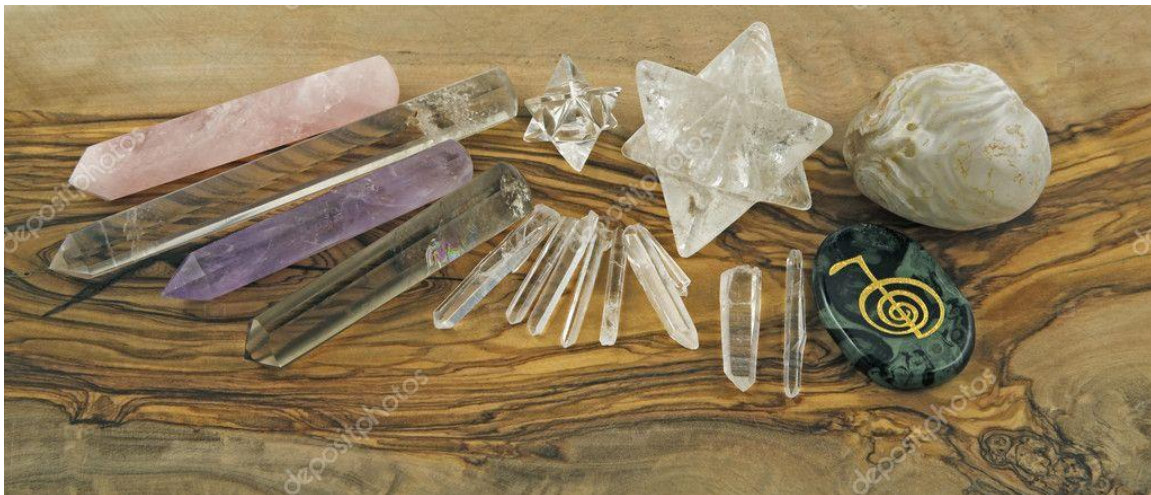
Fool's Gold as it is known) can get rusty and other crystals such as Celestite or Selenite will disintegrate. If in doubt, smudge with incense or candle smoke, use sound or simply breath "white light" onto the crystal.

Crystals are creative and adaptable and can be used in a number of ways. A Crystal Therapist would place 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. More and more therapists nowadays seek to combine crystals with other treatments such as Reflexology, Massage, Facials, Reiki etc and find that they further empower the treatments.

The qualities that crystals hold is 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. If you have seen photographs of people's auras you will know that they are all different due to the varying states within the mental, physical, emotional or spiritual aspects of the individual. Crystals respond to the varied states by supplementing them. Therefore, you draw what you most require from any crystal. The analogy of a radio can be used. If you think of the crystal as being a radio which can be tuned into Radio 1, 2, 3, 4, Jazz FM etc and whilst one person will tune into Radio 1, another would want Radio 4 and so on. It is the same with crystals. So, choosing a crystal should be entirely intuitive and as easy as selecting the first one that catches your eye. Just the fact that it drew your attention is enough for you to know that it is a good crystal for you to use. If you want to understand how the crystal will respond to using it we recommend that you learn to attune to the crystal. This can be as easy as looking at the shape, colour, texture of the crystal and relating it to a time, place, quality, memory etc you have or using the meditation below to connect on a deeper level with it. For example, at a very basic level crystals on the warm colour spectrum such as red and orange will have an enlivening, energising effect whilst crystals which are on the cooler spectrum such as blues and greens are calming and relaxing.

Attuning/meditating with crystals. Many crystal therapists consider the left hand to be the receiving hand and the right hand as the giving hand. There are always exceptions to this rule – such as when one is naturally left-handed – so it is important to go with what "feels" right. Holding the crystal in one hand and sitting or lying somewhere warm and comfortable, look closely at

the crystal. Examine any cracks or flaws within the crystal, notice the colour and shape registering any relevance that you place upon them which may perhaps provide a clue as to the qualities which the crystal is offering you. When you are ready close your eyes and holding the crystal lightly in your hand, become aware of the temperature and texture of the crystal. At this point, as you relax, you may become more aware of the energy emanating from the crystal which can sometimes be felt as a buzzing or tingling in the hand or even up the arm. Opening the brow chakra try to form a link with the crystal by remembering the shape, colour etc. As you become more relaxed imagine that you are able to draw energy from the physical crystal you are holding in your hand up your arm and into your shoulder, each breath draws the energy further along your arm and up to your shoulder. At that point try to decide where to send the energy – you may want to send the energy to a particular chakra, meridian, into the aura or to a specific physical spot. Use your breath to direct the flow to wherever you would like to send it and sit quietly until you are ready to finish the meditation. When you are ready, simply reverse the process, sending the energy back using your breath and visualisation to finally return it to the physical crystal you are holding. By becoming aware of any emotional responses, visions or colours, sensations or words that just seem to float into your mind you will begin to be able to discern the qualities that the crystal is offering at that moment to you. Next day or week if you choose to do the same exercise with the same crystal you may pick up on something else because there is a good chance that your mental, emotional, spiritual or physical states have changed.



Alternatively, they can be used as follows:

- 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. Having Clear Quartz near the desk will aid positive thought processes and clarity of thought.
- Wearing crystals is a useful way of maintaining and protecting the body's energy levels. For a therapist 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 a good crystal is black tourmaline which also has a positive grounding quality to it.
- To enhance positive thought processes many people choose to carry or place some Citrine where you can see it.
- 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.
- Nowadays there is a greater awareness of the effects of Electro-magnetic stress. Shungite is a stone which comes from Russia which is used by Crystal Therapists to offset the effects of mobile phones, computers etc which bombard us on a daily basis.
- As an enhancement to other therapies. Crystals can be placed around the massage couch for example to promote a greater sense of relaxation. When beginning to use crystals therapists can look at the three most commonly used crystals – Rose Quartz, Clear Quartz and Amethyst – Rose Quartz promotes unconditional love and so 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 or stressed and muddled and 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 needs strong energy balancing. In addition to these three 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 however recommended for more detailed use of crystals you should contact a college teaching a recognised qualification.

