



Crystal Healing
for Beginners

SARAH SEGER

CRYSTAL HEALING FOR BEGINNERS

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Special Thanks, as always, to my dear family, who have shown me so much love, patience and support over the years.

Colette Coles, this one is for you. You reminded me to laugh at myself when confronted with confusing challenges from the Universe.

*Live in a state of grace and gratitude.
Seek understanding to show compassion.
Always give and receive love.*

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CHAPTER 1:

CRYSTAL BASICS

1. INTRODUCTION

This book is an introductory handbook for those wanting to learn about crystal healing for the first time. It covers basic concepts and simple healing methods. I have used most of the information contained in the book as the basis for the beginners' crystal healing classes. The information is (hopefully) presented in a simplified, accessible manner to assist those wanting to start their relationship with the wonderful world of crystal healing. Do not be alarmed if you do not remember everything about the different stones immediately. With time, you will find the recognition of the crystals easier. Try to get to know one stone at a time. Work as far as possible with a single crystal, until you feel familiar with it before you move on to others. So let's start with some basics.

1.1. WHAT IS A GEM STONE?

Gemstones are classified as minerals. Crystals are a type of gemstones (mineral), which are a formation from deep in the earth's crust, resulting from a solidification of rock, water and gases. This solidification occurs in extremely high temperatures. The higher the temperature, the harder the crystal will be. For example, diamonds (which are extremely hard) are formed at extremely high temperatures, while calcite (which is very soft) is formed at lower temperatures. Gemstones may remain the same for million of years or become formed with other minerals to become new crystals.¹ Crystals, by their formation, have flat surfaces, while other minerals may not. They are the most stable and organized matter in the Universe. They may form in all parts of the Earth.

Gemstones are types of rock/crystal, which are defined as such because they are extremely beautiful (rich in color and reflect well in light); they are hard, and are durable. Only about 100 minerals are

classified as gem stones. They are often divided into three categories: precious; semi-precious and ornamental.

Precious gemstones are hard and are often faceted into jewelry. They have a high value because they are of their scarcity, hardness, transparency; color and brilliance. Examples are the diamond, emerald, pearl, ruby and sapphire.

Semi-precious gemstones are more common and less expensive. Examples are agate, aquamarine, amethyst, garnet, opal, topaz and tourmaline).²

Ornamental gemstones are usually extremely hard but not rare. They are used for their ornamental value (e.g. as statuettes). Examples of these are quartz, jade, lapis lazuli and malachite.

1.2. WHY USE CRYSTALS?

Because of their crystalline structure, they are able to absorb, focus and transmit subtle electromagnetic energy. **This is the energy used in crystal healing/gem therapy.**

Gemstones have fascinated humans throughout our history for their magical and practical purposes. They were used by the Ancient Greeks and Egyptians, who understood the power of crystals in healing and spiritual development. They were said to bring luck, healing or protection to the wearer. In India, gem stones have always been used in ayurvedic medicine because of their curative powers. In Christianity, the breast plate of the High Priest contained 12 gemstones³ (referred to as the 12 stones of the children of Israel). Gems were also regarded as objects of great healing and power by native tribes of the Americas.

In Mediaeval Europe, gemstones were used in alchemy and astrology. In China, Japan and in New Zealand, many gems, particularly jade, were used in spiritual rites.

Science has shown that if a crystal is placed in an energy field, it collects that energy and contains it. Some crystals might change and transmit the energy during this process. Quartz usually amplifies the energy and then radiates it out again. The exception to the general principle is the black crystal which absorbs energy but do not release it.

On a practical level, crystals are able to accumulate **piezoelectricity**. This is a process by which material objects generate electric potential.

Quartz crystals amplify, transform, store, focus and transfer energy easily. When quartz is squeezed, it generates electricity. If a current is passed through it (AC), it shrinks and swells (oscillates), and if (DC) current is sent through it, it swells.

This oscillation changes electricity into waves and can be broadcast via radio and television signals. It is also used in watches and to transmit information in computers. Quartz also focuses energy and is used in lasers, which can be used in eye surgery and also to burn through steel.

As a generator and accumulator of energy, crystals are great for energy healing, where you want to diffuse negative energy in the body or to infuse positive energy.

1.3. DIFFERENT CRYSTAL FORMATIONS

Crystals used in healing may take many forms: rough, polished, clusters, geodes, slices and doughnuts, eggs, spheres (balls) pyramids, single terminated or double terminated. In this section, we will learn to identify the various formations.

Rough stones are those that have not been polished or altered, and appear 'raw' from the earth.

Polished are those that have been smoothed out by human intervention.



Figure 1: Rose Quartz Rough and Polished with Smoky Quartz Pyramid

Clusters are a group of crystals growing together to form one crystal. Below is an example of an amethyst cluster. It is often used to clean other crystals.

Figure 2: Amethyst Cluster



Geodes are a group of stones that form together in a hollow.

Figure 3: Brazilian agate geode



Slices are created when a stone is cut to reveal its beauty. This is common with agates. Brazilian agates are often impregnated with dye to create strong lush colors.

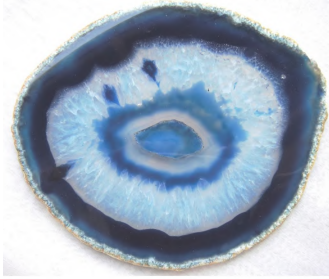


Figure 4: Brazilian agate slice

Doughnuts are rounded crystals which have a hollow inside. The one depicted is an agate crystal.



Figure 5: Agate Doughnut

Eggs are polished stones shaped like a large bird egg.



Figure 6: Celestite Egg

Pyramids are cut and shaped like a pyramid in order to amplify energy or to draw out pain (see figure 1 for smoky quartz pyramid).

Spheres are round, polished stones. A common example of a sphere is a crystal ball which may be used for scrying (fortune-telling) (see figure 1 for polished, rose quartz sphere).

Double-terminated stones have a sharp point on both sides of the crystal, while single-terminated

only have one point. Double terminated crystals are used to allow energy to flow in both directions, while single-terminated are used to focus energy in the direction in which it is pointing.



Figure 7: Single and Double Terminated Clear Quartz

1.4. THE MINERAL CATEGORIES

Most gemstones we will be dealing with fall into one of these categories or families: quartz, feldspar and other mineral groupings.⁴

1. Macrocrystalline quartz grows in veins or cavities that are partially filled with silica. With the exception of rose quartz, they commonly appear in

the form of six sides and a termination point. These include:

- **Amethyst:** pale violet to deep purple (figure 2).
- **Clear quartz:** sometimes called rock crystal (figure 7).
- **Citrine:** clear yellow, golden yellow (figure 31).
- **Smoky quartz:** smoky or grayish brown to black (figure 1).
- **Rose quartz:** pink (figure 1).
- **Black tourmalinated quartz:** clear with inclusions of black tourmaline (figure 13 below).
- **Rutilated quartz:** clear or smoky with needle-like inclusions of rutile which gives the appearance of golden needles within clear quartz (figure 11 below).

2. The chalcedony or microcrystalline quartz

group occurs where the silica forms compact masses of tiny crystals, which are dull, rather than glassy, in appearance. Examples are:

- **Aventurine:** quartz colored with iridescent green mica (figure 30).
- **Chalcedony:** white, blue, or gray.

- **Chrysoprase:** opaque apple green.
- **Bloodstone:** opaque dark green with spots of red jasper (also called heliotrope).
- **Carnelian:** translucent red, orange, or yellow (figure18).
- **Moss agate:** translucent milky white with moss-like green inclusions of horn blend.
- **Tiger's Eye:** gold-yellow to gold-brown layers (figure17).

3. The agates are quartzes of the microcrystalline type that have a concentric banded structure. Agates are usually found in volcanic rocks. Examples are:

- **Blue lace agate:** light blue and white layers (figure16).
- **Fire agate:** various shades of brown layers.
- **Botswana Agate:** shades of light blue and light pink

4. The Feldspar family makes up the largest group of minerals and most are found in all volcanic rocks.

Feldspars are slightly softer than quartz. Some of these are:

- **Amazonite:** opaque blue-green, light turquoise (figure 30).
- **Moonstone:** colorless or milky to faintly yellow, will show a silvery sheen in reflected light
- **Labradorite:** gray with brilliant iridescent colors at certain angles in reflected light
- **Orange sunstone:** red-orange or brown with metallic glitter

Most of the crystals used in healing are from the **quartz** family. This is the most common mineral to be found in the earth.

1.5. CHOOSING A CRYSTAL

The best way to choose a crystal is to feel its energy. Trust your intuition and your *sense* of what feels right to you. Once you are inside a crystal shop, relax, take a deep breath and allow yourself to be guided to certain crystals. If you are shopping for a

particular type of crystal, go to that section and let the appropriate one choose you. You will feel drawn to that crystal. Remember that bigger is not necessarily better in the crystal world. Crystals have very powerful energy and that energy appears stronger when it resonates with your own energies. Also, remember that the more expensive crystal is not always the one you need to work with. Stand quietly and allow yourself to be drawn to a crystal. The crystal you choose intuitively usually works the best for you.

Touch the crystal you are drawn to, feel its vibrations, its texture and any thoughts or feelings you experience whilst doing so.

There are a wide range of experiences that crystal shoppers report when choosing a crystal. Often, I personally feeling a tingling sensation through my hands, or I find myself walking back to a particular shelf repeatedly until I see the 'right' one. Brown⁵ lists some other common experiences:

- * heat emanating from the crystal;
- * a dash of light from the crystal;
- * cold energy;

- * a moistness in your hands;
- * a light-headed sensation;
- * a ringing sound in your ears; and
- * a sudden rush of excitement.

You should also take notice of crystals which you feel you dislike. More often than not, they represent qualities or issues you need to deal with. For example, if you find yourself 'offended' by an amethyst, you might need to deal with a spiritual void or restlessness within you. If the crystal is a garnet, you need to inject some passion into your life. I spent a lot of visits to a crystal shop having anxieties about a beautiful piece of blue lace agate that just seem to catch my eye each time. I resisted it, because, to my mind, I had plenty blue lace agate. After a while, I accepted that I needed to lovingly vocalize some concerns I had with a close friend. I never noticed the agate after that acceptance.

If you feel you need to give a particular crystal to someone, you should trust yourself and give it to them as a gift. You will invariably find that it will help the healing process for the person concerned.

1.6. TAKING CARE OF YOUR CRYSTALS

Crystals collect and store energy. If you use your crystals for healing, you should cleanse them after every healing session to rid the crystal of the negative energy it would have collected during the healing. If you simply keep them for their beauty, you should cleanse them whenever they obtain a lackluster appearance. Do not leave your crystals in direct sunlight for long periods.

There are a range of methods for cleansing your crystals. The most common method are:-

(a) Visualizing them being cleansed of all negativity and restored to their positive energy. You may also visualize a white light beaming into the crystal, removing negative energy.

(b) Submerge your crystals in dry brown rice or sand overnight. Please remember to mark where you buried them if you leave them in a patch of sand in the garden! You can get beach-sand and place it in slightly deep container. This way you will have no

difficulty finding the crystal later. I have a Zen garden in my healing room. As soon as I have completed a healing, I submerge the crystals used in the Zen garden.

(c) Vibrations of sound. Hold the crystal near a bell or gong and allow the sound vibrations to clear the crystal. You can also sit with a singing bowl and use sound vibrations in this way.

(d) Smudging the crystals by holding crystals in the smoke of incense. The popular clearing incenses are frankincense, sage, lavender or sandalwood. Use a feather or your hand to fan the smoke over the crystals.

(e) Moonlight is a gentle, spiritual way to cleanse your crystals. Leave them in moonlight on the night of the full moon and watch how clear and bright they look the next day.

(f) Sunlight is a much stronger way to cleanse your crystals. Leave your crystals in the sun for a short period (not more than 30 minutes). I personally no longer cleanse my crystals this way, because I have found that the softer crystals start to lose their color or become brittle.

(g) Cold water may also be used for a quick cleansing. Hold the crystal in your hand and run cold tap water over it. You may also use a few drops of holy water on the crystals⁶ for the same effect.

(h) Other crystals may be used for cleansing. Place your crystal on a large clear quartz or amethyst cluster for a few hours.

(i) Use a crystal grid to cleanse. Place a number of single or double-terminated clear quartz around your crystal and leave for at least 24 hours.⁷ I use this grid for crystals such as amber, which absorbs negative energy quickly. I use amber for the healing of infections.



Figure 8: Cleansing with Quartz Points

(j) **Flower petals** are also a gentle way to cleanse your crystals.⁸ Place the crystal in a bed of the flower petals for at least 24 hours. You may use any flowers, but rose petals are great because they allow your crystals to be cleansed against their soft, velvety feel.

1.7. PROGRAMMING YOUR CRYSTALS

To become more attuned to your crystal's subtle energy fields, you should spend some time getting to know it. Hold your crystal in your hand as much as possible. Look at your crystal from all angles and enjoy the energy and beauty it vibrates. I always find that meditation is a wonderful way to get to know your crystal.

Lily⁹ gives an excellent visualization exercise to get to know your gem:

(a) Sit in a relaxed comfortable position, holding the stone in both hands. Take a few moments just to relax and focus on the crystal in your hands.

(b) Slowly let your awareness float down into the crystal until you reach a point where you seem to come to rest.

(c) In your mind's eye, identify how the crystal feels to you. Is it warm or damp, cool or dry, smooth or rough? Take a minute or two to explore the energy of the crystal through your inner touch.

(d) Turn your attention to any quality of sound within the crystal, whether it appears to be a tone, a pulse or a tune. Is it high or low? Simple or complex? Listen to the sounds of the crystal for a few moments.

(e) Take a few deep breaths, imagining you are breathing in the crystal's energy through your nostrils. What smell or taste does the crystal have?

(f) Relax once more and then open your inner eyes. Imagine what the structure and the energy of your crystal looks like: the quality of light, the images, the landscapes, scenes and figures that may be related to you. Don't attempt to analyze what you see. Just let your imagination run free.

(g) Now become aware once more of the crystal's taste, its smell, sounds and touch. Very gradually bring your awareness out of the crystal and become more aware of your body and the world around you. Take notes so that you remember your experiences.

Most healers program their crystals to perform a specified healing function. I personally do not use this method. I rely on what I understand to be the properties of the crystal and its ability to shift the necessary energy in a healing. However, many healers will not use a crystal in a healing if it has not been programmed. Melody writes extensively about ways to program your crystals. Here is an excerpt from her book:¹⁰

Pre-Programming Crystals

Prior to any specialized crystal programming, the following pre-programming is recommended:

- * Program the crystal to receive Divine will such that the results actualization for the good of all.*
- * Program the crystal for protection in the light.*

Programming

Programming is the process of instructing the energies of the crystal in which to use its qualities of transformation, stability, and attunement. Precise directions are required, or the response will be less

than that which is intended. [This precision in intent is beneficial training for those utilizing crystals - with the use of crystals, one may also become "crystal clear" in the use of personal energies. The act of holding a crystal and intending to use it for a specific purpose is the simplest form of programming [e.g., for healing or meditation crystals].

Another method, primarily relevant to the programming of thoughts, and universal energies which are inherent to the mineralogic formation, involves the following:

- * Formulate a precise phrase which accurately describes the nature of the programming [i.e. angelic/ other-worldly communication, harmony, balance, love, special healing or protection for someone, etc.].*
- * Hold the crystal in the left hand if left-handed, relax for several minutes, initiate circular breathing, and center the consciousness. Consciously align the personal conscious awareness*

with the higher-self and/or other [pre-defined] appropriate other-worldly beings.

** Ask for guidance, protection, and assistance in the programming process. Open the center of consciousness and allow receptivity to flow through to the inner being.*

** Repeat the formulated phrase 20-30 times in succession while visualizing and/or feeling the desired effect of the program. [Be open to higher assistance during this process.]*

As the phrase is repeated, an energy field will build and culminate in the energy pattern necessary to represent the desired program.

** While maintaining full awareness of the energy field, bring total awareness and consciousness to the area of the third-eye or the heart chakra. Place the crystal in front of the area of the third-eye or the heart chakra and allow the self to feel the connection with it.*

- * Direct the energy field into the crystal for 30-60 seconds and allow the program to be transferred to within the crystal. Intuitive recognition will signal when the transmittal is complete.*

- * Detach consciousness from the crystal and allow the universal energies to act.*

1.8. WEARING YOUR CRYSTALS

A crystal can be carried in clothes or worn as jewelry close to the body to absorb its energy and facilitate ongoing healing. Because they are energy centers, crystals must be cleansed regularly and taken off as soon as the wearer feels irritable or drained. Also, wear the crystal for as long as you need. Once the symptoms of the condition abate, the crystal should be taken off.

You should avoid wearing more than one crystal at a time.

The position of the crystal will work to shift energy at the part of the body closest to it. For example, crystal earrings will work mostly to balance or clear the throat, neck and head energies. Pendants worn down the chest will work with the respiratory and heart area. Bracelets and rings stimulate meridian points.

Choosing the right crystal to wear requires some knowledge of the crystal properties and if you are unsure what to wear, a clear quartz is the most

universal crystal because it acts as a clarifier of negative energy.

1.9. ELIXIRS

An elixir is a liquid (usually water) which is imbued with the properties of a crystal and used to allow you to drink the properties associated with that crystal. It is a quick, easy method to receive a healing. It also serves the purpose of purifying drinking water.

To make your own elixir, place a cleansed stone in a glass of water and leave it in the morning sun (for about 3 hours) to `brew'. Once the water is charged, it has bubbles that appear in it. Remove it from the sun. The elixir can be put into sterilized eyedropper bottles and used when necessary. Use about 5 drops for every glass of uncharged water, or place directly under the tongue when necessary.

If you are unsure which crystal to use, try the rose quartz (which is a gentle, love stone) or the clear quartz to release negative energy from the body.

Note that not all crystals are suitable for use in this way because they might have a high lead content. It is best to use one of the quartz crystals.

In a similar manner, crystals can also be placed in massage oils or tropical ointments to enhance healing.

CHAPTER 2:

HEALING BASICS

This chapter is an explanation of the use of **energy** in healing. It is the basis of all spiritual healing and you should pay keen attention to the different chakras and what ailment/conditions they relate to. This method of energy healing and balancing will be used in most healing systems you use, for example, reiki, chios healing, etc. As you find your way through the various chapters, you will be introduced to many chakras and chakra points. In this chapter, we focus on the major chakra system, and begin our journey of healing.

2.1. THE MAJOR CHAKRAS

Everything in the Universe is made up of energy. The physical form of the human body it is made up of different types and systems of energy. The state of health of the energy bodies determines the state of health of the physical form in any person. It is useful to start off by becoming familiar with the

major chakra centers in the body. Most healing of the mind, body and spirit can be done from these chakra points.

The Chakras

Chakra is the Sanskrit word for wheel. The chakras are energy centers (wheels) which occur in the 'subtle' (ethereal) body of every person. Each of these chakras is spinning and each is connected to locations of the physical body which receive, regulate and disperse the universal energies we need in order to function.

They are often depicted as small rotating vortices of energy which can be observed as spinning circles or cones. These cones draw in Pranic or Chi energy from the air around you and send it, as light energy, to the body centers. The frequency of the vibration of each chakra is associated with a color. These color associations are the basis upon which most crystal healing methods are founded. There are many chakras in the body, but the major ones are the seven that run from the base of the spine to the top of the head.

Your chakras continue to operate throughout your life and they respond to your emotions, mental attitudes, physical and spiritual well being. As a result of your experiences, thoughts or an influx of energy, they may become too closed (restricting action, feelings or emotions) or too open (creating a floodgate of emotions). In this chapter, we will look at some of the simple ways to balance them with the use of crystals. It follows from this that all the chakras need to be working equally efficiently for you to have true spiritual, mental, emotional and physical good health.

Each of your seven major chakras within the body is indicated by a different color vibration. All seven collectively represent the colors of a rainbow/prism.

The major chakras within the physical body are:-

1ST BASE/ROOT CHAKRA which is located at the base of the spine and is referred to as the 'Chakra of earth'. It controls instinct, survival, pleasure and base sexuality.

In the physical body, it governs smell, the gonads and adrenal glands, the excretory system and all that is solid, such as bones, teeth, nails and hair.

Color: red

Indicative Chakra Illness

Illnesses linked to imbalances of the Base Chakra are anorexia, constant illness through exhaustion, low blood pressure, arthritis, constipation, hemorrhoids and obesity. It is also associated with mental lethargy.

Regular exercise and avoiding over-indulgence helps to keep this chakra balanced.

2ND SACRAL CHAKRA is at the pelvis area and is located just below your navel and is the 'Chakra of water'. It controls creativity (including procreation), nurturing, sexuality and sensuality and change.

In the body it governs taste, ovaries and testicles, spinal column, womb, bladder and kidneys.

Color: orange

Indicative Chakra Illness

Illness linked to imbalances of the Sacral Chakra includes impotence, bladder and uterine disorders, frigidity and sexual dysfunction. Emotionally, it is linked to an unbalanced sex drive, emotional instability and feelings of isolation.

As the 'Chakra of water', it is important to keep sufficient water flowing through your system. This Chakra suffers if insufficient fluids or excessive alcohol is consumed.

The Sacral Chakra can also help you to improve the way you interact with people. Simply focus on balancing the Chakra to remove the barriers between you and others.

3RD SOLAR PLEXUS chakra is around the stomach area and is located below the breastbone and is known as the 'Chakra of fire'. It controls interaction with your environment, the digestive process and the emotions.

In the body, it governs the pancreas, the stomach, the liver, the diaphragm, digestive system, muscles and the nervous system.

Color: yellow

Indicative Chakra Illness

Illnesses linked to imbalances of the Solar Plexus Chakra include allergies, diabetes, hypoglycemia, stomach ulcers, gallstones and mental and nervous exhaustion. This Chakra teaches you that you must have the willpower of fire. Emotionally it is linked to being oversensitive to criticism, needing to be in control, low self-esteem.

Healthy eating can help balance this chakra

4TH HEART CHAKRA is in the chest area and is located at the level of the heart on the spine and corresponds to the element air. This Chakra is the center of love and being, the source of harmony that balances the upper three Chakras and the lower three Chakras.

In the body the Heart Chakra governs the sense of touch, the thymus gland, the heart, chest, blood and the circulatory system.

The heart brings balance to the Chakras by acting as the meeting point of the upper and lower energy centers.

Colors: green and pink

Indicative Chakra Illness

Illness linked to imbalances in the Heart Chakra includes shallow breathing, high blood pressure, heart disease, cancer. Emotionally, it is linked to fears of betrayal, co-dependence and melancholy.

5TH THROAT CHAKRA is located at the throat area. It is also known as the 'Chakra of Space'. It controls dreams, the voice and active power, the creation of spells and magic. It influences your communication issues. The Throat Chakra is about expression, finding and using your words.

In the body it governs sound/hearing, the thyroid gland, the lungs and vocal and bronchial apparatus. It also governs the mouth, throat and ears.

Color: Light Blue

Indicative Chakra Illness

Illnesses linked to the Throat Chakra include ear, throat and thyroid conditions, asthma. Emotionally it is linked to perfectionism, the inability to express emotions and blocked creativity.

Try shouting and screaming your head off when you feel secure in the privacy of your own space. This releases a lot of pent-up negativity and encourages willingness to use your voice.

6TH THIRD EYE CHAKRA is at the brow area and is located on the brow and controls psychic ability and mental process.

In the body it governs the pituitary gland, the lower brain, the eyes, nose and nervous system. It is associated with the sixth sense.

Color: indigo/dark blue

Indicative Chakra Illness

Illnesses linked to the Third Eye Chakra include stress, eye conditions, headaches, including migraines. Emotionally it is linked to nightmares, learning difficulties and hallucination. Nightmares occur when the unconscious mind is stressed and unable to express a message in more positive ways.

You can relieve this and other Third Eye Chakra conditions by having quality time for yourself, even if only short breaks when you're overworked. Deep

breathing, especially through the nose is a good way to help rebalance this Chakra.

7th Crown chakra is located at the very top of the head and is the 'Chakra of Thought'. It controls consciousness and all the processes and actions of the body and mind. It affects pineal gland, upper brain, influences your connection with Higher Spiritual aspects and God.

The Crown Chakra helps to combat these negative feelings by teaching you to appreciate life, the beauty around you in nature and culture and the value of the people you love.

In the body it governs the pineal gland and upper brain.

Color: white/violet

Indicative Chakra Illness

Illnesses linked to the Crown Chakra include alienation, confusion, obsession- thinking and depression. It is associated with feelings of not knowing what your place is in the world and lacking confidence in your abilities. Exercise your Crown

Chakra by letting your imagination and creativity roam free as much as possible.

Below is a diagram of location of these chakras and their associated colors.

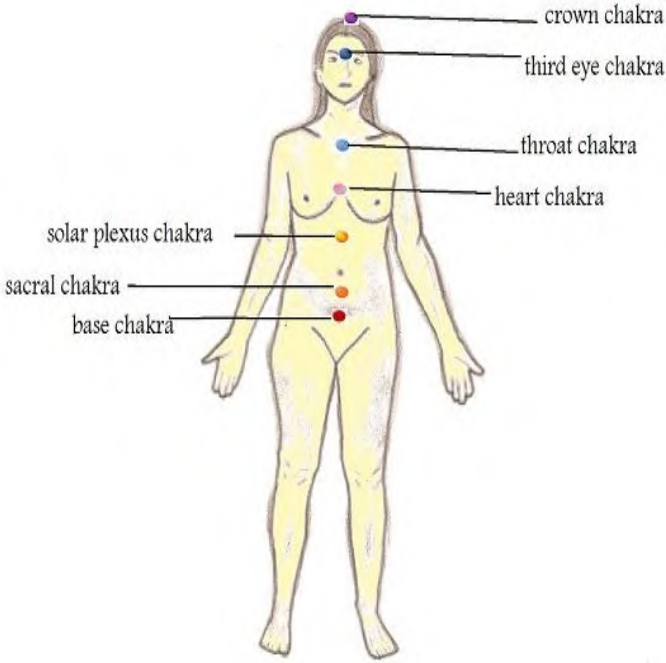


Figure 9: Location of Chakras

2.2. USING MEDITATION AND AFFIRMATION

The use of meditation in healing creates a calm, focused environment of energy to facilitate and speed up the healing process. It allows the mind to remain alert and fixed on the healing needs of the person.

If you are new to meditation, a good starting point is to create a **sacred place** where you will allow your mind and soul to go whenever you need to relax, contemplate or release negative energy.

** Close your eyes and breathe deeply and slowly a few times (about 10 times)*

** Imagine you are in a beautiful place. You can choose to go to a quiet, private beach of your own, the mountains, forest, farm or a beautiful garden.*

** As you look deeper, focus on your mind on this place and look around at all the details. Notice the rich colors of plants if there are any and any smells or sounds around you. I often hear birds chirping in*

my sacred garden. I also have lots of giant crystals dotted around the garden, surrounded by tall pink and blue roses.

** Walk around your sacred place and enjoy being there. Allow your mind to wonder within that space. It does not matter what appears to you, only that you are able to remain in your sacred place for as long as you can. Tell yourself that this is your sacred place. Own it.*

** When you are ready to leave, take a deep breath and allow yourself to gently leave your space, knowing that you can come back to it anytime you wish.*

Do this as often as you can and you will find it easier to get into a meditative state.

Affirmations are also a useful way to facilitate your healing process. Affirmations are simply statements that are repeated to help the mind create a desired outcome. In a healing, choose the desired affirmation and say it repeatedly while doing the healing. Try to use affirmations which start with the

words 'I am' to claim that emotion, thought or power unto yourself.

Here are a few suggested affirmations:

** I am happy and healthy now.*

** I am safe and secure. I am peace and love.*

** I am loved. I am abundance.*

** I am free of pain.*

Research the range of affirmations that feel right to you. It is a good idea to create a little book of affirmations that you have collected, so you can refer to it whenever the need arises.

2.3. Crystal Properties and Uses

In this section, we start to look more closely at individual crystals that are commonly used in healing. These form your basic healing kit.

(i) Clear quartz (Crown chakra)

This is the most common form of crystal, and is also has the widest range of uses. It can be used as the general or master gem for healing. It can be programmed for any purpose and is often used in conjunction with other crystals, because it has the effect of amplifying the properties of the crystal. Its healing properties are:

- cleanses negative energy from the body and surrounding area
- acts as a mental and physical energizer
- general healing stone for all chakras

Clear quartz is an exciting gem, as it appears in many shapes and often has **inclusions**.¹¹

(a) A **Crystal sphere** is used for scrying and meditation and helps to focus the mind on issues of the past, present and future.

(b) **Cluster quartz** is used to help those who are inflexible and finding it difficult to make changes. It is also useful to bring peace and harmony to groups, such as families or businesses groupings. A cluster can be placed in a meeting room to facilitate communication and understanding during meetings, presentations and discussions.

(c) **Double-terminated quartz** draws and transits energy through both ends, and can be used to remove sickness from the body. It may also be used in astral travel.

(d) A **Wand** is elongated quartz which is used to move and clear energy during a healing. It can also be used to massage a painful point or energy blockage.



Figure 10: Clear quartz massage wand

(e) **Twin crystals** are two crystals growing together. They are often worn to help find one's soul mate and to awaken and promote love and healthy relationships.

(f) **Rutilated quartz** has needle-like inclusions of rutile, sometimes called angel air. It is used to connect to angels and to facilitate astral travel. It is said to help those who wish to find marriage.



Figure 11: Rutilated quartz

(g) **Phantom quartz** has the appearance of cloudlike mineral formation inside the crystal. It is used to assist in connecting to the higher realms of knowledge. It facilitates communication with beings of spirit, such as guardian angels and angels.



Figure 12: Phantom quartz

(h) **Tourmalinated Quartz** has inclusions of black tourmaline in it. Because of this property, it is used to draw out negative energies (such as fear and anxiety) and is used for the protection of the body or the home.

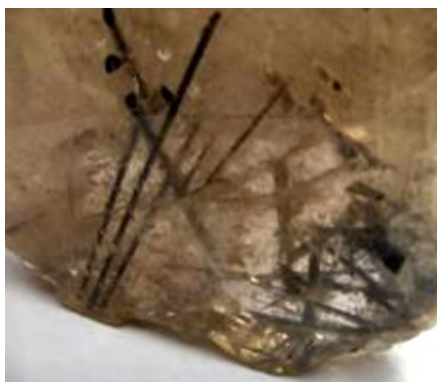


Figure 13: Tourmalinated quartz

Practical Uses for Clear Quartz:

(a) To clear a pain or blockage, the quartz can simply be placed or massaged on the affected area. It is excellent for clearing headaches.

(b) Clear quartz is a fantastic meditation aid, although you can use any crystal of your choice. You will find clear quartz has a quieting effect on the mind. Look through and into this solid matter, notice the extraordinary order and stability of the crystal. Now is the time for problem solving. If you have a problem or worry, think about the situation for a minute. Gaze deeply into the crystal. As your mind becomes quiet you may find the solution to the problem or have a new idea come to you during the course of the day.

(c) On a spiritual plane we can use it to help us communicate with our Higher Self. Place it on your third eye (between your eyebrows), close your eyes and ask your Higher Self what you need to know. Observe what images, words or feelings come to

you. Open your eyes and reflect on how those images, words or feelings answer the question.

(d) Place clear quartz in your pot plant to help it grow healthy or in your home where the energy feels dull.

(e) Before you go to bed, hold the quartz in your hand and ask for clarity about some question or issue that concerns you. Place the quartz under your pillow while you sleep.

Clear Quartz Balancing

If you do not have a wide range of stones, a single-terminated quartz crystal can be used to clear your chakras. Point the crystals towards the chakra, hold it for a few minutes, then the crystal in a clockwise position as illustrated below.¹²

Root - downwards



Solar plexus - horizontal



Sacral - downwards



Heart - horizontal



Third eye - downwards



Throat - horizontal



Crown - downwards



Figure 14: Single quartz healing

(ii) Amethyst (Crown/3rd eye chakra)

It is the stone of meditation, and can be used to restore tranquility and peace to a restless or troubled person because it balances the emotions. It is also used as a protective stone because it blocks off negative energies. It is used to assist in intuitive processes and assists in formulating new ideas.

Properties are:

- alleviates depressive states
- calming and helps create balance
- used to create peace
- good for insomnia, headaches and addictions

Practical uses for Amethyst:

(a) Place a piece of amethyst under your pillow if you have difficulty sleeping.

(b) Hold in your hand and place between your eyebrows (3rd eye) while meditating.

(c) Wear in jewelry if you want to break a bad habit
(e.g. smoking, alcohol)

(d) Place in your home to protect you from
negative energy.

Try this beautiful mediation before you go to bed to
meet the dream healer, created by Hall.¹³

*(a) Holding an amethyst in your hands to enhance
your visualization abilities, sit quietly and close your
eyes. Breathe gently and evenly, establishing a
natural rhythm and withdrawing your attention into
yourself.*

*(b) Without opening your eyes, raise them so that
you are looking at your third eye in the center of your
forehead. Picture this eye opening and revealing a
beautiful place into which you can step. (If you find
this difficult initially, place your amethyst on your
third eye to stimulate its opening).*

(c) Spend a few moments exploring and enjoying this place. As you explore, you will become aware that there is a figure joining you. This figure is the dream healer (it is not necessarily human).

(d) Explain to the dream healer exactly what kind of healing you need, whether it is physical, emotional, mental or spiritual. If you don't know the source of the disease, then ask the dream healer to tune in and give you the right kind of healing. Request that tonight you will receive healing and that on waking you will recall your dream clearly and will know exactly what it means.

(e) When you go to bed, place your amethyst under your pillow. Tell yourself firmly that you will be meeting the dream healer and that you will remember your dream.

(f) When you wake up, write the dream down and any insights you have about it.

(iii) Sodalite (Third eye)

Sodalite aids objectivity and assessment of goals. It helps you to simplify your life, identifying the path you need to walk for maximum fulfillment. Other properties are:

- promotes clear and rational thinking
- protects against harmful rays from cellphones and computers
- encourages self-esteem
- good for metabolism, glands and digestion

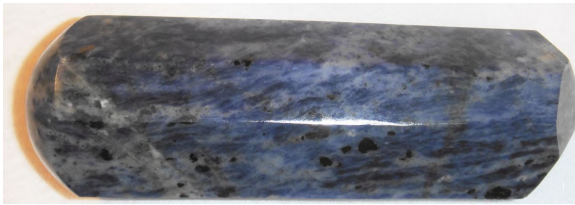


Figure 15: Sodalite wand

(iv) Blue Lace Agate (throat chakra)

This is a gentle stone with a subtle, effective energy. It has a strong calming effect on anxiety and it is used to restore peace during times of conflict. It helps to:

- ease depression and despair
- promotes inner calm
- brings out inner beauty

I have often worn it around my neck to clear anger issues, or when I need to communicate in a loving compassionate way. It helps generate a warm, loving perspective.

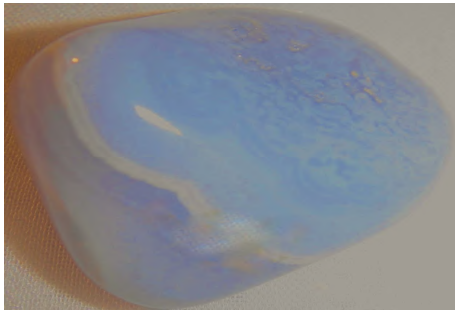


Figure 16: Blue Lace Agate Tumble stone

(v) Rose Quartz (heart chakra)

This is the stone of universal love, used to assist in generating loving thoughts and feelings. It has a gentle vibration and should always be included in a healing. It gently dissolves blockages to love. If you have not been able to love yourself, this sympathetic stone brings forgiveness and self-acceptance. Only when you can love yourself does the way open to attract the love of others.

Its properties are:

- promotes self-love and feminine qualities
- promotes calm and peace
- good to rejuvenate the skin

Practical Uses for Rose Quartz

(a) A large piece of rose quartz will quickly draw love into your life. Its effect is powerful and you could find yourself overwhelmed with love from all quarters. An amethyst crystal placed alongside moderates the attention.

(b) Wear a rose quartz pendant to keep you feeling love. It will also increase your romantic thoughts and ideas.

(c) Place near computers to absorb negative electromagnetic energy.

(vi) Golden Tiger's Eye (Solar Plexus)

This is an excellent grounding stone which is commonly used in healing. Tiger's eye promotes courage, strength and will. It heals the past and allow you to move on in your life. It aids practicality and optimism. It is great to wear when you have an important business presentation to make. Added properties are:

- promotes self-esteem
- promotes business success and prosperity
- eliminates mental lethargy
- good for hands and feet



Figure 17: Golden and Red Tiger's Eye Tumble Stones

(vii) Carnelian (Sacral Chakra)

Carnelian is one of the stones of happiness and used as a protection stone. It is an excellent health booster. Use this stone if your life has fallen into a rut. It stimulates a new train of thought, increasing motivation and opening new avenues of success. It aligns you with your life purpose. Other properties are:

- protects against envy, fear and rage
- stabilises energy in the home
- encourages inspiration
- good for open wounds and burns

(viii) Red Jasper (Root Chakra)

It is a good grounding and protection stone. Jasper is also a stone that is used to help create ‘warrior energy’. This energy gives you the power and strength to combat anything that needs force and courage in your life. It can also be used to draw out pain and tension. This crystal helps you to remain focused and balanced. Its properties are:

- promotes recovery from hospital
- good for internal organs, nerves and skin disorders
- helps with headaches



Figure 18: Carnelian (left) and Jasper Pyramid (right)

2.4. CHAKRA BALANCING

Blockages or shutting down of the chakras is caused by negative energy, which manifest in emotional or physical dis-ease. Positive thoughts and feelings clear these blockages and in this section, we will look at various techniques to help activate and clear the chakras. Prepare for your session by:

- # wearing comfortable clothes
- # playing soft music that relaxes you
- # lighting incense and candles (white is preferable)

It is important to remember that you need to be grounded after the healing session. You can use gems for this purpose, or you may use a meditation.

(i) Grounding with Gems

Grounding gems are usually brown, black or green stones. Examples of these gems are hematite, smoky

quartz, bloodstone, tiger's eye, red jasper.



Figure 19: Smoky Quartz (left) and Hematite (right)

The gemstone is placed below the feet and usually a clear quartz or amethyst above the head.

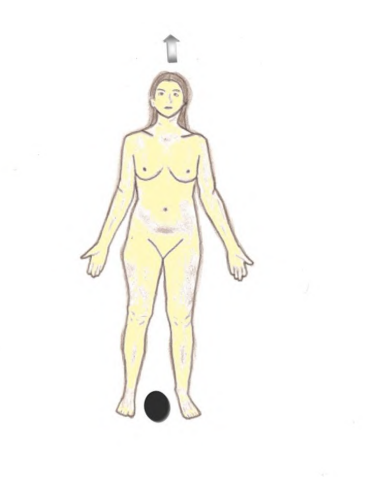


Figure 20: Grounding with 2 Crystals

Remember to breathe deeply until you feel relaxed and centered.

You could also place one clear quartz or amethyst above the crown chakra and two red, black or brown stones just below the soles of each foot as illustrated below.



Figure 21: Grounding with 3 Crystals

(ii) Grounding Through Meditation

Breathe deeply and slowly and imagine that there are strong, protective roots coming from your feet which are connected deep into the Earth's core.

Chakra Balancing Meditation

Having entered your sacred place or a quiet place for meditation, you are ready to begin.

(a) Picture a large brilliant white light suspended above your head. All of the colors you draw down should come from this brilliant white light sphere above your head.

(b) First picture a strong red light in the sphere. Draw it down into your body, down the spine and into the root chakra. Let the color completely fill the chakra and allow any overflow to pass into the earth.

(c) Next pull the color orange out of the sphere and bring it down the spine into the lower abdomen. Fill the area of the sacral chakra with the color orange and allow any overflow to pass into the earth.

(d) Move back up to the white light and let the color yellow enter the body, move down the spine and fill the solar plexus area. Again fill the area with this

bright yellow light, leaving no area in shadow and allow any excess to flow down into the earth.

(e) Now move the vibrant rich green light from the sphere above your head and fill the heart chakra. The heart chakra is your center and you will experience a balancing, calming effect when this chakra is filled. Allow any excess to flow into the earth.

(f) Next move the sky blue color from the sphere and fill the throat center with this cool blue light. Move the excess into the earth.

(g) Take the deep midnight blue color and move it into the third eye. Feel the quite calm as this indigo color fills the brow chakra. Let any extra indigo light flow into the universe.

(h) Finally draw down a soft violet light and pour it over your crown chakra. Allow this violet color to

pour over your entire aura in a continuous steady stream; it will protect and balance all aspects of the self.

Slowly count to 10 and open your eyes. Record any impressions/feelings.

(iii) Chakra Balancing Using Colored Crystals

Place the corresponding color crystal used on the chakra point. Do not forget to use corresponding affirmations. Consult the diagram and chart below for assistance.

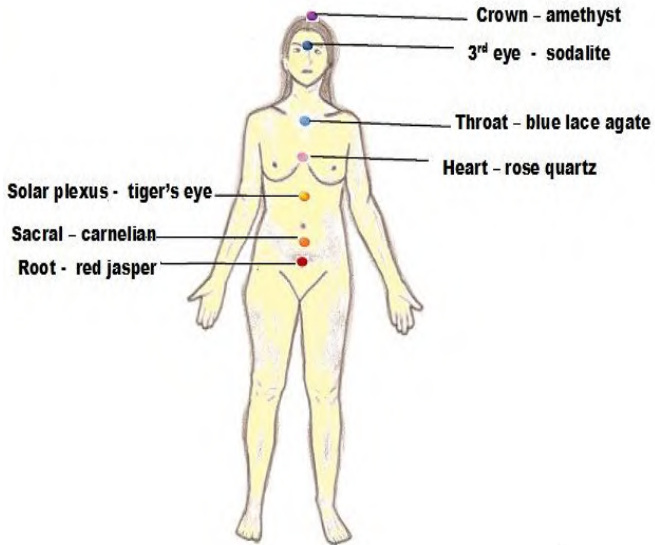


Figure 22: Location of the major chakras with associated crystals

Figure 8: Chakras with Associated Affirmations

CHAKRA	COLOUR/S	GEMS	AFFIRMATIONS
CROWN	Violet/white	Amethyst, clear quartz, diamond	<i>I am in unity with of all life.</i> <i>I am releasing all limiting thoughts and accept my higher levels of awareness.</i>
3 RD EYE	Blue/ indigo	Sodalite, lapis lazuli/ amethyst	<i>I am trusting my Higher Self to guide and protect me.</i> <i>I am the Divine Plan manifesting itself.</i>
THROAT	Sky blue	Blue lace agate; aquamarine; turquoise	<i>I am an expression of myself in love and honesty.</i> <i>I am valued and express my creativity</i>
HEART	Pink/green	Rose quartz, aventurine; emerald, bloodstone	<i>I am truly loved.</i> <i>I am love.</i>
SOLAR PLEXUS	Yellow/gold	Citrine, amber; tiger's eye	<i>I am deserving of all the love; respect, joy and prosperity that comes to me.</i> <i>I am my strength and power.</i>
SACRAL	Orange	Carnelian; red jasper; rutilated quartz	<i>I am worthy of love and sexual pleasure.</i> <i>I am perfect at this moment.</i>
ROOT	Red	Red jasper; garnet, smoky quartz; bloodstone	<i>I am courageous to live my life to its fullest potential.</i> <i>I am abundance. My needs are always met.</i>

CHAPTER 3:

HEALING THE AURA

The aura is a multi-layered energy field that encompasses the human body. It appears as an egg-shaped area of light and color that extends just beyond the skin and appears as a cocoon of soft light or a glow around the physical body.¹⁴ Auras are thought to be caused by the vibrations that surround every material object. Light energy is drawn into this egg, which acts as a prism, changing the light (or breaking it down) into its component color elements.

3.1. THE AURA LAYERS

There are seven major aura layers which have an interdependent relationship between the aura layers and the seven major chakras of your body.¹⁵

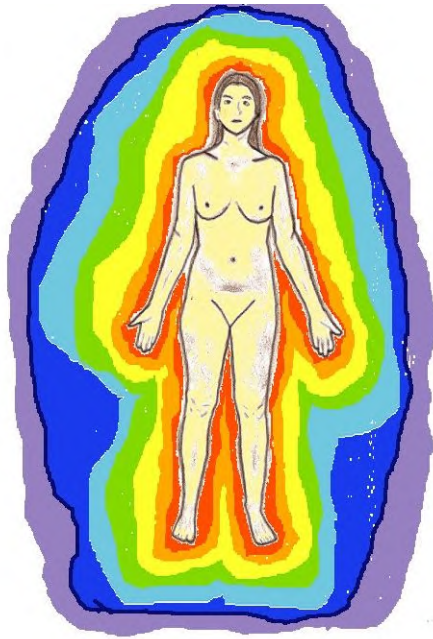


Figure 24: A Healthy Aura

1. The Etheric layer is the closest to the body and lies approximately half an inch wide (1.3cms). It is an indicator of a strong or weak state of physical health. It is primarily connected to the Root/Base chakra and it is the most easily seen auric layer. It can also be seen around trees, plants and animals.

Good health is depicted by a uniform bright band of light surrounding and contouring the entire body. Poor health is indicated by a bulge in the physical layer near the affected area. It looks a bit like lumps and bumps. Most hereditary disorders and old injuries can also be located in the physical layer.

2. The Emotional body lies beyond the etheric field and extends between one to three inches (8cms). It acts as storage of thoughts and feelings and our personal relationships. It is strongly connected to the sacral chakra. It contains bright blobs of energy and color when healthy. These primary colors are emitted as the emotions change in the same manner as a 'mood' ring.

3. The Mental body lies beyond the emotional body and extends between three to eight inches (19cms) away from the body. It indicates the thoughts and attitudes of a person and relates to mental activity. It not only radiates energy, but also absorbs energy from the surrounding environment. It is connected to the solar plexus chakra.

4. The Astral body lies beyond the mental body and extends up to one foot (30cms) from the body. It is associated with connections to people around us. It is closely connected to the heart chakra. It is the bridge between the physical world and the spiritual world. Information about past and present life is contained in this layer, because it stores good and bad experiences and life lessons.

5. The Causal body/ Etheric Template layer lies beyond the astral field and extends one to two feet (60cms) from the body. It displays a person's ability on the conscious or intellectual level. It is associated with the power of the self-expression. This layer is connected to the throat chakra.

6. The Celestial body/ Soul body extends two to three feet (90cms) from the body. It is the link to universal wisdom and the sense of awareness of the self or life. It is connected to the third eye chakra. It is the layer through which you can experience spiritual ecstasy in a religious ceremony.

7. The Spiritual body/ Ketheric Template layer extends from three feet to four feet (130cms) and is connected to the crown chakra and all mental and spiritual aspects of the person. It is associated with the divine mind and spiritual oneness with the Universe.

Below is a table of our associated needs for each layer.¹⁶

<i>Auric field</i>	<i>Associated aspect</i>	<i>Our need</i>
1. Etheric	Simple physical comfort, pleasure and health.	We need to have many wonderful physical sensations.
2. Emotional	Acceptance and self-love	We need to relate to ourselves in a loving, positive way.
3. Mental	To understand the situation in a clear, linear, rational way.	We need rational clarity that functions in harmony with our intuitive mind
4. Astral	Loving interaction with friends and family.	We need to give and receive love in many types of relationships, with our spouse, family, children, friends and colleagues.
5. Causal	To align with the divine will within, to make the commitment to speak and follow the truth	We need our own personal truth.
6. Soul	Divine love and spiritual ecstasy	We need our own personal experience of spirituality and unconditional love
7. Spiritual	To be connected to divine mind and to understand the greater universal pattern	We need to experience serenity and perfection within our imperfections

Aura colors change depending on your health, mood, spiritual connectedness, etc. The most common colors seen around people and their various meanings are listed below:

Maroon: life work, vocation, ambition

Dark Red: anger, hate, violence, passion

Bright Red: passion, life energy, vitality

Orange: ambition, vitality, creativity, artistry

Orange Red: sexuality, energy

Yellow: joy, purity, happiness, optimistic

Pink: love, femininity, unconditional love, pregnancy

Green: intellect, nature connection, interest

Dirty Green: envy, spite, illness, jealousy

Blue: teacher, spiritual feelings, higher connection

Purple: ideals, deep spiritual interests

Grey: depression, tiredness, illness, addictions, lack of spiritual connection

Brown: usually indicate lethargy and an indication of physical problems about to manifest

Black: extreme illness, addictions, close to death. It is often seen on those who are either victims of abuse or who are substance abusers.

Silver: strong connection to God force, angels, unconditional love, Master qualities

Gold: connection to God force, purity

The aura is stimulated when we experience emotions or passions. These experiences can be seen as flashes of fleeting color, which pass when the experience passes.

3.2. LEAKS AND TEARS IN THE AURA

Indications of an unhealthy aura commonly appear as leaks and tears of portions of the auric field.

Leaks generally occur on the first layer of aura, the layer closest to the physical body. They are regions of the field where the energy of the field is being slowly dissipated, instead of being retained in its normal pattern to support the health and proper functioning of the life process. They reflect a weakening and loss of protection of the auric field. It often occurs when a person has been exposed to persons or places with negative energy which weakens the layer and has the effect of sapping the strength of the life energy.

Leaks are generally found over areas of the physical body that have been subject to wear, strain or physical trauma of some kind, and are often found over joints. They are also found near the neck, the ankles and the elbows.

Tears are similar to leaks, in that they are regions

where the auric field has become damaged. Tears, however, are a more severe form of damage. Like leaks, tears can result in loss of energy, but whereas leaks are a more gradual loss of energy, tears are intense in effect. They also leave the patient vulnerable to outside negative energies. They usually begin on the first layer of aura, nearest the body, and successively extend through higher layers. They are often related to stress of some kind and associated with emotional, mental or spiritual stresses or traumas. Tears are usually found only on the front of the body.

3.3. AURIC ENERGY

IMPURITIES

Auric energy impurities are areas of energy in the aura that are not necessary for the normal, healthy energetic functioning of the field. They can be described as zones of undesirable stagnant energy accumulation in the aura, energies that inhibit or act as blockages to the free flow of energy in the energy field.

They are often found in and just over the surface of the body, in contact with the body, often around the head, face, neck, shoulders, chest, lower abdomen or hips. Removing these unhealthy energies also assists in treatment and prevention of physical disease.

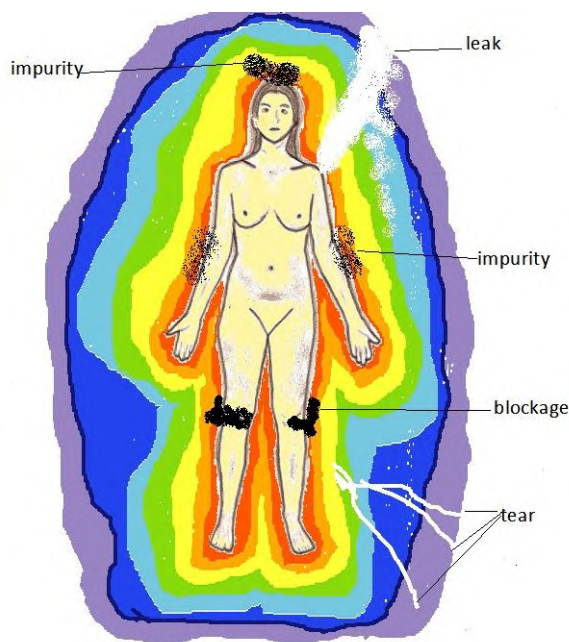


Figure 25: An Unhealthy Aura

3.4. CLEARING THE AURA

The aura energy can be most easily felt in the palm of your hands and on your fingertips. To feel the aura, run your hands vigorously for about one minute and hold your hands a little apart, palms facing each other. You will feel a heat pass between your hands. Take one hand and run it, palm down,

along the front of your body, without touching your body. You will feel a similar heat.

This energy can be used for protection of the physical body. Surround yourself in shower of white light with a strong outer shell of golden light.

(i) Aura Sweep

The aura may be swept by hand or by using a crystal to clear it of blockages, tears and leaks. Use a clear quartz or any other suitable crystal over the body as illustrated below. As you move down, you will feel a slight tugging motion where there is a blockage, or an hollowness where there is a tear or leak. Sweep the aura again until the sweeping motion feels clear and fluid in your hand. If there is a leak or tear, hold the quartz over that area for a while, until it feels sealed (or solid). It clears and repairs the aura, so do not forget to seal the aura, by creating a strong white light followed by the golden layer of light.

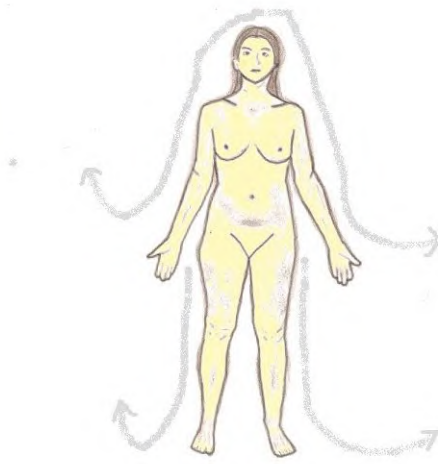


Figure 26: Aura Sweep

(ii) Aura Massage

This technique works well where the person appears 'under the weather' or looks tired or depressed. The idea is to use a gentle massage motion when clearing the aura. Start in front, and thereafter work on the back. A rose quartz or clear quartz is best, but you may feel the need to use a different crystal. For example, if the person looks like they need an energy boost, a red stone (carnelian or jasper) would do the trick. I find this easy to perform on myself if I keep my eyes closed because I can feel the energy better. When I massage the back, I hold the crystal

over my head, and visualize its energy making massage `circles' behind in my aura. I often experience a tingling shiver down my spine when I perform this massage. For beginners, this is an easy method to use to heal another person.

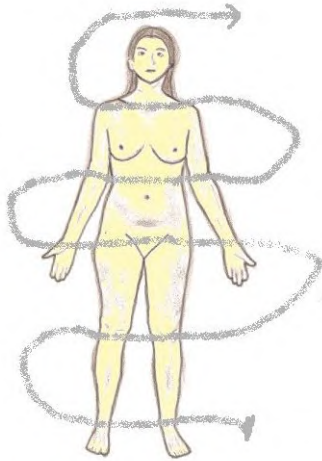


Figure 27: Aura Massage

Hold the wand in your hand and visualise a white light emanating from the crystal point of the wand. Hold the wand about 20 cm above the body, pointing towards the body. Move the energy in small anti-clockwise circles starting at the feet and work your way up until you get to the head. While doing, keep moving in circles over any area where

the energy seems blocked (the wand does not move smoothly). When done, point the wand to the ground, imagining all the energy energy collected being absorbed into the ground. Move the wand in small clockwise circles around the body to infuse new energy. Now seal the healing by running the wand in a circular fashion around the whole body, visualising the white and golden light.

(iii) Clearing A Blockage

The massage can also be used to work on a specific area of pain or blockage. Use the same method as above, focusing the circular movements around the area of pain, until it has subsided. Thereafter infuse positive energy into that area and seal the positive energy in.

CHAPTER 4:

WORKING WITH

MINOR CHAKRAS

The body is a mass of various energy systems which are all inter-related. In this Chapter, we will start to explore other chakras which assist in using simple healing techniques.

4.1. MINOR CHAKRAS

These chakras are located throughout the body and can be targeted for healing. It is also useful to know what issues they are associated with, because they often tell you what the client is likely to be facing or refusing to deal with.

The **knee chakras** (behind the knees) are represented of movement, and you might often find that someone who is concerned about any

movement, for example, a new job, promotion, new home or new relationship will often suffer some effect on the knees.

The **elbow chakras** (in the front) deal with issues around flexibility. This may occur where the client is feeling stubborn or refusing to compromise on issues.

The **thigh chakras** deal with stability and often reflect unresolved 'father issues' or general issues around hearth and home.

The **shoulder chakras** represent strength and responsibility and often take strain when the client is feeling over-burdened and unsupported.

The **genitalia chakra** is the reproductive chakra and may manifest di-sease when the client has concerns about reproduction, such as in the 'mid-life crisis'.

These chakra are best cleared, stimulated or calmed by using clear quartz; smoky quartz or rose quartz. Place the crystal on both left and right chakra.

Feet Chakras have a very low vibration and are often depicted as black or brown. They are the grounding chakras, that need to be stimulated when the client is feeling 'all over the place' and unfocussed, or light-headed. All grounding stones can be used these chakras. They can also be easily calmed by simply walking barefoot on grass or sand. A long walk on the beach is an excellent grounding.

Hand Chakras are in the palms of our hands and usually a red color, but are sometimes described as a bluish-white or white or yellow-white color. These chakras transmit healing energy and are significant to healers. They are used to channel healing energies to yourself and others and to receive impressions of the energy of a room, person or a situation. We used these chakras earlier to feel the aura.

To balance them when they are agitated, use clear quartz. You can place one clear quartz on each

hand and one over the crown chakra as depicted below.

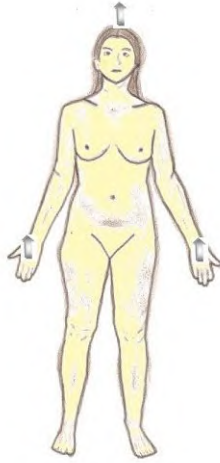


Figure 28: Hand Chakra Balancing

The hands and feet as centers of energy are widely used in other therapies, such as zone therapy and reflexology.

4.2. USING EMOTIONAL FREEDOM TECHNIQUE

Emotional Freedom Technique (EFT) is a healing technique which was created by Gary Craig and is based on the notion that:

“The cause of all negative emotions is a disruption in the body’s energy system.”¹⁷

The healing technique requires to you follow the steps below, by tapping various points on the body to release negative emotions or associations with a problem. It involves using 5 steps to complete the treatment, as indicated in the diagram below.¹⁸

A. The Set Up

Identify the problem and affirm with ‘I deeply and profoundly accept myself.’

"Even though I (insert problem statement), I deeply and profoundly love and accept myself."

B. The Round

You say the **reminder (shortened version) phrase** on each point at the same time as you tap.

For example, if the set up is:

"Even though I hate and despise my boss,

I deeply and profoundly love and accept myself",

The Round is:

"I hate and despise my boss"

C. The 9 Gamut

Following tapping all the points about 7 times from the top of the eyebrow to the karate chop point, you tap continuously on the Gamut point, and then do the following:

- (a) move your eyes from the floor to the ceiling without moving your head, trying to keep the tracking smooth, and back again.
- (b) move your eyes from left to right and back again
- (c) move your eyes in a big circle and back again
- (d) hum - 'Happy Birthday To You' (or another tune or just a scale) for about one bar

(e) count - 'one two three four five'

(f) hum again

(g) take a deep breath in and out.

(h) as you do these (at first slightly unusual) things, repeat the statement in between as best you can to keep yourself focused on the problem in hand.

(i) repeat the Round one more time, tapping all the points from the eyebrow to the karate chop point.

Take a deep breathe and allow yourself a moment to reflect on how you feel now, making a note of what has changed.

D. Testing Your Changes

You ask yourself on a scale of 10 to 0, (10 being the highest imaginable pain/ upset/ distress/ fear/ sadness/discomfort, and 0 being completely calm, pain free, tranquil, relaxed and happy,) how would you rate what you are experiencing at this moment?

E. Subsequent Treatment Rounds

If the original set up statement was something along the lines of, "Even though I have this problem", you

have tapped a first round on "this problem", and upon checking with yourself, this problem is not as severe anymore but still noticeable, change the Opening Statement to:

"Even though there is still some of this problem remaining",

or

"Even though I still have some of this problem".

You can use polished clear quartz, amethyst or rose quartz to tap on the points as you affirm you statements.

Tapping Points

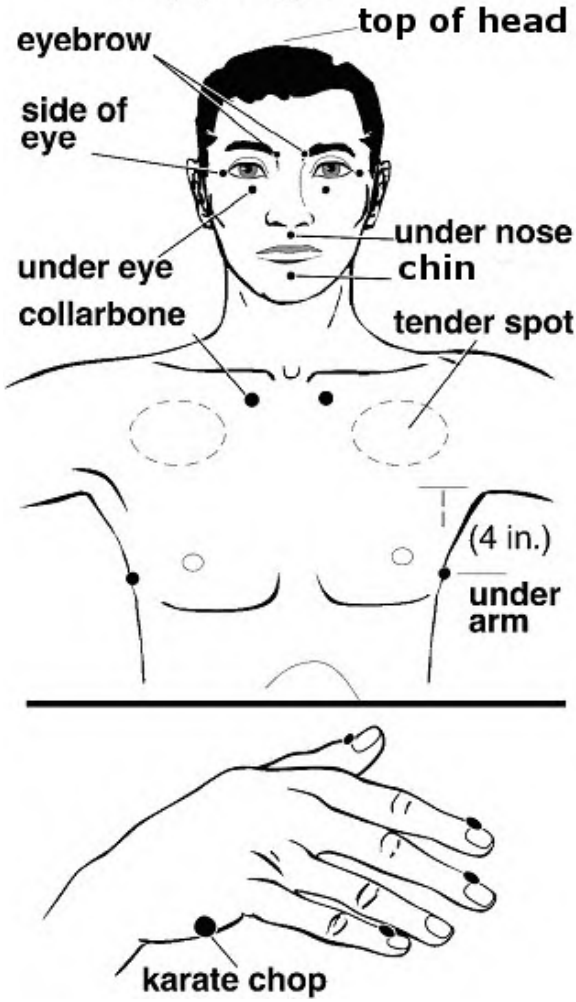


Figure 29: EFT tapping points

CHAPTER 5:

EXPANDING YOUR

CRYSTAL

COLLECTION

Undoubtedly as you spend more time healing with crystals, you will find that you prefer working with some crystals and not others. There are some universal crystals that are favored by most healers because of their properties¹⁹ and because they are readily available in most parts of the world. In this last section, we will look at a few additional crystals that are a wonderful addition to your healing kit. We will also look at some simple crystal layouts to deal with common ailments.

5.1. CRYSTAL PROPERTIES

Amazonite (heart chakra)

This crystal is known for its soothing properties and is often used to calm the mind and heart. It is used to alleviate fear and create a sense of empowerment.

Its properties:

- soothing
- create courage and self determination
- good for heart conditions

Aventurine (heart chakra)

Aventurine is another member of the quartz family. Green Aventurine activates, clears, and protects the heart, enhancing the ability to attract love and increasing empathy. It is a wonderful stone for mature love. It is an excellent healing stone to lessen anxiety and fear. It is often used to alleviate asthmatic conditions. Its properties:

- protects and enhances the heart chakra
- balances energy
- good for lungs and glands

It belongs to the quartz family and is quite different to amazonite, which is also green.



Figure 30: Aventurine (left) and Amazonite

Amber (solar plexus)

It is not technically a crystal or gem, because it is formed from the fossilized resin of coniferous trees.

It is a symbol of renewal, because it draws out negative energies and replaces them with sunny, positive vibrations. It is a great healer for dis-ease.

Its properties are:

- clearing emotional blockages
- calming
- strengthens resolve

- helps clear infections and dis-ease
- increasing self-esteem

Citrine (solar plexus)

The bright, energetic energy brings fresh golden light in a healing. It is used to promote self-esteem and in aiding manifestation of hopes and dreams. It also helps to balance and align all the Chakras, opening them to Life Force Energy and Inner Healing. Citrine helps to remove fear and thoughts that tell you that you are a failure. Citrine also helps the Base Chakra find an emotional balance so that you do not waste valuable energy on any endeavors or emotional issues that are a waste of time.

Its properties include:

- promotes prosperity
- increases personal power, self esteem and self-love
- brings laughter and happiness
- good for thyroid gland and digestion
- does not need to be cleansed



Figure 31: Amber (left) and Citrine

Hematite (root chakra or grounding)

This mineral is an excellent grounding stone used commonly in healings. It is referred as the stone of the mind, because it helps to focus and clear mental processes. It may be used in meditation to find solutions to problems. Other properties are:

- increases mental concentration and memory
- protects against negative energies
- good for bone fractures and general inner peace
- very good for fever conditions

Smoky quartz (root or grounding)

This is a grounding stone which is used for protection and cleansing.

The Smoky Quartz helps you to balance your Ying and Yang energy. Ying is the feminine side, Yang being the masculine side of a person. By balancing these energies, you are able to have an even amount of power and gentleness in your nature. The Smoky Quartz can also be used to place a protective barrier of energy around your body.

Other properties:

- warding off evil spirits
- creates a feeling of joy and happiness
- help to control day-dreaming

5.2. SIMPLE HEALING LAYOUTS

(i) To Energize The Body

This is a simple healing to start the day. Hold a red **jasper** or **carnelian** in your dominant hand and rest the other hand or a **clear quartz** on your solar plexus. Concentrate on the energy flowing from the gem through the body, as it moves up your arm, into your neck, head, and through your body. Breathe deeply, until you are feeling energized. You can use citrine instead to give you that extra boost.

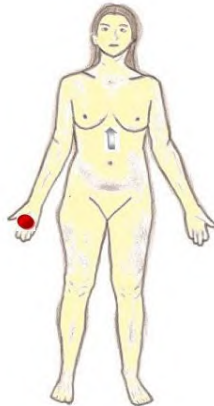


Figure32: Energizing

(ii) Clearing Negative Energy

Place **three clear quartz** (single-terminated) on your body facing upwards. One should be placed on your sacral chakra, one your heart chakra and the third above your head. You can use amber instead of clear quartz because it is great to diffuse negative energy.

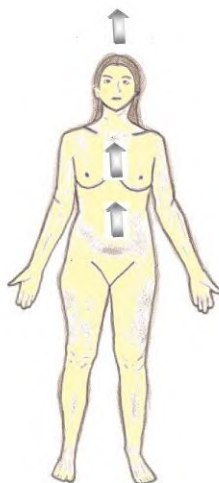


Figure 33: Clearing Negative Energy

(iii) Releasing Stress

Place **one clear quartz** above your head (facing upwards); **a rose quartz** on your heart chakra and another **clear quartz** between your legs facing downwards. Just take deep breathes and allow the stress to leave your body.

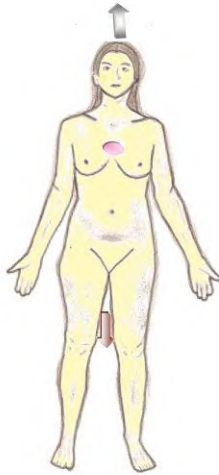


Figure 34: Releasing Stress

(iv) Peaceful sleep

Before you go to bed, use **three aventurine** to relax your body. Place a green aventurine over the solar plexus, heart and third eye chakra.

You can also use **three amethysts** or **rose quartz** in this healing.

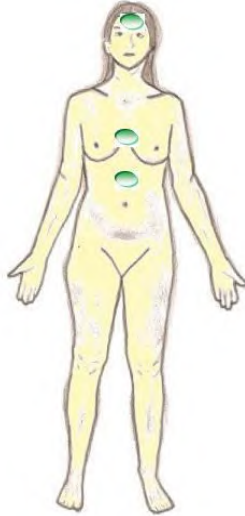


Figure 35: Aventurine Peaceful Sleep

(v) Clearing a Headache

Place **one red jasper** (or **carnelian**; **clear quartz** or **amethyst**) in the centre of your forehead . Place **two clear quartz** (single terminated) facing outwards just above your ear and one **clear quartz** above your head facing upwards.

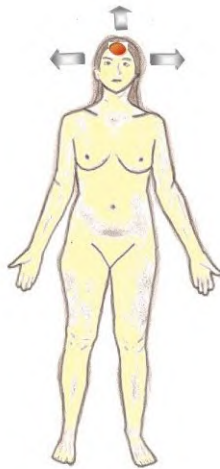


Figure 36: Jasper Headache Clearing

You can also use **three amethysts** to clear your headache. Place one amethyst in the centre of your forehead pointing upwards if it is terminated, and the other two of either side of the base of the neck just above the collarbones. An optional fourth amethyst can be placed above the top of the head, pointing towards the head.²⁰



Figure 37: Amethyst Headache Clearing

(vi) To Drive Away Fear

Place **one amethyst** on the 3rd eye and **one amethyst** on the solar plexus. Breathe slowly and deeply, until you recognize the fear. Imagine a large violet flame and watch as your fear is engulfed in the flame. Breathe deeply and feel new feelings of confidence and strength filling your solar plexus.

You can also use clear quartz, moss agate, or green aventurine for this healing.

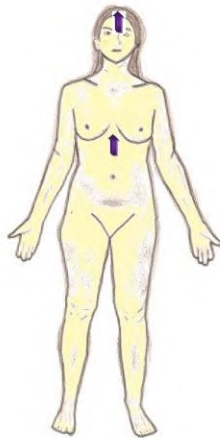


Figure 38: Amethyst Fear Layout

You can also use **three amazonite** (or **aveturine**) for dealing with fear. Place one on your heart chakra; a second on your thymus, and the third of your throat chakra.

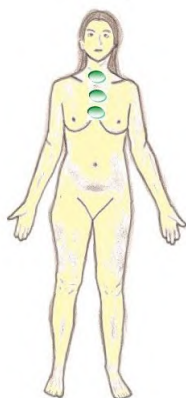


Figure 39: Amazonite Fear Layout

(vii) Balance Libido

Place **three red jasper, garnet, or red tiger's eye** in the form of a pyramid (triangle) on your root and sacral chakra. Place two stones along the root chakra. The third crystal is the apex of the pyramid, and should be placed on your sacral chakra, facing upwards towards the head if it has a point. Enjoy the warm energy of the gems and allow your mind to focus on pleasant sexual images.

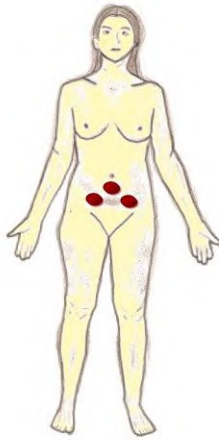


Figure 40: Balancing Libido

5.3. CONCLUSION

Work as often as you can with your crystals to allow your intuitive abilities to strengthen your connection and understanding of your stones. The basics in this book simply guide in the direction of recognizing the relationship between color, energy and the power of the crystals. I also urge you to read as much as possible around the topics covered, and to add a collection of healing layouts as you discover them. After a while, you will find you have your own book of layouts. Also try to buy as many tumble stones and clear quartz points as you can. As you develop a further interest in crystals, you will want to use more elaborate methods of healing.

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- ¹ For a fuller description of this process, see S Lily *Crystal Healing* (2002) Element at page 8.
- ² See B Cairncross *Gemstones of Southern Africa* (2001) Struik Publishers at page 3.
- ³ See Exodus 28:1 in the Bible. See also John's visions in the Book of Revelations 21:18.
- ⁴ P Chase and J Pawlik *Healing with Gemstones* (2002) Career Press Inc. at page 30.
- ⁵ D Brown *Beginner's Guide to Crystals* (2002) Sterling Publishers at page 17.
- ⁶ See D Brown *Beginner's Guide to Crystals* at page 28 for further ideas.
- ⁷ S Lily *Crystal Healing Using the Power of Crystals for Health and Harmony* (2000) The Five Miles Press at page 13.
- ⁸ Melody *Love is in the Air- A Kaleidoscope of Crystals* (1995) Earth Love Publishing House at page 55.
- ⁹ S Lily *Crystal Healing* at page 19
- ¹⁰ Melody *Love is in the Air- A Kaleidoscope of Crystals* at page 56
- ¹¹ See Melody *Love is in the Air- A Kaleidoscope of Crystals* at page 503 for the wide range of forms and inclusions of clear quartz.
- ¹² U Markham *Discover Crystals a Complete Guide to Working with Crystals* (1991) Woolnough Bookbinding Ltd at page 38.

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- 13 J Hall *Crystal Healing* (2005) Octopus Publishing Group at page 49.
- 14 'Auras: The Human Energy Body - The Aura' By Shelly Johnsonn
www.experiencefestival.com/
- 15 For a detailed discussion, see B Brennan *Light Emerging: The Journey of Personal Healing* (1993) Bantam Books at page 92 and J Collins *The Colour of Life* (2005) Geddes & Grosset at page 41.
- 16 Brennan *Light Emerging: The Journey of Personal Healing* at page 92.
- 17 See <http://emofree.com>; see also
<http://www.eftdownunder.com/eftp.html>
- 18
<http://www.thrivingnow.com/for/Health/eft-tapping-points/>
- 19 See J Hall *The Crystal Bible: a Definitive Guide to Crystals* (2003) Godsfield Press for a description of a wide range of crystals and their properties. You can also find similar information at:
<http://www.kacha-stones.com/>
<http://www.bestcrystals.com/>
<http://divinecrystals.com.au/>
- 20 <http://www.crystalwellbeing.co.uk>