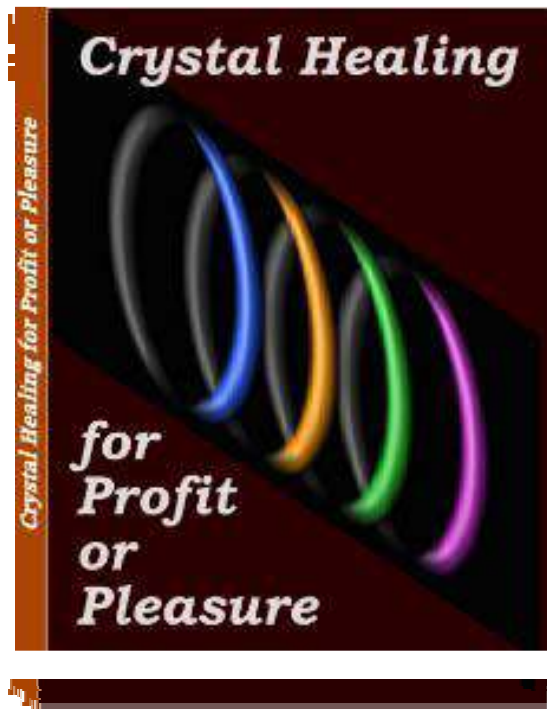


Crystal Healing

For Profit or Pleasure

By Fabio Ribeiro

Fabio's Treasure Chest (Crystal Healing)



Limits of Liability / Disclaimer of Warranty

The authors and publishers of this book and the accompanying materials have used their best efforts in the preparing of this material. To the fullest extent permitted by law, this written material, its subsidiary elements and its contents on an 'as is' basis and make no (and expressly disclaim all) representations or warranties of any kind with respect to this written material or its contents including, without limitation, advice and recommendations, warranties or merchantability and fitness for a particular purpose. The author is not an IFA and is therefore not giving direct financial advice and the author is not a psychologist or doctor – given for information /entertainment purposes only.

In addition, the authors or publishers do not represent or warrant that the information accessible via this written material is accurate, complete or current. To the fullest extent permitted by law, neither the author nor any of its affiliates, partners, directors, employees or other representatives will be liable for damages arising out of or in connection with the use of this written material. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property and claims of third parties. The authors and publishers make no representation or warranties with respect to the accuracy, applicability, fitness or completeness of the contents of this material.

They disclaim any warranties (expressed or implied), merchantability or fitness for any particular purpose. The authors and publishers shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential or other damages.

This manual contains material protected under British, Federal and International Laws and Treaties. This e-book does not come with resell rights. Any unauthorized reprint or use of this material is prohibited.

Contents

Introduction	4
1. The History of Crystals	7
2. Communication with the Mineral Kingdom through Nature	11
3. What is Crystal Healing	14
4. The Make-up of Crystals	17
5. Crystal Types and their Structures	25
6. Choosing and Buying your Crystals	29
7. Crystal Healing and Different Healing Methods	34
8. Turning your Crystals into Energies	36
9. Gems and Energies	48
10. Working with the Body's Energy	59
11. The Chakra and Aura System	63
12. Gem and Chakras Colors	78
13. Taking a Chakra Reading	85
14. Dowsing with a Crystal Pendulum	92
15. Safety in the Healing Room	94
16. Crystal Healing Treatments	106
17. Cleansing and using of Gem Essences	116
18. Crystals around the Home	127
19. The Holistic Approach and other Crystal Therapies	129
20. Meditation with Crystals	133
21. Astrology and Crystals	142
Summary	147

Introduction

Hello, my name is Fabio Ribeiro.

I have been interested in the world of crystals for a long time. Throughout my training, I have gained knowledge, skills and experiences that I did not think possible. I have learnt so much from my clients and about the mind and body.

I am a qualified Crystal Healer receiving my Diploma from the School of Natural Health Sciences of Berkeley Square, London. My life's journey has just started and I know that my path is awakening, and I truly believe I had to go through different stages so that I could affirm my true path in life.

Is modern medicine always of benefit?

Many people are and do feel increasingly uncomfortable with modern medicine. Many more people these days are turning to crystal healing or alternative therapies as an acceptable alternative to drugs.

Do not get me wrong, doctors do fulfill a very meaningful and worthwhile purpose; however, for many ailments there are other methods of healing available that are more beneficial to your body. Crystal healing or any form of alternative therapy helps to speed up the recover process.

Some doctors now practice alternative medicine; here are some that you may know about Acupuncture, Hydrotherapy and Aromatherapy. However, I will be concentrating mainly on Crystal Healing.

Once you start practicing crystal healing, a client might explain to you that they have a feeling of warmth or a tingling sensation as the crystal energy is applied. As you carry out the treatment, pain, tension and stress are released, giving a powerful feeling of well-being. Most people will fall asleep or become very relaxed, this is quite normal.

Crystal healing is a very ancient form of therapy, and at this moment, it is experiencing a new enthusiasm. It is also being linked to many other forms of therapy and many complementary therapy practitioners are including crystals in their work. Throughout the ages, people have found crystals, gemstones and indeed stones fascinating. They have a magical attraction. Just watch children (and adults for that matter) collecting stones on the beach, the way they hold them, look at them and wash them in the sea to make them shine again.

Look at the way crystals and gemstones have been used, as symbols of power and love in almost every society in every age on earth. Furthermore, stones are used to provide information about the planet, our history and our ancestors, through fossils and layers of rock. Think of the importance that space missions place on collecting rock samples to use in their analysis of other places in the universe. Do not forget, everyday millions of people interact with crystals or crystal-related substances at work, whilst traveling and at home. It is understandable therefore, that to use crystals for healing is no big surprise.

Before you start to read my book, I would like to point out that this book is not a substitute for professional healthcare. A crystal healer does not medically diagnose and are not trained to do so. Medical doctors spend year's training to undertake such tasks and they have the appropriate equipment to support the work they do. Having said this, crystals can work well in helping people with a variety of ailments, and subtle energy. Scanning methods help in the placing of crystals giving the best advantage to the individual's treatment.

It is also worth mentioning that working with crystals may change your life. Crystals are very powerful and can affect the way you are.

They may open up a part of you that has been closed for many years, they may bring back memories or help to remove them or they may change the feeling you feel within. These changes need not be negative; in most cases, they will be positive. As you work through my book, you might respond or react differently, look at the crystals you are using, consider their properties and see if there is a correlation.

Some words used to describe various people and objects can have different meanings to different people. Most are used as a convenience. Words such as client, individual and person are used instead of the person who would like a treatment. The word therapist is also used. Instead of the person giving the treatment and may be used to refer to you as an easy way of differentiating between client and therapist.

Once you have read my book you may wish to practice Crystal Healing as a profession. In most countries, no professional qualification is required to practice. Although I would recommend you gain a qualification and have insurance if you should decide to practice as a crystal healer.

My book is based on the knowledge I have gained during my work as a crystal healer. The reason I have written this book is to provide other people with an insight into the wonderful world of crystal healing.

I hope you enjoy my book and find everything you need to help you enter the world of crystal healing and it inspires you to start your own crystal healing sessions.

Lynn Claridge

Chapter 1

The History of Crystals

Australian and New Guinea tribesmen used crystals for making rain. American Indians consider crystals to be the brain cells of mother earth. There have even been stories that suggest that the lost civilization of Atlantis used the power of the crystal in the same way we use electricity.

The Aborigines believe crystals are living beings, which mark the centre of the world. They also believe that crystals are solidified light which contain the Great Spirit. They use them to follow their paths of concentration and as medicine. Sometimes they even sew them just under their skin. They particularly value the rainbow crystal because this holds the energy of the Rainbow Serpent. This starts the bridge between the spirit world, giving its power to the earth world.

The Cherokee Indians consider the crystal to be the most sacred and precious stone for healing. The Apache medicine men believe that crystals can induce visions. The Cherokee Indians still have crystal skulls, known as singing or speaking skulls because their jaws move. Whilst the Mayans, Aztecs, Ancient Egyptians and Tibetans used skulls to be placed on altars for priests to use as oracles. Many psychics consider these skulls to be a memory bank rather like a computer.

In Japan, the smaller opaque rock crystals were believed to be the congealed breath of the White Dragon. The Dragon symbol shows the highest power of creation.

Many cultures believe even now, that crystals have a life giving potency and so provide the wearer with strength.

There is an Indian legend that states that a goddess had a diamond named the Diamond of Hope. When the Diamond of Hope was stolen from her, the goddess made a statement saying that anyone that had the misfortune to be exposed to the Diamond of Hope would have bad luck, and history does seem to bear this out.

In 1906, the Diamond of Hope was past on to a Persian gem dealer, who for no reason committed suicide.

A Russian and his French mistress then purchased the Diamond. The mistress shot herself dead two days later, the Russian was found stabbed to death and no one knows why.

The next owner drowned along with his whole family. The Diamond of Hope was then passed to a broker who handled the next sale; he was killed, along with his wife and child. The next owner was the Sultan of Turkey and he gave the Diamond of Hope to his mistress but during a disagreement he shot her dead, he was then exiled.

Cartier's then bought the Diamond of Hope and sold it to the MacLean family. The MacLean family first lost their 8 year old son, who was killed by a car, then one of their daughters and a grand daughter died of a drug overdose and Mr. MacLean himself died in a mental hospital. Eventually, the Diamond of Hope was passed to a New York museum, where the curse appears to have stopped.

The Persians considered precious stones to be the source of much sin and sorrow. They believed that the precious stones were created for the devil to fulfill his dastardly aims. However, this does not stop them using them very lavishly for decoration.

There is evidence that shows jewels have been around since the third millennium B.C. When the queen Pu-Abis died, her body was placed in a tomb and covered with a robe made of Lapis Lazuli, Carnelian, Agate and Chalcedony beads. This practice of burying the dead with jewels was to aid their passage into the next world and allowed the talismans to protect them from evil spirits.

Cleopatra chose her gems with great care. Her jeweler had to ensure both inner as well as outer health. Cleopatra would start her day by having a long soak in a bath made of quartz. The bath was filled with milk to keep her skin soft. Her maids would then massage her with rubies, garnets, coral and mother of pearl. Rose quartz would have been used to smooth her wrinkled brow. She would also surround herself with colors appropriate to the astrological signs of the day.

Her gown could have been lavishly decorated with Topaz, Peridot crystals and Carnelians. Her waist would have been encircled with Hematite. Her eyes were brilliant because they used powered Malachite and Sapphire. She would drink from an Aquamarine studded goblet whilst listening to the fortunes of the day read out to her by her crystal gazer.

The Chaldeans who lived in Mesopotamia some 6000 years ago were famous for foretelling. They would study the future through the stars; they believed that they had discovered a special relationship between the planets and crystals. Saturn was associated with Sapphire; Jupiter was Jacinth, the Sun with Diamond, Mars with Rudy, Venus with Emerald, Mercury with Agate and the Moon with Selearite.

The Egyptians used their knowledge of the crystals to such an extent that it became a highly developed science. Egyptians believed color has a vital role to play in a persons well being. Over the years, this has led to crystals being used for healing.

In 1609, the Court Physicians of Rudolph 11 of Germany wrote about good and bad angels who by the special Grace of God and for the preservation of man were able to enter precious stones to guard the wearer from danger.

In the 12th and 13th centuries, the church developed cleansing crystals for people who sinned. After wrapping the stone in linen the priest would say a prayer that concluded with “Bliss the effects of virtue thou has given it, according to its kind whoever should wear this crystal may feel the presence of thy power and be worthy to receive the protection of its power thanks be to God”

The Babylonians believed that they could carve and use magical symbols engraved on bloodstones to foretell the future. Norsemen used the Runes as an oracle and these are still used today. Nomadic and hunting tribes believe that the mineral kingdom was the point of communion between God and man and the crystal is the aristocrat of this kingdom. It is considered the most evolved stone, they reflect the most light and ancient priests believe them to be God given force that defies all evil.

Because crystals grow with a north and south energy field, a researcher developed the theory that early Norseman used them as an aid in a simple navigational system. Once a crystal is rotated so that the poles line up, a pulsation occurs. When out of line the pulsation ceases. This same principle is used in hydrometers, an instrument that determines specific gravities of liquids.

Through the ages, almost every wisdom teaching or spiritual teaching contains information about the use and abuse of the mineral kingdom. From simple primitive people who loved the color and shapes of stones, to the priests and magicians who practiced occult art or the shamans and wise men, who used stones for healing. Precious gems have always exercised a magical influence over humanity. Against this tapestry of history are stones, gems and crystals.

History is rich with stories about the mystical and magical power of stones. Fables about the lost civilization of Atlantis suggest that crystal power was used in much the same way that we use electricity today.

Chapter 2

Communication with the Mineral Kingdom through Nature

In order for you to function in this world, you need to find peace and harmony within yourself. You will need to understand the power of the mineral kingdom in order to become whole and wise. Once you upset this delicate balance of nature's kingdom, you end up suffering from your actions.

All imbalances that you experience can be rebalanced by the elements that are found in minerals, plants and the animal kingdom. The mineral kingdom gives a service to all types of life by providing a stable balance of planetary structure.

All forms of life on earth depend upon the balance given by the life force energies. These come from the mineral kingdom and provide you with the foundations for life.

Minerals are the lowest vibration of all living things. They form the body of the earth and from this, everything that we know grows. As humans, our make-up consists of the same elements as the earth.

You are not separate you are connected by life force energies. The structure of a human is made up of minerals allowing the spiritual qualities of these minerals to be expressed in a human form. As humans, we are only just starting to understand the potential of crystals.

The mineral kingdom receives its life force energy from the sun and other planetary sources. All crystals are living entities, which are living, breathing, transmitting, interacting, shining, and pulsating. They all emit powerful vibrations and frequencies that can affect the whole of human life. Crystals help heal, balance, and attune the body, mind, and spirit.

Crystals are pure solarized sunlight and each has its own resonance or vibration. Crystals are not used only for healing, but also for teaching and interstellar communication. Over the years, gemstones have been used to attract the solar rays and are used in modern communication systems. For example, the computer uses crystals in the form of a silicon chip.

Today we are learning to use crystals in a preventative and curative form of treatment. Crystals help healing vibrations, which act on the body's energy field.

Crystals channel healing energies through the healer to the patient. When you place a crystal on a specific part of the body, the healing energies start to work. Crystals are here to teach and serve you.

Your crystal energy will lie dormant until you awaken its elemental consciousness with unconditional love. The elementals need to be directed. Therefore, a crystal or gemstone needs to be programmed to serve. We will look at this area in more detail later.

Individual consciousness is brought about by your ego which binds you to a three dimensional world. Your ego brings with it a separation from your intuition and higher-self, this is spiritual in origin.

Most of you are aware of your true inner-self, this helps you to link to other life forms and this disconnection can cause most of your problems. When you disregard your intuitive self as being illogical and unimportant in your daily routines and activities, you suppress the expressions of your higher self and override them with your thoughts of logic and reasoning.

Your intuitive self has capabilities to forewarn, foretell, and guide you. This is typified by the expression of selfless love, compassion and joy. Crystals help to liberate the areas of your mind, which are not consciously aware helping you to balance the subconscious and conscious mind.

As humans, we are always striving for self-knowledge, which helps to increase the level of consciousness. Human beings are made up from matter and spirit and once you understand this connection you will become whole and healthy.

We are on a path of evolution, a path of learning. This is the source of love that is within us all and is there to open the goodness and abundance of the universe. To help you connect to crystals you need to get in touch with your higher and spiritual self. When you have done this, you can awaken the healing power of the crystals.

As the same way the human body is continually evolving, so is the mineral kingdom. Dull stones are less evolved, clear luminous stones such as crystals and diamonds are highly evolved. Each stone turns into a particular ray of light and has a particular function and purpose, which is to serve.

Twenty years ago in South West Africa, you were still able to pick up chunks of quartz, amethyst, citrine and many other fabulous stones as you walked around. Although you can still do this today, the qualities of the stones are not the same.

The types of areas the crystals grow or the way they have been mined affects the vibration of a crystal. Every crystal has a different feel and a different energy. This is because of the difference in the chemical make up of the soil. You might for example feel more comfortable in one area rather than another. People have different feelings and different vibes. We often hear people say that they are on the right wavelength as someone else. This is exactly the same with gems and stones.

You need to find a gem or crystal that connects to your own rhythm or your own needs. When you think about it, when crystals and gems are removed from the earth they can sometimes become flawed. This can give a source of delight or beauty. As with a person, often the flaw creates individuality and beauty.

Chapter 3

What is Crystal Healing?

What is Crystal Healing?

There is no single answer to this question, even though there are thousands of books and dozens of courses on the subject.

Let us not forget healing has taken place from the beginning of time.

Many people say that healing is curing someone of an ailment or disease by some means.

However, what if the person does not want to get better, will the healing work then? This question has no answers so far, but the idea is to try to expand the concept of healing.

Medical doctors heal by using drugs, surgery, and care. Acupuncturists heal by inserting needles at specific points of energy lines throughout the body. Spiritual healers, heal by using their hands. The energy that is used comes from a higher level that is not easily explained. Reiki healers, heal by channeling energy and augmenting it with symbols. Aroma therapists heal by using oils that affect the body and mind. They do this by the manipulation of certain muscles; this enables old patterns to be removed. The list goes on and on.

In many ways when you look at it like this, the healer does not really do much. Yes, they prescribe the right drug, find the correct energy channel bring in the right energy or choose the oils and manipulate a particular muscle, but they do not heal. They provide a means of enabling the patient's natural system to become "switched-on" and this starts the healing process for them.

The only person, who really heals, is the person who needs healing. This may not be a conscious decision, your body, mind and spirit may be driving the machine that is the person, but it is the persons own system that actually undertakes the final healing process. All the other external stimuli may well assist that person to heal themselves, but the final process is their own system that enables the healing action to take place. Sometimes it can be too late where the problem has existed for a long time or the external stimuli are strong. It is not always possible for the body to reverse the damage and heal itself.

This brings us to the question. Why do we need to heal? Why does the body not heal automatically? Why has the body system gone wrong, if it has gone wrong? If I could answer this and stop it from happening that would be quite something! The reasons why the body allows disease to occur or to become ill are probably many.

Unfortunately, we do not help the situation. We subject our body mind and spirit to a large number of harmful things, many forms of stress, poor diet and in most recent years thousands of artificial chemicals. All of these tend to put extra strain on the bodies system, which may manifest as illness. Whether illness would disappear if we all lived perfect enlightened lives, we can only guess.

The classic New Age statement relating to illness is the word disease and for many who develop illness the root may have been some form of disease at sometime in there lives. Often the reaction to a stressful occurrence can take many years to manifest as illness. Until long-term research, has been carried out, the real cause of many problems may not be identified. An allied question is why does the body not switch on its own healing mechanism, and why does it seem to require an external source? In many cases it does seem to be able to do this automatically, but if the problem has been appearing over a long time or has been in existence for a long time, the auto switch must have been missing or somehow switched off by the body itself or external influences that caused the problem. It is an area full of unknowns.

Each crystal healer you speak to will probably have a different view on how to use crystals and the types of crystals. The only firm rule is to work with crystals you feel safe with, and you have confidence in.

All stones used on other people should have been cleansed and recharged before being used (we talk more about this in chapter eight) Consideration should be made for the individual and care should be taken not to invade their integrity. When you look at a person, you should look at them as a whole. This includes the body and all the component parts, and how, they are interconnected, you can add to this the emotional person and the spiritual person and how these interconnect and work with each other and the physical body.

Crystal healing is about looking at the whole person, not taking each part or symptom individually, and looking for connections or relationships with the entire person. It also relates to outside stimulus such as personal relationships, the home, social and work environments.

Crystal healing works by looking beyond the symptoms.

If you can assist your client to reduce their pain this is a great achievement. However, it is important to point out to the client that maybe they should return for further treatment to look at why those symptoms came into existence. In general, removing symptoms is not a long-term fix. It is important to assist the individual to find out what brought those particular symptoms to the surface at this particular time.

There are other senses that are very useful for all the processes involved in selecting your most appropriate crystals. Before you say 'I am not intuitive' try to remember one example when you guessed at something, or knew who was on the phone before you answered it, or who rang you as you were thinking of them. I am sure that you can find some incident somewhere.

Children in general are far more intuitive than adults, who seem to switch off their intuitive mind. It is possible to switch it on again and retrain it for your healing work.

Many people who practice one of the healing arts find that their intuition increases dramatically. An important thing to remember is that if you try too hard you will not get the results. Intuition is about subtle skills, rather like looking out of the corner of your eye in low levels of light. Intuition is to do with listening to the little voice you hear inside, that picture or feeling you have, believe in what you see, hear, and feel aspects of intuition can be like a little seed, which grows when looked after.

Intuition can also be one of the little voices in your head. The difficulty is separating out what you generate and what is incoming information. When you start to work with crystals and start to get information about different stones, you have to learn to believe what you hear. You could argue that anything you pick up comes from within you or is in your imagination. If it works and provides you with information and guidance, does it really matter where it is coming from, whether it is an internal or an external source?

Chapter 4

The Make-up of Crystals

All crystals form a great part of the earth's crust so it is difficult to date them. They are actually tongues of molten rock, which intrude into solid rock such as granite and slowly cool. Molten rock is the result of volcanic eruptions and these cool too quickly for the crystals to form. They grow in cavities, which provide the space and isolation necessary for the formation of pure mineral crystals. Molten rock differs in chemicals, texture and density, it is this difference that decides when it is a gem and when it is a stone.

Because of the upheaval on earth and volcanic eruptions, it is quite possible we are handling crystals that are a million years old. Yet they can grow in a laboratory in a few weeks. The layered crust of the earth contains fossilized minerals that clearly illustrate nature's way of combining elements into crystal structures so this can tell the scientist quite a lot about the history of the earth and the universe.

In Arkansas there are sandstone caves which when dug out reveal vast sheets of crystals, each sheet containing thousands of individual crystals each more than a foot long. As crystals come from different places and are individual, they each have a different vibrational rate and as you are individual, you should choose your own personal crystal.

A quartz crystal is the most common and is the most interesting of the crystals. They produce a current of electricity called piezoelectricity and it is this current, which motivates clocks, watches and very delicate scientific instruments, including radios, televisions and computers. Quartz crystals are still used today for lenses in special optical equipment.

When crystals are extracted from the ground by bashing or prizing, the temperature changes within the crystal, this then upsets the stability of its atoms but the crystal has the ability to correct this imbalance.

Scientifically, crystals affect our body because they consist of silicon dioxide and water. The body contains 70 to 78 per cent of silicon and water.

Crystals have a very high vibration frequency that can actually be measured. When brought up to their vibratory level they can affect the body's cells. A crystal has clear evidence of the existence of a formative life principally a crystal is a living being.

Crystals do not make things happen they actually help us with our concentration and enable us to reason things out in a more sensible and controlled fashion.

In 1985 at a conference in California, tests were carried out on the effects of drinking ordinary water and crystal charged water. The ordinary water showed no effect whatsoever, but 45 seconds after drinking the crystal water, there was a dramatic expansion of 15ft by the electro magnetic field around the body.

Devout followers of cryptology are convinced that due to the effects of the crystal, they help you work better, sleep better allowing you to find harmony with yourself.

Many quartz crystals vary in color and clarity because of very small amounts of dispersed impurities contained within them. Clear Quartz becomes a deep Violet color, known as Amethyst due to inclusions of iron. Rose Quartz gets its Pink coloring from titanium or manganese. Holes, bubbles and irregularities are often found. During the formation of a corundum crystal, needle like inclusions of futile form a hexagonal pattern, which gives the pattern of a six-ray star in a cut stone. These stones are known as Star Rubies or Star Sapphires. Sometimes we find a second crystal formed inside the first. This is known as a Phantom Quartz and relates to memories and energy's from past lives.

Internal structures can alter the way light is absorbed and passes through a stone. Rainbow Quartz contains air and water, producing beautiful rainbow effects as the name suggests.

Colors can also be affected by other means. For example, a clear quartz crystal that has been exposed to the radioactivity found at great underground depths absorbs the ultra violet light that gives it a translucent color thus changing it to a Smoky Quartz.

The colors of stones can also be changed by heat. Amethyst and Rose Quartz can become paler when exposed to light over a period of time. Amethyst when heated to several hundred degrees can become a reddish yellow citrine.

Crystal grows naturally in family clusters. Each individual within the family has its own vibrational pattern and frequency. All the vibrations of the individual crystals in a cluster harmonize. As each crystal emits its energy it is recharged by the energy from another crystal, thus keeping the energy of the cluster flowing. This is why clusters are excellent for purifying the air as well as being meditative and healing. Single points are usually made from breaking up a cluster. This is why their base is often jagged and translucent.

Although it is better to use uncut crystals because fewer people have handled them, cutting and polishing a single crystal can make a very powerful healing tool. It can be rounded at the base and its termination can be multi-faceted. Marcel Vogel is a dedicated scientist and healer; he found that a laser beam point had the capacity to store much more energy. It can be used for extensive etheric healings and mind thought projections.

The cavities where crystals grow are called pegmatites. These pegmatites provide the space and chemical isolation necessary for the formation of pure mineral crystals. Geologists and miners sometimes call them nature's jewel boxes. Different types of magma create different stones. The chemicals, the texture and density all play a part in the making of a gemstone. A magma rich in iron and magnesium will create Peridot, Zircons and Sapphires. Diamonds are found in magma known as kimberlitic and are crystallized forms of pure carbon. Quartz crystals are formed from magma rich in silicon and oxygen, and start their growth from silicate-type seeds attached to the cavity from which they grow.

The application of heat to natural quartz changes the negative and positive charges at either end of the crystal. The temperature change disturbs the stability of the atomic structure. Attempts to regain stability produce opposite charges at either pole. This is known as pyroelectricity. If pressure and change of temperature affects a crystal then bashing or prizing it out of the earth through mining must do the same.

However, it is the nature of a crystal to balance and harmonize. It does this by re-arranging the atoms of its internal structure. By doing this it can, when the external application of energy or force stops, return to a point of equilibrium.

Some crystals are more naturally receptive than others are. They may record the memory or attitude of the people who have handled them as well as the memory of being yanked out of the earth. If your crystal appears to be traumatized you can heal it by loving it, holding it, stroking it, talk to it, just as you might do when dealing with someone in shock.

What is a crystal? – made plain and simple

- A crystal is a mineral in its stable form.
 - A crystal has a recognizable structure made up of repeated arrangements of atoms known as a crystal lattice.
 - Crystals only form from a gas or liquid solution at the correct temperature and pressure.
 - Once crystallized, a mineral can remain unchanged for millions of years.
 - Crystals can grow to a huge size or appear too small to be seen by the naked human eye.
 - The word crystal comes from the Greek word “Krystallos” meaning frozen in suspension.
- Crystals are the most organized and stable matter in the universe.

The truth is no one seems to know exactly how long it takes crystals to grow. Because of the ancient beliefs that crystals were solidified light or holy water poured down by the gods. Many people now believe they are millions of years old and part of the foundation of the world, as we know it.

Crystals embody pure light energy, because they absorb and reflect the rays of light. As white light passes through a gem certain wavelengths may be filtered, the ones that survive the passage give the stone its color. The gem embodies the power of the coloured ray it reflects. When light passes through a gem or crystal without interference, it is said to be transparent. If a particular wavelength of color is absorbed the remaining rays will pass through the stone and give it a certain color. If only some colors pass through the gem, it is said to be translucent or opaque. Lastly, there are opaque stones, which are impervious to color wavelengths.

This color will reflect back, giving the stone its color. Therefore, if all wavelengths are absorbed except green, the stone will appear green. If all the light is absorbed the stone will appear black.

Sometimes the interaction of light with a gemstone produces not a single color but several. Gems like the diamond have the capacity to separate out the different wavelengths as light passes through them so that all the colors of the rainbow are produced. Other minerals also have this 'fire' quality, such as can be found in the fire opal. These stones should be used on their own for healing, as they work on all of the body's energy centers.

Crystals are classified as minerals but not all minerals are crystals. Crystals are only those atomic structures that form a crystalline pattern. Minerals are inorganic in nature although we do include organic material such as Amber, Coral and Pearl as part of the mineral kingdom. The mineral families we will be dealing with are, Macro Crystalline Quartz Microcrystalline Quartz or Chalcedony, Agates, Feldspar, Corundum and Beryl.

When you use the term crystal, you are really referring to a Clear Quartz crystal. It has a balanced structure and piezo electric properties making it the perfect stone for healing. Generally, the best crystal to be used for the expansion of awareness is natural unpolished colorless Quartz.

Without Quartz, you would not have computers, electronic office equipment and many other electronic devices. Crystals can be described as living computers. They absorb, store and send out energy.

Crystals are members of the Quartz family. Their structure is made up of one silicon atom and two oxygen atoms. These combine to form silicon dioxide. The Quartz group of minerals makes up about twelve per cent of the earth's crust. You can divide the quartz family into four groups Macro crystalline Quartz, The rock Crystals, Chalcedony and Microcrystalline Quartz.

Macro Crystalline Quartz

Macro crystalline Quartz grows in veins that are partially filled with silica. Under favorable conditions Clear Quartz crystal, Smoky or Amethyst Quartz can grow to several hundred pounds. This group of Quartz with the exception of Rose Quartz normally has a six-sided form ending in a termination point. On rare occasions, one can find a clear Quartz crystal with two termination points, one at each end. This is known as a double terminator. Instead of the crystal growing upwards or downwards the crystal grows sideward, usually in clay beds allowing termination points to form at both ends. This type of crystal has very strong healing powers that draw in, hold and release energy from both ends. Macro Crystalline Quartz can be divided up as follows:

- Amethyst -pale violet to deep purple.
- Clear Quartz -called rock, mountain or clear crystal.
- Citrine -clear yellow golden yellow.
- Rose Quartz -pink
- Black Tourmalinated Quartz -clear quartz with inclusion ions of black tourmaline
- Rutilated Quartz -clear, brown or smoky grey quartz with needle like inclusions of rutile.

The rock crystals have strong healing power.

The apex of a natural rock crystal is six-sided representing the forces of the trinity doubled. The more pointed the apex the higher its healing power is. It can also be used as a laser beam.

- Is a natural conductor of electro magnetic energy.
- Is both a receiver and ultra sonic transmitter.
- Amplifies the purity of the white light beam.
- Balances and harmonizes the aura.
- Emits a force field of light and is sonic protected against negativity.
- When laid on the body, Crystal Quartz de-crystallizes the knots that are blocking the flow of energy.

The rock crystals or mountain crystals are the highest expression of the mineral kingdom. It is the symbol of radiant white light energy. It symbolizes perfection with the universal structure of

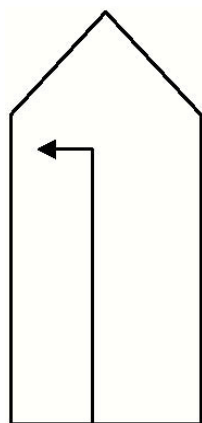
the triangle, spiraling to completion. It is said 'to mirror the soul' and represents the struggle for clarity.

As you discovered at the beginning, a crystal is not static. It is growing, changing, and interacting with its environment. The shape of the crystal is based on the triangle. The triangle represents the universal building block from which all geometric forms are derived. The Quartz crystal forms a tetrahedron, an equilateral triangle. The base and all angles each measuring 60 degrees. A crystal grows by the tetrahedron formation repeating itself in an open left or right spiral within the body of the crystal.

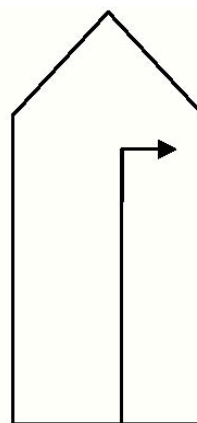
Just as the earth's magnetism makes water spiral down a plughole in a certain direction it also affects the direction of a crystals growth. A clockwise spiral of growth is found in the northern hemisphere. It is known as a right-handed crystal and it embodies masculine energy.

Anticlockwise or left-handed crystals can be found in the southern hemisphere, and embodies feminine energy.

Energy goes to left



Energy goes to right



To identify whether a crystal is left or right-handed, hold it with the largest face of the termination (point) facing you. If there is a small facet to the left then it is left-handed or if the smallest facet is on the right, it is right handed. Some crystals are easier to identify than others,

so look at a few different ones. It is useful to know whether a crystal has masculine or feminine energy.

We can now look at another group of Quartz called Chalcedony or Microcrystalline Quartz. Here the silica forms compact masses of tiny crystals which are dull and glassy in their appearance. Generally, this type of Quartz can be found near the surface of the earth, where temperatures and pressures are relatively lower.

- Aventurine -quartz colored with iridescent green mica.
- Chalcedony -white, blue or grey.
- Chrysoprase -opaque or apple green.
- Bloodstone -opaque, dark green, with spots of red jasper also called heliotrope.
- Carnelian -translucent red, orange or yellow.
- Moss Agate -translucent milky white with moss like inclusions of hornblende.
- Tigers eye -gold yellow to gold brown.

The last Quartz group is the Agates.

These are made of concentric bands and are found in volcanic rocks.

- Blue Lace -light blue and white layers.
- Fire Agate -various shades of brown layers.

Chapter 5

Crystal Types and their Structures

There are many different ways of approaching crystals and there are different ways of identifying them. Below you will find a list of the basic forms of crystals that can be easily purchased.

Rough

This type of crystal is rough because it is exactly as it has been taken from the ground, there may or may not be points or terminations. They may have a dirty appearance and be very oddly shaped. Unless you find your own or visit an area where crystals are abundant, you are not likely to see these very often.

Tumbled

These rough crystals have been put through an abrasive process that wears away at the sharp edges and rough surfaces to make a smooth and polished stone. These are used in jewelry as well as in healing. They are easily obtainable.

Clusters

These are pieces of crystal that have several points attached to them, often on a piece of rock called a substrate. They may be part of a geode, which is a stone with a hollow centre. These consist of crystals on its inside and stones on the outside. They can vary in size from very small to very, very large. Common ones include Clear Quartz and Amethyst, (the purple quartz). Clusters can also be double sided with crystals pointing in all directions.

Points

These are also referred to as terminated crystals. They are naturally occurring crystals with a point on one or sometimes both ends. They have normally been broken off at the base. They can be of broad size and range from millimeters to metres. Again, the common ones are from the Quartz family, however many other crystal types produce terminated crystals. Certain types of crystal never or very rarely produce terminated forms; these include Rose Quartz and Turquoise.

Missives

These are natural lumps of crystal which are of a type that has un-terminated lumps as a common form. An example is a raw piece of Rose Quartz; in this case, the edges can be very sharp so always handle with care.

Cut and Polished

These are normally the quality stones used to make jewelry. They can however also be used in healing. Some people may argue that their clarity provides a stronger influence, others that they are not natural and should not be used. Each to their own ideas.

The stones are normally cut to specific patterns depending on the shape of the setting and the type of crystal. The angles between the faces are of great importance as the internal reflection of light they create increases the brilliance of the stone. The most sought after cut stone is the Diamond, which in its natural raw state is not very prepossessing. Many other types of crystals are cut and polished. Just look in any jeweler's window to see Amethyst, Garnet, Ruby, Sapphire and others. The quality of the crystals used for cutting are normally the clearest and least flawed and are known as quality gems.

Clear or Opaque

Not really, a crystal form but the difference can create a certain amount of confusion. The quality of crystals and gemstones can vary enormously, even from the same batch, not taking into account different mines and different countries. The result is that there is a complete range of quality stones from clear crystal to very opaque. The other variable is the color. Many crystals can vary a great deal, providing many different colors as well as a large range of hues within the same color.

The reason I have taken time to give you a brief outline of the different forms is to assist you in identification. Even with good color photographs, the piece that you buy may appear so different that you may consider it a completely different crystal. If the picture in the book is of a clear, brilliant strongly colored stone, find out if in another form it can be opaque and pale in color.

Although it is partly personal taste, all stones can and will work equally as well.

Crystal and their Structures

This is the chemistry and physics or is it geology? There is probably a combination of all, in all forms of crystals. Do not worry you are not going to spend hours looking at formulae or crystalline structures. However, there are seven forms of crystal structure and they are list below.

Structure	Stone Examples
Isometric/ cubic	Fluorite, Pyrite, Garnet
Tetragonal	Zircon
Hexagonal	Beryl, quartz
Orthorhombic	Topaz, Peridot
Monoclinic	Azurite, Gypsum
Triclinic	Kyanite, Turquoise
Rhombohedral, Triagonal	Calcite, Tourmaline

These structures can be used to identify crystals and their families. There are other methods of identification that all help. Another is the hardness of the stone. These are graded using a scale of hardness called MOHS scale. Crystals in the list above can scratch a crystal of a particular hardness; those in hardness group's seven to ten can scratch crystals of hardness six.

Below, table two shows sets of hardness identifications.

Hardness Scale	Standard	Identification
10	Diamond	
9	Corundum	
8	Topaz	
7	Quartz	
6	Feldspar	Scratch with steel file
5	Apatite	Scratch with knife
4	Fluorite	
3	Calcite	Scratch with copper coin
2	Gypsum	Scratch with fingernail
1	Talc	

Other methods of identification are really beyond the scope of people without specialist equipment and knowledge. Another simple process is the way the stone breaks, that is, the cleavage. This varies from crystal structure to crystal structure, but only works where you can see any surface that has been broken. Another is the luster of the stone, that is the way it reflects light, or how bright and shiny it is. It is like the way an old car never shines like a brand new one. Certain types of crystals are inherently shinier.

Can other stones be used?

In general, with crystal healing, you are considering crystals and gemstones that are defined as having a regular molecular structure, sometimes referred to as a lattice. They are not amorphous, which means they do not have a regular repeating structure. There are some stones commonly used in crystal healing that are amorphous, Obsidian and Amber are two examples.

Obsidian is a natural glass and Amber is a natural hardened resin. Some of these are the same as those used for healing. For example, Clear Quartz, Fluorite, and Hematite, but they are not as beautiful as bought examples. They do not look as pretty, but you will be surprised at their power. Ordinary stones can be used if they feel right. These are often used for grounding, as their energy tends to be slower.

For those of you who require grounding, a good exercise is to find your own grounding stone. To do this go out for a walk in the countryside or on the beach with the intention of finding a grounding stone, and see what happens. You may also want to have a less portable stone to use in your treatment room. Remember that in some places it is illegal and environmentally unfriendly to remove stones from their natural surroundings.

Chapter 6

Choosing and Buying your Crystals

Before you start to practice crystal healing, you need to choose your crystals. If you do not have any crystals, you will have to practice this in the shop. If you already have crystals, you can practice this at home. You can purchase your stones through various ways, depending partly on your circumstances.

There are four main ways of purchasing your crystals.

1. Direct from a crystal shop.
2. A new age shop or show.
3. Through a mail order catalogue.
4. The Internet.

Although personal purchases have to be the preferred method, the other three may sometimes be unavoidable.

Whatever method you use, there are a few things you can do to help purchase good stones. Always remember that a stone does not have to be beautiful to be powerful.

Example;

A Laser Wand is known as a very strong terminated Quartz crystal. It is long thin and tapered. It does not have nice smooth sides, and is often rough and discolored and you could easily discard it as not worth having until you pick one up and you can feel the energy. So do not discount what appears to be rough looking stones, they may be the best crystals you will ever have.

Try to build up a rapport with the person selling the crystals. If this is a high street shop try to work with the same salesperson each time, preferably the person who is responsible for purchasing the crystals for the shop.

Once they get to know you, they may be very helpful, such as letting you know when a new delivery is due, or buying in stones that are more unusual. If you are buying mail order, try using the telephone to place an order and ask plenty of questions.

A final piece of advice when shopping.

Be adventurous, if you see something that appeals to you and you can afford it. Why not buy it? Make sure you get the name of all the crystals you buy and ask the shop to put each one in a separate bag and label it. If you ask the shop assistant, they will usually place each one in a separate bag and label it.

If you are buying from a distance, ask them to identify each stone. They should already be packed separately to avoid damage.

Comparing stones to beautiful photographs can be very frustrating, the picture tends to be of a prize specimen that may or may not look like the one you are holding in your hand. Add to this the problems associated with color reproduction and your new crystal may not be identifiable. So when you get the opportunity, how do you choose your crystals?

There are three basic methods plus others that are slightly more mystical, including the jumping stones and the feeling that you just have to have it. The normal methods are seeing, feeling and using a pendulum (see Dowsing with a Crystal Pendulum). For this part, the assumption is that you are selecting a certain type of crystal from a group. If you have to choose from a large number, it may be better to put a few to one side to work with, repeat this several times and make your final selection from your initial choice.

Seeing

Look at the crystals and use your first impressions, do not think about it, just look. Is this the one for me yes or no?

When you have a more manageable number together, look again and see which one you are attracted to this time. Use this as a process of elimination until you have a number of stones you want to purchase.

Now look more closely at them and see if they meet any criteria, you have set for size, depth of color, internal rainbows or other interesting flaws. If they are terminated, make sure the points are complete and faces and edges are not marked. Review your choice and if necessary start again. If the shop assistant is looking at you in a strange way, just explain what you are trying to do. Having made your choice visually, you may want to use another method to confirm your feelings.

Using your hands

This area requires practice. You have to get used to the sensations and to understand whether they are positive or negative. The idea is that the hands act as a sensor, possibly linking your higher self with the crystal energy, allowing you to see if the crystal is the best one for you. This method can be used for selecting all sorts of things from ripe fruit to playing cards. To start with, use both hands until you find the best hand to work with.

Before you place your hands near the crystals, try to clear your mind of your daily business, and relax as much as possible. Take three good breaths and let them out as fast and as noisily as the situation allows. This starts to prepare you to enter into a very slightly changed state of consciousness.

Next, rub your hands together as if they were cold, palm-to-palm. Do this for 20 to 30 seconds until they feel tingly and receptive. Put your hands about six inches above the crystals. The crystals should be separate so that you can get your hands over each one. Relax, do not try to feel anything, just let it come naturally. After a short while, you may feel a tingling, warmth, or cold sensation in one of your hands above the crystals. If not, move on to the next crystal and again relax, if possible close your eyes and try to keep your mind relatively blank. Wait a few moments to see if you gain anything. If not, move on. If you receive a sensation, put that crystal to one side and try using the hand that had the sensation to choose the next one.

As with all these types of activities the more you practice, the easier it becomes. At the same time, it is important to remember to keep relaxed. It is very easy to start to get tense if nothing happens.

One of the problems of learning about subtle energy is that each individual perceives the energy in a different way. This makes it difficult for you to recognize any feeling you may have as the correct one. The best rule is to trust your feelings.

If you think you feel something but you are not sure, trust that it is so. If it is not, it will fairly soon become clear that you misread the situation. As you progress with your work, the feelings you perceive may well change; the slight tingle from your early work may become a hot sensation that travels up your arm. As these changes take place, follow your intuition as to their meaning.

The number of crystals you are trying to buy may determine how you choose them. In most cases, a process of elimination works best. If the shop you are using has any sense, it will allow you space and time to select your purchase. Shop workers are trained to be suspicious, so try to build up a good working relationship with them.

Having selected your crystals use your hands to pick them up and look at them; are they attractive to you, look carefully at how they change in the light and at any flaws in them that can add to the attraction.

Once you have a few crystals, you can practice selecting them at home. Put your crystals out on the table or on the floor, sit down and close your eyes. Prepare yourself by relaxing and clearing your mind, rub your hands together and starting about two feet above the crystals slowly bring your hands down towards your crystals noting any sensations as you do. When you are about six inches above the crystals, move your hand from side to side again noting any feelings you get in your hand, or visions or perceptions in your mind. Having made your selection try to remember the sensation for next time.

When you acquire your crystals, it will be an adventure and a wonderful experience in itself. It is a journey of self-discovery and will last a lifetime. Once you are connected to the crystal world, life for you will never seem the same again. They do not cost much in their natural state, although some of the rarer stones can be quite expensive. You may even find them yourself if you are walking on the beach or along the river, as the earth is full of crystals.

The crystals I would suggest you buy to get you started are as follows:

- Rose Quartz (This is your generator)
- Clear Quartz Citrine Quartz Smokey Quartz
- The seven Chakra Crystals.

Pink – for the Crown Violet – for the Brow Blue – for the Thyroid Green – for the Heart

Yellow – for the Solar-Plexus Orange – for the Spleen Red – for the Base

Most suppliers will sell a Chakra pouch containing the seven stones.

Chapter 7

Crystal Healing and Different Healing Methods

Programmed crystals are excellent purifiers in any treatment room or waiting room. They will balance inharmonious energy, and clear the negative energy from the room. It is important these crystals or clusters are programmed, reprogrammed, and thoroughly cleaned once per week.

Crystal healing combines well with color therapy, stress consultancy, spiritual healing and meditation. It is, however best to give a full crystal healing treatment separately from any other treatment, for example a massage or aromatherapy treatment. Polarize your client before giving a treatment, by placing a clear Quartz crystal, above their crown and a Rose Quartz between their feet. With a small crystal pointing downwards, make small circles in a clockwise direction around their body. This clears any negative energy, which may have accumulated in their etheric.

At the end of your complementary treatment, you can seal your client's aura with a figure of eight. This is especially good after an aromatherapy treatment, which can leave the person feeling very weak and vulnerable.

This is also true for hands on therapy.

Color therapy treatments work very well with crystals, as the color and crystal vibrations are in harmony. Meditation and music also harmonize with crystal energy.

Crystal healing can also be given after hydrotherapy, as bathing depletes the energy field around the body. This can then be restored and re-balanced using crystals.

Crystal's can also be very successfully used with reflexology. Using a quartz crystal over the foot reflexes can draw out energy accumulated at the feet. This is good if the client has painful or very sensitive feet. Make small circles anti clockwise with the crystal, increasing in size and moving away from the foot, as if drawing out the energy.

Crystals can be used on the acupuncture points and on the twenty-one minor chakra points of the body.

Using crystals as touchstones and jewelry is an excellent way of getting your client to use crystal energy for healing between your treatments. If you have a collection of stones, let them choose one to take home and have near them until the next treatment. These touchstones can be very strengthening and comforting. Discuss the color and type of stone suitable for jewelry with your client, and remember to take into account whereabouts on the body it should be worn.

An Aquamarine is most useful when worn as necklace, as this stone has affinity with the throat chakra.

Copper is the best metal for wrapping around a crystal. A chain can be either silver or gold. It is also interesting to know that silver does absorb energy, whilst gold does not.

If you are going to be practitioner of another therapy, you can also instruct your patients how to use crystals to aid meditation. Ask your client to keep notes on their images and experiences during crystal meditations, as this will help you monitor their progress and help you decide which treatment would be appropriate in the future.

Turning your Crystals into your Energies

Acquiring your stones

Crystals and gemstones have a life-force energy and an elemental consciousness that lies dormant unless awakened. Man can only awaken this consciousness by linking in to the Deva of the stone through the higher self. The higher self, expresses itself with unconditional love and great compassion. This true love will awaken the energy in the stone. Each stone has a particular color vibration and function, and has to be in tune with your own vibrations in order to be of service to you. Therefore, different stones are in harmony with different people, and a stone is able to reject you just as readily as you are able to reject the stone.

A stone will only stay with you for as long as its energy is needed, after which time the stone will remove itself. Many people report how they mysteriously lose a crystal or gemstone or a piece of jewelry. Often a gemstone is taken back to the sea or returns to the earth. Sometimes you will be unable to find the stone you use, and then it will turn up where you do not expect it. This is because its energy has returned and is ready to help with the healing again.

One of the best ways to acquire a stone is by being given one as a gift. When a stone has stopped working for you it would be a good idea to give it to someone else as a gift.

If you are buying a crystal, choose your place of purchase carefully. Remember if you buy from a festival or fair many people would have held the stones, so the stone may be holding many conflicting vibrations. It will therefore be difficult to feel the true nature of the stone. When buying gemstones, you must also consider that the natural unpolished ones are also purer in spirit and have not been tampered with by man. It is often the least attractive stones that have the strongest healing powers.

When you selected your stone, feel intuitively whether you are drawn to it. Often you may walk away or even leave the shop and yet feel compelled to return there later to acquire the stone of your choice.

You may also choose to place the stone in your palm. Feel the vibrations coming from different crystals and be sensitive to which one links with your own vibrations most strongly. You may feel a sensation of tingling, coldness, heat or some other feelings.

Crystals for healing

For healing work, it is best to acquire at first a large crystal that will be your generator. A generator crystal would be the largest crystal in your collection. When the crystals are being unused, place them in a circular pattern around the generator for recharging this will allow the smaller crystals to become activate.

You will also need seven smaller clear quartz crystals for healing treatments. When choosing them you may like to pick out two right-handed and two left-handed terminations (masculine and feminine energy). The more pointed the six facets are at the termination, the stronger the healing power. A pointed apex turns into a laser beam that amplifies the healing qualities. If a point is chipped, the energy of the crystal will not be focused.

Once you have given treatment with your healing crystals they will have absorbed vibrations from the emotional mental and physical body of the patient. To prevent these energies contaminating other crystals, as well as other people make sure you cleanse them thoroughly. The healer must remember that they can pick up this negative energy through touching the stones during and after treatment. So wash your hands thoroughly between treatments.

You can also be on the lookout for a double terminated crystal although these are difficult to find and quite expensive. You need not worry if you cannot find one initially.

It is best to have a Quartz crystal relating to each of the four elements

- A Clear Quartz Crystal
- A Rose Quartz
- A Citrine Quartz
- A Smoky Quartz

You can also start building a collection of gemstones related to the chakra colors. Start by choosing one that is related to each chakra. You can add to this collection over time, as you are attracted to different stones.

Once you have built up your acquired crystals you need to cleanse them of all the negative energy they may be holding. There are a number of ways to do this. Crystals are portable computers, which receive, store and release energy on command. Firstly, they have to be cleared of any previous thoughts. Similar to a blank CD ready for recording the new programme.

Five different ways to cleanse your crystal

1. You can bury the stone overnight in the ground. The earth's magnetic energy will cleanse it.
2. Wash it in the sea or in a tumbler of pure water to which a tablespoon of sea salt has been added. Many crystal healers tune into the immersed stone and intuitively know when it has been cleansed. It can take as little as 15 minutes to several hours to cleanse the stone.
3. Wash the crystals under a running tap. The length of time you need to leave it there should be intuitive.
4. Place the crystal in a tumbler of pure spring water into which you add a few drops of Bach flower rescue remedy. This is a good way for cleansing crystals after giving a healing treatment.
5. Cleansing can be done by thought vibrations too. Place the crystal in your left hand with the point directed away from your body. You wish to direct the negative energy away from yourself. Now breathe deeply for a few minutes stilling your mind. Now ask that the stone be purified and cleansed and that all evil and impurities be expelled from it. Once you have cleaned the crystal you have effectively removed the energy from it, leaving space for new energies to fill. You must now program the crystal with new positive and healing energy.

After cleansing, the crystal needs to be kept near you, so that it can blend with your own vibrations. You can also sleep with a crystal by placing it under your pillow. You may also like to do this if you are practicing dream-work. A crystal will help with dream guidance and recall. It also needs to be programmed. To allow total vibrational integration to take place, it is better to wait a week or two after acquiring a crystal before using it for healing.

Caring for your crystals

Just as you can connect with plants by talking to them and playing them soothing music, you need to become friends with your crystals. Hold them and talk to them. Direct loving thoughts to them and treat them with special care and treatment.

Crystals and gemstones do not like to be hidden away in the dark once their consciousness has been awakened, so do not put them away in a box or drawer for long periods. Crystals need natural light and should be placed in direct sunlight for a few hours every week to allow them to energize.

They do not however like to be exposed for long periods to artificial light, especially fluorescent light. Strip lighting has its own inharmonious vibrations that can be absorbed by the crystals. Their molecular structure can be altered and permanent damage caused.

Do not place your crystals on a magnetic surface, as their piezo-electrical qualities will be altered. You will have to re-polarize them if this happens. Make sure your crystals can breathe, by covering them with material of a natural fiber, perhaps a pouch made of muslin, cotton or velvet.

Do not touch other people's crystals unless invited to do so. The vibrations will be tuned to them and they may not want your vibrations to be absorbed. If someone handles your crystals without you asking them to, you need to cleanse and program them again. Also do not hold your crystals if you are in a bad or irritable state. Anxiety will be picked up by the crystal and reflected back to you in greater magnitude.

Programming your crystals

Healing crystals need to be programmed, as they are a multi-purpose tool that can be used in both meditation and in healing configurations. This is not such a strange concept as all modern communication systems use silicon chips that are programmed to do a wide variety of tasks. A silicon chip is a crystal and cannot be activated until programmed by energizing it with an electrical current in order to perform a specific function.

If you do have the stones out in a room, remember that they can have conflicting vibrations, so only have a few out at any one time. You can place programmed crystals or cluster crystals on the television, microwave or computer. All electrical items give off radiation in the form of positive ions.

Positive ions are harmful to you. They create a similar atmosphere that can often be found before an electric storm. The positive ions build up and relief only comes with the rain that changes the positive ions into negative ones restoring calm and peace again. In fact too many positive ions trapped in a room can cause you to become irritable, angry, frustrated or depressed. You can therefore program crystals to transform positive into negative ions, and this helps to maintain balance in the atmosphere.

Healing crystals, when programmed can serve as amplifiers of the energy they absorb and reflect.

Two ways to programming your crystal

1. Place the crystal in your right hand with the point facing your body. It will receive energy from your higher mind. Now calm your mind, and breathe slowly and rhythmically for a few minutes. Crystals do not respond to verbal command but to thought patterns, colors and sounds. Draw in white light through your crown chakra and concentrate your thoughts on instilling the crystal with healing and balancing power. Imagine the white light starting to be drawn through your body and into your hand filling the crystal with energy from the white light.

2. You can also hold the crystal in your left hand with the point facing upwards. Now hold your right hand over the top of the crystal. Again concentrate on a beam of white light entering through your crown chakra and traveling down through your left hand and then up through the base of the crystal and out of the top. Your right hand that is being held over the top of the crystal will complete the circuit. Now ask that the crystal be programmed for one of the following. Once you have done this, accompany the programming by imagining yourself or the person being treated in perfect health. The crystal responds well to images and pictures.

- Balance and harmony
- Harmony, healing and Protection
- Health and happiness
- Transmuting negative energy
- Releasing blockages in the chakras

Programming your crystals for gifts

When programming a crystal that you are giving as a gift, create a picture of the recipient in perfect health and in harmony with life. Use your mind to create a strong mental picture of the person who is receiving the crystal. You can also program this crystal to remove blockages assist in some specific healing or to help with meditation. Whatever function you wish to program the crystal for, create the mental thought you wish to use to program it. By drawing in the corresponding color energy through the appropriate chakra and directing it through the crystal in the way describe on the last page, you can use the power of the color to reinforce your crystal.

You can program a crystal with a specific color quality. Hold the crystal in your left hand. Your mind then beams out the thought of the healing quality of the color, red, blue or green or whatever color is needed for the particular problem you wish to deal with.

Examples for using rays of colored light to program crystals.

- **Red** - Is to give energy, vitality, strength and grounding
- **Orange** - Bringing joy, lightness of being, release of emotions and blockages.
- **Yellow** - Brings expansion, wisdom and clarity of thought, or soothes the nerves.
- **Green** - Creates harmony and balance, opens the heart and brings comfort and love.
- **Blue** - Creates peace, serenity, trust, and loyalty. It links you to your intuition.
- **Indigo** - This is for high ideals, inspiration, purification and meditation.
- **Violet** - This would aid in meditation, spiritual growth, creativity and working for the good of others.

Programming your generator crystal

Large crystals will link into other crystals, energizing them and linking them to the cosmic forces.

In order for the generator to do this, its energy has to be linked to the planet. You can program them to promote healing and harmony for the earth. You may link them to a country or people, asking for peace and harmony for the world. You may also place a photograph or picture of someone or something under the crystal. Ask that this person is healed, or the area of your life that the picture represents, is balanced. If the picture represents a material need, like a house or car you must remember that you will only receive this, if it is for your highest good. Until you are ready to learn the lesson these material things will bring, you will not be given them. The same would apply for gaining a job or starting a relationship.

Programming a Double Terminator

To program a double terminator, hold it between the palms of both hands. As you project the program mentally, the thought energy will enter each point simultaneously. As the energy passes through the centre it combines forces with the energy coming from the other direction and is amplified as it projects out the opposite end. This is why the double terminator is such a powerful healing tool.

Programming a Cluster

To program a cluster you can hold the cluster in your left hand, holding your right hand over the cluster, but not touching it. The thought, image or color can now be projected. Each crystal in the cluster can be programmed, or you can give one program for the whole cluster. This is the easiest. If you do give individual points different programs, remember the program must be compatible with each other.

Re-Programming

In order to not continually cleanse and re-programming your crystals left in a room, you can build self-cleansing into the program.

Once you have programmed your crystal cluster or a single pointed crystal to absorb negative energy for example. After a couple of weeks, the crystal will be saturated and it may be very difficult to clear it with normal cleansing. You will be able to feel if a crystal still holds negative energy, by holding it in the palm of your hand after cleansing. If you experience a burning sensation, or experience unpleasant images whilst meditating, you may know intuitively that there is something wrong.

To prevent this, you can program your crystal to re-program itself. Once it has absorbed negative energy, you can program it to transmute this energy and release it as negative ions into the atmosphere. You may also program it to recycle negative energy until this energy is neutralized and not harmful. So program the crystal to cleanse and purify the negative energy it has absorbed.

Working with your crystals

There cannot be enough stress placed on the importance of cleaning and programming crystals before use. If you do not awaken the elemental consciousness of your stones, they will remain merely pieces of rock without any healing powers. Many people today feel strongly attracted to crystals and may have used crystals in a past life. If you are going to develop your knowledge of crystal healing, you need to be continually aware that you are dealing with subtle vibrational energy. Although you cannot physically see the effects of this energy, you can develop your own ability to feel and sense it.

In order to do this, you need to tune in to your intuition and higher mind. The higher mind is connected to your soul and spiritual being, which connects you to a higher force.

When you are working with your crystals, you are working with pure electromagnetic light energy. These vibrations penetrate your whole body, mind and spirit. The crystals will start to move and clear blocked energy in your bodies systems.

When blockages are cleared, your chakras are open leaving you in a vulnerable state. This is why sometimes you can experience feelings of depression and vulnerability after you have given healing or had healing treatment. Some physical symptoms can occur; these can include headaches, dizziness, tingling feelings and sometimes numbness. Some people can suffer from diarrhea and an upset stomach. This is because the healing treatment moved and cleared any blocked energy. If these symptoms are minor, you need to adjust your own energy levels. If they are persistent or extreme, you need to remove the crystals near you, this can happen if you are working with crystal energy that is too powerful at that time. If this is the case, try fewer and smaller crystals in your next treatment.

Grounding yourself after or before treatment

Before you start grounding yourself, make sure that you will not be disturbed and that you are comfortable and warm. Stand with your feet firmly on the ground or if you feel unsafe sit on an upright chair with your feet placed firmly flat on the ground. Then feel your left foot connected with the ground, feel the earth's energy. Different people feel different things in different ways. It may be a tingling or warmth, or heaviness in the feet or some other sensation. Stay with that feeling; concentrate on it while excluding other thoughts from your mind as much as possible. Feel the energy or feeling traveling up your left leg. This may be very slow to start with, so be patient. Allow the energy to keep moving up your leg through your knee and into your thigh. When it reaches the top of the thigh let the feeling move across to your right leg. In doing this, it passes through your base chakra. Now feel the energy working down your right leg, down your thigh, past your knee and into your ankle. When it reaches your foot, feel it flow out of the bottom, into the ground. An alternative is to allow the energy to travel up your left side to your shoulders and then across and down your right side.

When you have finished bring yourself back into the room or wherever you are, let yourself identify any feelings or sensations you may have had. The idea is that at the end of the exercise you will feel solid, secure, and safe and connected to the earth. Take a few moments to enjoy the feeling before continuing. In a grounding state, it is much easier to deal with emotions like panic and fear. This is why it is often suggested, that before having to deal with emergencies, it is a good idea to take three deep breaths and slow yourself down to the earth's frequency.

Another form for grounding is similar but introduces other sources of energy it also takes a little longer to do.

Prepare your space so that there will be no interruptions. Sit in an upright chair, or at least sit up straight with your feet firmly on the ground. Take some good deep breath and breathe out some of the stress of the day. When you breathe out, do it as noisily and as forcibly as possible, nobody will hear you, so really push away those stresses. Relax as much as possible and start to visualize or imagine roots growing from the bottom of your feet down into the floor. Let the roots grow down to earth via whatever route you image.

If you are in a high building, see the roots grow down the walls until they meet the ground. Let the roots work their way through the earth, through the various layers of rock until you begin to see an orange or golden light. Let your roots grow towards this light. Do not try to stop the movement as it can move towards the light at great speed.

When the roots reach this light, they will try to either surround it or grow into it. When the roots have done either of these, start to see the energy move up through the roots the same way as you may imagine a plant having a drink of water. Watch the energy come back along the roots. The first few times you try this exercise, the energy may move relatively slowly, as you get used to it, it will speed up. Stay with the roots and moving energy. When they get to your feet, this time receive the energy into both feet, see that energy enter into your feet and see it filling your feet. There are several sensations you may perceive. Each person feels these things slightly differently. You may feel a tingling sensation or warmth, or a glowing feeling or you may just visualize the energy without having a physical connection. All of these and others are perfectly normal, there is no right or better way, whatever you feel and see is the right result for you.

Now let the energy work up your legs, into your calves and into your knees and into your thighs. Once again, this may take a little time but stay with it and without trying too hard feel the sensation. When your legs are full feel the energy move to the pelvic region and start to fill up your lower abdomen. Visualize it going into your body's organs and there going up into your chest. You may continue to feel a feeling of warmth or you might feel a tingling this can change as you see the energy filling up your body. The energy will be carried up to your upper body, and when it reaches your shoulders see it travel down your arms and into your hands. See it travel back up your arms and into your neck, into your face and finally reaching your head. When the energy reaches the top of your head let it out in a fountain so that it cascades all around you, falling down onto the ground. You can keep this fountain going for a while so that the flow into your feet is always as fast as the flow from the top of your head.

An important part of this exercise is to see the energy or light returning into the ground. You can imagine either that it is going straight into the ground or it is forming puddles that slowly sink into the earth.

That is the end of the first part of this exercise. Maintain your position; visualize a star above your head with white silvery light coming down towards you. This white silver light, is the star of energy, let it enter into the top of your head and start to fill your head with clear, crisp energy. Feel this energy working its way down through your body in the reverse pattern of the roots, energy. When it reaches your feet, see the energy come out of the bottom of your feet and sink into the earth. Again, it is important that the energy goes into the earth.

Give yourself time to come round and see how you feel. You should feel more solid and connected to the earth, less fearful and possibly glowing. If for some reason you find it difficult to move after this exercise, just relax and imagine yourself getting lighter until you feel less held down onto the earth. If this does happen, it is a sign that you need to slow down, whether you do so is up to you.

As you come back to where you started check how you feel, both body and mind.

Practice these exercises as often as possible. Do not try them when driving, operating machinery or when doing any other activity that requires your attention, as you cannot do both.

Placing Protective Barriers

You need this type of protection, so that you do not take other people's problems and ailments on board. To enhance this there are various ways to help protect your energy fields. These consist of certain types of essential oils, crystals and visualizations. Protective oils include Benzoin, Rosemary, Petigrain and Geranium. It is important to use oils safely by diluting them before applying them. They should be stored in the dark and kept cool. The oils are used for protection either by applying in a diluted form to the skin or on a tissue. The best place for application is the Heart and Solar Plexus or all Chakra points.

Crystals can be used for protection by wearing them or carrying them in your pocket. The crystals must be properly cleaned and charged. The three crystals that can have a good protective effect are Black Tourmaline, Labradorite and Amethyst. As you get to know your crystals, you will be able to identify those that work best for you.

Another way of protecting yourself is to make a cocoon of light around you. Imagine an egg shape that completely surrounds you. This can be gold or purple. It will allow you to remain your normal self whilst helping to stop people taking your energy or you accepting their negative thoughts. Another way is to use two clouds, a blue one for daytime and work, which again will protect you, and a pink one for when you finish work and for when you are relaxing. Place your cocoon around you before you start work and before your client arrives.

During the treatment, you can reinforce it if you need to. If the session is a hard one and the client is releasing a lot of negative energy reaffirm your cocoon regularly and keep yourself well grounded. In addition, you can also call upon any guides you may have or the entity you have as your spiritual being to help keep negative energies at bay. These various processes are to ensure that you do not take on other people's energy nor give your own away.

Chapter 9

Gems and Energies

We can now look at the different healing qualities of each stone. As you start to look at each color, you will place them into groups. When you start to collect your gems for healing, you do not have to have expensive precious gems and you can quite easily substitute another gemstone with the same color. The more radiant and the more clarity a stone has, the purer its vibration and the stronger its healing power. Therefore, although you can substitute a translucent or opaque stone, its vibrations will not be as powerful.

The first group -the color Red

Red

These are warming, energizing and stimulating stones that feed the muscular system.

Generally, these stones can be used for anemia, paralysis, depression, infertility, aches and pains in the lower back and limbs. Red stones bring strength, courage and perseverance in adversity.

Ruby

The Ruby is the most precious and expensive gem in the world. Being red, it activates and vitalizes the physical body, but because it has very high vibrations, it raises the spirit from passion to compassion, through suffering from the heart. Elizabeth Taylor owns one of the largest and most beautiful rubies ever discovered. Looking at her life you can see how it has changed her from being one of the great passions to one of great compassion. It is because of suffering of the heart that this transformation has taken place, and the Ruby with its healing power must have accelerated this wonderful example of self-growth.

Garnet

Garnets can be used as a substitute for a Ruby. The Garnet also reflects a powerful red ray that is energy. These gems help to build up life-force energy giving you purpose in life and courage to face all that you meet. Being connected to the root chakra, the garnet will give you the feeling of being grounded and a feeling that you have firm foundations.

Bloodstone

Bloodstone gives stamina and powerful strength during periods of endless difficulty when you feel that you cannot go on. It will clear self-doubts and help one persevere. It can clear blockages resulting from past life experiences.

Tiger's Eye

Tiger's eye is brown-banded quartz that is strongly connected with grounding earth energies. It vibrates with the infer-red frequency. Tiger's eye teaches you to affirm a purpose to your activities and build endurance and patience. The result will be that your personal power is enhanced.

Red Jasper

Providing earth energy for protection, it can aid the liver, stomach troubles and infections. It bestows the strength of the earth for those who are weak-willed and influenced by others opinions.

The second group -the color Orange

Orange

Orange stones stimulate the digestive system and are good for exhaustion and a low immune system. They also help with kidney dysfunctions, lung diseases, menstrual cramps, infertility and arthritis. The energy of orange stone stimulates the flow of bodily fluids, in this case blood. Orange energy is expanding and releasing in action, so is good as an antispasmodic and respiratory stimulant. Emotionally orange stones help moodiness, calm intense emotions and winter depression. Orange brings joy and happiness into ones life.

Cornelian

Use orange cornelian for grounding and anchoring. It influences and regulates food intake and assimilation. It helps against blood poisoning and rheumatism and will help with the healing of wounds. It will instill feelings of well-being and belonging. It also indicates the inflow of power.

This stone has cheerful vitality bringing with it optimism and help with decision-making. It stimulates you physically to prevent obsessive behavior bringing moderation to your habits. This color can help you work with past-life exploration when intuitively guided to do so.

Coral

Coral is one of the organic materials used as a gemstone although it is not strictly from the mineral world. Coral is a living, breathing organism. Coral gives us the lesson of form, which is self-acceptance of all that you are. By not judging yourself, you maintain your own purity and balance. Coral relates to the sacral chakra bringing strength and self-esteem. It can help clear blocked energy, which makes you unable to act out of fear. This paralysis is often caused because you are afraid of someone else's disapproval. Pink shades restore harmony where there is a conflict of emotions. Good for mediation as it retains images and forms.

The third group -the color Yellow

Yellow

These stones feed the nervous system and aid the digestion, stimulate the nervous system where there are difficulties. They also activate the lymphatic system. Yellow is a mental stimulant and helps with flexibility of thought and decisiveness. Furthermore, it is good for vitalization, uplifting and empowering.

Yellow Topaz

This stone has an inspiring and stimulating influence on the higher mind and soul. It helps the soul in its determination to reach enlightenment. It helps you see things from a wider viewpoint.

Yellow Fluorite

Fluorite comes in a range of colors including Violet, Pale Blue, Green and Yellow. Fluorite helps calm the endless chattering of the conscious mind, and the ego, which makes you wish you had something you have not. It provides the wisdom that you are safe and protected and that you have everything you need for your soul's progress at any one time. Yellow expands your awareness that prepares you for further learning.

Amber

Amber is organic in origin and is derived from the fossilized resin of the pine tree; this takes millions of years to form. Amber ranges from a Pale Yellow through to Gold and Brown and often has a number of inclusions of insects and plant material. Amber reflects the Orange ray, which boosts physical vitality and the immune system. The energy is uplifting and brings with it lightness of spirit and the ability to laugh.

Citrine

Citrine is a Yellow Quartz. Natural Citrine is Pale Yellow so the most commonly found one is the heat-treated Amethysts or Smoky Quartz. Citrine helps synthesize the logical mind with the intuitive mind bringing it into your conscious belief system. This brings you a sense of clarity and resolve. You are able to make decisions more easily and know that you have made the right decision whatever the outcome. This brings with it great peace of mind.

The fourth group -the color Green

Green

These stones balance the circulatory system. They relax the heart and are good for shock. Green connects one to other forms of life, to nature, allowing sympathy and compassion for all life. Green is related to inner growth and spiritual wealth and abundance.

Emerald

Emerald helps aid develop and revitalizing a beautiful body. It symbolizes new birth. It provides serene inner lift, abundance and richness. It helps self-control and maturity.

Tourmaline

Tourmaline comes in a variety of colors and like Quartz has piezo-electrical qualities. You can electrically charge tourmaline so that one end may be a negative charge and the other end is positive. The most treasured ones are emerald green although many are a darker green. Tourmaline will help you let go of your attachments so that your life can find balance. You will learn to trust the process of life, and know that life is a learning process.

Jade

Jade is calming and quietening and gives overall balance and healing. It is the giver of virtues, humility, wisdom and justice and is consciousness rising. It helps with inner discipline and is important for emotional and past-life work. Jade does not absorb negative energy, but emits healing vibrations.

Malachite

This very powerful stone heals and balances the whole system. It aids the functions of the pancreas and spleen. It is good for eye infections, asthma, menstrual disorders, poisoning and rheumatism. It promotes creativity and change. Its bands and spirals of growth show evolution and aspiration. It mirrors the soul and reveals our deepest fears about change and growth. It was the sacred stone of the Egyptians and symbolizes rebirth. This stone protects and safeguards during pregnancy.

The fifth group -the color Blue

Blue

Blue stones affect the respiratory system. They are antiseptic, cooling and calming. On the spiritual level, they put you in touch with your intuition, are inspirational and promote inner healing.

Aquamarine

Aquamarine is like emerald and is a member of the beryl family. It gets its name because it resembles the color of the sea, with which it has a strong affinity. It can help you understand that you are fulfilling a spiritual purpose in life. It gives a sense of continuity and trust, giving you meaning and value. When you are discouraged, aquamarine can help you find deeper satisfaction and healing. Aquamarine teaches you to value yourself and what you give to others. It helps problems of self-expression and troubles with the nose, throat and ears. You can wear it as a necklace or earrings for healing.

Blue Topaz

This stone will help you accept new ideas and brings calming and peaceful energies. It allows you to question the meaning of things and gives you space and acceptance of new ideas in a gentle loving way. You will link with your intuition and allow the pure essence of your knowing to come through. It is a very reassuring stone.

Sodalite

This can be used instead of Lapis Lazuli although it has a lower vibration. It aids high idealism contemplation meditation, inspiration, and has curative and purifying properties.

Turquoise

This is the most sacred stone to the Tibetans, American Indians and Egyptians. It absorbs negative feelings before they reach the wearer. Sometimes cracks in this service of protection and sacrifice. Turquoise has strong healing qualities because of the copper content. It teaches that everything on planet earth is living and that you can attune your vibrations to the mineral, plant and animal kingdoms. It is a catalyst for change, your true relationship with mother earth as well as yourself.

The Sixth group -the color Indigo

Indigo

Indigo stones feed the bodies' skeleton. These stones reflect a most powerful color. It is the scientific ray, which is cooling to the system. This color acts as a pain healer and purifies. They increase spiritual perception and inner seeing and give a great protection around the aura.

Opal

The opal is linked to the third eye, as it is a great disperser of light. It can clear old beliefs that limit your freedom and independence. It encourages freedom at all levels and unlocks creative channels within you.

Blue Sapphire

This stone like the ruby belongs to the corundum family. It is one of purification, it soothes pain and cools fever, and it is good against nervousness. It has the potential to transform and lift the soul to higher realms. It inspires devotion, meditation and truth. It is a stone of friendship, love and attraction.

Pearl and Moonstone

These stones relate to inner growth and form. They mirror back to us and encourage emotional expression. The pearl symbolizes transmutation by great suffering. Moonstones encourage feminine energy. Do not wear either pearls or moonstone with other gems as they send out conflicting energies. Pearls absorb energy and reflect it back to the wearer; this is why they are considered unlucky. They help one confront oneself.

Lapis Lazuli

On the physical level, use for healing throat congestion, soothing swellings, stings, inflammations and rashes. Good against depression and nervous headaches, helps fevers, high blood pressure, and painful menstruation. Lapis instills high idealism, fellowship and cooperation. It inspires our eternal soul to understand immortality.

Azurite

Energies of change and purification, it helps you prepare for change through gradual adjustment so that there is a sense of safety and reassurance. It helps build spiritual awareness beyond the five senses.

The seventh group -the color violet

Violet

These stones link to the charkas and endocrine glands. They bring inspiration, dedication and creativity. They are good for nervous and mental disorders, a blood purifier and for problems of the head and scalp. Violet stones restore peace and calm.

Amethyst

This stone has a high-density vibration that is potent for all forms of pain. It also dispels anger, rage, fear and anxiety. It brings comfort and relief to the psychologically ill. It is a great aid for headaches, migraines and insomnia. It balances and stabilizes problems of sexual polarity. It is good for problems relating to alcohol and drug abuse. Its power lies in transmutation as it inspires and encourages meditation, selfless giving and service to humanity.

The eighth group -the clear stones

Clear Crystal Quartz

Balances and harmonizes the aura, giving equilibrium to the body. It decrystallizes congestions and unblocks energy so it can flow freely again. This also helps against dizziness hemorrhage and diarrhea. It also helps your intuition and insight, so you may become your own light.

Diamond

This gem is the highest expression of white light and universal light. It is the symbol of clarity, purity, and illumination. It is the pure focus of energy emanating from the will aspect of divinity. It harmonizes the heart with the divine mind and blends all seven spectrum rays together, so it contains all the attributes and harmonies of a perfected state within the mineral kingdom. A diamond is in fact a coal! Therefore, it symbolizes the highest transformation. The facets are like open windows that reflect infinity. This is consciousness in a state of enlightenment. Buddha described reaching a state of illumination as `diamond mind`

The ninth group -the color Black

Smoky Quartz

This pale brown to dark grey stone is linked to the base chakra and earth energy. It is therefore a very useful stone for grounding. It also provides a shield of protection. It was worn by ancient priests and priestesses in the mystery temples. It symbolizes deeper truths, and teaches you light within darkness. It aids your inner search so you can integrate and transform your shadow into light. It gives a sense of emotional security and allows one to expand ones ideas and become open to new experiences. This stone is very useful for those who are set in their old habits and ways of thinking.

Obsidian

Obsidian is a natural glass. It was a favorite healing stone of the North American Indians and is known as `Apache tears`. Its healing purpose is to move those energies from within your being that are no longer needed. This may cause a feeling of emptiness and vulnerability. Sometimes you may experience a flashback from past lives from your experience with obsidian. It helps you to let go of your resistance to look inwards and frees your personal power to bring about change.

The tenth group are known as touchstones and consist of five colors

Aventurine, Moss, Agate, Green and Jasper

Touchstones have a lower energy and are not used for healing. They are very calming and balancing and promote feelings of serenity. Use them around the home or at work as they have the energy of nature that is very soothing and makes a tranquil atmosphere. As the name suggests, you can hold touchstones in order to restore a calm restful feeling

Chapter 10

Working with the Bodies Energy

Subtle Energy

Life is all about vibration and vibrational energy. Every mineral, plant, animal and human has its own form of vibration. Matter is not static and immovable. It is a mass of moving particles of atoms and molecules emitting their own radiations of light, heat and colors. All our vibrations are constantly interacting with one another, connecting all life. Once we become aware of this subtle energy we can learn to protect ourselves from bad vibrations and learn to attract good vibrations to us.

Radiant energy comes to earth in the form of pure light, which contains electro magnetic energy traveling to earth in different wavelengths. This energy includes wavelengths of visible and invisible color. We can only see 40% of the electro magnetic spectrum, although we have learned to use many of the invisible wavelengths such as ultra-violet, infrared, radio waves, x-rays, micro-waves and gamma rays.

It is only when life-giving white light flows through us, connecting us to the universal life force, that we are alive and in perfect health. This vital energy is well recognized by many healing systems. The Chinese's call it `Chi` while the Indian Ayurvedic system call it `Prana`.

When this light energy becomes blocked disharmony is caused between the body, mind and soul, and a state of disharmony or disease follows. These blockages of energy are caused mainly by our modern stressful lifestyle, bad diet, and a lack of natural light, negative thoughts and various types of pollution.

Man is not just a lump of matter, placed together by electrical impulses from the brain. Man is an embodied spirit, and has a soul. His soul connects him to the spiritual dimension, for man is an energetic being and has the potential to merge his physical and spiritual aspects to become a whole and a spiritual being.

Man has seven bodies each emitting radiant energy of beautiful colored vibrations.

Unfortunately, due to the restriction of our five senses, most people are only aware of their physical form. In order for you to be in perfect health, a balance between all bodies needs to be maintained. You will also need to become aware of your subtle bodies that are linked by the ever-changing movements of electro magnetic forces.

Throughout history, there have been people who have had clairvoyant vision and can see the radiations around us. Others are clairaudient and can hear the sounds, which the color vibrations emit. All of us can learn to develop our sensitivity to subtle energy. Crystals and gemstones can raise your awareness of these forces and realign or remove blocked energy.

The subtle bodies of man

All matter therefore is constantly exchanging different vibrations and wavelengths, everything interacts. Just as Earth is surrounded by its own force field, your own electro magnetic atmosphere, known as the Aura, surrounds you.

The word Aura comes from the Greek word meaning breeze and it is well to keep this image in mind when dealing with the Aura. The Aura is a two-way transmitter and receiver connecting you to the vibrations around you. It is the way you can connect to the energy from minerals, plants and the animal kingdom as well as the cosmic forces.

Just as the ozone layer protects the Earth, the aura forms an oval envelope around the physical body, and is your greatest protection. If disharmony of either a physical or a spiritual nature occurs, the aura becomes de-energized. It becomes weak and holes appear, allowing harmful energy through. These harmful emanations may cause mental or emotional imbalances or you could eventually become physically ill.

The aura consists of three major layers extending outwards from the physical body. Although I describe these bodies as being separate from one another, there is really no clear definition, because they blend into one another, exchanging energy and color. The physical body consists of two layers; the densest layer is the physical body that is visible to you, and the etheric body that is an exact duplicate of the physical body, only it vibrates at a higher rate.

The etheric body forms a cocoon of energy radiating approximately four inches away from you. To those who are sensitive to the auric radiations, the etheric appears as a fine grayish mist. The etheric cannot distinguish between good or bad vibrations and acts as a collector and transmitter of the sum total of energy from the other subtle bodies.

It is therefore most important that vibrational healers work at this level, cleansing and balancing the energy in the etheric, before it is transmitted to the copycat physical body.

It is through the etheric body that crystal healing works, for it is within the etheric body that problems show up before they manifest as an illness within the physical form. Crystal energy can disperse the blocked energy on the etheric level, thus restoring balance and a harmonious flow of life force energy once more. Crystal healers treat an illness at the source, so the problem can be eliminated completely.

The next layer of the aura is made up of the astral body. This extends outwards from the etheric body for several feet and consists of the energy produced by your emotions. The word `emotion` is derived from the word emote, meaning to move out. True expression of emotion is to move out energy. This energy comes from our soul and takes the form of divine love, joy and compassion.

When negative feelings emerge this energy comes from your soul and takes the form of divine love, joy and compassion. Feelings such as fear, greed, envy, jealousy, resentment, guilt and many more are negative expressions of emotion. Crystal healers can work with the astral body, to draw out this repressed energy, opening up the channels to receive and give true pure emotions.

The mental body extends out from the astral body. This is made up of the higher and the lower mental. The lower mental is the energy that relates to your learning behavior. Patterns of behavior are instilled into you during childhood as well as imprinted belief systems and ideas related to your culture. You use the lower mind for your day-to-day ability to function in this world. The higher mind relates to your mental abilities of logic and reason. If your heart centre is open the higher mind links you to others, you will be able to empathize and give sympathy and usually have a greater understanding towards others.

The physical etheric, astral and mental bodies' together form into what is called, your personality. These are aspects of your Lower Self. These are the ones that you acknowledge most in your everyday life.

Now you can progress on to the three subtle bodies with the highest vibrations. These form aspects of your higher self. The first is the Soul Body, which is the layer that begins to connect with your soul. It is also known as the causal body and is connected to your Karmas.

The next layer is the Spiritual body, which is connected to your third eye. This aspect of you allows you a sense of service and a way of working selflessly for the good of others. It represents the area of high idealism and creative inspiration, for in order to acquire these qualities you have to connect to your intuition and the inner knowledge of your higher self. Lastly, you have a subtle layer that is made up of several layers that connects you to the divine. Your consciousness is part of the divine body and is only opened if you are an initiate or master. This is spiritual illumination and knowledge of who you really are.

Between each layer of the aura, there are further vibrational levels. They supply life, giving energy to each layer and sustain them just like membranes in cell walls. These membranes are often compared to the veils or garments worn by soul. When you die the double etheric layers break up starting the process of transformation between this and the spiritual world. Soon afterwards the etheric breaks up and starts the process of transformation between this and the spiritual world. The etheric body struggles to survive with serious illness and can no longer protect the physical body.

It is one of the main functions of the aura to collect the light energy, chi or Prana and break it down into its elements sending it to the body's energy centers known as the Chakras. The Chakras are whirling wheels of energy, which exist on the etheric level. Each of the seven major centers is lined together at intervals along the spine. They are constantly moving, absorbing currents of energy. Free flow of life-giving energy is vital to the health and well-being of the person.

All the chakras interpenetrate one another. Each charka also corresponds to a particular color frequency, and with a particular ductless gland or organ in the physical body. In a healthy being, the chakras absorb and distribute energy evenly and in an unhealthy one, toxins begin to collect in a particular part causing physical emotional or mental problems.

The polarity of the body

The vital life force or Prana circulates in a balanced rhythmic way between all the organs of your body. It also permeates every living cell and tissue. If this energy becomes blocked the organ relating to the blockage becomes diseased. In the same way bacteria and virus affect the body, this in turn upsets the energy balance in the body, the human system functions in accordance with the law of polarity.

This means it has two main energy points. One of these is at the top of your head, and the other at your feet. Energy currents circulate between these two poles in perpendicular lines called zones. Practitioners of acupuncture and reflexology use these zones.

The energy system of the body reflects the electro-magnetic properties of life-force energy. One side of the body carries a negative electrical charge, which is the North Pole magnetic charge.

This shows that one nostril breathes out negative charged breath and the hand on the same side of the body holds a negative charge. The negative hand is called the Receiving hand.

In the same way the other side of the body, nostril and hand will hold a positive charge linking to the South Pole. This hand is known as the Sending hand.

To find which your receiving hand is and which your sending hand is, you need to place a clear quartz crystal in your hand with the point facing away from your body. In the other hand have the point of the crystal facing your body. You should now become aware of the way the energy is flowing.

Now turn each point of the crystal around and feel the flow of energy again. You will notice that one will feel stronger than the other will. Take note which direction the crystal that feels the stronger is pointing. If the crystal is pointing towards you this will be your receiving hand, and if the crystal is pointing away from you then this will be your sending hand.

The sensation will be strongest in your Sensing hand. This hand will be useful for you when sensing the energy from the energy field that is surrounding the client you are working with. Use this hand to run over the energy field surrounding your client. Concentrate on the feeling of the energy in their aura. You will develop the ability to detect stickiness, a build up in energy, and later areas, which are de-energized and even holes in the aura.

The Devic Kingdom

Just as you learn to perceive the energy force in and around your body and those of others, you can learn to perceive the life-force energy in the mineral kingdom.

Just as you have a higher self, so too do all forms of nature have a version of their higher self, linking them to the divine. The higher self of each living thing in the natural world is known as a Deva. You can learn to connect with the Devas who can impart wisdom at the deepest levels. Devas are energy beings and they operate on a spiritual level. Although they are formless, the Devas act through the forms of nature, the trees, flowers, rocks and stones.

The Devic kingdom maintain and balance the energy of plants that bring the message of being connected and interdependence of all life. It is impossible to separate life from nature in order for you to survive; you need to link yourself with it. The kingdoms of nature teach you to not only see with your physical eyes, but to expand your awareness beyond the limits of form.

You can start to attune yourself to the Devic Kingdom through your gemstones. You will then be connecting with them at a spiritual level. This means through your intuition or higher self.

Treat your stones with respect, as friends they will teach you and help you. Affirm that the Deva of your stone is now with you and waiting receptively. Try to notice the energy shift from your higher self to the Deva. You may feel a sense of calm, joy, or perhaps another sensation, such as sounds or color.

Now you can focus your attention on the gemstone in your hand. Thank the Deva for its existence and for the gifts of the earth.

Chapter 11

The Chakra and Aura System

The chakra has seven major centers that are within each level of the aura, and are joined together at intervals along the spine. They are constantly moving, absorbing currents of energy. The chakras are an essential part of your bio-energy system. A free flow of life-giving energy is vital to the health and well-being of the individual. The electro-magnetic energy circulating around the body stimulates various glands thus maintaining hormonal balance and affecting your whole metabolism.

The chakra enables you to gather process and release energy from the earth and from the atmosphere around you. This helps to feed the life force into your endocrine system, which in turn stimulates and regulates your hormonal balance. Therefore, although the chakra system exists in the etheric body, it has close connection and inter-relates with your physical body. The chakra conducts and filters a constant flow of energy through you. Crystal's are there to help maintain this balanced flow.

All life forms have chakra centers and they act as conductors of energy. It is believed, that the mineral kingdom has only one chakra, the animal kingdom has three or four, and it is only in man that you have three transpersonal centers linking you and allowing you to communicate with the divine world.

There are seven main chakras and twenty-one minor ones. It is a good idea to learn the position of the minor chakras as well as the major ones, for crystals or gemstones can be very effective when laid on these areas. The major chakras are found at the base of the spine, the sacral centre, the solar plexus, the heart, the throat, the brow or the third eye and the crown. We will look at these areas in more detail shortly

Sometimes an eighth chakra is included. This is situated at the thymus gland, which is located above the heart and below the throat centers. The thymus chakra is of great importance because it appears to affect the immune system.

The major chakras correspond to a certain color frequency, and attract the power of those particular color vibrations, which have their own powerful healing qualities.

1. Base Red		Coccyx, Gonads
2. Sacral	Orange	Adrenals, Kidneys
3. Solar Plexus	Yellow	Pancreas, Liver
4. Heart Green/Pink		Heart
5. Throat	Blue	Thyroid
6. Brow	Indigo	Pituitary gland
7. Crown	Violet	Pineal gland

Chakra area one - The Base

The base chakra is located low in the body in between the anus and the genitals. This chakra relates to the survival of the individual and helps keep the person stable and grounded, and down to earth. The open end of the energy vortex is directed downwards towards the earth, helping to make the grounding connection. The related gland is the adrenal gland, otherwise known as the fight or flight gland. The adrenal gland helps a person survive in times of emergency as it changes the metabolism of the body. So that when either running away from danger or standing and facing it, non-essential systems in the body either slow down or stop and essential systems are more active.

For example, the digestive process is stopped, as it is not needed on a temporary basis, and the circulatory process is increased to deliver more energy to the muscles. The digestive mechanism serves no short term purpose all energy used will be stored within the body. The muscles need as much food and oxygen as possible so the blood has to be pumped around the body at a faster rate.

The color associated with the base chakra, in the west, is red. Red is a very vibrant physical color, and has the longest wavelength and slowest vibration of the visible spectrum. It encourages action from people at a very physical level. It can also be very warming it may even lead to violence. If you want a restful room, do not use red paint. However, there can be many other colors associated with base chakra.

The base chakra is sometimes considered to be connected with survival, because it is near the genitals and therefore linked to procreation. It is possible that there is a difference between chakras and the sexes, as the base chakra is close to the male genitals. One thought is that for the first two chakras glands are reversed for males and females.

The second chakra is closer to the ovaries. Crystal healing in this area brings energy down from the higher centers and helps to assist in grounding people. This links the earth to the base chakra and links it to a higher energy, thereby providing a balanced energy flow.

The chakra links into the body's nervous system. The base chakra is at the base of the spine and through the spine come a very large numbers of nerves. If you consider the spine to be a tree then the base chakra is at the bottom of the tree trunk from which the root system emerges. The base chakra is at the bottom of the other chakras; it is the foundation stone for the other six major chakras to grow from. On the physical plane the base chakra relates to the grounding and base structure of the body, the parts that support you, the feet and legs and the bones. It also relates to the large intestine, which extracts fluid and some nutrients from your food helping to remove all remaining rubbish, helping you to survive.

The element that relates to the base chakra is earth, providing a solid basis and support for survive. At a basic level, the earth provides you with support for survival; it is what you are most closely connected to on a daily basis. As a healer, you will use statements such as feeling grounded, which relates to using the earth energies as a support and enabling you to deal with crisis and therefore survive. The vibrational rate of the base chakra is the slowest of the major seven chakras, the vibration that is nearest to solid matter.

The base chakra is often one of the easiest to identify as being out of balance. In some ways, it is a sign of the times that so many base chakras are out of balance. Many people suffer from stress, or spend much of their time in their heads for reasons of work or just life in general. Both of these situations are potentially damaging to the base chakra. Stress over uses the adrenal gland so that it either shuts down through over use or is running all the time, pushing more adrenalin into your body, which over exerts it. At the same time the base chakra, is directly linked to the adrenal gland.

This gland also suffers and may well shut down or disconnect from its source of energy, the earth. In a pre-stress society, stress still existed but normally with breaks in between stressful times; it is known as short-lived stress.

Today there is rarely any break from stress; even that great relaxing device in the corner, the television, can create stress both by the emission from the electronics and from the program designed to keep your attention. The modern world pays great attention to intellect, often to the disadvantage of the physical side of life.

In this case, the base chakra is forgotten, as the person concentrates on the higher chakra. In a perfect world, the influences on the individual would be redressed, and the chakras would all be in balance. In a similar way, other people escape from the real world by living in an artificial world within their heads.

Chakra area two -The Sacral

The second area is called the sacral chakra; this is positioned near the sacrum on the spine. There is occasionally confusion with the term navel chakra. The sacral chakra resides just below the navel, although the navel chakra is sometimes shown above the navel; it, of course varies from person to person. The only way to find the position of a chakra is by using a pendulum or your hand. The sacral has a vibrational rate that is slightly higher than the base chakra. This is because, as the energy moves up through the chakras, it becomes more refined from the earth plane through to the spiritual plane. Unlike the base chakra the sacral chakra has a connection into the body. You can feel chakras two and six at the front and at the back of the body, chakra one and chakra seven are a pair in their own right.

The Sacral chakra is often referred to as the chakra that relates to creativity. This creativity probably relates to procreation as well as the creativity associated with developing new ideas. This chakra is related to the testes and ovaries, or following the arguments for the base chakra, the ovaries and the adrenal gland, for women and men respectively.

This makes sense in many ways; if you can survive the purpose of chakra one, you will want your species to continue, so you procreate the purpose of chakra two. That is for women; for men it may be to procreate and then to survive. Within the human race, the act of procreation has also led to sexuality and pleasure.

A balanced second chakra can also provide an individual with self-confidence and vitality.

The sacral chakra is closely linked to water. As the first chakra relates to the earth, the second chakra relates to the moon and in many philosophies connects to liquids or fluidity and emotions. As well as the testes and ovaries, the second chakra is associated with the womb, kidneys, circulation system and the bladder, the parts of the body that deal with fluids and the large and small intestines which assist in removing water from our waste products.

When the second chakra is out of balance, there may be problems in one or more of these areas. The second chakra is also linked to the sixth chakra, and to the astral component of the individual. A well-balanced and open second chakra can assist in psychic skills.

The qualities of the second chakra tend to be childlike; they are creative, innocent and trusting. Even the position of the chakra is where the embryo grows which has a direct link to creativity, water, the womb and the innocence of the child. The normal color for the second chakra is orange, a very vibrant energetic and creative color. Lighter and more outward looking than red, orange can assist in the creative process with a cheerful and exciting energy.

Chakra area three - The Solar Plexus

This area is most commonly known as the solar plexus chakra. This is positioned just below the sternum in the area that, if you are hit there, knocks the wind out of you. The color is yellow, like its namesake the sun. This is the chakra of will and power, together with self-worth. This is where you fit within the cosmic all. The solar plexus chakra is where, at times of stress, you may feel butterflies. In addition, at times of crisis the feeling may be as if someone has physically knocked the wind out of you. Together with the adrenal gland, the solar plexus is the major area affected by stress and tension. The chakra relates to intense emotion represented by anger, laughter and joy.

The third chakra is connected to many of the major organs within the body. The associated gland is the pancreas, and linked body parts include the liver, gall bladder, spleen, stomach, diaphragm and digestive system. These organs are related to your emotions and tensions. The gall bladder is associated with bitterness in both senses as the bile it produces is very bitter and a person who is bitter often has associated gall bladder problems. The liver is related to anger and jealousy, there are butterflies in the stomach from fear, which can also affect the digestive system. The digestive system transforms solid and liquid food into energy. The third chakra has the element of fire and uses the two lower chakras, earth and water, along with air from the fourth chakra to create energy by `burning` food. Like fire, the body needs air for effective metabolism of food and energy.

The solar plexus chakra is an adult chakra although much of its training came from your parents. The early years set the scene for the ability of the individual to put forward their will and to take responsibility for their own power. Because of this, there can be serious conflict between the second and third chakra with their creativity and personal will.

Parents and society, whose messages are taken in by the third chakra, may well remove the natural exuberance of the child. Within the world, there are changes in the structures that relate to power, which filter down through levels of society. Many people are now saying that they are regaining their own power, where as not so long ago they would have been suppressed and accepted their lot. This is not an easy process to undertake and the change in individual's willpower can lead to changes in the way society reacts to the individual.

Unfortunately, this occasionally sets up conflict with those who have yet to accept their own power and are working on the rules laid down by others as to how they should utilize their own power. This sounds like a call to anarchy but is rather a call to the individual to recognize that they have their own power and the right to assert it for their own self worth.

When the third chakra is out of balance, there may be symptoms such as diabetes or eating disorders and ulcers. When properly balanced, the individual is in a better state to deal with fear, able to direct their energies towards their aims and complete them, to have patience and internal strength to deal with problems, to know who they are and use their emotions in a positive energetic way.

The energy of the third chakra is fire and the planet representation is the sun. The essences of the energies are becoming more rarefied and volatile as you work up through the chakras. The energy of fire is burning and rising with the heart. Just as fire transforms solid material into heat and light, the internal elements of fire can also flare up. This can relate to the dramatic emotional part of the chakra with laughter or anger, both of which, having been contained, can flare up.

The third chakra takes the solidness of the earth, and the flowing action of the water, and transforms the energies of the first two chakras into action.

Chakra area four - The Heart

This is the middle chakra and is thought to join the bottom three physical chakras with the top three spiritual chakras. The fourth chakra is known as the heart chakra. This is positioned about three or four fingers width up from the bottom of the sternum. There seems to be an indentation in the bone at the heart chakra. The model that is being used here, assumes that the chakras are all in a vertical line. This appears to work, but it is possible that they are not in a straight line and are placed over parts of the body that are more relevant to their names. If you cannot find a particular chakra, try moving around the area and you may find that it is in a slightly different position. In addition, as each person is structured differently, with varying proportions, natural rhythms and energies, it would seem that their chakras could also be in different places. When looking for the heart chakra do not go too far towards the throat as there is another strong chakra, the Thymus chakra, lying just above the heart chakra.

The heart chakra relates to the thymus gland, even though there is a separate chakra at that point. Other related body parts include the lungs, heart, arms and shoulders. The element that relates to the heart chakra is air, which links into the lungs.

This is also the link to the third chakra to provide air for the burning of solid matter to release energy, and to the fifth chakra, which uses the air for communication via the voice. These links are why it is important for the chakras to be in balance and for the subtle energy connections between them to be in good order. The fourth chakra relates to love; this is the selfless universal love as well as the personal love between individuals. Like the third chakra, the values and views of love are often instilled in the childhood years. The unselfish universal love that can also be seen as compassion is often put aside, particularly by western society. Therefore, it may involve much work to bring this chakra back to its full glory.

When fully opened to universal love the person may notice an increase in their compassion, a better ability to feel both solid and energetic forces, an increase in their sensitivity to the needs of others. If the third chakra is also balanced then this will work well, if not they may give their power to other people in what they consider as love. Real love is a healthy balance not subservience. They will also be free to give and just as importantly to receive. When the fourth chakra is out of balance, the physical symptoms may include lung-related diseases such as asthma and problems associated to the heart and blood pressure.

The tales of people suffering from a broken heart may well relate to the damage done to the heart chakra by moving away from the concept of universal love and oneness.

In some ways, the heart chakra is very difficult to work within modern society. What it requires may not be easily available. Acceptance of universal love does not seem to be recognized, leaving love to be generated between two individuals. This in turn puts demands on those individuals, which are not in the best interests of love or the relationship.

In addition, the real spiritual side of life seems in many cases to be in decline. This lack of spirituality is placing a restriction on people's view of the greater dimension of where we fit into the world and universe. The realm of compassion and universal love is being denied to people by their own actions.

As such this link with the third chakra in terms of where people fit into the larger picture, which in turn either puts them in a lost situation or brings out their ego and selfishness in greater amounts causing imbalance pain and loss.

Because of the position of the heart chakra, and because of the way we live, it is often out of balance from a very early age.

The color of the heart chakra is normally given as green, as it fits in with the seven-rainbow color model, or because it is the color of love. Pink suffers as it is commonly attributed to girls, causing even greater problems in people accepting it as a loving color.

The heart can appear to have many colors from gold through to very dark and cold colors.

Chakra area five - The Throat

Having dealt with the basic physical chakras and the linking heart chakra, we now move into the more ethereal chakras, the first of which is the throat chakra. Traditionally it is positioned on the front of the body as the soft indentation at the top of the sternum. This is a sensitive place most of the time but even more so for those with an imbalanced throat chakra. The glands associated with this chakra are the thyroid and parathyroid, which are positioned very close to each other in the neck. Not surprisingly one aspect of the throat chakra is communication of all sorts.

The voice can transmit our needs, feelings, emotions and our thoughts and ideas. Even the youngest of babies has a voice to attract attention to get their needs met and to communicate their pleasure and love.

Unfortunately, as you grow you are conditioned, to what you can say and when you can say it. This tends to reduce your ability to communicate the real factors that are essential for your well-being. For instance, boys are taught not to cry when upset. This form of conditioning stays with us into adult life, when in the western world at least, you tend to find communication about ourselves very difficult.

The fifth chakra is the communication device for all the other chakras. To help understand this, imagine a flow of energy from the root chakra moving upwards. As it passes the other chakras, it collects more information at higher vibrational rates until it reaches the throat chakra where it has the opportunity to be expressed. However if the throat chakra is out of balance or as it is sometimes referred to, blocked then this flow of information is also blocked and it is held within the body. It may be expressed in different ways, which are not good for the overall health of the individual, possibly bursting out physically, emotionally or mentally.

The body parts that are associated with this chakra are the neck and shoulders, a very common place for holding tension and stress are the arms and hands. When the chakra is out of balance physical symptoms can include problems with the related glands with an under or over active thyroid, stiff neck and frozen shoulders. In addition, sore throats that are possibly associated with colds that seem to lie on the upper chest. There may also be problems with speech, including poor self-expression, not be able to stop talking and speech impediments. This chakra is also linked to creativity, also associated to the second chakra. The throat chakra the chakra of communication enables creativity to be expressed.

This manifestation need not only be by voice, as the chakra also relates to the arms and hands, so that the expression of creativity can be through another medium such as drawing or writing. There may also be an increase in the ability to connect with the greater consciousness of the universe, where much creativity can be drawn.

Of course, creativity may come from the greater consciousness that resides within oneself, but the result will be the same. Within your language, you are saying such things as `the idea came out of thin air` and many of the most creative people through the ages have implied that their ideas came to them from out there somewhere, either in dreams or just appeared in their heads.

These tie in with another property of this chakra and the elements associated with it, which are given a variety of names such as spirit or sound. It is the fifth element after earth, water, fire and air, and is the ethereal, the non-physical element that is part of every person.

Chakra area six - The Brow

The sixth chakra the brow chakra, which in earlier texts is called the third eye, is positioned in the centre of the brow about two fingers, width above the bridge of the nose. This chakra deals with perception, intuition and seeing in all senses of the word. It is associated to the pineal gland and the eyes. The sixth chakra is to see with the psychic power of the individual. The problem is that within our culture many people are forced to either close their third eye or not talk about it. This is slowly changing with even governments admitting that they have experimented with using people as perceiver's and distant viewers.

A blocked or imbalanced brow chakra may lead to headaches, problems with sight and difficulties sleeping and your dreams could start to include nightmares. With a balanced sixth chakra, and if all the chakras are also balanced the awareness and perception of the individual can be very dramatic.

Not everyone has the same abilities. The perceptive abilities can be pictorial, audio or a combination of both. There is also the ability to "just know". Many people know who is on the telephone. Many mothers have known when one of their children is in danger. Some people instinctively seem to know when things are going to happen to them. They may get a message, they may see the event or they may have a dream. All of these activities can be enhanced, if the brow chakra is allowed to open.

The color associated with the brow chakra is indigo mainly because it is the sixth color of the rainbow. The color can be almost anything depending on what is happening to the individual. Furthermore, there is no element associated to this chakra, since its energies are beyond the realms of the physical and beyond those of the etheric. There is however an association with the throat chakra. There is also a link to the sacral chakra.

Chakra area seven - The Crown

The Crown chakra is the last major chakra. This chakra makes the connection to everything else. Whatever your spiritual beliefs, this area assists in making your true connection to your spiritual being, a connection with everything, everybody and every event in the cosmos. In modern society, very few people have a fully developed seventh chakra. Those who for some reason have had their crown chakra opened can find it a very disturbing event. They may see pictures of events that are taking place elsewhere or they may be in a strange world or in fact anywhere in the universe. The realms of the crown chakra do not follow the normal rules we associate with time, space and perception.

The crown chakra is situated at the top of the head; it is associated with the pituitary gland, the cerebral cortex, the central nervous system and through this the whole body. The color given to it from the rainbow set is violet, but it is all colors as it associates with all things.

When the crown chakra is out of balance or blocked the person may feel alienated and confused at many levels, from their personal life through to their connection, or lack of connection, to their spiritual beliefs. Their behavior may be that of a depressed person and they may find learning difficult, leading to yet deeper depression. Once the crown chakra has been opened, and if all the other chakras are balanced, the person will reach an amazing state of well-being and become very aware and open.

A thought:

If this is possibly, what happened to all the great religious leaders and prophets, when they opened and balanced their chakras?

The Auras

A part of the subtle energy system that is of importance to all of us are the auras. These layers surround the body, each layer serves a different purpose, and each layer appears to become more refined as it gets further away from the body. The exact number of auric layers is not known; different people seem to consider a different number of layers. Another unknown is whether each layer is only at the level of the layer, like an onion, or whether it reaches to the body from its outer level, so that each auric layer is represented close to the body and at the furthest layer only has one layer that exists. This last image perhaps provides the best way of understanding what the aura is and how it works.

All the layers of the aura near the body form a dense region of subtle energy that is closer in energetic value to the physical body than the individual layers furthest from the body. Each layer has a certain energy that can stretch a given distance from the body; the higher the frequency of the energy the further out it can reach. The idea is that the higher the frequency the less the influence of the physical body has in restricting the expansion of the energy field.

The names given to each layer seem to vary with every person who writes or talks on the subject. Although this can be confusing, the important factor is to understand what each layer is, how each chakra is related to it, and how each work with each color.

Many people have had an experience similar to the following example.

You are standing in a room possibly with lots of other people. You have your back to the door.

As it opens a person enters the room and you know who it is before you turn around.

Why and how?

The answer is that the aura of the other person and your aura have connected before your vision recognized the other person. You will recognize the pattern of the other person, by the auras exchanging data, which is sent back to your subtle body, this links to your mind so that you can sense the other person. This form of action tends to happen with those that you know well, as you have spent time in each other's aura fields and have a stronger connection or recognition. It can also happen with those people that you have experienced fear with, such as an unknown person in an accident.

We can now look at the five different layers.

One - The Etheric layer

The aura, as the rest of the subtle energy has a very high frequency and as this frequency becomes higher the further from the body the field reaches. The field nearest the body has a low frequency. This field is the etheric layer. It acts like a pattern for the actual physical body to grow into. Again, there are still differing views on how this happens. One view considers the etheric layer to be a blueprint of the physical components of the body following them as they grow; sometimes they do not follow the pattern correctly. The other view is that the etheric layer is a mould into which the body grows. When it reaches the size of the mould, it stops growing. This aura is strongly associated with the first chakra, the base chakra. Both are connected with the physical body, the basis of life and survival.

However, the chakra is also connected to all other auric layers, each of which is directly linked to a separate chakra. This means that all of the chakras are inter-connected through the different auric layers of the body. This is why crystal healing is a part of the school of holistic medicine. If one chakra or auric layer is looked at in isolation, information from other areas are included in that chakra. Showing that all the chakras need to be checked and all layers need to be analyzed. It does mean that by analyzing the chakra, it is an idea to know about the auras.

These areas can be developed, and then they can be looked at more closely. This close association is useful as the auras are harder to work with than the chakras.

Two - The Emotional layer

The second auric layer is the emotional layer. This area is as the name implies, and relates to the feeling of the individual. If there are difficulties with emotions, the second layer may feel thick or sloppy so that it is difficult to move your hand through it. This is one way to check and analyze the chakras. Using a sweeping motion at different heights above the body makes it possible to feel any areas that are out of balance.

Checking the chakras and the auras can be like trying to recreate the person and their problems in the form of a three dimensional model. When scanning over the body you may pick up feelings from physical problems within the body, which have misshapen the aura.

If the physical problem is caused by emotional difficulties, then the emotional layer will also be distorted. This is where the questions at the beginning of this chapter help to provide a framework for the scanning of the chakras and auras. .

Three - The Mental layer

The mental layer goes outwards from the body; this is a very important area. Its here that the saying “every action starts with a thought” rings true, and this can be seen operating in this area. The information from the mental layer filters down through the emotional layer to the physical layer where it can take form. The idea of mind over matter, particularly when considering the health of an individual can also be appreciated using this model. The mental layer relates to the third chakra, which is to do with the self and a person’s personal power. Again, the mental aspect enables the individual to take their own power and create their personal will.

Four - The Astral layer

The astral layer and is like the heart chakra and is a link between the physical auras and the more ethereal and spiritual layers . It can act as a transforming layer taking the very high frequency energies of the higher levels and changing them so they can be used at the mental emotional and physical levels.

The energies of the astral level may be those that interconnect with other energies during dreaming. The term astral travel is used for the experience. This is where the person seems to go to different realms when they are sleeping or in a trance-like state and it may be that the frequency of the astral layer is one that can connect you to other energies, providing the feeling of being elsewhere.

Five - The Spiritual layer

Once we are passed the fourth layer, the information on the auric layers becomes less clear. Different people see or feel different things. It is probably best to say that beyond the astral layer there is at least one more layer, which is the fifth layer known as the spiritual layer. This layer could be considered part of your soul. These higher layers may provide information to the lower layers from a greater source of energy. It is at these levels that you can form a psychic connection between people.

The spiritual layers may extend beyond the body by a considerable distance. It is not uncommon for people to feel another person is close by, perhaps in another room or even in the same town. At times of extreme energy changes, such as danger or pain it appears that some people know what another person is feeling.

Part of this can be linked via the higher levels of the aura. Some people express it as, "you are all one".

Because of the interlinking of the chakra and the aura, there may also be strong connections through the chakras. In particular with those, which are close, such as mother and child, or those that are in love. The strongest of these may come from the heart chakra, but all the chakras will interact with those of the other person creating, hopefully, a two-way link. When you give much, as a person and when none of your efforts are reciprocated, this can cause a build up of imbalances and energy. There is much written about the distance of each auric layer from the body from a quarter of an inch to tens of feet. There is, of course, a difference in these measurements between everyone. The only way to find out is to test them for yourself.

Chapter 12

Gem and Chakras Colors

Pure white sunlight contains everything necessary to maintain life on earth. The electro-magnetic radiations flood down into earth and penetrate everything on the planet.

Light energy penetrates into the earth into the mountains and caves. The magnetic energy is absorbed into the earth and rocks, and crystals begin their growth in the darkness using this energy.

When you bring crystals out into the light, they reflect the colors of the rainbow. Crystals are living entities; the life force, which they hold can release once, awakened.

The growth of crystals are just like your growth, a long continuous one.

Indian gem therapists believe that the crystals are composed of the seven rays that are primeval formative forces in nature, and it is through the combination of these forces that tangible forms are produced.

Gems are pure light energy and the colors of gems reflect the color energy with which the particular gem is empowered. When white light passes through a gemstone, some color wavelengths are absorbed while other vibrations pass through. The color passing through the gem is amplified, and the healing quality of the color can be used in crystal treatment.

The human body is designed so that it is self-building and self-healing. By combining your energies with that of gems, the self-healing processes can be stimulated. This only occurs when there is an energy balance between body soul and mind.

Crystal healing uses the crystals and the energy of colors they contain to stimulate the bodies energy system, allowing it to become active. This helps to recharge it with energy.

Now we can look at each chakra centre in turn, relating it to the color frequency with which it has sympathy. We will also look at the stones that reflect these colors and how they can be used for balancing each chakra.

The Base Centre

Color -Red

Element Earth energy

The base centre relates to the life-force energy and is the spirit of life. The color red gives us physical strength and vitality. It is a stimulant and has heating qualities. It controls the creative, procreative and restorative functions of the body.

Use red where there is an inability to accept life's responsibilities and if someone tends to be too dominant, dogmatic or pushy. The stones are of earthling qualities.

The stones connected to the base are:

Rudy, Garnet, Tourmaline, Smoky Quartz, Bloodstone, Black Onyx and Agate

The Sacral Centre

Color -Orange

Element Water energy relating to emotions

The sacral centre relates to the spirit of health. Orange energizes the adrenals and kidneys energizing the body physically, nourishing it by absorbing nutrients from food. The sacral chakra corresponds to the spleen from where stems our ability to experience joy. The sacral chakra is the centre of the emotional body, and orange can stimulate a loving warm contact with others.

This centre governs our sexuality. The energy can be channeled into creative and artistic development. Orange can be used for the fearful and timid. Orange helps shyness and lack of interest in life.

The stones connect to orange reflect the qualities needed to balance the emotions

The stones connected to the sacral centre are:

Bloodstone, Cornelian, Coral, Jasper, Agate, Haematite, Dolomite, Moonstone and Tourmaline

The Solar – Plexus

Color -Yellow

Element Air and Fire energy relating to power

This area relates to the autonomic nervous system, pancreas and liver. Yellow has a stimulating effect on the nerves. It is good for co –ordination and orientation. It aids the digestion and purifies the whole system. It is especially good for the skin. Yellow links to the mental and intellectual faculties and encourages warm –heartedness. Yellow dispels envy, jealousy and fear. It counteracts feelings, which show lack of power or obsessive behavior.

The stones connect to yellow reflect clearing and empowering qualities the stones connected to the solar plexus are:

Agate, Topaz, Citrine, Peridot, Tigers Eye, Amber and Yellow Fluorite

The Heart

Color -Green/ Pink

Element Air/ Earth relating to unconditional love

The heart chakra is linked to your true soul emotions, together with your ability to give and receive unconditional love. Green links to the heart centre and affects the physical heart and blood circulation. Green is found in the centre of the spectrum. It is neither a cool nor a warm color and is therefore entirely neutral. Green can be used in healing to compliment any of the other colors. It harmonizes its energy restoring balance and bringing peace. When the heart chakra is open, it brings with it understanding, sympathy and co –operation with others and with nature. Green is the color of evolution and we have to learn to trust to the process of life.

Pink is also related to the heart, for pink symbolizes divine love. Give treatment using pink and green stones where there is insecurity and a need to be loved and protected. Green and pink is also good for feeling that life is unfair, unjust and a victim mentality.

The stones connect to green/ pink reflect harmonize and balance linking you with earth and nature.

The stones connected to the heart are:

Green Agate, Peridot, Rose Quartz, Kunzite, Diamond, Emerald, Tourmaline, Aventurine, Malachite and Jade

The Throat

Color -Blue

Element Ether, Air and fire energy

Blue controls the metabolic rate of the thyroid and parathyroid glands, so balancing the body's equilibrium. It is cooling and soothing to the mind and affects your ability to express yourselves vocally. This means it helps you communicate with your inner feelings and the needs of others. Use blue power when there is difficulty in motivation and difficulty in expressing yourself. Also if you are involved in things which have little to do with everyday life. You may need grounding.

The stones connect to blue reflect the cleansing and clearing the etheric body.

The stones connected to the throat are:

Agate, Blue, Topaz, Aquamarine, Chrysoprase, Turquoise and Chalcedony.

The Brow

Color -Indigo (midnight blue)

Element Ether

Indigo energy affects the pituitary gland that governs the hormones of the other endocrine glands. It is the conductor of the orchestra. Indigo is a great purifier and calms and smoothes the mind. It influences the organs of sight, smell and hearing. The third eye links you to your higher self; it can broaden the mind, and free your inhibitions. It also cleanses psychic currents, obsessions and phobias. Indigo is therefore a very powerful color vibration. The stones connect to indigo reflect cleansing, purifying, and mind expanding.

The stones connected to the brow are

Sapphire, Moonstone, Sodalite, Lapis Lazuli, Azurite, Siberian and Quartz

The Crown

Color -Violet

Element Ether

The crown chakra links to the function of the brain and the pineal gland. Violet ray energy stimulates the hormone melatonin and produces hormones that control other biological functions. We know that a deficiency of melatonin can result in the illness known as Seasonal Affective Disorder or SAD, which results from lack of natural sunlight. The crown chakra is associated with the sympathetic nervous system, which lead to an imbalance of energy which lead to headaches, migraine and other problems related to the head and scalp. Violet energy soothes the nervous and mental disorders, neurotics, and is useful in the treatment of tumors and concussion.

The crown chakra also connects you to the spiritual world (this does not mean the realm of the dead but rather the greater part of your environment which vibrates at too high a frequency to be detected by your five senses or by your present level of technology) This chakra can protect you from negative forces from other dimensions. A violet stone help your quest for spirituality and helps to expand your mind on a path of enlightenment and self-development.

The stones connect to violet reflect mind expanding and protection.

The stones connected to the crown are:

Diamond, Amethyst, Clear Quartz Crystal, Pearl, Alexandrite, Topaz and Sapphire.

The Thymus

Color -Turquoise

Element Water energy

Some people believe there is a chakra that exists in between the heart chakra and the throat chakra. This chakra is a very powerful energy channel that links you to the earth and to the heavens. Uniting with this chakra brings about great awareness to your emotional and spiritual planes. The thymus gland helps produce anti bodies which protect your immune system.

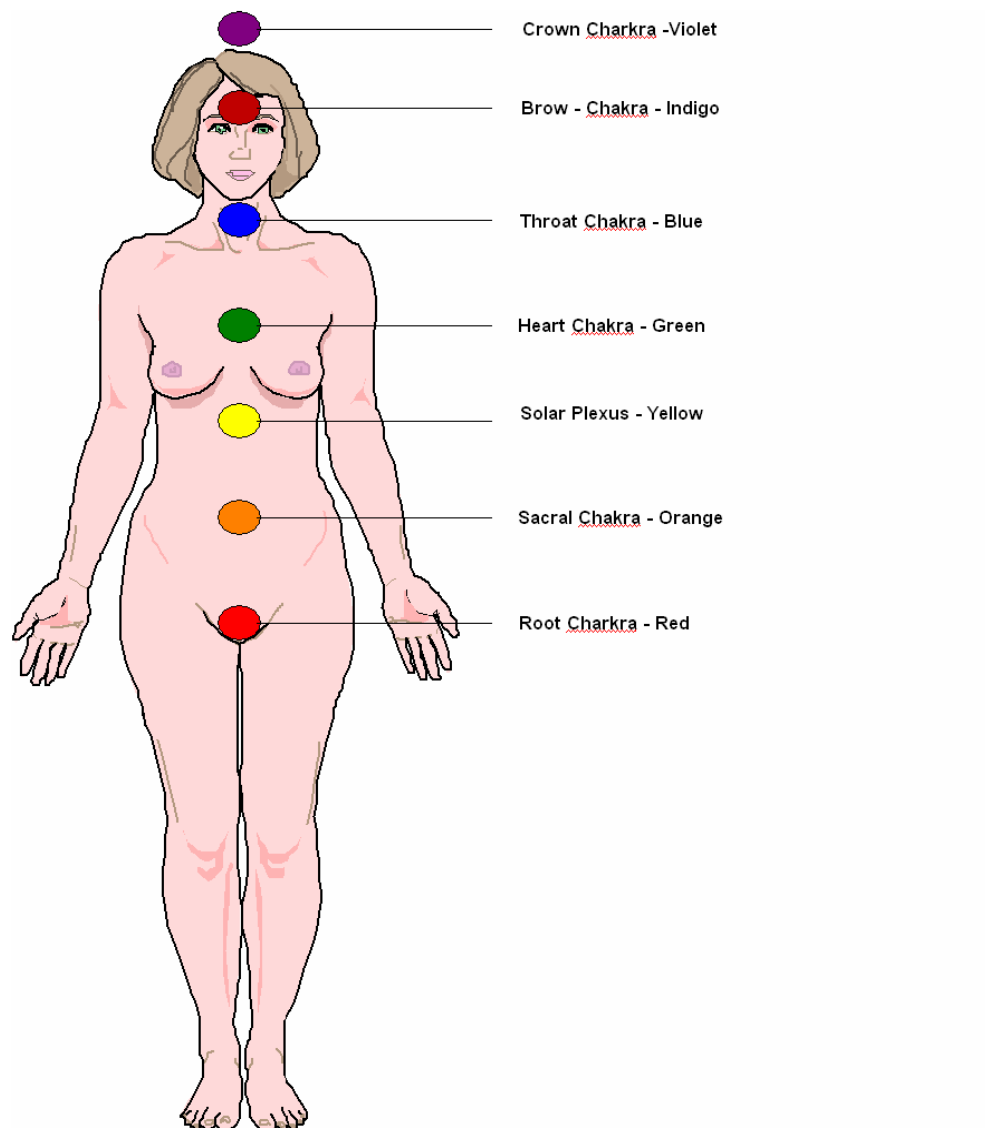
Turquoise energy encourages well- adjustment and the capability of interacting with people socially.

It brings freshness of ideas helping change negative thinking and purity of thought. Use turquoise for confusion, turmoil and an inability to move through your own boundaries and limitations. Helps dispel destructive thought forms for example I cannot do it, I am no good and I am ugly. The existence of this chakra is not universally accepted.

The stones connect to turquoise reflect cleansing, purifying and balance.

The stones connected to the thymus are:

Turquoise and Crysophase



Each energy centre is sensitive to the vibration of a particular color ed ray.

Here is a quick reference guide for the use of the stones to heal physical, mental and spiritual conditions.

Conditions	Physical	Mental	Spiritual
Calming	Green Stone Indigo Light blue stone		such as Blue Topaz and Sapphire
Revitalizing	Orange Stones Emerald Green or	Royal Blue and Lapis Lazuli	Golden and Rose-Pink gems
Inspiring	Red and Pink Stones	Yellow or Gold such as Topaz	Violet and Purple stones Violet stones as Amethyst

Note:

There is more than one valid spelling for most gemstones. Here are some examples Cornelian, Carnelian, Haematite, Hermatite, Adventurine, Aventurine, Crysophase, Chrysoprase, Alexandite and Alexandrite

Chapter 13

Taking a Chakra Reading

To take a chakra reading, place the pendulum over one of your own charkas or that of someone else. This will be explained further in chapter 14. Hold it about 2 -3 inches over the chakra. You can do this on a person's front or back, but over the front gives the person the opportunity to see the movement for themselves. As the pendulum starts to swing note how open or closed the swinging movement is.

If the pendulum swings in a wide circle, then the chakra is probably open. This can make a person vulnerable to outside influences and is showing the chakra needs protecting and closing. If the pendulum hardly swings, the chakra is almost closed and depleted in energy. The energy in this chakra needs to be stimulated and balanced.

Now you have to look to see if you need to do any of the following.

Disperse and balance energy – Clearing

Meaning:

This is the first step in the healing process. This is designed to clear negative emotions and beliefs. This means you need to allow the painful feelings to come to the surface. This means you have to express your feelings and release any pain you are holding inside.

We are always being told to let go of the old thoughts and behavioral patterns, as it is easy to hang on to old habits and relationships. Crystals can help move this stagnant energy, cleaning and clearing out these harmful vibrations. Once this is done, you will feel empowered and liberated and feel a sense of relief and freedom.

When dealing with subtle energy, it is very important to remember that when you move energy, you create a vacuum in the place that the energy was occupying.

You should not leave a vacuum or you will be inviting any type of replacement energy to rush in. It is the responsibility of the healer to make sure that positive energy replaces the impure energy that you have removed.

Build and Strengthen

Meaning:

The second step in the process is to instill and build up new positive vibrations. This means forming new thought patterns and re-energizing the system. Certain healing stones can help infuse energy, giving strength on which to build these new positive ways of thinking. It is essential you learn to change your attitudes reactions and actions, as these vibrations are the ones that caused the imbalance in the first place.

If you do not change, you will find that you revert to the same problems as before. It may be a physical ailment, which will keep recurring, or it may be an emotional or mental problem, which you cannot overcome. Positive affirmations are particularly helpful and can be used with crystal healing to help create new thoughts, forms and patterns.

Expand and transform to a higher vibration (spiritual expansion)

Meaning:

The third step is once you have changed your thinking and behavior you will find you have made a great step forward in your own personal growth and understanding. Crystal healing can help you expand spiritually, lifting your vibrations out, of your mind, emotions and physical body. This allows you the ability to experience inner wholeness and connection with all life. The energy from stones that stimulate spiritual expansion is very light and finely tuned. It is a building energy that works at higher levels of spiritual awareness. You will often find that these healing stones are very light in color and they have great clarity.

Grounding

Meaning:

Although it is your aim to transmute your lower desires and heighten your vibrations, it is also necessary that you remain grounded. This means you have to live in this world and you need to follow your soul's purpose in life. In order to do this successfully you need to be rooted and have a good sound support on which to build. You need to be connected to both the earth and the sky allowing the energy to circulate between the two. Stones can serve as stabilizers helping you to honor your physical body. Grounding is needed for anyone whose head is in the air. If they daydream and are not in touch with the real world.

Charging the charka

Meaning:

You will need to charge the clients chakra so place the crystal in your receiving hand with the point towards your fingers and hold your receiving hand palm up. Imagine a flow of positive energy passing from the universe into your hand, up your arm, across your neck, down your other arm, into the crystal and into your client. Move the hand holding the crystal in a clockwise motion over the area of concern. Using your intuition and how your hand feels assess when you have worked enough. Sometimes moving the crystal becomes harder or easier. If it becomes easier when removing energy, it implies that the task is complete and that the negative energy has been removed. If it becomes harder when applying positive energy, it indicates that the area is becoming full. With the first treatment, if you are unsure, always take the cautious route by giving shorter rather than longer treatment.

Energizing the chakra

Meaning:

Rotate the hand with the crystal in a clockwise manner above the chakra whilst visualizing universal healing energy coming through your hand and going across into the crystal and being amplified and sent into the client's chakra. You can start away from the body and as you rotate the crystal in a clockwise direction move in towards the body, this is conducted in a spiraling movement. It is important when working like this to ensure that all the negative energy is sent to the earth and not held by you. However, with the positive energy coming from the universe it can be useful if you receive some of it as it passes through your arms and neck.

Now move up to the sacral chakra and repeat the same two processes. At any time during this balancing the client may make some comment or react in some other way. If they do remain grounded do not panic, stay with what you are doing. Talk to them and if necessary reassure them that they are all right. When you have finished the sacral chakra, go to the solar plexus chakra and again repeat the two processes then onto the heart chakra, throat chakra, brow chakra and finally the crown chakra. When you have finished let the client be still for as long as possible, upwards of 15 minutes. When they are ready, help them into a sitting position and see what they have to say. You can ask them how they feel or whether they noticed any effects, changes or feelings.

Clearing and replacing energy in to specific area of the chakra

Meaning:

To work on a particular area or the chakra you will need two crystals. First, you need to clear the area. Hold one crystal in your receiving hand with the point towards your wrist over the area you wish to work on. In your sending hand, place the crystal so that the point is towards your fingers and your fingers are pointing towards the ground. Move your sending hand in an anti clockwise circular movement.

As the clearing is completed, you may feel that your sending hand moves more easily. To replace the removed energy, place your sending hand with the crystal still pointing towards the fingertips over the area and hold your receiving hand palm up with the crystal still pointing towards your wrist. This time with a clockwise motion, circle the working area until it becomes difficult to move the crystal or you feel that the area has had sufficient. As always, check your work. This method can be used for working on the client and their chakras but it is not necessary for sweeping the aura where one crystal is sufficient.

Check the client after the treatment

When you have completed the treatment, using either one or two crystals on a specific place whether you are chakra balancing or aura cleansing you will need to end the treatment.

The first part is to make sure your client is all right.

The second part is to run you're hands down the clients body from head to toe, without physically touching them, whilst asking for the chakras to be closed before they leave your healing room; this will ensure that the client is closed and not vulnerable to outside influences. If the client seems as if they are not really with it, or grounded, get them to move and think of physical things such as flowers, birds, cats, dogs ECT. Get them to relate to anything that relates to the physical world. Suggest that they do not drive for a while and that if possible they have a hot drink and a snack to eat, something simple like dried fruit can be effective.

When your client goes to get up make sure they do it slowly and help them if necessary. Check that the client is in the here and now as described earlier by grounding them. Make sure the client knows that there may be changes to them they could have memories from their past which may show their selves, or they may feel different in themselves. Reassure them that this is normal and safe.

When the client has left. The final stage is for you to ground yourself; start by shaking your hands, touch them to the earth to remove any excess and unwanted energy. Thank your guide or energy sources for their help. Go and wash your hands in cold running water. Then cleanse your crystals and the working environment, this can be done by using essential oils, opening the windows or burning candles.

Chakra balancing for self-treatment

The basic chakra layout is normally a pleasant and beneficial experience for the client. Before you try this on a client, why not try it on yourself first. Although laying the crystals on your own body can be awkward, it is worth pursuing.

Make sure you have the crystals at hand and lie down on your back, make sure you are comfortable and warm enough; your body temperature will change as you relax making you feel cold. Start with the base chakra; place the Hermatite on the front of your body just above the genitals on the pubic bone. Next place the Carnelian on the sacral chakra. Place the Citrine on the Solar Plexus chakra, the Rose Quartz on the heart chakra and the Blue Lace Agate on the throat chakra. Next is the Sodalite that goes on the brow chakra. Finally place the Amethyst at the top of your head, probably on the cushion or pillow that your head is resting on. Place your arms by your side and give yourself permission to relax and enjoy.

At the same time allow yourself to monitor what is happening to your body; try to remain as detached as possible. If any stones fall off, do not worry, let them be. Crystals will often know when they have completed their task and remove themselves from the area.

After about 15 minutes, in your mind try to go to each chakra, starting at the base chakra and ask how it feels.

Would it like the crystal to remain there for a little longer or would it like it to be removed? Often your whole system will be enjoying the sensation and will not want it to stop! The other possibility is that you may drift off to sleep. So before you start make sure you have enough time and set an alarm if you have later commitments.

If after 20 minutes, you still do not want to remove them, make yourself a promise of repeating the exercise and take the crystals off, one at a time starting at the crown chakra and working down to the base chakra. Give yourself some time to come round, make sure you are grounded, and of course, cleanse your crystals.

Scanning the aura

Next is the scanning process. Gently rub your hands together and slowly bring your scanning hand into the client's aura until you are about six inches away from the body and you are above the base chakra. Start with the densest energy levels and work up to the highest. Slowly and gently move your hand around in the horizontal plain. Try moving your hand up and down, if you feel anything; note how high you are above the client's body. Note what you felt. If you do not feel anything, just relax and try again. After all, there may be nothing to feel.

Slowly move your hand up to the sacral chakra again try circular movements and move it up and down. The reason for moving the hand is so that it appears to be more sensitive when moved through the energy field, rather than just being static. Work up through the rest of the charkas, the solar plexus, heart, throat, brow and crown.

Having scanned all of the seven chakras, what are your findings ?

- Were there some that felt different to the others?
- What do you think this means?
- Were some at different heights? (If so, you need to find which layer of the aura.)
- Were all the feelings in the same layer or in different layers?

From this information you can build up a picture of the individual, and where they need extra help and where seems to be normal.

Removing the crystals when treatment is finished.

After about 20 minutes, scan over the crystals with your hand. How do the chakras feel?

If you wish, you can use your pendulum to ask whether it is a good time to remove each stone.

Depending on your results, remove the stones from the crown to the base. The base chakra or feet should always be the last stone to be removed, as it helps to ground the individual.

Finally, if you have asked your client to hold crystals in their hands remove them. Let your client come around, they may have been asleep or in a near sleep state. After a few minutes, ask your client to come back to the treatment room in their own time. Help them get up and sit them in a chair. Ask how they are feeling and try to obtain some feedback.

Make sure the client is grounded and safe to go home. Wash your hands and cleanse your room and your crystals before your next client.

Chapter 14

Dowsing with a Crystal Pendulum

In order to measure the energetic flow of electro-magnetic energy around the body, you should know how to dowse using a programmed pendulum. We will look at the programming of crystals and the pendulum a little later, but the principles of dowsing will be dealt with here.

The energy flow through the chakras is a direct reflection of the general state of being of that person. Blocks of energy in any chakras will indicate negative thoughts and actions in the area of life related to the chakra. The pendulum demonstrates how energy shifts when you have positive or affirmative thoughts. It will also give you visible evidence of the energy moving through the chakra system.

When working with subtle energy, you will be linking into your subconscious mind and higher self. The pendulum links into the energy coming from your higher mind. This is why you cannot use a pendulum for too long, your conscious mind and thoughts will influence the pendulum to swing. There is no power in a pendulum so it cannot swing by itself, so concentrate on the question and not on the expected answer.

You can use your crystal pendulum to find energy patterns in a room, house or garden. By the way, the pendulum swings will help you to find areas of distorted ground energy, water or lay lines. (Intersections of powerful energy).

Pendulums come in many different types. As always, go with your own feelings when buying your pendulum. Pendulums can be made from wood, metal, crystal, glass, rock and even plastic and come in all shapes and sizes. The best size and shape for crystal work is relatively small between half to two inches long, and a quarter to half an inch in diameter.

The string or chain should be long enough so that you can hold it with three to four inches hanging, leaving you with enough chain available for you to hold in your hand.

You might like to choose your crystals by using your pendulum or you might like to use it to find what crystals you need to use in a treatment.

There are three main ways of choosing crystals:

- 1 By vision
- 2 By hand
- 3 By pendulum

Some people develop their own ways of choosing their crystals. If they see a crystal in shop, they will leave it there for a few weeks. After this time return to the shop and if the crystal is still there, it confirms that that particular crystal is meant for them, they will then purchase that crystal. This is a particularly good method if you are buying expensive stones. Whilst selecting crystals you can ask it what purpose, it will play in your life. Occasionally you might see a crystal that jumps straight out at you. When this happens, you should consider acquiring this crystal.

Let's us look at an exercise

First, practice swinging the pendulum, allowing free movement. To use your pendulum over areas of the chakra, hold it a few inches above the chakra centre.

Exercise:

The first step is to hold the pendulum in your right hand, and open you left hand and place the pendulum over your secondary (Sacral) chakra. The energy field coming off this secondary chakra will cause the pendulum to swing.

- Ask your higher self to show you which direction is positive and which is negative. You should always ask simple direct questions. You will discover whether `yes` is clockwise or anti-clockwise by the way the pendulum starts swinging. The answer `no` will be the opposite direction.
- The pendulum could also swing up and down or sideways. You need to ask what this indicates. It may mean `a little` or `try again`. If you are not getting a definite response, it may be that you need to ask the question in another way.
- You can also start the pendulum swinging, as it will always change direction according to the energy it is picking up.

Chapter 15

Safety in the Healing Room

Your Personal Safety

Personal safety is a very important part of healing and can be divided into two basic sections. The first is protection and the second is energy usage. There are reports of therapists who train in crystal healing and then start a practice only to be “burned out” very quickly. This can be for two reasons. They can take on their clients rubbish or they can use their own energy when treating the client. It is possible to work as effectively, sometimes more effectively, by blocking the rubbish and using the pool of universal energy.

The therapist should not take on the clients rubbish and the negative energy that they release during treatment. For some ideologists it is considered acceptable to take on the client’s pain, which is thought to remove the problem from the client and place it into the therapist’s body. This is not a recommended practice. The client can still release their negative energy, and the therapist can ask that the unloaded energy is transmuted by the earth for the good of all, and remain safe themselves.

To protect yourself against negative energy you have to learn to become grounded and to remain that way as you work. There are many ways of grounding including eating chocolate (a personal favorite). Walking with bare feet is the simplest, particularly on grass, on the earth or a beach. This is not always possible although it is possible to work in bare feet. It is suggested, that no shoes be worn in the treatment room. Once you are ready and have protected yourself, you can start to prepare yourself.

Before you start any healing treatment, you must leave your own problems at the door. There are several methods to help you achieve this. The first is to practice focusing on the client, rather than on you. Imagine the client is an absorbing television program, film or book. You will then tend to forget all about your own life. This is like putting yourself into a similar frame of mind as the client.

Try it with people you talk to or when you are out socially, just focus on the person talking, listen to every word and then watch how their face changes, and how their statements or phrases have deeper meanings. Also, try not to interrupt, try instead to remember any questions you may have, and the chances are that the person speaking will answer your question without you having to ask it. If not, ask it at a point where they are having a break. Of course, it is easier to do this in a treatment room on a one to one basis, but it demonstrates the idea of leaving all your own problems behind. Your spirit guides may be able to help you maintain your concentration.

The second is to ask any spiritual helpers that you use to assist you. The third is a short meditation or prayer.

Make sure you are wearing appropriate clothes, not too formal but smart with a professional appearance. White coats are too clinical. Make sure that you will not need to leave the room for anything once the treatment session has started. This means being careful about the amount you drink before you work. In addition, it is not a good idea to consume any alcohol or recreational drugs before working with clients. Both of these will take your focus away from the client.

The same applies if you are taking strong painkillers or have visited the dentist and been given an anesthetic these will change your ability to work. Your client is a responsibility; treat them with care and consideration.

The crystals must be prepared, that is cleansed and charged. It might be necessary to do this quickly between clients, especially when you have only a few crystals to work with. Make sure that any crystals that have been used and not cleansed are out of the way of the next client. If they were to be close to them or even picked up by them, the client may take on any negative energy waiting to be cleansed away. Your crystals should be easily at hand when needed, but not too close to the client, to reduce the effects of usual responses.

Client Safety

The safety of your client has to be given great consideration. There are three crucial times for them, when they first arrive, when you begin treatment and when they leave.

When they first come to meet you, it can be a very worrying time for some clients. This could be because it is a new experience for them or they may have a serious concern, the reason why they have come is to consult you. When they arrive, they will need reassurance that you are the right person for them to see. If you get them worried, it could put them off therapies forever, which could be a great loss to them. You need to be alert, friendly and reassuring. Try not to be domineering, but make sure they feel supported.

When you are ready to start the treatment you need to leave your own worries and concerns behind and become single minded towards the client, making sure the client's physical and mental needs are met.

The next stage where the safety of the client is very important is when they start telling you things that are painful or frightening to them. This can even be when you are taking their case history. Their safety depends on how you react.

Never panic; if you feel panicky because they have told you something that relates to your own life, take some deep breaths and see how you feel. Pay attention to them, focus on them and be empathetic, not sympathetic. Show you understand what they are saying by nodding or use quiet positive responses. Do not interrupt unless they have gone well off the subject.

The next stage where safety is paramount is at the end of the session. Firstly make sure that the client is feeling safe to go out, second that you or they have shut down any areas that have opened up, which could leave your client in a vulnerable position. Finally make certain that they can carry on with their everyday lives.

The Healing Room

This room can be a dedicated room or an ordinary living room used for healing purposes. It can also be outside in the garden or in a woodland area. One important aspect of a healing room or area is that it is or it becomes a sacred space. Healing action is related to the connection to universal energy.

Therefore, healers like to place candles, images and other special items that remind them of their own spiritual connection at strategic spots in the room. They can also burn essential oils or incense sticks. Often no one wears shoes in the healing room, as it should be used for no purpose other than meditating or similar practices. The room or area should feel comfortable and relaxing. Before you receive clients into the healing room, you need to prepare it. Your healing room should be psychically clean. It should be comfortable and warm so that the client can relax as much as possible. If there are windows that can be seen through, make sure no one can see in by using net curtains or blinds.

Try to ensure that the room is relatively soundproofed so that your client can talk without any fear of being overheard and that there is less noise interference from the outside. If you have a telephone in the room ensure it is turned off or disconnected. Try to reach a balance with the lighting not too bright, not too subdued. Your healing room should not be a clinical experience. It is meant to feel secure, safe and friendly. At the same time, it needs to generate a professional image. The room should be simply decorated with pale colors and there should be very few objects to collect dust.

Now that you and your client are safe and your healing room is ready to use the next task is to make sure that your healing work is safe. This means clean from any negative energies that may be left over from previous activities that may have taken place in the healing room. These energies may be picked up by the client, which may make them feel uncomfortable. After you have treated a client in the healing room, it should be cleaned. Therefore, you should open the windows, blow the room through, and possibly light a candle or an incense stick.

Gaining knowledge from your client

This is a very important part of the treatment and is carried out for both new and existing treatment sessions, although the questions asked are sometimes different for the client. For a new session, a complete history needs to be taken.

There are two basic checklists that help provide you with a record of the client. You may think that you can remember everything they are saying and have done, but after a while, you will tend to forget and need some form of reminder. Try to write up some notes during the treatment. Apart from direct information, do not spend the whole session writing while the client is talking. A good time is when you have placed the crystals on and around the client. This gives you a chance to put the crystal layout down on paper as well as any other information that may have become known.

Not writing all the time is an important skill to learn or rather remembering what people have said is the skill. This relates to learning to focus on the other person. As you listen, try to identify the important things that are being talked about and ignore the phrases that surround them. You may like to practice this as a party game. Ask a person to talk about a topic and try to remember the outstanding points. The hard part is to continue to hear what is being said, whilst trying to remember the parts you feel are important.

All the information you receive from a client is confidential. It must not be repeated to anyone else. Your case notes should always be kept in a safe place and should not be left lying around. The importance of ensuring that your client's records remain unseen by anyone else cannot be over emphasized. Imagine how you would feel if any information you had given in confidence were to be seen by a third party. I am sure you would not be pleased.

History Checklist

The date and time

For reference, the time of day can make a difference to how people feel and which meridians are stronger and which are weaker. This affects the results you may obtain later.

Name, address and telephone

The address gives an idea of the living environment.

Date of birth

Age can have an affect on people and how they feel.

Occupation

Work or working environment can affect how people feel, as can lack of work or retirement.

Family situation

Married, single, divorced and children all start to build up a picture of the client's life.

Why have you come for a treatment?

We expect the client to tell us this automatically, but often they do not. Listen carefully as the real reason may be hidden.

What do you think has caused this?

This is a key question that can often provide a lot of information. If you have any doubt about what has been said or do not understand what they are referring to always try to clarify it, otherwise you may miss the point.

What do you expect from your treatment?

Again listen to the answer, it may provide more clues to what is the cause of any problems, mentioned or unmentioned.

Medical history (disease and remedies)

This may provide an idea of any damage to the subtle energy system. It also gives further clues to the whole person.

Surgical history (operations and physical damage like broken bones)

Again, this provides information about areas that may be weak or where there are energy build-ups. With both medical and surgical histories, do not be surprised if the client does not provide all the information. Most people seem to block out certain things in their lives.

Family History

Is there any genetic factor in the family?

Do they smoke or drink?

As well as providing an idea about health, it can give an insight into the client's social life.

Any prescribed medication, drugs, treatment or medical supervision

This is where you may get some additional information about medical conditions. If necessary look up any drugs to see what the side effects are thought to be. This will also give you advanced warning of any contra-indication.

Any other medication, drugs treatment or supplements

This is looking at how the clients look after themselves. Do they take vitamins and supplements? Together with the question about diet, this can provide a valuable picture.

Are they pregnant or going through a menstrual cycle?

Pregnancy is a contra-indication and you need to consider whether you should work on this person. It will also bring up other information.

Describe your diet

Most people instantly say 'good', but is it? Try delving a little deeper if possible. Do not forget to find out about breakfast, lunch and snacks. In other words regular or irregular eating habits. Diet may play an important role in the health of an individual. Other information may be given out, such as too busy for lunch or breakfast, so they make do with a candy bar.

Exercise

This also includes work and domestic situations. A busy house person will probably exercise as much, if not more, than the “work-out” enthusiast will.

Sleep

Do they go to sleep easily, do they always wake up feeling refreshed and ready to go, do they wake in the night, and is it always about the same time. The meridian system and the body have their own clocks.

Any allergies

This can also spark off details that have not yet come to the surface.

Contra-indications

The main ones covered are pregnancy, epilepsy, asthma, diabetes, heart problems and thrombosis.

Understanding Contra -Indication

Contra-indication always sounds very serious and it is. These conditions relate to a client that may indicate that complementary therapy is not to be used. As you become more experienced, you may realize that you are being over cautious and that you can indeed work with people with these problems. The main ones are listed here, with some of the reasons for not working with them. With contra-indications, the problems could quite possibly respond well to treatment, but there is always the possibility that the problem could be aggravated. This is sometimes part of the crystal healing process; the symptoms can become worse before they can get better. The symptoms could also worsen as the energy balance within the individual changes.

Pregnancy

You must take great care not to affect the hormones, blood pressure, emotional balance and the baby. Crystals used on the mother may affect the baby who is likely to be far more sensitive than the mother is. Every case has to be looked at and decided upon with consultation with the mother.

Epilepsy

If you do not know what to do when a client has an epileptic attack do not work on the client. If you do work with a client that is suffering from this condition, ensure that you have information around to help you if needed.

Diabetes

It is important that the client checks their insulin level and takes a reading before and after treatment. It is possible for the treatment to change the body's metabolism to an extent that insulin levels are no longer within their normal range.

Heart Conditions

This area includes high and low blood pressure, physical abnormalities and post-heart surgery. Care must be taken for all of these, each in a slightly different way. The heart and circulatory system is very important and any abnormalities could worsen before they get better. Some crystals can affect the blood pressure, in general, red increases and blue decreases blood pressure.

Thrombosis

This is a blood clot, which could move and enter the brain causing very severe problems. Be very careful if you work with a client who has thrombosis. I would try to avoid this area.

Cancer

Not a contra-indication, but a condition where great care must be exercised at all times. In all these cases, if you do not feel confident that you can deal with the problems, do not attempt to do so. This is why you ask very specific questions so that you know the real situation. There are arguments that follow the lines of 'if you are only working for the good of all, nothing you do will harm the client. These are great words but my advice in crystal healing or in anything you do involving a client it is always better to take a safe path and be careful.

Treatment checklist

Date and time

As a record to see if, there are any obvious responses at different times of the day.

Name

Treatment number

To see how progress is being made throughout the treatment.

How did you feel after the previous treatment?

Very important feedback that may give an indication as to the crystals that can be used this time. If there were any reactions, ask how long they lasted for. Reactions should only last for 24 to 48 hours unless there are actual changes to the person.

How are you feeling in yourself now?

Gives you up to date information; if necessary ask them about any on going problems and about any personal notes you made last time, such as an ill child or a visit they were going to make. People like it when someone takes an interest in them, and it can provide more information.

Appearance

Take note of skin color, texture, apparent temperature, odor and general appearance. This provides a general appraisal of their current condition.

The rest of the treatment sheet is used for a table of crystal positions with details of findings and crystals used. It also has details of any other actions taken, crystal massage and any advice given. A diagram of a person can be used to indicate any grids used around the workspace.

The best way to get your client to speak

The way you sit and look at the client can affect how they respond and in some ways, what you may remember. Try not to have a desk between you and the client, it is less formal and there are fewer barriers if you have an open space. Try to remain open in your posture, do not fold your arms or cross your legs. This again puts a barrier up between you and your client. Try to keep your hands from covering your face, as this stops your client from seeing all your expressions. Maintain a reasonable amount of eye contact; whatever else you do, please do not stare out of the window while twiddling a pen.

You may find your client will not look at you so try to catch their eye and maintain contact. When you have made contact with your client give them a nod or a smile to let them know they are safe to say anything they like. When they make an important statement acknowledge that you have understood but do not use expressions such as “I know where you are coming from” because this will end any communication effecting any headway you may have made. All you need to do is give a reassuring nod or a positive response or repeat in a different way what they have told you. By this, they know you understand what they are saying.

Clients may release information once the crystals have been placed around them. This information may be short and you must not interrupt the flow. If you feel that it is important in this situation, ask the client to look at you to create the supportive eye contact that they may need.

Healing Crisis

After a treatment, the person you have been working on may suffer a healing crisis. This is where any problems get worse, or the body tries to eliminate toxins. An existing pain may feel worse, or the client may get a runny nose, need to urinate more frequently or some other form of elimination or memory. These symptoms should only last for up to 48 hours. Always warn the client that this may happen, and that it is a very positive sign.

Care after a healing treatment

The three hours following healing can greatly support and strengthen results.

In this period your client should relax, rest and stay quiet. This time allows the healing energy to penetrate undisturbed throughout the body and can help full integration. Silence, soft music, writing, walking, sleep or a hot bath can greatly enhance the healing.

- Loud music, crowds, unsupportive people are best avoided, this is because you can feel open and vulnerable.
- It is also important that your client drinks as much water as possible during the 24 to 48 hours after healing treatment. This extra intake of fluids assists in releasing the toxins from the body.
- If your client does not remove the toxins from their body's system they will pollute the body and undo the work you have done.
- If your client can have a hot bath with either one cup of apple cider vinegar or a cup of Epsom salts. This helps to release the toxins through the pores of the skin.
- I would also recommend taking hot baths frequently, especially when feeling stressed, frustrated or negative.

Chapter 16

Crystal Healing Treatments

Crystal healing treatment realigns the body's energy fields, opening up the chakras to promote and overall feeling of well-being. The crystals, which are placed around the body, set up specific and complex electro-magnetic force fields.

This energy acts to re-polarize any fields that are misaligned, redistributing the correct energies to restore harmony and balance to both the physical and subtle bodies.

Physical hands are never laid directly on the body of the client as the healer is at risk of picking up negative energy from the patient. The hands of the healer should be used to smooth out any stickiness or build up of trapped energy in the etheric body (radiating from the physical body for about 4 to 6 inches). The crystals correct this imbalanced energy, while the healer's hands concentrate and direct the flow.

Preparing to give a crystal treatment.

Below I will describe a series of treatments that should be done one after the other on the same day. In reality, they are stages in a single treatment. Ideally, all treatment should begin with opening and balancing the chakras. Do not forget that the session should end by closing the chakras again; otherwise, the client will be too open to outside negative influences. The chakras should only be open when in a safe, loving environment. If you link, you can close the chakras with a visualization exercise. One by one, starting at the crown, visualize the chakra being closed, anticlockwise, like a camera lens or iris.

Make sure you have a quiet, warm, comfortable place for the treatment, and make sure that you will not be disturbed. Remove any electrical equipment from the room, as these interfere with the magnetic fields, even if they are switched off. Ask your client to remove any metal objects, watch, jewelry, belts or coins. Also, make sure they are wearing comfortable loose clothing.

Your client might like to bathe before a crystal treatment.

It is most common to get the client to lie on their back initially, so they can see what you are doing if they wish to do so. You may however, wish to work on the back during the treatment, in which case they will have to turn face down Always explain to them what you are doing as they are taking an active part in their treatment.

Crystal treatment

It is important to remember that a treatment will do one or a combination of the following.

- Clearing = Clearing negative and blocked energy
- Instilling and Balancing = Replacing the negative energy with positive vibrations and strengthening and building chakra energy.
- Expanding = Awareness and spiritual development.

Clearing

A short clearing treatment would be to place a large clear Quartz above the crown chakra, pointing downwards (masculine energy) and a Rose Quartz or another crystal such as Smoky Quartz or Sapphire between their legs pointing upwards. You can use any stone you feel is appropriate, as long as it has a feminine energy,

Place a small clear Quartz crystal in your hand; make small harmonious circles over the crown crystal walk down the left-hand side of your client, and make small harmonious circles over the crystal between your client's legs. Now walk up the right-hand side of you client, back to the crown crystal. By doing this, you are connecting your crystal to the top and bottom crystals. This has to be done three times to clear the energy. Leave the client with chakra stone layout for 10 to 15 minutes. Ask them for their reactions and note it down.

The ideal direction for working with crystals is the North/South orientation. The reason for this is to align the body to the Earths magnetic field and so enhance the flow of the crystal energy. The head should point north and the feet south. In the Southern hemisphere, this orientation should be reversed.

To begin always tune in to the clients higher self. Hold your hands above their head, and ask that they be given healing for their highest good. When you complete the treatment, give thanks for what has been received in a similar way.

A longer treatment would be as follows:

Ask your client to make themselves comfortable and close their eyes. When they are relaxed, you can start the treatment. For this treatment, you will need six crystals and a generator.

- 1 Place a crystal above the crown pointing upwards. Place one crystal on the outside of each knee. You have now formed a triangle with the crown crystal. Now place one crystal between the feet pointing upwards, lining it up with the crown crystal.
- 2 Now place the two remaining crystals at the side of the elbows. This forms a triangle with the crystal at the feet. You have now formed a six-pointed star.
- 3 Link the energies of the crystals together holding the generator crystal in both hands with its point facing downwards.
- 4 Start at the crown walk slowly in a clockwise direction, making a circle of energy around the body, creating an auric seal.
- 5 Pass the generator five more times over the crystals, and then put the generator to one side.
- 6 Ask your client to remain in this position for several minutes. In addition, when ready ask them to open their eyes. When your client has come around ask them for any reactions and see if they have noticed any difference in the new energy.

Instilling and Balancing

First, you need to choose stones to lay on the chakras. Either you may choose a stone intuitively or you can dowse using a pendulum. To start with, it is useful to choose a stone with colors that harmonizes with the chakra.

It is beneficial to lay stones in the following order.

- 1 The Third Eye the 6th chakra.
- 2 The Heart the 4th chakra.
- 3 Solar Plexus the 3rd chakra.
- 4 Sacral the 2nd chakra.
- 5 Crown -the 7th chakra. Place this stone above the crown.
- 6 Base the 1st chakra. Place this stone between the client's legs.
- 7 Thyroid the 5th chakra.

You may like to use a large clear Quartz crystal over the crown, pointing downwards. For the base chakra use a stone that is connected to the earth's energy. The direction the clear Quartz should point depends on whether you are clearing or instilling the energy of the stones. If you are clearing, it should point away from the body. If you are instilling or balancing the crystal, you should point it towards the body.

It is possible to substitute a clear Quartz crystal for any stone on the layout. If a stone falls off the client during treatment, do not touch it or replace it. This is because it has given the correct energy balance or it is not in tune with the client's vibrations. Once you have laid the stones on the chakras, you can then use crystal Quartz to amplify the overall balance of life energy.

You can use either of the following techniques for balancing

Balancing Technique One

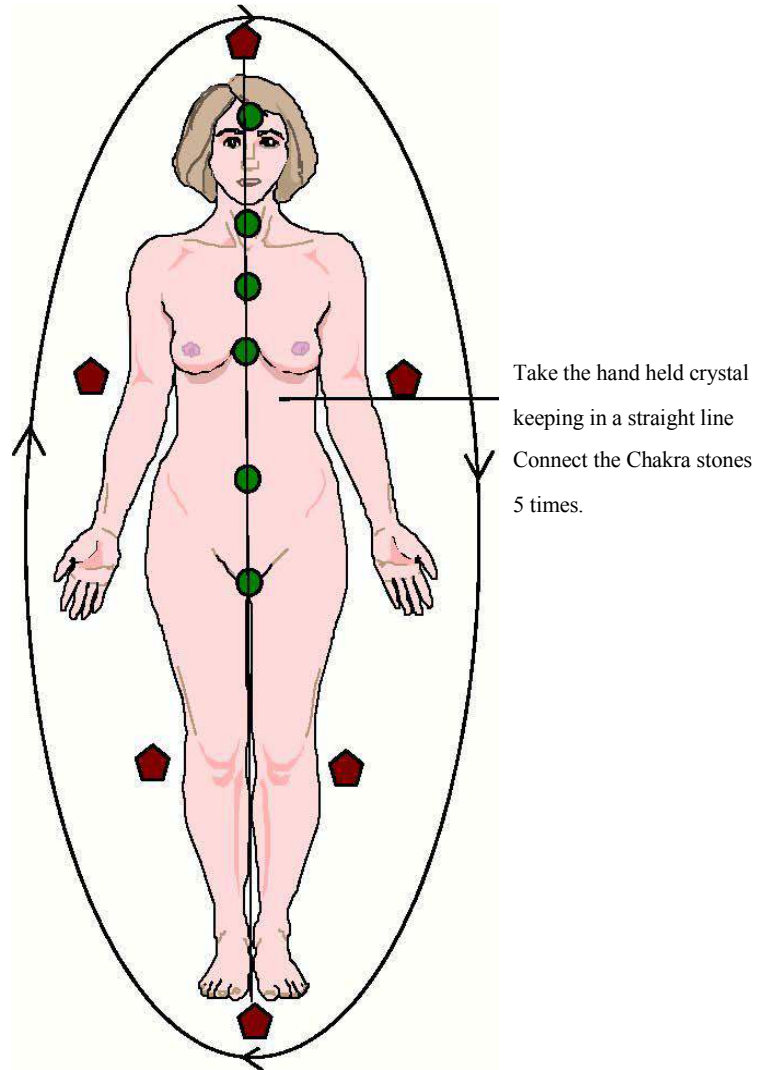
You will need six crystals for this clearing technique and the normal seven chakras crystals.

One crown, two feet, two knees, two elbows all pointing upwards.

Now place seven small crystals over each chakra all with their points up. If you wish, you can choose different stones for the individual chakras.

Link the outside crystals with your generator seven times, to form a protective seal.

Run the generator straight up from the feet through the chakras to the head, then down from the head to the feet. Do this five times.



Take the hand held crystal keeping in a straight line Connect the Chakra stones 5 times.

To form a protective seal. Take the hand held crystal and connect with all crystals 7 times.

Balancing Technique Two

Balance the chakra energy using the palms of your hands, smoothing out any built up energy that you feel. Balance two chakras at a time. Try to feel the build-up of energies with your palms. You can push the energy up and down until a balance is reached.

Balance the:

- Crown and Throat
- Third Eye and Heart
- Throat and Solar Plexus
- Heart and Sacral
- Solar Plexus and Base

You can focus more energy with your hands, you may wish to instill, or draw out energy from any chakra that you feel is under or over energized using a crystal in the way described for clearing or instilling energy.

To instill energy into a chakra, hold the clear crystal point facing downwards, over the chakra to be balanced. Hold it in your sending hand. Now rotate the crystal in a clockwise direction. From decreasing circles until the crystal finally touches the stone on the chakra.

You can now clear individual chakras if there is accumulated energy.

Hold a clear Quartz crystal in your sending hand, pointing towards the fingertips and rotate four to twelve inches above the stone on each chakra until each area has received enough energy.

Run your sensing hand over the etheric of the client feeling where there may be areas of stickiness or build up of energy. Once you have felt which areas need clearing use either a clear Quartz crystal or a stone relating to the area needing clearing.

Now hold your receiving hand over the chakra, and a crystal, point facing downwards, in your sending hand out to one side of you. Now rotate the crystal anti-clockwise down by your side.

You are using yourself as a transmitter, lifting out the energy with your receiving hand and out through the crystal at your side.

Leave your client for a few minutes or until they are ready to focus their attention in the room.

Ask them what they felt. Make notes of any emotional or physical reactions.

Building Layout

You will have first given your client a clearing and balancing treatment, and now you can begin to give them one or more building treatments.

You will need six clear Quartz crystals

- 1 Place one crystal at the crown, pointing downwards. You are instilling energy from the stones into the etheric.
- 2 Place another at the feet pointing upwards.
- 3 Place one at the left shoulder and one at the right shoulder, both pointing inwards.
- 4 Place one at the left and one at the right knee, both pointing inwards.
- 5 Connect the outer crystals in a clockwise direction to form a protective seal.

Now choose stones for each chakra, according to the type of treatment your client needs. Here are some building layouts. You could now use your dowsing pendulum to see which treatment is needed.

You could also ask your client to visualize a safe place they can go to mentally. For instance, if this place is focused on water, they will need emotional balancing. If it is an image of sky and clouds, they will need air energy. Play gentle music, which encompasses one on the four elements, whilst giving the gemstone treatment.

Instead of laying each stone on the chakra directly, you could use it to instill its energy like a laser beam. To do this, hold the stone in your right hand and make clockwise circles over the chakra, in decreasing circles until you feel the chakra has received enough energy. This is sending concentrated energy into the chakra. You may need to diffuse some of this energy. To do this form circles anti-clockwise, spreading the energy over a wider area.

Grounding – Earth

Root	Garnet
Sacral Orange	Cornelian
Solar-Plexus	Chrysophase
Heart	Jade
Throat	Blue Lace Agate
Brow	Sodalite
Crown	Blue Kyanite

New Beginnings – Earth

Root	Bloodstone
Sacral	Rhodonite
Solar-Plexus	Green Tourmaline/ Chalcedony
Heart	Rhodochrosite
Throat	Celestite
Brow	Blue sapphire/ Turquoise
Crown	Clear Quartz

Emotional balance - Water

Root	Smoky Quartz
Sacral	Aventurine
Solar-Plexus	Green Tourmaline
Heart	Rose Quartz
Throat	Aquamarine
Brow	Blue sapphire/ Moonstone
Crown	Clear Quartz

Releasing the Past – Water

Root	Black Tourmalinated Quartz
Sacral	Watermelon Tourmaline
Solar-Plexus	Green Tourmaline
Heart	Turquoise
Throat	Pink Tourmaline
Brow	Moonstone
Crown	Clear Quartz

Manifesting Your Wisdom – Air

Root	Tigers eye
Sacral Orange	Cornelian
Solar-Plexus	Blue Tourmaline/ Jade
Heart	Peridot
Throat	Aquamarine
Brow	Yellow Topaz/ citrine
Crown	Clear Quartz/ Diamond

Making changes in your Life – Fire

Root	Tigers eye
Sacral	Orange Cornelian/ Amber
Solar-Plexus	Amber/ Citrine
Heart	Ruby/Peridot
Throat	Aqua marine/ Blue lace agate
Brow	Opal/ Lapis Lazuli
Crown	Clear Quartz/ Amethyst

Expanding consciousness

The final layout is used to raise ones vibrations, connecting one to the ground and the spiritual forces. It is advisable that the client should practice a crystal meditation after this treatment, as they will be receptive to higher energies.

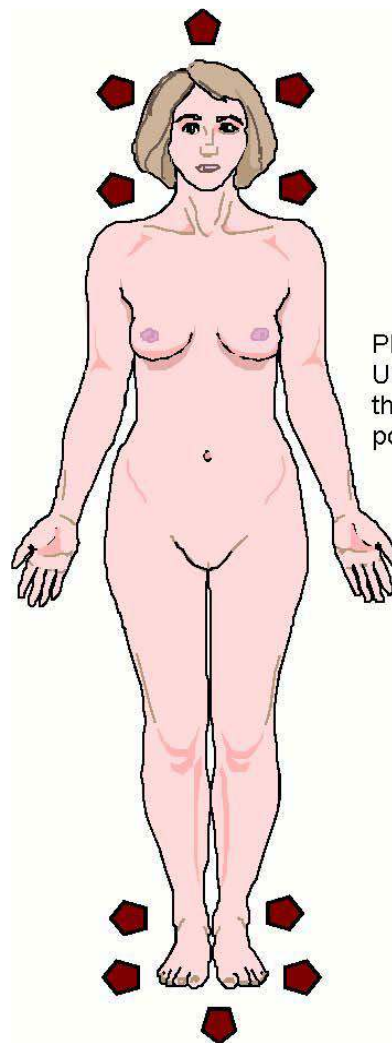
You will need nine crystals and one double terminator Place the double terminator above the crown. Place a crystal between the feet Place a crystal on the outside of each foot, pointing outwards. Place a crystal at each ankle also pointing outwards. Place a crystal on each side of the neck and one at each ear. Make sure all crystals are pointing outwards.

Take the generator pointing downwards, link the crystals around the head starting at the left side of the neck. Move in a clockwise direction forming a figure of eight crossing the body at the base chakra, and forming a circle linking the crystal around the feet. Continue to make a figure of eight six more times.

Leave your client for about 15 minutes, and then remove the crystals.

This is an extremely powerful healing arrangement and should not be used on anyone who has not had several clearing and building treatments.

Diagram for expanding consciousness



Place the crystals around the body facing outwards. Using a figure of eight formation and crossing the base chakra use your hand held crystal pointing downwards.

Chapter 17

Cleansing and Using Gem Essences

Healing with crystals is a very ancient therapy, going back to Atlantean times. The Atlanteans had large healing temples made from crystal and gemstones, for the use of people who needed healing. The Egyptians also had an advanced system of healing using gemstones. Ayurvedic medicine originated in India, they also used gemstones. Gems are ground into a very fine powder and mixed with alcohol.

The client then takes the gem water in prescribed dosage. Boiling gemstones in spring water can also make gem remedies. The gem is then removed and the water is further diluted to make the remedy. We can now look at ways of making gem water, crystal water, gem essences, solarized water and a gemstone essence aura spray.

Crystal Water

You need a small quartz crystal that you have cleansed. This will help it purify the water of the etheric pollution. Place the crystal in to the bottom of a non-metallic container filled with tap water. Allow it to remain undisturbed for twelve hours. You could also place the water in natural sunlight if the container is glass. The crystal's energies will neutralize any psychic impurities in the water. Solarizing the water will also amplify the effect of the crystal. When drunk, this clear water will have a wonderful cleansing effect on the bloodstream. Take it with other essences, especially flower essences or vitamins. The gem water will promote the action of these elixirs. You will be able to purify your own water in this way, and not have to buy spring water.

You can build up your auric defenses by drinking a few glassfuls of crystal water every day. This will build up your immune system helping to build up the body's defenses against colds and flu. You can use crystal water for cooking, making hot beverages, washing your hands and face and watering plants.

Solarized Water

This is a simple way of drinking sunlight-charged water. You can literally bottle the sun's force by placing a bottle of clear mineral water in the sun for one day. Sip slowly, it is wonderful and natural. It rejuvenates and revitalizes. The subtle effects of sunlight are critical in charging water, it relates to the Prana that is contained in the sunlight. The Hindus have known for millennia about the Prana's beneficial power of sunlight, so have the Chinese, they call it Chi. Prana or Chi permeates everything, it gives life to every cell in the body and a balanced supply is necessary for maintaining optimum physical health, emotional well-being, mental agility and optimism.

Gem water

Gem water is made in the same way as crystal water, with the addition of a cleansed gem instead of a Quartz crystal. Drinking gem water is an excellent way of becoming aware of the healing properties of different gems. Label the gem water so that you know which gem was used. Also, keep notes on your feelings before taking the water and the differences you feel afterwards. You can keep gem water for 2 – 3 days, but if you want to keep it for a longer period of time, you will have to make gem essences.

Gem Essence

Gem essence provides a balanced pattern of specific energy that operates in the same ways as a subliminal tape. It plays the same pattern of vibrations repeatedly. This sets up a sympathetic rhythm in the etheric, which picks up the positive blueprint that the physical body ultimately copies. Taking herbal remedies affects the etheric and the physical body; gem elixirs also affect the emotional, mental and spiritual subtle bodies to make a gem essence.

Place a stone in a clear glass container that has been sterilized by pouring water into it.

- Add spring water or distilled water.
- Ask the Devis kingdom for help in charging the water for healing.
- Cover the container and place it in the sun for several hours. You may wish to leave it out for twenty-four hours under a full moon. This allows both the dynamic energies from the sun and moon to activate the gem. Moon energies are very beneficial for emotional healing so would particularly suit gems related to the water elements.
- Sterilize the brown glass dropper bottles. Do not use plastic droppers as they melt when heated.
- Once the gem water is ready, pour half into the dropper bottles.
- Fill the remainder with a good quality drinking alcohol. (Clear alcohol like Gin and Vodka, although Brandy can be used). Your gem essence is now made up of 50% gem water and 50% drinking alcohol.
- Label the bottle as Ruby essence or Turquoise essence.
- Date the label and do try to use the essence within a few months for the best effects.

Gemstone Essence Aura Spray

This is made by placing seven drops of the gemstone essence or essences (you may use up to seven different essences together).

- Place into a spray bottle filled with purified water. You will need to keep this refrigerated or used a preservative in the water. You can rub a few drops in to the palm of both hands, or in the pulse points, wrist, throat, forehead, back of neck, soles of both feet. You can also use it in your bath, washing, to spray around the home, massage oil or you can spray directly on to the body.
- Rub a few drops on your palms, then pass your hands through the aura using a sweeping motion this is known as aura cleansing.
- Rub a few drops on the palm of your hand then inhale deeply from your cupped hands.
- Spray directly into the aura, especially any areas that may feel stuck or congested.

Taking Gem Essences

Add between two to five drops of gem essence to a glass of spring water. Sip this at intervals throughout the day. It is best to determine intuitively how much to take.

When taking gem essences the benefits can be greatly reduced if you are consuming substances that alter the body's metabolism and pollutes the aura. Coffee, tea, alcohol or cigarettes will interfere with the gem essence vibrations. If you are taking a homoeopathic remedy, do not take gem essences until the course of treatments is complete.

It is possible to become over-charged with gem essence. So monitor your reactions. If you are feeling dizzy, spaced out, or have any other symptoms, stop taking the essence. Drink some pure spring water to neutralize these effects.

When taking gem water or gem essences it is of great benefit to give yourself or your patient an affirmation to go with it. We will look at the affirmation next.

The affirmation can be said as many times throughout the day as you wish. The affirmation also sets up a repetitive pattern of positive thought waves that will reinforce the action of the gem.

Affirmations can be used for each day of the week.

Affirmations to be used with gem essences

Sunday

Sunday is connected to the sun and the colors are Gold and yellow stones including Amber and Golden Topaz

I seek to find practical wisdom in all my experiences, and I manifest that wisdom. I am comfortable with my own sexuality. I am safe and my power returns to me.

Monday

Monday is connected to the moon and the colors are white stones including Moonstones and Pearls.

I risk myself emotionally in order to heal. I am protected and nurtured. I know it is all right to feel what I am feeling. I value my emotional sensitivity.

Tuesday

Tuesday is connected to Mars and the colors are all red stones including Rubies and Garnets.

My life has a purpose and I have responsibility for my own life. I am secure and I affirm by inner strength. I have courage and strength to be who I am.

Wednesday

Wednesday is connected to Mercury and the colors are all blue stones including Sapphire and Lapis Lazuli.

I seek the truth in understanding my experiences. I can speak my feeling clearly and freely.

What I say is worth listening to.

Thursday

Thursday is connected to Jupiter and the colors are all purple stones including Amethyst.

I release all need for self-identity. I am at one with the universal energy. I am guided in all my actions.

Friday

Friday is connected to Venus and the colors are all green including Emerald and Malachite.

I joyfully give thanks for the abundance in my life. I am able to give and receive love. I have courage and determination to work through all fear.

Saturday

Saturday is connected to Saturn and the colors are black and white including Diamonds, Smoky Quartz.

The purity of my actions reflects the code by which I live my life. I create to my best ability my vision of light. I let go of resistance to looking inwards, which free's my personal power to bring about change.

Cleansing dirty crystals with different essences

This stage is of the utmost importance. Working with dirty crystals is like eating from dirty plates and it can cause you to become ill. This sounds a bit dramatic but crystals carry energy that acts as a transducer and transmits energy. This clearing is not to do with making a crystal physically clean, although you may wish to do that as well. Some physical dirt may be ingrained in the crystal, for instance, Madagascan Quartz may have red earth on it, which stains the clear Quartz a pink brown color. Even if the crystal is soaked and scrubbed, it will not get rid of that color. The cleansing in this section is all at the subtle energy level. When you first obtain a crystal, you do not know where it has been or what it has been through. Therefore, it is very important that you help the crystal to discharge any negative energy it may have collected. Sometimes when you are given a crystal you may know it comes with love and you may not want to clean it. This is fine as long as the person giving it to you has cleansed it and then recharged it for you.

Crystals need to be cleansed on a regular basis. Each time you get new stones, they should be cleansed; every time they are used for healing, they should be cleansed. Crystals within your healing room's environment should be cleansed very regularly, as should the jeweler you wear, particularly any you wear when working with people. The same applies to jeweler you wear out in busy places such as work, shops and communal areas. So keep your crystal cleansed.

Not all crystals can be cleansed in the same way. Some will be damaged by salt or water. In general the harder the crystal the more impervious it is to damage, but there will always be exceptions. Be careful when cleaning clusters as the base on which the crystals have grown may be of a much softer material than the crystals themselves. The most general form of cleansing is with smudge. This is a personal favorite for many reasons including the actions and the space it creates.

The nice thing about smudge is that as well as your crystals it will also cleanse you and your room.

The type of cleaning also depends on what has happened to the crystal or what it has been used for. The heavier the work, the stronger the cleansing the crystal will need. The more traumas the crystal has been subjected to, in mining and preparation, the greater the cleansing it will require. Some forms of cleaning will provide a deeper cleansing than others they also may take longer .

Smudging

Where does smudge come from? Very simply smudge is the burning of herbs and the use of the smoke to remove negative energy. Smudge has been used in many forms by a wide variety of cultures throughout time. Many people relate smudge to the Native North Americans who use it in their ceremonies and in healing. It is also used in Europe with slightly different herbs. One of those herbs is the same as used in Chinese acupuncture, mugwort. Many other countries burn herbs for cleansing incense, even in the Christian Church. Some of these actions have become ritualized and seem to have lost part of their original meaning. However, their basis is to use smoke to clear away negative energy.

The smudge used for cleansing crystals uses three or four dried plants including sage, cedar, lavender, sweet grass, mugwort and ladies bedstraw. The last two are European while sweet grass is from America. There is a difference in the sages that are obtainable. They can be in either a bundle or stick, which is burnt from one end or as a mix that is placed in a fireproof dish lit and kept smoldering. When you use is your personal choice. Smudge is normally available from New Age shops or the same outlet that you obtain your crystals.

The use of smudge can be developed into a ritual. It requires a fireproof dish, smudge mix, or a smudge stick, matches and a wafting device such as a large feather. The burning of smudge can be described as bringing together the four natural elements; fire, water, air and earth. Some people may disagree with this but I feel it is an important connection to nature. One container that can be used for burning smudge is a large shell.

The connections to the elements are as follows

- Fire is the burning herb
- Water is the shell
- Air is the rising smoke
- Earth is the herb itself

As most crystals come from the earth, the link to the four elements seems to bring a holistic element to the act of cleansing. The wafting device to move the smoke around can be a piece of card or a feather or even a bird's wing, preferably from road kill which makes good use of a tragedy.

Have ready the crystals that need cleaning, place your loose smudge mix in the dish or shell. If you are using a smudge stick, loosen the burning end (this is the thinner end of the stick) so that the air can get into it. Use a match to light the smudge and let it burn then waft it to generate smoke; keep wafting to keep it smoldering. Hold each crystal in the smoke for as long as you feel is sufficient. Alternatively, if you have more than one crystal that only requires a light cleansing then waft the smoke over them. When you have finished smudging your crystals, you can walk around the room wafting the smoke into the corners, up to the ceiling and down to the floor. Remember it is smoke and will trigger any smoke alarms.

Finally, you can smudge yourself if you wish to do so.

Work from the feet to the head, up the front and down the back, under the arms and feet. By smudging the room and yourself, you will remove any negative energy left from the person you have been working with. You learn to recognize this energy but not take it on board. Sometimes when you return to your healing room the atmosphere feels like a thick soup; this must be cleaned away and transmuted to positive energy.

Smudge can also be used after an argument to clear the room or the house. After physically cleaning the house, go around with the smudge. Finally make sure the smudge is not still burning. Also be careful of smudge and candles when you are meditating ensure they will not fall over or if you fall asleep that they do not fall near you.

Salt water cleansing

Smudge can use on all types of crystal with no harm, but it is not the strongest of cleansing methods. The next method may provide a deeper energy cleansing but it can be used on hard non-porous crystals as found in the Quartz family. For some crystals such as Calcite, Turquoise, Rhodochrosite and Fluorite cluster, the method is to immerse the crystals in a saline solution. You will need a clear glass bowl, salt (best to use natural sea salt) and clean water, preferably from a natural source. Nature salt, sea salt or untreated rock salt is preferred as there are no added chemicals to aid in keeping the salt flowing. It does not matter if the salt is sticky, as it will be added to the water to form a solution. Natural water from springs or well's, especially holy well's, and springs is preferred for two reasons.

One is because it has not gone through the cleaning process that tap water is subjected to; it has filtered through the ground in a natural way. There is the problem now of chemical run off, but it is normally less polluted than tap water. You may be lucky like me and be able to get your water from a very old source of an underground water store, which will be pollutant free. The second reason is that the energies from a sacred site will add to your cleansing, crystals and your work. However, only obtain water from these sites if it is acceptable to those that run them or on whose land it belongs. If you cannot get water from these sources then do use tap water. As for some, this is the only water available.

The glass bowl will need to be large enough to take your crystals and for them to be well covered by the saline solution. Half fill the bowl with your water, pour in some of the salt and swirl it around so that it all dissolves. Remember that if you put too much salt in, it will not all dissolve. Try the equivalent of two dessert spoons to half a pint of water. If there is a little salt left it is not important. Now place your crystals in the salt solution. Be careful of those with points so that they do not bang on the glass or on any other crystals. How long the crystals remain in the salt water depends on two things. Firstly, how and what they have been used for, and second on how you feel about them, whether they feel to you to be energetically clean. As a rough guide they should be left for a least an hour and maybe up to 24 hours. If the usage is very light then just a swirling them around in the salt water may be enough.

When the crystals are removed from the salt water, they need to be rinsed in fresh water to remove the salt. If possible use the same sourced water as before, but if that is not available, rinsing them under a running tap is fine. Then let them dry by themselves or dry with a soft cloth.

Water Cleansing

Crystals can also be cleansed in water, preferably running water like a stream, again if necessary water from running taps will work. Water cleansing will work for lightly used stones. Not all crystals appreciate water. Be careful of soft stones including Turquoise, Azurite, Calcite, Fluorite and some crystal clusters.

Salt Cleansing

Crystals can be cleansed in loose salt, rather like preserving vegetables. In a suitable container place a layer of salt, place your crystal on this layer and cover it completely with salt, then leave it for as long as you feel necessary. As before it depends on what the crystal has been used for. Where great emotional distress has been uncovered, then it may take many days or even weeks for the stones to be cleansed. If possible, cover the container to stop it filling up with dust and reduce the absorption of water by the salt. This method is best for hard impervious stones. Those are the main methods of removing negative energy from your crystals. Try as many as possible. There may be one or two methods that really appeal to you; if they are appropriate adopt them, you can always change your methods later. As mentioned at the beginning my own favorite is smudging, followed by sound with a Tibetan singing bowl.

Energy Charging

Now your crystals are energetically clean and the negative energy removed they will need to be charged with energy of your choice. This is not programming but offering a replacement for the negative energy that has been removed. The type of energy you use may and can affect the way the crystals that you work with, work. The main source of energy is the sun, the moon, running water and even thunderstorms. Although the crystals have their own energy, the charging energy helps the crystals to work and supplies the crystals with their own source of energy.

Crystals that are charged in the light of the moon have a gentle way of working with their own energy, whereas the sun is male and fiery, and gives a more dynamic approach to the crystals work. These influences are very subtle. Try to decide which form of energy you want to work with and charge your crystals accordingly.

The moon, as just mentioned, is considered to be female, watery, gentle, kind, emotional, cool and deep. You may want to use a particular phase of the moon. This is the best for the initial charging otherwise you may not have enough crystals to last the 28 days between similar phases. The sun is hot, fiery, dynamic, male, active, energizing, fast and slightly pushy.

Breathe can be used to charge crystals. When blowing on the crystals hold in your mind the intent you want the crystal to take. It may be as simple as for the good of all, or to provide caring, healing or whatever you wish. Crystals do not like negative intentions so they will not work or may only backfire on the person who used them.

Placing crystals by running water will provide them with a flowing, bright, chirpy energy that is also refreshing from the negative ions given off by the splashing water.

Finally, thunderstorms could be used for charging crystals, but consider the energies involved. Of course, all of your crystals may be affected by a thunderstorm, but the two parts of the storm will tend to equal out. The heavy, headachy and hot build up is counteracted by the coolness and clear air that comes after the storm breaks and the rain begins to fall.

So take your pick, try several and see if you can feel the differences. To charge a crystal, place it in the energy of your choice. This can be outside but if that is not possible use a window sill or a shelf that gets the sun or moonlight. Leave them there for 24 hours. If you want, they can be left in both the sun and the moons rays. If you use a stream, be aware of the affinity of crystals to Mother Nature, in that the crystals like to return to their home by jumping into the stream. It may be advisable to place them under some protection, and if they are stones that do not like water, such as Turquoise, make sure they remain dry. At this stage, you will have selected, cleansed and charged your stones and they are now ready to be used.

Chapter 18

Crystals around the Home

Crystals can be beneficial around the home, at the office, in the car, in fact in every aspect of your life.

By placing a crystal within a room, or in a particular place, would make the area a special place, because of the energies that the crystals release. When you place your crystal in an area, you should remove any physical dirt and clutter. You can do this by the smudging technique or burning essential oils.

To create a sacred space in your home is not difficult. Placing crystals in your home is not too difficult either.

The most important question is what crystals, and where do you place them. You are the one that knows your home better than anyone else, you know what each room is used for and by whom it is used.

Before you place the crystals you have chosen, meditate with them and ask the crystal whether they will take on the task, you are asking. It is important to understand what you expect of the crystals and what you expect them to achieve. If you get a feeling the crystals are wrong, or the room is wrong then go through the meditation again.

Next, you have to prepare the area you are going to place your crystals in. You need to remove all negative energies, dust, and clutter; once you have done this, you can finally place your crystals in the prepared area. You may like to add a candle, a flower, or a special photo.

If you have a room that is inspirational, the crystals to use are Citrine or Carnelian these crystals are good to have around the kitchen because of the low energy in this area.

If you have a study use Fluorite, Lapis Lazuli these stones help to assist the mind.

For the bedroom, use Rose Quartz, Amethyst, Blue, or Green Calcite. By placing, a grid of Rose Quartz around the bed can help to assist in the process of lovemaking. These crystals can also help in relieving the stresses and strains of the day.

Crystals and Plants

Crystals are great around plants because they need love and attention the same as us.

A Clear Quartz will help plants to grow and expand, you can do this by placing the crystals in the soil next to the plant, or you can just place it on the surface of the soil. An Aventurine crystal when placed on the surface of the soil brings balance to the plants.

Houseplants are often out of balance in terms of roots, foliage, and flowers. By placing Green Aventurine on top of the soil in a pot plant, looks very attractive. These stones will not be disturbing to the people using the room.

Negative Energy

If you feel there are areas in your home that have a negative feeling, you will find that crystals can assist in removing the negative energy away.

By using a combination of crystals, it is sometimes possible to remove the negative energy away and placing it where it will not cause to much disruption.

Remember that the crystals you use around the home will need regular cleansing and programming.

Chapter 19

The Holistic Approach

An important aspect to consider at all times is that the treatment should be holistic.

The best way to work is to look at the whole treatment and the whole layout before you place a single stone on the client. Collect all the crystals you wish to work with and start to build the layout in your mind. Once you have done this, you can then apply the crystals.

The order you place the crystals should be as follows:

- Firstly, the feet.
- Then the head.
- Then along the chakras starting at the base chakra and working up, and finally any other places you feel you will need to work.

This helps to give the energy system a chance to flow before you start to address specific problems.

If you ever have any doubts about whether to use a particular crystal or not, the best advice I can give you is do not use it. You need to believe in every crystal you use, and you need to know it is correct.

If you apply too many crystals to a client, it will be like having your own power station and you could if you are not careful overload the body's network. Keep your layout as simple as possible. Not every chakra always needs a crystal. The chakra balance layout is very specific but you can change it, but only when you feel it is necessary. Always try to keep an open mind about the crystals you use.

Because you have to make a decision on where to place the crystals, it is important that you ask the client for feedback. Ask them at the beginning of the session to let you know if they feel strange, or if they feel any changes in their body. If they do, you might need to change your layout or change some of the crystals.

The shifting of the body's energy fields can cause some strange feelings. Occasionally the strange feelings you client might feel are caused by the crystals as they start their work, or sometimes it is the interaction of several crystals. This can happen if the client is un-balanced. It may all seem very strange to your client. More often than not, your client does not know what to expect. Your client must feel in control of what is happening and be able to tell you if they do not like something or the way they feel.

Although it would be possible to provide sets of crystal layouts, these would not necessarily be what you need to complete your healing treatment. The idea is to encourage you to discover more about your client and more about your crystals.

Crystals do have the benefit of being multi purpose. They can be used with all other complementary therapies; in particular they work very well with the physical therapies reflexology and aromatherapy, as well as other energy therapies the best known being Reiki.

Reflexology

Reflexology in most cases can provide a beneficial treatment.

There are several different types of reflexology; but even so, the basis remains very similar, you would apply your crystals to the feet or the hands. Reflexology is mainly working on the feet; the energies you receive from the earth come through the feet, travel around the body, and then would terminate at the feet back to earth. As the energies pass through the body, they connect to all the major organs.

Your client would need to be lying or sitting with their legs and feet supported on a reclining chair or stool. This provides a good environment in which to use your crystals.

The first step is to place the crystals around the body. This can be helpful for those who are suffering from emotional problems such as stress or unhappiness. The crystals I would suggest would be Rose Quartz, Black Tourmaline, or Turquoise, these crystals have wonderful healing and protective properties.

The second step is to use a basic layout on the client while they are having reflexology treatment. The drawback to this method is that you will have to divide your energy between the crystals and your hands. Although it can be effective, I would suggest that unless you feel that it is essential you do not use this method until you build your energy levels right up. Remember to always monitor your client very carefully.

The third step is the easiest way of combining reflexology and crystals. You need to place the crystals around the feet. Trying to keep crystals on the feet can be very difficult unless you have some way of attaching them. There are two ways of using crystals around the feet; this is to have the feet on the ground or to have the feet raised. After you have finished a reflexology treatment and your client is sitting quietly arrange the crystals around the client's feet for a few minutes.

Reflexology clients will say how relaxed the treatment has made them. Therefore, it is important to choose the right type of crystals, so take great care that they complement the relaxation process and do not work against it. This is because relaxation enables the body to start concentrating on regenerating itself, and not on just keeping the body going.

Remember that when your client is in this state they are likely to be open to subtle energy, which is why reflexologists tend to keep in constant physical contact with the clients so that they are not coming in and out of their auric fields.

Reiki

Reiki is a gentle, but effective hands-on treatment using the channeling of the universal energy. With basic Reiki, the therapist places their hands on the body in a series of set movements.

When you add crystals to a Reiki session, they seem to work very well.

The basic Reiki treatment works through the seven main chakras together with parts of the subtle energy body. Therefore, if the client is lying down, a simple chakra layout works well. This allows you to use the basic set of crystals and place them in the normal places.

As you proceed with the treatment, you could monitor and remove the crystals as necessary.

The client needs to turn over halfway through the treatment so you will need to remove the crystals. Once your client has moved you can then place different crystals on to the client's back.

Some like to treat the client whilst they are in an upright chair. If you do this, you can place crystals around the bottom of the chair, but be careful you do not stand on your crystals.

The crystals that are used in the treatment of Reiki are according to the requirements of the client and the reasons why they have come for treatment.

If you feel your client, needs more balance then place the crystal Aventurine at each corner of the table or chair.

Reiki is another way to cleanse the crystals either during a treatment or afterwards. The best way of doing this is by using the appropriate symbols (to do this you would need to understand Reiki or speak to a Reiki master)

Aromatherapy

Aromatherapy in some respects is different from other treatments. With aromatherapy, it is very important to try the idea before applying it to a client. It is very hard to place crystals on the body during a massage this is due to the movement that the body and the limbs make during treatment.

Placing crystals on the couch is not a very practical answer either. It is better to place the crystal in the treatment room or under the couch. If you have a long or difficult treatment, the cleansing of all the crystals in your treatment room should be undertaken, before your next client arrives. If you do not cleanse your crystals, it could be detrimental to your next client, and to you.

The best way to combine crystals and aromatherapy is to use the crystals to help enhance the properties of the oils. You can do this by either placing your chosen crystals in the oils or by having the crystals close to the bottles of oils. The important thing to remember is that aromatherapy oils tend to react badly to sunlight, so if you are going to place crystals in the oils you should do this in darkness or in a dark container. Try to leave your crystals and oils together for 24 hours.

Chapter 20

Meditation with Crystals

Every stone has a gift to offer. If you are to benefit from the crystals gift, you will need to connect to the spiritual energy of that crystal. You can do this by adjusting the energies through meditation, so that your higher self connects with the Deva of the crystal, at which level energy can be exchanged and you can learn from the wisdom that the crystal offers.

Meditation shuts down the conscious thought patterns allowing the subconscious or inner self to flow freely relieved of censorship from the conscious mind. Meditation helps you to achieve a state of altered consciousness. Crystals are only tools that help to enhance the opening of the mind.

If your body is out of balance due to the intake of drugs, alcohol, stimulants or an excess of toxins from smoking or eating red meat, you will be less sensitive to the energies of the crystals. Each person will connect on a different level, this will depend on how spiritually evolved that person is, every one of your experiences will be unique.

Some people will relate to the physical healing power of the crystal, while others will relate to the emotional or spiritual aspect of the crystal. You will understand the stones according to how you perceive them as helping you fulfill your life's purpose. Therefore, when you work with crystals you will interpret their consciousness according to your own stage of spiritual development at that time.

An active person with a strong personality might relate to a Ruby, and find it balancing while a softer gentler person will find the Ruby's vibrations too strong and prefer to work with a Rose Quartz that has a much gentler vibration.

Before you can start a program of meditation with crystals, it is helpful to find out the right time and how many times you should meditate. You can do this by using a pendulum for dowsing; this will give you the answers to your questions.

Finding the right time to meditate through dowsing

By using a crystal pendulum, you will be able to find out what time of day or night your energy is most receptive to meditate. By meditating when your brain waves are over-active or highly stimulated, will waste your time and become very frustrating.

Hold up your pendulum so that it can swing freely. Then ask the question, which way are you going to swing for yes? Let it swing, if it goes to the right you know that swinging to the right is yes. Then ask you pendulum, which way is no? If it swings to the left that means no. If it swings side to side, it shows that there is no definite yes or no. Once you have established which direction is yes and which direction is no you are ready to get started. The best way to ask questions is to make sure they are short and clear.

Now ask your pendulum whether you should meditate today if the answer is yes then ask it what time.

For meditation, it is advisable to hold the crystal in the left hand. This awakens the part of your mind that enjoys the expansion of consciousness that meditation brings. You will find it much easier if you take some deep breaths, and tense and relax your muscles first. This helps the body to release tension and co-operate with, rather than fight against you. You may like to light a candle to create a peaceful atmosphere around you. It is better at the beginning to practice being still and relaxed for 5 to 10 minutes or as long as you feel comfortable, rather than trying complicated techniques.

For example:

You would say. Should I meditate at 8 am? If the answer is no then work through the times until you get the answer yes.

If you find you end up with two different times you then need to ask yourself, if you should be meditating twice per day. Once you have established a time to meditate, select a crystal or stone you feel you can connect to. Remember the meaning of some of the crystals from chapter twelve. Indigo stones are connected to the third eye; Violet stones help one's spiritual expansion. It is essential that you cleanse your stone or crystal as we did in chapter seventeen.

You now need to dedicate and bless the stone or crystal before you use it in meditation (which we will look at next) otherwise you may be connecting with other mischievous energies.

Dedicating and Blessing your crystal

Hold your crystal in your left hand, or if it is a large crystal, with your left hand near its base.

Now place your right hand over the crystal.

- Draw in the white light through your crown chakra; start to feel it descend to your heart chakra.
- Now visualize energy being drawn up from deep within the earth let it come up through your feet. You can visualize this energy as being golden yellow if you wish. As the energy rises it will start to warm you until it settles in your solar plexus.
- Now start to feel the white light in your heart joining the earth energy in your solar plexus.
- You will now be given a symbol; this may be a shape or a color. This symbol will be different for each stone.
- Take this symbol up into your heart chakra for this will enable you to give the stone unconditional love.
- Now let the white light move from your heart, through your hands and into your crystal.
- You should now feel the stone warming up as you do this. If you do not feel a change in the energy, repeat the process.
- At the end of the process, you can dedicate and bless your crystal with the words.

TRUTH, LIGHT, and UNDERSTANDING

You will now be connected to the heart of the crystal, and its energy can flow between you.

You can use another alternative blessing. For this, you will need a candle.

Kneel in front of the crystal facing north and light the candle.

Then you need to call on all the great beings of light to draw close to you. This will help your guides and spirit friends to stand behind you.

- Draw in the white light in the usual way. Imagine it filling your whole being.
- You will feel a tremendous warmth and vitality passing through you. Focus the light in your heart chakra.
- Hold your hand over your crystal and direct the light out through your hand into the heart of the crystal.
- At the end of the process, you can dedicate and bless your crystal with the words. LOVE, FREEDOM, TRUTH and UNDERSTANDING

Crystals and Meditation

- There are several ways to link in to the Devic kingdom or higher consciousness of a crystal.
- Make sure you are sitting in an upright position, and that you are warm and comfortable.
- Choose a peaceful setting where you will not be disturbed.
- Place your crystal in your left hand, or both hands, or on your lap.
- If this is your first time, do not stay in a meditative state with the crystal for more than 15 minutes.

Linking to your crystal

- Hold your crystal and begin to breathe deeply, start to relax more and more.
- Now go to a place where you feel safe and peaceful. Think of the place you love to be and start to imagine it in detail, the colors, smells and sights.
- Affirm that your higher self is with you and remain receptive for a few minutes.
- Now focus on the crystal in your hand, thank the divine power for its being, and express your gratitude for the gifts of the earth.

Always look after and treat your crystal with respect and humanity.

Affirm that the Deva of the crystal is with you. You should now wait to see if you could sense a change of energy as you higher self-links to the Deva of the crystal. This could be a sense of joy, calm, energy, warmth, shapes, sounds or colors.

Ask the Deva to share the guidance you need from the crystal and allow yourself to receive it. If you need to clarify what you receive, you can ask questions using your pendulum to give you the answers. You might ask questions from the list below.

- Are you helping me to let go of a relationship at this time?
- Are you moving energy to aid my creativity?
- Am I being energized and revitalized?
- Are you bringing me peace and tranquility?
- Should I keep my crystal close to me?
- How long should I keep my crystal on me?

Once you have received guidance, do not forget to thank the Deva and give thanks to whatever divine principal you believe in for helping you at this time. You must realize that you will always be given all you need at any time in your life.

For the next four meditations, I need you to construct a pyramid in your mind and allow it to go around you. This shape will not only give you great protection from any harmful forces, but it amplifies the energy filling its space. Its power could protect all those inside it, as well as directing energy all over the world. The pyramid can aid meditation by raising your vibrations and working through the third eye.

Lets now process with the meditation

Meditation 1

- 1 Close your eyes and start breathing slowly, rhythmically but naturally. Start to concentrate on your breathing for a few minutes feel yourself relax more and more on every out breath.
- 2 Choose a color you intuitively feel you need to work with at this time.
- 3 Mentally construct a protective pyramid around you, with apex above your head and the four sides around your body. Fill this pyramid with your chosen color.
- 4 Feel it charging the space around you. Now draw in the colored healing energy and direct it to any part of the body that you feel needs healing. Try to keep your thoughts flowing freely.
- 5 Now open your eyes and become aware of your body and your crystal.

Meditation 2

- 1 Start to relax and breathe as on meditation one.
- 2 Create a pyramid and fill it with a blue light, which is the color of peace, acceptance and understanding.
- 3 When you have drawn in the healing blue light, open your eyes and begin to focus on your crystal. Start to understand everything there is to know about your crystal. Take note of the shape, texture, temperature and vibration.
- 4 Slowly imagine your crystal growing larger and larger until it is large enough for you to go inside. Look for the entrance at the base, sides or point.
- 5 Imagine yourself floating insides the crystals clear white interior.
- 6 Explore the inside of the crystal and then feel yourself becoming one with the crystal.
- 7 When you feel ready, create a doorway at the opposite side from where you entered. Step through the opening. Now see the crystal growing smaller and smaller until it rests once more in the palm of your hand.
- 8 Become aware of your pyramid of blue light. Give thanks for all that you have received.

Meditation 3

Before we start this meditation, you need to be lying down on your back on a bed or on the floor. Place a small clear crystal on your forehead over your third eye. In more advanced meditations, you can place a crystal on each of your chakra points. The point of the crystals must be facing upwards until you reach the flower in your crown chakra.

- 1 Start to relax and breathe as you have done in the last two meditations and then create your pyramid around you and this time fill it with a white light.
- 2 Now focus your attention on each of your chakras in turn, starting at the base chakra.
- 3 Start to imagine each of your chakras as a flower of an appropriate color. Let the petals of each flower open in turn, working upwards until you reach the flower in your crown chakra.
- 4 Now start to focus on your crystal, and start to move inside as before. Watch the colors and symbols that appear because this time there will be a meaning for you.
- 5 Remove yourself from your crystal as it begins to shrink in size.
- 6 Start to mentally close the petals on each chakra, starting with the crown and working down towards the base.
- 7 You may also seal the chakra with a cross of white light. You can if you wish, leave one petal open at the base, as this chakra should never be fully closed. This is where the life force energy flows into the body.

By closing your chakras, you are protecting yourself from harmful vibrations surrounding you in daily life. Because you have opened up the chakras, you may feel fragile and vulnerable for a few days. If you feel very sensitive, imagine yourself surrounded by a cocoon of white light.

Meditation 4

This final meditation is intended to build up a protective circuit around you, by raising your vibrations. By condensing energy around you and your auric space, will provide an environment of wholeness and safety. It is useful for schizophrenics and for people whose aura is too open, allowing astral forces to enter.

For this meditation, you will need a crystal and a flower.

- 1 First, relax and breathe as in the other meditation.
- 2 Create a pyramid around you as before and step inside.
- 3 Take note whether the crystal is left or right hand.
- 4 Hold a left-handed crystal in your left hand and a right handed crystal in your right hand.
- 5 Now hold the flower in the other hand and start to understand your crystal and the flower.
- 6 Now start to focus on your crystal and flower and start to move inside as before.
Watch the colors and symbols that appear because they will have a meaning for you.
- 7 When you remove yourself from your crystal, it begins to shrink in size.
- 8 Now open your eyes and give thank for what you have received.

Three steps for meditation to strengthen the aura

Meditation 1 is for cleansing

Bring down white light through your crown chakra. Root yourself to mother earth, by imagining you have roots that are anchoring you by your feet. Now bring up pink energy from the earth, feel it rise into your heart chakra. This deep rose pink is the color of unconditional love. Now change your attention to the white light, feel it fill your whole body. The rose pink dissolves into the white, and any impurities will be flushed out of your body through your roots and given back to the earth in a transmuted form.

Meditation 2 is tuning into your crystal

Visualize a shaft of light going from your solar plexus into the centre of a flower and then into the centre of the crystal and back to your solar plexus. You are forming a triangle of white light energy. Now concentrate on your crystal, keeping in mind that it is a thought amplifier. Allow your unconditional love to flow into the crystal becoming aware of its essence. You are tuning in to the energy of the crystal and as the vibration builds up, it will have communication with you. It may give you a color, symbol or thought. Now as you concentrate on the triangle of energy you are strengthening the unconditional love energy that you have created.

Meditation 3 is to slow down the energy

When you feel ready, slow the energy movement passing between the flower, the crystal and your solar plexus. Soon the circuit of white light slows down and starts to travel in a reverse direction. Slowly you become aware of the separate nature of the flower, the crystal and yourself.

It is advisable to practice this meditation every day for a few days to get used to building up and slowing down the energy vortex.

When giving this meditation to a person to whom you are giving crystal healing, make sure you go through the whole meditation with them. They must understand that it is important to slow down the triangle of energy, or they will be left feeling dizzy or light-headed.

Chapter 21

Astrology and Crystals

Since humans have walked this planet, we have looked upwards and spent time gazing at the heavens, convinced that divine forces in the sky controlled our destiny.

For over four thousand years, astrology has been an important influence. The seven major planets in our solar system symbolize the mixture and interaction of all essential forces of the universe and nature. This seven-fold nature of the planets also corresponds to the seven colors of the rainbow, and seven notes of the musical scale. Throughout your life, you have the melody of your ruling planet and never are these planetary influences stronger than at the moment you are born.

Both mother and child need their appropriate stones near them at that time, to strengthen the planetary influences even further. Seven has always been seen as a mystical number. It is connected with the seven chakras and the seven ages of man. Therefore, the number seven pervades our whole universe. Numerology was developed as another way of showing the harmonies and relationship of the divine forces.

There are nine known planets at this time. Then it was discovered that there was an eighth and then a ninth. It was then found to be in keeping with the eighth and ninth chakras. It is believed that 12 planets can be found in total, relating to the twelve semi-tones of the chromatic scales in music. It is also possible that as humankind evolves and raises their vibrations, they will begin to see new scales of color.

Ninety or so chemical elements constitute all matter on earth. These are represented in the planets as well as the human body and the earth's minerals themselves. This means that we are not different and isolated from the earth or the universe. Our bodies reverberate to celestial vibrations through the medium of precious stones as precious stones can attract the planetary forces to all beings.

Once you understand this, you can use certain stones to attract you to the planetary forces that govern you at birth.

Crystals and gemstones can act as electrical receivers, receiving the electromagnetic vibrations from its owner's planetary ruler and transmitting them with increased power. It is also useful to wear or use stones that are not astrologically matched with your planet, as you are not born under the rule of one planet alone.

The forces are created by the harmonies and configurations of all planets at the time of birth. Over hundreds of years the planets move in relation to the calendar, and that one cannot rely on calculations that were correct centuries ago. This is why conscientious astrologers will make corrections for these changes and planetary shifts. Each stone therefore is related to the vibrations of a particular planet.

Every planet and stone can also be linked to one of four metaphysical elements, which included earth, air, fire and water.

To find out which planet a gemstone is aligned, reference is made to the Mohs scale of hardness. This scores a mineral in terms of its hardness on a scale of 1 - 9.

For instance, Diamonds have the hardness of 10 on the Mohs scale. The number 10 breaks down to the single digit of one. So diamonds are linked to the Sun, which is the planet linked to the number one. Pink sapphire has a hardness of nine on the Mohs scale and so links to Mars, whilst peridot has a hardness of five, which links to Mercury.

The Planets relevant to the mohs scale of hardness

The Sun	= 1	Uranus	= 4	Neptune	= 7
The Moon	= 2	Mercury	= 5	Saturn	= 8
Jupiter	= 3	Venus	= 6	Mars	= 9

Now let us look at the Zodiac signs and the planetary forces that govern these.

The Sun	Leo	Fire
The Moon	Cancer	Water
Jupiter	Sagittarius	Fire
Uranus	Aquarius	Air
Mercury	Gemini / Virgo	Air
Venus	Taurus / Libra	Air
Neptune	Pisces	Water
Saturn	Capricorn	Earth
Mars	Aries	Fire
Pluto	Scorpio	Water

The four Metaphysical Elements

When working with stones it is also helpful to relate their qualities to the energies of the four elements. The elements heal on all levels because they are essential forms of the life-force energy.

Earth Energy

This energy helps you on a physical level, you receive earth energy from the food you eat because it contains minerals, vitamins and trace elements that are essential to the body. You need to align your energies with the earth in order to maintain centeredness and motivation to help you follow your path in life.

- Earth qualities included deepening, focusing, stabilizing, and keeping you centered.
- Earth Stones are there to keep your feet on the ground.

These stones are as follows:

- Cornelian, Chrysoprase, Lapis Lazuli, Smoky quartz bloodstone, is connect to earth / fire
- Jade is connect with earth / air
- All red stones including Garnet all have earth energy's.

Water Energy

Your body consists of over 70% water. Therefore, water energy has a strong affect on your energy fields. Herbal baths and swimming strengthens these fields. Water also cleanses and purges you emotions. Water qualities are flowing, surrendering, harmonizing and accepting. Water governs the emotions and stones relating to the water elements helping you to integrate with your higher self through the emotional body.

Remember these stones relate to water:

Aventurine, Aquamarine, Calcite, Moonstones, Pearl, Opals, Coral, Tourmaline, Sugilite, Rhodochrosite, and Rose quartz.

Air Energy

Air energy raises your vibrations to spirit. Air uplifts and purifies.

You take in Prana or life force energy through your breath. You can breathe in these cosmic forces. Air energy assists in spiritual growth when an individual feels out of touch with their intuition or higher self.

Remember these stones Connected to Earth / Air:

Amber, Amazonite, Amethyst, Citrine, Topaz, Turquoise.

Connected to Air / Fire:

Moss, Agate, Moldavite, Purple Fluorites, Emerald, Diam ond.

Fire Energy

By merging with the fire energy of a stone, you learn to focus on the life force energy. This gives you power and wisdom. Fire qualities are purifying stimulating, expansive, and action-oriented.

Remember all these stones are connected to Fire:

Ruby, Obsidian, Opal, Peridot, Rutilated, Quartz, Sapphire, Tigers Eye, Pyrite and Fire Agate.

The first step in gem healing is to make use of your birthstones. Become aware of their powers. Hold them, wear them and keep them near you. You will get to recognize their energies and connect with their spiritual consciousness. If you are treating a patient, you can also recommend they obtain three stones related to their star sign.

- One stone should be a precious gem and should be clear and bright, bringing with it high vibrations and qualities of inspiration, purity, clarity and love.
- The second stone should be a touchstone, one that brings you harmony, peace, and healing.
- The third stone is a talisman; this is a stone of protection.

The signs of the zodiac and the colors that relate to the stones

Aries	Red stones
Taurus	Yellow and Pink stones
Gemini	Violet stones
Cancer	Green stones
Leo	Gold or orange stones
Virgo	Purple stones
Libra	Yellow stones
Scorpio	Red or Crimson stones
Sagittarius	Deep Blue stones
Capricorn	Black and White stones
Aquarius	Clear Blue stones
Pisces	Soft Blue and indigo stones

Summary

Crystals come from the earth, so by linking them with planetary energy and influences that surround us, they become a very powerful healing tool. Crystal's work in many different ways through visualization, energies from the body and from earth and the chakra areas.

The healing energy of crystals is a very powerful force so take care of your crystals by purifying and treating them with respect. This will ensure that you have gained a valuable healing tool.

This therapeutic touch and its powerful energies of colors will help to access the healing energies of the universe connecting and using the natural healing energies that are available to us at no charge.

Remember when healing the three fundamental laws, unconditional love, non-attachment, and intention.

Despite the many uses of crystals, they are not a substitute for orthodox medical treatment they assist by focusing and amplifying what we can do with our minds, our energies, and our will power.

Our bodies are controlled, and regulated by different energies pulsating through the crystals.

They are just a tool to work with that help influence the energies helping to create and harmonious our environment. Allowing your mind, body and your free spirit to function better.

I hope and I would like to feel that I have done all within my power to awaken your mind to the truth of the existence of the healing power as a reality of life.

I hope this book has guided you along the path of healing and I wish you luck and much joy as you discover the beauty and the power of the crystals.

Lynn Claridge

Further Reading

Besides being a Crystal Healer, I am also a professional Psychic Medium.

I have used my psychic ability all of my adult life. I always knew deep down inside which direction I should have taken in a given situation. However more often than not I ignored this inner knowing and took the wrong path.

It was not until my late teenage years that I wanted to understand what was happening. It was suggested to me that I had to understand this ability and I was introduced to a psychic medium that would take me under his wing. Therefore, I joined his psychic development circle.

It was within this circle that I realized everyone has the power to be psychic and has this ability in one-way or another. It was nothing to be frightened of, it was something to cherish and use. It was great to join a group of people that had understood how to use this gift and I wish to pass this knowledge onto you.

As a practicing psychic medium, I conduct personal readings as well as clairvoyant demonstrations. I also hold psychic awareness and development classes, and coach people in the principles of obtaining meaningful meditation.

Through my work I have learned to stay positive. I have helped many people to understand that life can be full of harmony and joy. Imam not lying -Just stay positive and help others and you will be rewarded with success in life. When someone joins my psychic development class, I take them through a journey of self-discovery.

It is unfortunate that many people are aware of the fact that they have psychic ability, but are either frightened of, or simply just do not know how to develop and use this skill.

I have been teaching people just like you, for many years, on how to develop and use this ability that is embedded within every one of us. I teach people how to develop and "tune-in" automatically, quickly and safely.

My home site is <http://www.fabiostreasurechest.com/healing-power-p-162.html>