

# ***How Crystal Healing Can Transform Your Life.***

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**We see energy**  
**We feel energy - We radiate energy**  
**We heal with energy - Love is energy**  
**We are energy**

Crystals play a crucial part in our technology. They control many electronic devices that we use in our everyday lives. From your computer to your VCR they even help in allowing us to send rockets to the moon. Without crystals, we would not have the communication system that we have around us to day. They even counteract the low frequency vibrations from microwave ovens and television sets. Quartz watches and clocks get their name from the quartz crystal, which is an essential item in their manufacture, this is responsible for the accuracy of their time keeping.

Throughout the world crystals are being used to heal the earth. Medical and scientific reports confirm that crystals have healing properties and that healers, therapists, farmers, and wise men have all used crystals going back many hundreds of years. Crystals are safe and successful when used to heal adults, children or animals.

Crystals take our bodies energy and send it out from our body as another form of energy. When electricity is placed into a crystal, it will give off vibrations. When you hit or squeeze a crystal, it gives off light and electricity. In each of these cases, the energy that goes in the crystal is different to the energy that comes out of the crystal. It becomes transformed into an energy, which is unique to each crystal. The crystals force-field helps to stimulate growth that in turn penetrates and affects every level of consciousness and matter.

Crystals are responsive and like to transform and regenerate there energy, this helps to stabilize the emotional body and also helps to energize the crystals physical power. Crystals help to improve the ability to dream, they can also help to develop intuition and psychic sense when meditating. They help to increase the power of the brain, which helps us to remember what we have learned throughout our life.

The Atlantean civilization had healing temples made from crystals and gemstones, which were used for people that required healing. In India, they used Ayurvedic medicine. This involved grinding the gemstones into a very fine powder and then mixed with a liquid. The client then takes a prescribed dosage.

Many cultures believe that stones and gemstones had a life giving potency that would provide the wearer with strength if worn or carried. Over the years this led to the use of gems and crystals being used for healing various conditions. It has now become a highly developed science. In 1980, Dael Walker a director of the Crystal Awareness Institute in America tested people's ability to be healed with crystals. Out of the 234 people who were tested for reduction of pain or stiffness, by holding and having crystal placed around them 227 confirmed a significant reduction in pain. In an article written for the Crystal Source book in 1987 he said, "The crystal responds to thoughts and emotions and interacts with the mind. It increases thought energy and emotional power and reduces stress and pain".

## ***Stones of the Calendar***

The belief that a particular stone was dedicated to each month of the year seems very ancient and was possibly related to the twelve stones on the breastplate of Jewish high priests. The writings of St Jerome and Josephus comment on a connection between the 12 stones and the twelve months of the year as well as the 12 zodiacal signs. The Chaldeans who lived in Mesopotamia around 4000BC discovered a relationship between the planets and specific gems.

The general wearing of a stone associated with the birth date did not become widely fashionable until the eighteenth century. Before this time, the stones were used more for therapeutic reasons. Originally it was thought better to have a stone for each month of the year. The stone of the month was believed to generate the most healing power and give protection. To wear the stone of the sign under which one was born was also meant to magnify the vibratory influence of that particular planet.

In the sixteenth century, it was fashionable to wear an emerald in the spring and a ruby in the summer. You would wear a sapphire in the autumn and a diamond in the winter.

The emerald is associated with Venus the goddess of love maybe it was appropriate for a young man or women to wear the emerald when finding love. The color green in a gem symbolizes growth, sensitivity and a new birth. The ruby is known as the king of the jewel, stimulating expression and creativity.

The Industrial Revolution swept away much of the traditional jewelry being worn as a sign of wealth and status. Gradually more people were able to afford to buy gems and the subsequent popularization of gem collecting lead to the custom of associating specific stones with particular wedding anniversaries and the common use of birthstones charts, as we know them today. From the first wedding anniversary to the tenth anniversary are basic materials Paper, Calico, Linen, Silk, wood, Candy, Floral, Leather, Strew, and Tin.

## ***Gemstones for Wedding Anniversaries***

12 Agate	20 China	40 Ruby
13 Moonstone	21 Sapphires	45 Alexandrite
14 Moss Agate	23 Sapphire	50 Gold
15 Rock crystal	25 Silver	52 Star Ruby
16 Topaz	26 Star Sapphire	55 Emerald
17 Amethyst	30 Pearl	60 Yellow Diamond
18 Garnet	35 Coral	65 + 67 Sapphire
19 Hyacinth	39 Tiger eyes	75 White Diamond

An ancient Hindu tradition suggests the following combinations of stones are used as protection and can influence our life, whether you are married or single.

The ruby, diamond, pearl, coral, jacinth, sapphire, topaz, cat's eye and emerald were associated with particular planets. For example topaz with Jupiter, Coral with Mars, Emerald with Mercury, Sapphire with Saturn, Diamond with Venus, and Ruby with the sun. This does not correlate with some of the modern charts of today, however it was believed to be an extremely powerful amulet.

Below is a list of the astrological signs and their birthstones they represent.

### ***Birthstones***

Capricorn	23rd Dec to 22nd Jan	Ruby, Garnet
Aquarius	23rd Jan to 22nd Feb	Blue. Sapphire, Amethyst
Pisces	23rd Feb to 22nd Mar	Tourmaline, Amethyst,
Aries	23rd Mar to 22nd Apr	Bloodstone, Coral,
Taurus	23rd Apr to 22nd May	Sapphire, Emerald, Topaz
Gemini	23rd May to 22nd June	Agate, Green, Tourmaline
Cancer	23rd June to 22nd July	Emerald, Moss, Agate, Green, Turquoise
Leo	23rd July to 22nd Aug	Amber, Peridot, Onyx
Virgo	23rd Aug to 22nd Sept	Cornelian, Pink, Jasper, Rose Quartz
Libra	23rd Sep to 23rd Oct	Opal, Tourmaline, Chrysolite
Scorpio	23rd Oct to 22nd Nov	Ruby, Topaz, Garnet
Sagittarius	23rd Nov to 22nd Dec	Turquoise, Malachite, Amethyst

A healer should be experienced in crystal healing and must understand the way the crystals and their colors can be mixed together.

Every crystal color has its own vibration, so before the healer can start your treatment they will ask you a few simple questions. This is to assess which crystals colors they need to use. By giving too much exposure to certain crystal colors, can result in side effects. Crystal healing must be used wisely and only by healers that have the knowledge to use it correctly.

Crystal healing unblocks the negative patterns and helps to clear the energy field, which surrounds the body. Healing is a process of working with the energy field and with the help of the crystals will bring you back to feeling whole again.

The energy field is the energy of the soul. Each of us is first and foremost a soul. Working with the energy field for a healer means they are working with the energy of the soul and this is the highest form of intervention you can receive. It is the most efficient way to identify and eliminate the root causes of both psychological and physical illness.

Crystal healing helps to raise the vibration frequency of your energy field. At an emotional level the crystals releasing the low frequency feelings of sadness, anger, and fear can accomplish this. Allowing us to learn to live with the feeling of peace and joy, this also includes helping us to have positive thoughts.

Crystals do this by working on the body's energy fields, which are known as the "chakras". These are involved in processing emotional energy. When the chakras are not working properly you can feel unwell or tired.

When you visit a healer, the room in which they work should be light and bright with candles, crystals, and maybe fresh flowers. All these things help to give a feeling of peace, and an atmosphere of harmony. The room should have no negativity and you should immediately feel comfortable and relaxed. Healing work demands that anyone entering a healing room should feel welcome and that everything that is spoken about is kept confidential between you and the healer. Crystals are light, spirit and love, they represent another dimension and open a way to move and communicate between the earth and the next dimension.

Perhaps we should begin to examine every part of life that we have previously taken for granted. Our bodies are like plants if they are not feed and watered, they will die or become weak. For to long we have ignored what we are doing to the earth and how it is screaming out for our attention. The earth is soft and gentle and is especially beneficial for all living things and through man's sensitivity, all we are doing is taking and never replacing.

Crystals are an integral part of the earths core they are here to help us. Crystals are placed on earth to send out healing to all cultures of life whether man, animal or plant life. Crystals and gems are magical and mysterious and they are a law unto themselves. When they loss there splendor they become ill as we do, but when they are shining they sparkle as we do, when we are happy.

They can be used to amplify our thoughts, help us to focus, transmit energy and generate love. When we have crystals in our life, they show us a rainbow of color that helps us to have a peaceful and joyful life.

I hope this gives you an insight into what crystal healing is about.

If you decide that you would like to learn more, I have written an e-book "Crystal Healing for Pleasure or Profit". You can read all about it by visiting <http://www.crystals-for-healing.com>

*Lynn Claridge*