

Healing with Stones:
A brief introduction to Crystal Therapy
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By Anita Satyajit

They have been known over the years as items of adornment but in recent years the not-so-measurable, positive effects of crystals, on people, have come into limelight. Crystals are known for their ability to help restore the body to a state of well-being. You may have observed someone wearing it or poooh-pooohed the idea of a mere stone impacting someone's life, but the fact remains that there is no avoiding crystals, the miracle stones that touch all of our lives in some way or the other.

When did it begin?

Rocks, stones or crystals, call them as you may, comprise much of this earth. The evolution of crystal healing however can be traced back to the lost city of Atlantis. Studies of Atlantis have led people of believe that crystals were used in that ancient city in numerous ways, including lighting up the city at night. Native American and Australian cultures too are rich with tales of how crystal stones and rocks have been part of spiritual practices and have been used to heal people.

Even the lore of gypsies gazing into crystal balls, probably has its roots on the fact that crystals have been used for meditation since centuries. Due to their ability to store, amplify, correct and control energy waves, crystals are said to help a person focus, stay in tune with his inner-self, thus making a person more intuitive.

In fact unaware to most, crystals are a part of the lives of almost everyone. Technological innovations have tapped into the potentials of quartz crystals. Computer chips, television, watches, radio etc., all contain quartz crystals which are used to modulate, transform or conduct energy in some form or another.

So what do these crystals help heal?

Everything in this earth, all matter, is energy in some form or the other. Air, water, sound, light are all energies. There is a certain healing energy or life-force that pervades this universe. While the Chinese call it chi, reiki taps into the healing power of the sun and the ancient Indian Ayurvedic system defines this energies into 3 categories or doshas namely pitta, vata and kapha.

The human body is a mass of energy and atoms. While atoms comprise the physical body, the aura enveloping the body, is the invisible energy. The aura can now be

photographed through Kirlian photography (putting to rest doubts of many skeptics that such an energy field does not exist). This energy field around the body is continuously fed by seven chakras (or energy zones). These chakras absorb as well as transmit energy continually and every chakra relates to functioning of specific glands in the physical body. The brightness or dimness of the aura depends solely on the well being within the individual.

Our mind and body's functioning as well as the world around us, continues to impact our physical state and emotions continually. Any changes in our outer and inner world leaves some impact on us, altering the way we feel. This results in an imbalance in our body. Crystals act as conduits and help a person connect with the universal healing energies.

It is said that you don't choose the crystals and that the crystals choose you. People often feel an affinity towards a certain crystal which may appeal to them due to its size, colour etc. But in truth this attraction is due to the vibrations of the crystal which connect with the human energy field. Though this vibration is invisible to the naked eye, with time and use, people can tune in to those energies and feel the vibrations by just by holding a crystal.

What is Crystal Healing?

While Allopathy and homeopathy deal with chemical imbalances, crystal therapy deals with healing the energy imbalances in the body, by placing crystals on or around the body. A crystal when placed on the body, works with the human aura by passing on energy. Crystals are thus used to cleanse the aura, remove blocks to help smooth flow of energy and reenergise people.

Various factors are considered before choosing the crystals for the healing, for each crystal contains specific properties. Quartz crystals are the most famous of natural crystals. They are composed of silicon and oxygen (silicon dioxide). Since the human body too contains silicon dioxide, some suggest this helps energy to transfer from the crystal to the body.

Crystals grow in the womb of the earth and thus like all living organisms crystals can transmit as well as receive energy. Scientific experiments have also proved that no two crystals are alike and that each crystal has a specific vibration.

Crystals are differentiated by their colour and type. The presence of other elements inside the crystals, changes the colour and properties of the crystal. For example, while clear quartz is transparent and is said to amplify energy, amethyst gets its violet/purple colour from the presence of magnesium inside a quartz crystal and is used for treating migraines, improving mental prowess etc.

The colour of the crystal thus plays a big role in determining its use. Colours have a specific impact on our chakras or energy centres. The colours of the rainbow start with

the lowest frequency red and move to the highest Violet. Much impact has been found in meditations and healings using crystals, by placing stones of the rainbow colours on the corresponding lowest (pelvic area) to highest (crown) chakra.

Benefits of Crystal Healing

Crystal healing is not an exact science. It relies heavily on the intuition of the healer as well as the stones used for the healing. But when used with wisdom, the benefits have often been remarkable. People experience release from stress, relaxation and a general sense of well-being. This by itself is enough to induce the body to rejuvenate itself.

When used during meditation crystals have been found increase intuition and make people perceptive. By healing your energy field crystals help you focus. This in turn has lead to increased awareness and better inter-personal relationships.

Many doctors are now turning to the use of crystals as a complimentary therapy in the treatment of ailments. Crystal healers often use the crystals to solve not the physical ailment but get to the root of the disease by cleansing the energy fields. Since different people respond differently, a combination of crystals is often used by the healer after studying the patient. Sensitivity is thus a necessity when working with crystals.

Today crystal healing is a therapy that has gained recognition the world over. Though the positive effects of crystals continue to be doubted or debated upon, there is no discounting the words of thousands who continue to receive positive benefits from the use or mere presence of crystals. You don't need to be a believer. All that you require is an open mind, and the crystals do the rest.

Info Box

Some crystals and their healing benefits

Name of Crystal	Body organ it aligns with	Properties
Amethyst	Mind and head	Fights depression, improves memory, good for inducing sleep, curing insomnia and headaches and aids in meditation.
Rose Quartz	Heart and Mind	Good for blood pressure. Increases expressiveness and helps the wearer to give and receive love.
Aquamarine	Throat and heart	Increases courage, provides emotional strength and helps communicate more effectively.
Bloodstone	Circulatory system	Helps purify blood, benefits the heart, and

		reproductive organs. Increases awareness.
Black Tourmaline	Entire body	Protects powerfully from all negative energies. Helps keep the person grounded.
Carnelian	Reproductive organs	Good for kidney, pancreas, lower back ailments, sexual disorders. Increases confidence and helps people to become assertive.
Citrine	Digestive system	Good for instilling calmness, reducing fear, problem solving, and dispelling negative energy.
Coral	Blood circulation and bones	Brings emotional peace and facilitates visualization.
Clear Quartz	Purifier	Increases physical energies, cleanses the negatives energy in the body and creates harmony.
Emerald	Heart, lymph nodes and pancreas	Helps fight depression, insomnia. Is good for physical and emotional healing.
Hematite	Kidneys and tissue regeneration	Removes physical blocks in the body. Helps those with anaemia, enhances concentration, restores equilibrium, and enhances self-esteem.
Jade	Lungs, heart, immune system	Dispels negative thoughts and energy and protects its wearer. Good for harmony and helps you channel your thoughts and emotions constructively.
Lapis Lazuli	Respiratory system, especially the throat and lungs	Aligns the mind and heart. Good for Self-expression, creativity. Treats anxiety, insomnia, autism, shyness.
White moonstone	Thyroid, Women's Reproductive system	Extremely good for gynaecological disorders and also aids in conception. Helps balance emotions and increases internal sensitivity.
Onyx	Bones and teeth	Increases physical and mental strength and brings about mental endurance.

Crystal therapy meditation

- 1) Light an incense stick or play some soothing music to help you relax. Lie flat on a mat or bed.
- 2) Place a red or black crystal atop the pelvic area corresponding to the Muladhara chakra. Crystals that can be used are agate, onyx, haematite, black tourmaline, smoky quartz, bloodstone, and red coral.
- 3) Place an orange crystal two inches below your navel on the Svadhisthana chakra. Crystals that can be used are carnelian, topaz, moonstone, fire agate, and orange spinel.

- 4) Place a yellow crystal three-four inches above your navel on the Manipura or solar plexus chakra. Crystals that can be used are citrine, tiger's eye, yellow onyx , fluorite or tourmaline.
- 5) Place a green and pink crystals in the centre of your chest on the Anahata chakra. Crystals that can be used are rose quartz, jade, malachite and rhodonite.
- 6) Place a blue crystal on the hollow of your throat, on the Vissudha chakra. Crystals that can be used are lapis lazuli, aquamarine, turquoise, blue agate, blue tourmaline, and blue quartz.
- 7) Place a purple crystal in between your eyebrows on your forehead, on the Ajna chakra. Crystals that can be used are amethyst, azurite, fluorite, and lapidolite.
- 8) Place a white/clear crystal, just near your crown, on the ground, corresponding to the Sahasrara charka. Crystals that can be used are clear quartz, moldavite, selenite, and pyrite.
- 9) Finally hold a clear quartz on your right hand and a rose quartz on the left one.
- 10) Now close your eyes and relax. Breathe deeply. Imagine each and every inch of your body relaxing slowly.
- 11) Ask the crystals to clear all internal blocks and rejuvenate your body. Ask the crystals to energise your aura and protect it. Imagine positive energy, moving out from your chakras and enveloping your body.
- 12) After 15-30 minutes, open your eyes slowly. Remove the crystals in the reverse order, from crown chakra to muladhara chakra. Cleanse them before reuse.

SOME OTHER TIPS

Crystal remedy

Place a clear quartz crystal in a glass of water and keep it in sunlight for a couple of hours. Sip this water throughout the day to maintain your body's energy. Apart from wearing a crystal, for ailments, the same as above can be done with the respective crystal for that ailment. It works as a supplement to popular medicine.

Storing crystals

Always store crystals in holders made of natural elements such as glass or wood. Do not store or place crystals in metallic containers or surfaces.

Cleaning and Energising Crystals

Dilute some sea salt in water. Soak the crystals in this water and place the container in sunlight for an hour. Rinse under running water and wipe dry with cotton or silk cloth.

**Properties of Crystals, meditation and tips sourced from Saraswati Nandakumar,
Crystal Healer and Reiki Grandmaster, Oorja (Pune)**

Some good books

- Katrina Raphell's Crystal trilogy books: Crystal Enlightenment: The Transforming Properties of Crystals and Healing Stones, Crystal Healing and Crystalline Transmission: A Synthesis of Light
- The Crystal Handbook by Kevin Sullivan