

Healing Crystals

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Crystals have long been thought to have certain healing and energizing properties, and have been used for centuries in healing rituals. Recently experience resurgence in popularity, crystals are now a thorough modern commodity, with roots in ancient methodologies. Legend even refers to crystal healing in the ancient world of Atlantis.

The first step in using crystals as part of a healing therapy involves the cleansing stage. This is typically accomplished by wearing the crystal, or carrying it close to your body, for at least three weeks. It's important to note that the crystal should be with the person at all times to have the most effect. This cleaning stage is important to begin to unblock energy paths.

During this cleaning and clearing stage, you may begin to note that you are undergoing physical and spiritual changes. This is a sign that the healing process is beginning to do its work.

Next comes the harmonizing stage, during which the crystals help to integrate the recent changes you've seen into the overall energy field. You may notice a significant change in your thought patterns, your emotions and the way you relate to others.

After the harmonizing stage, you'll enter the third and final stage of stability. During this time, all the positive changes you've experienced are being integrated in a more permanent way. This phase will include a gradual diminishing in the amount of time you should wear the crystals.

Depending on your spiritual needs, various crystals will be most appropriate and bring about the most comprehensive healing.

Amethyst – helpful in alleviating headaches, blood sugar disorders, anger management and controlling nightmares.

Aquamarine – used to alleviate symptoms of the heat, lymph nodes and other internal systems. Help to manage fear and anxiety as well.

Carnelian – improves the circulatory system, and can help to aid reproductive systems and the pancreas. Thought to have a positive effect on confidence levels and ambition.

Citrine – useful when treating patients with food allergies and digestion problems. Also good for problem-solving and depression. Helps to diffuse negative energy.

Coral – strong crystal that has a positive impact on the blood and heart. Also good for tissue healing. Not recommended for people with high blood pressure.

Diamond – boosts feelings of love, generosity and spirituality, as well as mental clarity and confidence.

Emerald – in addition to helping balance blood sugars, these stones can also help with childbirth, eye troubles and lymphatic systems. Can help to ease insomnia and depression.

Jade – known to have a powerful effect on the kidneys and immune system, jade also helps to boost courage, compassion and mental balance.

Lapis – eases symptoms of anxiety and nervousness, and can ease insomnia too. Helps to soothe the mind and encourage organized thought.

Malachite – good for stomach and kidney troubles, the stone can also help with inflammation and anger issues.

Rose quartz – prized for its beauty, rose quartz also helps to instill emotional balance and boost self-esteem. Can also help to bring about alignment of the physical and emotional states.

Ruby – good for fighting infections and dealing with blood issues, rubies also stimulate the pituitary gland. Thought to make all emotions more vibrant and intense.

Sapphire – useful for reducing fevers, stemming nosebleeds and helping with hearing problems. Also good for

treating depression, and may help bring about a calming sensation.

Volumes have been written on the various crystals used in healing and their properties. For help in getting started, you should contact a healer trained in the crystal arts. Some websites offer a free consultation when purchasing crystals, assuring that you find exactly what you need for the most positive effect.