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# Foreword

Crystals, also known as crystalline solid, are solid materials that are arranged in a sequential pattern in a three spatial dimensions. Large crystals are often recognized through their macroscopic geometrical style with flat faces and unique characteristics. Though most people are familiar with crystals, some are not aware of their healing power. Get all the info you need here.



## ***The Ultimate Crystal Healing Guide***

How To Use Crystals To Heal The Body And Transform The Spirit

# Chapter 1:

## *Introduction*

---

### **Synopsis**

Crystals bring light and color to your overall aura and physical body. They do this through the chakra system and subtle body layers. They are also used in a certain grid pattern of sacred geometry. These grids generate pillars of light exposing the body to multi-dimensional understanding and awareness.



## **The Basics**

Crystal Therapy is considered as the prehistoric art of laying-on-of-stones. Stones, crystals and gems are laid on the body over the chakra points. Every chakra resonates to a certain color and the chakras align and mix with one another.

The main principle behind the need for crystal healing is that diseases take place when there is inequality between divine energy and a person. This light or divine energy is believed by most healers as the main groundwork of universal creation.

To understand more about crystal healing, this book will serve as your guide. From its basic principles to the underlying facts about crystals, you will know all of them can. So, continue reading and learn how crystal healing will dramatically change your life.



# Chapter 2:

## *What is Crystal Healing all About?*

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### Synopsis

Everyone is a little bit confused on how crystal works and how it heals. In this chapter, you will learn what crystal healing is and how it can boost your health.



## **Crystal Healing Defined**

Crystal healing is a typical form of treatment that uses gemstones or crystals. The crystals are often placed on a certain area of the body called “chakras”.

Chakra is a Hindu word, which means spiritual energy. According to various researches, there are seven fundamental energy centers in the human body. Some healers place identical color crystals as the color of the chakras on the individual to develop the flow of energy.

Crystals direct the energy flow to the person and bring balance to their energy. Generally, they are used to purify the person from negative or bad energy that is believed to cause severe disease.

Eliminating the bad spiritual energy reduces the severity of the physical ailment. These crystals are also used for mental, physical, spiritual and emotional healing. However, not only crystal healers have the power to help other people. In fact, even professional nurses are being educated to use crystals for their patients.

### **Healing with Crystals**

Treating your body with crystals can be performed in multiple ways. You can get their fullest benefits through holding them when you are very ill or carrying them in your pocket. This type of healing can balance and heal your entire body.

The practitioner will put specific crystals on your body chakras to draw out undesired energies and infuse the body with earth energy and universal healing. Some spiritual counselors and massage therapists work with crystals and have the ability to teach you how this kind of healing works.

### **How does Crystal Healing Work?**

No one has ever known the real creator of crystal healing. However, this practice has been used for several centuries. Individuals have used magical stones, gems and amulets throughout history. Healers claim that this crystal treatment really works, but there is no specific scientific evidence to prove its real healing power.

Most crystal healers use clear quartz in treatment process due to its color and shape. However, since chakras have distinct colors related to every area, they may place a certain color of gems or crystals on the same color chakras.

These gemstones have vibration frequencies that are shape-stimulated, interlocking the individual's earth energy field. The crystal is also used to realign or to amplify human psychic through directing vibration energy.

To keep the crystal, it must be covered with table salt or placed in salt water. Keeping the crystal is important to maintain its cleanliness from environmental imbalance.

## **Crystal Healing as an Alternative Healthcare**

A lot of people are practicing crystal healing as an alternative medicine. Though it is essential to follow your healthcare practitioner or doctor's advice, you can also explore and learn about several alternative healthcares. That alternative solution is crystal healing. Healing your mind and body is all about balance. Therefore, you have to integrate crystals into your life.



# Chapter 3:

## *The Benefits of Crystal Healing*

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### Synopsis

The use of gemstones or crystals in healing is continuously increasing. In fact, others use it as a traditional Western medicine treatment. Even if there is lack of medical studies proving the healing properties to crystals, most people use them to deal with a variety of illnesses and diseases.



## **Functions of Crystal Healing**

The popularity of crystal healing is due to the belief of people in ancient practices that involved rocks, gemstones and crystals as a way of balancing energy. Healers pick crystals because they find them suitable for the condition of every person. Healers prefer to place them near or on the energy centers or chakras to create balance.

### **Benefits of Crystal Healing**

Most people use crystals for relieving pain, stress and symptoms of diseases. Other crystals also have the ability to treat conditions like arthritis, insomnia, depression and anxiety. Some individuals undergo regular crystal healing sessions along with the use of traditional medical treatments. After undergoing crystal healing, some patients reported that they experienced enhanced vitality and improved awareness of their body and mental acuity.

### **Specific Crystals with Health Benefits**

Aside from the abovementioned benefited, there are different crystals that are best for treating your ill body parts. These crystal types include the following:

Beryl – This stone can clear your throat and help in improving your liver functions

Citrine – Helps in developing your blood circulation

Emerald – This fights insomnia and offers enough sleep

Sapphire – This stone can make your skin healthier

Topaz –This helps in eliminating varicose veins

Sodalite – This stone helps in making your blood pressure in the normal range

### **Effects of Crystal Healing**

People who regularly undergo a session of crystal healing report multiple improvements in their emotional and physical health. Some people claim that they have experienced a sense of weightlessness, like they are lifted from the ground. On the other hand, others experienced several energy centers tingling or heating up in their body. During sessions, some individuals fall asleep or enter a state of deep meditation. Some patients also reported that they felt even better as compared before.

### **Crystal Healing Time Frame**

Crystal healing works differently depending on the patients and their conditions. Some individuals are required to undergo only one session, while others are recommended to undergo crystal healing on a weekly basis to experience relief from pain and stress. However, an ordinary course of therapy lasts for up to three sessions.

# Chapter 4:

## *What Types of Crystals are There?*

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### Synopsis

The initial reference of using crystals for medication was found on Egyptian papyrus. It was written around 1600 BC.

Throughout the centuries, the method of healing with the use of gemstones has continued. Healing crystals can be carried in your pocket and be worn.

These crystals can also be ground into powder and mixed with liquid to drink. To get the fullest benefits of crystal healing, it is essential to pick the right healing crystals that will best meet your needs.

If you are not familiar with this, you can simply consult an alternative healthcare practitioner.

## **The following are the different types of healing crystals which you shouldn't have to miss:**

### **Amethyst**

This type of crystal is considered as the master healer. It both protects against and purifies negativity. It also offers balance during the state of transition. This stone has purplish color and recounts to the heart chakra. However, not all amethysts have purplish color. Some have bluish-red color, and they are best for enhancing a spiritual and deep connection between the life's challenges and inner self. The chevron amethyst, on the other hand, helps in peeling away karmic patterns and enhances spiritual vision and intuition.

### **Amber**

This is known as the gentlest stone among the different types of crystals. It has a calming and soothing feature. This crystal healing stone is often used to build up a negative disposition while promoting the patients to take life less seriously. The stone is also used to develop fidelity in every relationship. Crystal healers consider this stone as a self-healing type. It guides the user to have right emotions. Amber is also bet for comforting emotions during post-operative trouble.

### **Tiger Eye**

This is a type of crystal with gold and brown feature. It helps you to be more diligent and focused on what you do. This stone is often

recommended for students. It also helps in enhancing your psychic development. Carrying this crystal will also bring you more blessings.

### **Jade**

This crystal type is known as the stone of tranquility. Like amber, it also calms the emotions and maintains peace in the community. This stone can also offer a sense of self-worth and self-sufficiency. It can help the users in dealing with their situation. Generally, jade enhances harmony, tranquility and balance through emotional impassiveness. For healing functions, this stone is effective for recovery after having an undesired experience like job loss, funeral or divorce.

### **Moonstone**

According to crystal experts, moonstone is often associated with strengthening intuition. It also opens the mind to several possibilities. This stone also invites personal change and growth. If you are inflexible and impulsive, moonstone can greatly help. This sky-blue stone can sharpen your concentration and help you prevent any distractions. It is also believed that it can improve one's emotional vision and creative ability.

### **Aquamarine**

This stone is believed to calm the nervous system and to develop the mood of users. Most crystal healers believe that Aquamarine is also perfect for healing toothache, liver disorders, throat pain and

stomach problem. Most sailors prefer to carry this stone for protection.

### **Quartz**

The clear quartz crystal is a conductor of energy, acting both as a transmitter and receiver. If you keep this stone, you will be protected from any outside negative vibrations. This crystal provides harmony and can take good care of your health. Studies show that there are different types of quartz. Each of them has their respective functions. The rose quartz is connected with emotions and love. Smoky quartz, on the other hand, is believed to secure the users against negative energies. Quartz crystal is considered as the most well-known type. Its transparency and clarity gives it a mirror quality through which things can be viewed clearly.

### **Fluorite**

This crystal is effective in treating stress. It can also heal infections and is perfect in combating viruses. Fluorite restores the skin and helps in treating wounds and ulcers. It also regenerates the mucus membranes in the respiratory tract. Blue fluorite is considered as the best crystal type for treating nose, throat, eye and ear problems. Green fluorite, on the other hand, is best for stomach disorders, infections and cramps. For bone marrow and bone disorders, purple and violet fluorite is an excellent choice. If you want to release toxins from your body or achieve a healthy liver, having a yellow fluorite is advised.

## **Bloodstone**

This crystal type is used for all blood-related problems in your body. It can help detoxify your blood, kidneys, liver and spleen. This dark green stone with sprinkled red spots can also improve your blood circulation.

## **Carnelian**

Its function is the same with bloodstone. It can detoxify your liver and blood. This stone can also help you relieve your lower back pain, cramps and arthritis. It can also help in relieving the symptoms of allergies. Wearing red and orange stone as a pendant or ring will also give you confidence and a great feeling.

## **What is the Best Crystal?**

Since there are several types of healing crystals, you have to pick the right choice. Not all crystals are created equal. If you are planning to have these crystals, make sure that you consult expert practitioners first. Some healers claim that some crystals have remarkable effects on the digestive system while others are essential for restoring the reproductive system.

Whatever type of illness you have, there is a corresponding healing crystal that will suit your condition. If you are not aware of this, don't forget to consider the above information. You can also ask some of your friends to get what you need and treat your condition instantly.

# Chapter 5:

## *Knowing the Differences Between Minerals*

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### Synopsis

Have you ever asked yourself on what the real difference of crystal and minerals is? Some people claim that they are just the same. If you are thinking the same way, you are wrong. There are significant distinctions between these two, and recognizing them can help you distinguish them from one to another.



# **Minerals and Crystals Defined**

Minerals are considered as one of the most essential natural resources in the world. They naturally occur in solid chemical substances.

They are often formed through multiple geological procedures. Most of them have a very diverse chemical composition. They are highly ordered atomic formations and have explicit physical properties.

When it comes to composition, minerals differ from simple salts to complex silicate. Minerals have different uses and most of them are either grown or mined.

Crystals, on the other hand, consist of atoms, molecules and ions which are arranged in a repeating outline that spans all three spatial dimensions.

This method is known as solidification or crystallization. Initially, crystals begin as liquid particles and they solidify. The structure of crystals varies depending on the fluid chemistry from which they are formed.

## **Minerals vs Crystals**

Minerals and crystals are different not only in the ways in which they are used. They also differ when it comes to formation. Simply put, crystals consist of multiple natural materials.

Crystals are classified as cubic, hexagonal, orthorhombic, monoclinic, rhombohedral and tetragonal shapes. They are also believed to have healing properties and are used in multiple relaxation procedures.

Crystals are light in color and have translucent features. Some of them have the ability to reflect light into diverse colors. Depending on the rarity and structure of the crystals, some of them are cheap while others are not.

Furthermore, minerals are divided into two categories – the non-silicates and silicates. Silicate minerals are substances that have the fundamental unit of silicate mineral.

The non-silicates, on the other hand, are divided into multiple classes such as sulfides, elements, hydroxides, carbonates and many more. Non-silicate minerals are quite rare as compared to the other type.

# Chapter 6:

## *Using Crystals to Heal Yourself and Others*

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### Synopsis

Treating your conditions using crystals is not too tough. However, it requires enough time and accurate procedures. If you use these crystals accurately, expect that you will get their maximum benefits.



## **Healing Others with Crystals**

Most crystal healers place the stone on the different parts of the body to heal the patient's soul, mind and body. If you are planning to help other people or even your family members, you have to know how to use these crystals. As your guide, here are the things you need to do to perform crystal healing:

Make a list of the clients' diseases or complaints concerning their health. As much as possible, get the needed crystals that heal those specific issues. Then, have the patient lay on a flat surface which is convenient for them. Make sure that the surrounding is calm through turning off the lights.

See to it that the patients are wearing loose and comfortable clothing. Then, gently put the crystals in the parts of their body wherein they feel any discomfort. Place the crystals on the chest for ailments pertaining to the soul and forehead for dream issues.

While the crystals are layered in the person's body, start meditating in the room. Simply concentrate on the patient's ailments and the crystal's power. You also need to invite the patient to participate in you in meditation. It is said that the more mental energy flowing in the crystals, the more powerful they are.

This process is very straight-forward. Through following this process, expect that your loved ones will feel better after the session. To know

more how to use these gemstones for healing, here are the step-by-step procedures:

### **Step 1: Cleansing Procedures**

Cleansing is a crucial step when it comes to crystal healing. In this process, the crystals would try to eliminate the energy blockages that can be the cause of severe ailment. The crystal needs to be in contact with the patient.

Each week, the crystals must be placed in direct sunlight. This can cleanse and recharge the energy of the crystals. During the first week, the crystals will be making the most adjustments to the energy field of the patients. This is also the period that when the matrix is being matched to the energy of the user.

Every practitioner has a specific method for cleansing. Some prefer the smudging method, a process involving a crystal in white sage smoke until it is cleaned while others use holy water to perform a definite ritual.

### **Step 2: Harmonizing and Integrating Process**

The observed changes in the first step include the patient's emotional, physical and mental being. Aside from these developments, other changes will occur once you choose to undergo with this type of healing process. The reason behind these changes is the toxins that are being flushed out of the body.

### **Step 3: Stability**

In this step, the changes are already accepted by the body. Then, the body becomes stable due to these changes. A stabilized body means that your body can survive the pressure and insensitive environment even without your healing crystals. However, the stabilized stage may subside and you have to put on your healing crystals to restore your health's condition again.

### **How to Use Crystal Healing?**

Crystal healing can't completely heal your medical problems. However, it is the best alternative method especially during emergency situations. With the use of crystals, you can calm down while waiting for your doctor to arrive. The body has a powerful method of self-healing. If you opt to use these crystals for healing, refer to the following as your guide:

Pick a gemstone, crystal or rock that perfectly fits for your health condition. You can do this through asking assistance from any experts or other sources.

Cleanse the crystal using your desired method. This can help in getting rid of any negative energies or vibrations. The best cleaning is leaving the stone in three days and three nights under the full moon. Leave the crystals where you can relax such as in the kitchen, in the bathroom or in the bedroom.

Through this, you can associate the gemstone with soothing times.

Study more about crystal healing to know its exact process. If the process makes you feel silly or awkward, then prefer to skip it.

Use your crystals in the way your intuition tells you. You can carry these crystals in your pocket or purse as your lucky charm.

With accurate information about crystal healing, you can help yourself and other members of the family with regard to health issues. You can also share your knowledge to your friends and relatives as well.



# Chapter 7:

## *How to Program Your Crystals*

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### Synopsis

If you prefer to use your crystals for an explicit purpose, you need to program them. Intention and focus are the two of the most essential aspects to consider when programming crystals. These include healing, activation of chakras and protection. Even if your intention is in your program, you also need to know how to place your program into your stone. You have to focus when making the program for your crystal.



## **Programming**

When programming, you have to ensure that your stone is compatible with the purpose you have in mind. Say for instance, if you want to hold off the negative vibrations coming from your miserable co-workers, you have to use Black Tourmaline and not other types of crystals.

Programming a crystal or any types of gemstone is one way of storing an energy pattern in the stone. The pattern energy programmed into the stone can be any thought, intention, sound, color, use, emotion or other vibrations. These vibrations can be accessed to restore the energies into their main purpose. If you want to program your crystals, here are the best tips you shouldn't miss to consider:

**Step 1: Clear Your Crystals** – Whatever types of crystals and methods you prefer, you have to make them lucid. Then, sit down at your personal altar while holding your crystals. Make sure that you do the programming without any disturbances.

**Step 2: Hold Your Crystals Firmly** – In holding your crystals, use your right hand and clear your unrelated thoughts in mind. Start concentrating on your intention for effective crystal programming.

**Step 3: Focus Your Intention** – While programming, you have to focus on your intention. You can do this through saying descriptive words loud and clear. Say for instance, if you opt to program your crystals to bring good health, start repeating the phrase “good health”

over and over again. Depending on your choice, you can also whisper it to avoid disturbing other people.

**Step 4: Repeat Your Intention Verbally** – In repeating your intention, make sure that you are holding your crystals. Never leave your crystals while doing the program. You also need to place your hand over the crystals to drive more vibrations.

**Step 5: Keeping Holding Your Crystals** – As much as possible, repeat the steps for several times. When your intuition tells you that the crystals have acquired the vibrations, open your hand slowly and thank your crystals.

After following these procedures, the crystals will now be fully programmed. This method can also be used with spheres, tumbled stones, natural chunks of minerals, polished crystals and natural crystals. To recover and use the crystal's program, grasp and rub the crystal while asking for its programming to be discharged, and those energies will just come out.

### **Methods of Programming Your Crystals**

Programming your crystals can be done in multiple methods. If you are not familiar with these methods, you have to explore even more. For better understanding, here are the different programming methods you need to use:

1. **Meditation with Visualization** - Meditation is the usual method of programming crystals. To perform this method, you have to

sit in a peaceful surrounding. Then, think about your ultimate purpose while holding the stone.

2. Meditation with Breath - The process with the previous is the same. However, it requires several twists. When you feel that you are in established meditative condition, stay focused and blow your crystals.
3. Meditation with Reiki and Other Energy Techniques – In this method, you have to relax and place your crystals in your hands. Follow the previous method until the energy sensations die down in your hands.

There are some believe that after programming the crystals, they will remain in that state for almost 28 days. The main question is, how can you know that you need to reprogram your crystals? Say for instance, if you planned a clear quartz cluster in your room to drive high vibrations, that cluster will need to be reprogrammed after weeks. However, if everything is under control during the first week of programming, you just need a few weeks before you reprogram it.

# Wrapping Up

## *Do's and Don'ts with Crystals*

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### Synopsis

The more details you know about crystal healing, the more it will work best for your body. To ensure that you have the best crystals, understanding their do's and don'ts is a must. Instead of worrying on how to get the best crystal for effective crystal healing, use the following as your guide.



## **What To Do**

If your friends recommend a gemstone or crystal to you, make sure that you know why they keep on recommending it. Take note that the more information you acquire, the faster and better the healing process will be. Say for instance, if your mother told you to wear a pearl to soothe your anger and anxiety, you will surely do this as per the request of your mother. However, if you know how it is associated with the placement of your natal chart and moon, you can easily yield a better result. With your knowledge, you can be stronger and get the lunar energies.

Do not wear any types of crystals after buying. Make sure that you cleanse them first and follow their exact programming method. Cleansing can range from soaking them overnight on salt water, unboiled milk or running water. Before wearing the crystals, always ask the seller on how to remove imprints and energies from them.

Do not get upset if your crystals or stones fall off, break, crack or get lost. Most crystal healers believe that once it happens, their work is already done.

Do get your crystals to energize. You can do this through asking assistance from an astrologer or healer. This can greatly help the crystals or gemstones to work exclusively for the user. If you think that your crystal bracelet or pendant is providing positive results,

never wear earrings, necklaces and rings at the same time. If you did, this may just overdose yourself. Remember, anything in excess is dangerous.

Always trust your feeling about the crystals. If you think that your preferred stones are ideal and work effectively, then get them. However, if you feel dense, heavy or uncomfortable, simply remove the crystals. Before you completely ignore your crystals, share first your concerns with any professional crystal healers.

Through following these do's and don'ts, you will be able to get the fullest benefits of your crystals. You will also be able to know if you need to find another crystal for perfect results.

### **Selecting a Crystal for Healing**

Finding the best crystals for healing is not too easy. Before you get an ideal one, you have to ensure that you know its exact function. Using your “first impression” in searching for a crystal is an excellent move.

As advised, when you are shopping, stand in front of multiple crystals. Then, close your eyes and relax. Upon opening your eyes, pick up the first crystal you see. If you are searching for crystal due to a specific reason, meditation can help you in solving your problems.

Take note that in looking for a crystal, you have to consider first your intention. To guarantee that you will get the ideal type for your purpose, don't ever forget to ask advice from crystal healers. Before buying, you also need to know which one will meet your budget and needs.

### **Things to Do for Effective Crystal Healing**

Not all people who make use of crystals get a positive result. If you don't want to experience the same thing, you have to follow the succeeding reminders to ensure that your crystals will work as expected:

- **Select your Stones Carefully** – In choosing your preferred crystals, it involves trusting your instincts. Crystals are not factory-made; they are all natural. So, don't prefer to get a perfect size or shape because you will never find one.
- **Cleanse Your Crystals** – Once you cleanse your crystals, its original nature is restored. Make sure that you do this accurately, especially when your friends have been handling your crystals. Cleansing can be done with fire, air, earth and water.
- **Charge Your Crystals** – This can help in regenerating and energizing your crystals. Charge your crystals anytime you want. The more your crystals are energized, the more they become effective. You also need to allow your crystals to receive moonlight and sunlight energies.

- Dedicate Your Crystals – Once you dedicate your crystals, they will give you security depending on their purpose.
- Attach with your Stones – Attaching means that you have to become friends. Through making a great connection with your crystals, you can get more positive vibrations.
- Take Good Care of Your Crystals – To ensure that your crystals are in good hands, protect them through placing your crystals in a pouch. Never let them clutter around your wallet.
- Use Your Crystals – Depending on your intentions, you can use your crystals for your mental, emotional and physical problems. You can also use them for your overall well-being and health. Apart from that, you can also use these crystals in treating your pets and plants.

### **Ideas where to Place Your Crystal Healing**

Crystals can help to soothe, to relax, to energize, to heal, to dispel negativity, to relieve stress and to influence growth. They are also effective for resolving problems, balancing, uplifting and enlightening. If you have these crystals, maybe you will be confused on where to put them. Depending on your choice, you can place your stones in the entrance hall, sitting room or dining room.

These crystals can also be placed in the kitchen. Since the kitchen is the core of the home, good energy will easily touch the entire areas. As an option, you can also place these crystals in your

bedroom or on the study table. If you want to carry your crystals at all times, putting them in your handbags is advisable. Wherever you place your crystals, it is expected that you will always feel better.

With information about crystals, it would be easy for you to pick which one will best meet your needs. Simply know which is best for you and see how it works.

Upon wearing any type of crystal, all you have to do is to wait for its results. These crystals will serve as your good luck and guide. If you use them accurately, you will also witness their remarkable results sooner or later.

However, it doesn't mean that you will always depend on these crystals. If you have a severe illness, it is also best to ask assistance from health practitioners. In doing so, you will be able to ensure your safety.