

Crystal Healing

Crystals have been used for healing since ancient times by many different cultures and in the last twenty odd years, there has been a great revival of this art. Crystals are highly powerful and effective tools for healing as they contain a number of special properties and interact with us in many different ways. One of these properties is the unique vibration of each crystal. This is a result of its colour frequency, chemical composition, inner atomic structure and outer form. Not only does this property make a crystal indispensable in altering electromagnetic waves for medical machinery and quartz watches, but it can also modify 'healing energy'. Another property of crystals is the distinct orderly structure which enables them to absorb, reflect, transform, transmute, balance, direct, amplify, clear, focus etc. energies. Essentially, a crystal can adapt healing energy in any way imaginable. Since crystals and minerals make up most of the earth's crust and also reside within the human body, it can be said that, in a sense, we are all part of and living on a crystal.

You may be asked to remove your jewellery and to either sit on a chair or lie on the therapy couch during the treatment, fully clothed (minus shoes!). The healer will ask you to relax and may then place some crystals on or around your body. You may experience a slight tingling or nothing at all. Changes do still happen on subtle levels. At times, existing issues may slightly intensify before being released. This occurs usually within three days of a treatment and the healer will always explain to a client what to expect or do should this happen. Usually the whole session will not last more than one hour. All healers adhere to a strict code of conduct and confidentiality.

How can Crystal Healing Help?

Healing can promote 'wellness', help prevent physical illness and support the recovery of existing symptoms. It can also be very helpful in crisis situations and with 'terminal' illness. Healing often involves some form of change in a client's overall way of being. It may be through the release of redundant patterns, a relief of stress and tensions or a deeper insight into the cause of a specific problem or symptom. It may also be through revitalisation, relaxation or establishing a greater amount of peace and harmony.