



# CRYSTAL HEALING



**FOR MODERN LIVING**



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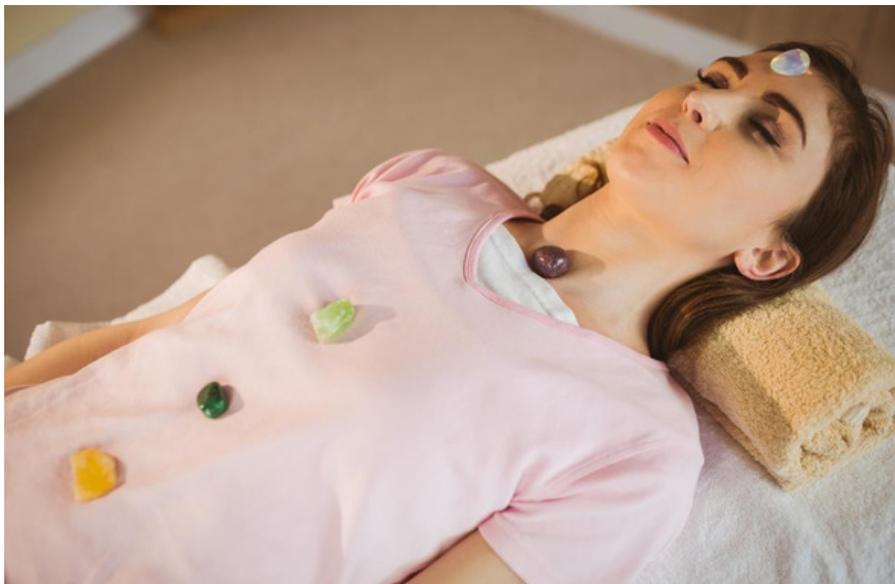
# **CRYSTAL HEALING FOR MODERN LIFE**

## **FOREWORD**

Crystal therapy or crystal healing is a type of vibrational medicine. Crystal therapy typically involves the application of crystals or gemstones to aid in the healing of one's body or spirit. Gemstones hold spiritual and healing attributes that may be tapped into in a myriad of ways. Crystals can be carried or worn on the individual or placed in a location where their therapeutic vibrations may be felt by whosoever is nearby. Healers,

likewise, place stones on their clients' reclined bodies to equilibrate the chakras and aura.

## **CHAPTER 1: WHAT'S BEHIND CRYSTAL HEALING**



### **AN INTRODUCTION**

Crystal healing is a type of healing that utilises crystals or gemstones.

The crystals are primarily placed on particular areas of the body

called "Chakras." Chakra is a Hindu term implying *spiritual energy*.

According to the teachings, there are 7 general energy centers in the body,

and each one features a different colour associated with it.

Crystals and gemstones are stated to have vibrational frequencies that can interconnect an individual with earth's energy fields. The crystal is utilised to expand or realign human psychic or cosmic energy by guiding the vibrational energy.

Some crystal healers lay the same colour crystals as the colour of the chakras on the individual to heighten the flow of energy. Many other crystal healers generally prefer to work with clear quartz, because of its shape and colour. Crystals can guide the flow of energy to a certain part of the body and in turn, bring balance to their overall energy and wellbeing.

To maintain the crystal, it's laid in salt water or covered with table salt. Sustaining the crystal helps keep them clean from "environmental unbalance". Just as any important item of ours needs upkeep and care, your crystals need to be recharged periodically to keep them functioning at their highest level.

Ultimately, crystals can be used to pull out damaged energy from an individual. Driving out the defective spiritual energy eases physical ailments. Crystals are utilised for physical, mental, emotional and

spiritual healing. Not only can individuals visit crystal healers, in a few places, professional nurses are trained to utilise crystals for their patients as well. In addition, crystals may be worn, placed next to a bed as one sleeps, or placed around a warm bath.

Practically from the very dawn of humankind, people have been utilising amulets, magical stones, talismans and gems for all manners of healing and protection. Many people might be surprised upon learning that there were crystal healers practicing over 10,000 years ago!

Although historically practiced in mostly Eastern cultures, this powerful knowledge is finally making its way to the western world. As the technological world creeps closer and closer to our society we can only assume that the search for healing will increase as the years go on. Crystals may play a vital role in this “awakening” as more and more people look for new modalities of healing.

## CHAPTER 2: RAMPING UP YOUR ENERGY



### CRYSTALS FOR POWER

Below is a list of crystals that may help you and provide that much needed supercharge of energy. Broadly speaking, if faced with tiredness, pick out stones that are connected with the component of Fire. This component is energy personified. You'll discover that stones ruled by fire are frequently ruled by the Sun or the planet Mars, and are nearly always red in colour.

Mars is frequently called the Planet of Warriors. If you wish to fight fatigue, you'll have to think like a warrior. That being stated, the

crystals in that category are Ruby, Garnet, Red Jasper, and Amber.

And as fatigue might bring with it rounds of depression

and/or insomnia, Amethyst and Green Aventurine are useful crystals to heal these ailments.

Ruby is a crimson crystal that's ruled by the component of Fire and the planet Mars. This potent energiser step-ups the blood flow, heightens stamina, and presents you with renewed energy. Utilise it on the sacral or root chakra. Raw, rough rubies are much less expensive and are perfect for this sort of healing. Reload rubies utilising a soft cloth to wipe them down and put them on a windowsill at nighttime to be charged up by the stars.

Garnet is a burgundy-red stone that's ruled by Fire and the planet Mars as well. Put on the root chakra, it may improve circulation, as well as expand that sense of vitality you might be missing. This warming crystal may be worn or carried in a pocket (as with all of these crystals) and it may be recharged even on a mirky night.

Red Jasper is the “Warrior Rock”. This red rock is, like Ruby and

Garnet, ruled by Fire and Mars. It's indispensable if you have to step-up stamina, heighten circulation and want to give an awesome boost of energy to the system. It's affiliated with the root chakra and may be recharged by passing it through a red standard candle flame.

Amber, the fossilised leftovers of ancient tree resin, is affiliated with Fire and the Sun. This fiery, golden-orange stone reloads your energy levels by arousing a more favourable attitude. If your emotions are running rampant due to emotional overcharge, lay amber on the solar plexus or sacral chakra to counterbalance those emotional tensions. It may be reloaded by placing it on a sunny windowsill.

Amethyst is a quieting stone for those enduring fatigue ascribable to emotional overload. This purplish crystal is ruled by the component of Air and the planet Jupiter. It's thought of as an awesome healing stone for emotional weariness, insomnia and headaches. It likewise balances blood glucose levels and has been recognised to recharge other stones. Put it on your brow chakra or beneath your pillow at night. Naturally, it may be worn or carried. Reload amethyst by putting it in moonlight, as this stone shouldn't be placed in direct

Sunlight.

Aventurine, while green, is a marvelous crystal for clearing off negativity, increasing optimism and affecting a more favourable outlook. It's a more gentle stimulating stone, but may still encourage a regenerated zest for life. It's an earth stone and is ruled by Mercury. Aventurine is utilised on the heart chakra to quiet panic-attacks and nervousness affiliated with emotional fatigue. It may be recharged by placing it in amongst the leaves of a plant during the day.

If you've ever experienced a lack of energy or fatigue after lunch this sort of afternoon energy slump may be alleviated with your crystals, rather than having to grab a caffeinated drink or sugary snack. Crystals that are going to hike up that afternoon slouch are ruby, amber, and jasper. Ruby and Amber are reloading stones and will jumpstart your system. A different one to try is aventurine, which will add a little optimism to the mix.

What if you're having difficulty sleeping? You're so worn out from your everyday life and stress, you feel as if you could sleep for a week, but your mind won't

switch off. Cup of Chamomile Tea? Maybe. Some calming music and a little meditation? Go for it. Rose Quartz and Amethyst will likewise bring a more relaxing sleep if placed beneath your pillow. These are quieting stones that will greatly help those with overtaxed brains and bouts of insomnia. A different stone to help you relax is blue lace agate that, if held in your hand, will help your entire body relax. The crystal Iolite can also help with insomnia along with headaches, eyestrain, and mental tension, by working to calm those overtaxed nerves.

So, whether you're a long-distance runner or simply running through the stress of day-after-day, I hope one or more of these crystals will help you to battle your fatigue and bring you serenity and energy.

## **ELEMENTS, PLANETS, AND CRYSTALS**

At this point, a few of you might be wondering why the elements and planets are named with many of the crystal descriptions. Every element – Earth, Air, Fire and Water – and every planet – from the Sun to Pluto – correspond to assorted energies, emotions, attributes, colours, and so forth.

Fire, for instance, is affiliated with the colour red and is utilised for physical strength, staying power, protection, energy, and bravery. Water is blue and is utilised for healing, relaxation, rest, and psychic Powers.

Earth is regulated by green and is utilised for grounding, peace, constancy, fertility, cash and gardening/agriculture. Air is yellow and is the component of communication, travel and all matters regarding the intellect.

Mentioned here were Mars, the Sun, Jupiter and Mercury. Mars is for bravery, passion, protection and strength and is governed likewise by red. The Sun deals with physical power, protection, healing and success and its colour is golden or yellow. Jupiter is for meditation, spirituality, success, and psychic cognisance and its colour is purple. Mercury regulates communication, wiseness, self-reformation, study, and travel, and its colour is yellow.

## CHAPTER 3: ALL ABOUT AMETHYST



### WHAT THIS STONE IS USED FOR

Amethyst is a gemstone frequently worn by healers, as it has the ability to center energy. A healer will commonly wear various pieces of Jewellery with amethysts set in silver, particularly an amethyst necklace.

Oftentimes, the person being healed will have an amethyst to hold while the healing is being completed. The healer will then place a different piece of amethyst on the areas of the body that need healing, commonly the heart or lungs. Amethyst is utilised for issues in the blood and in breathing issues.

Amethyst crystal clusters are utilised to keep the air and vitality in the home clean and favourable.

Place Amethyst clusters, points, or tumbled stones in moonlight to help everybody in the home to feel less agitated. Utilising an amethyst as a meditation center will expand positive spiritual feelings. Amethyst helps defeat fears and cravings. It likewise helps alleviate headaches.

Hold an amethyst stone in each hand when meditating. It's an excellent stone to use while meditating because it can aid in more intense visualisations. Another thing you can do is place a couple of amethyst stones around the rooms where tempers might frequently be riled. It's a stone of peace and helps bestow love and happiness to all who utilise it.

An Amethyst stone makes an awesome gift for anybody that works as a psychic or those that show psychic powers, as it helps increase all forms of psychic abilities.

If you endure migraines, here's a simple crystal healing curative that

has been known to help. Lie down and shut your eyes. Put an amethyst stone on your brow and attempt to relax and let the gemstones do their work.

Muscle and joint traumas, such as sprains, can be healed quicker by putting an amethyst stone inside an elastic bandage that is wrapped around the wounded area.

To assist with breathing issues, along with any medications from the doctor, put an amethyst on the chest, between the lungs. Dependent on the severity of the illness, you may be able to actually tape a stone in place with a band aid and slumber with it in place.

To make an amethyst stone elixir, put one or more amethysts into a clear glass jar full of water. Let the water sit outside in the moonlight for the whole night. The closer to the full moon, the better. Use this amethyst water to help clear up blemishes and soften the skin. You may wash with it or utilize it as an ingredient in any clays or masks you might apply.

You may also make an Amethyst Stone elixir and utilise it to bathe the parts of the body that are undergoing circulatory issues. It can step-up circulation in both the physical body and the etheric.

If you discover yourself having issues sleeping at night and spend more time tossing and turning than really sleeping, place an amethyst stone beneath your pillow to help with insomnia.

To expand the number of dreams that you have and to help you recall your dreams when you awaken, utilise an elastic hair band as a head band around your forehead. Slip an amethyst stone beneath the band as it is known to help facilitate dreaming.

Bury a little amethyst stone at every entrance to your house to guard against thieves. A cheap strand of amethyst chips works perfectly for this. Don't forget to bury a little beneath every window, as well as the doors. If you have a window that's far away from a place where you can bury the stones, such as a window above a cement patio or porch, simply put a tumbled stone or crystal on the windowpane.

Utilise the same technique above to protect against thieves and to keep evil from your household. This will also help keep all who wish you or your loved ones harm, from attempting to come into your home.

To commune with your Spirit Guide or Higher Self, discover a peaceful time and place where you won't be interrupted. Carry an amethyst stone in each hand. Take a couple of deep breaths, shut your eyes feel the powers come from the amethyst. Invite your guide to come forward and talk with you. This helps you attune with your higher self.

With the hectic world moving so quick around us, we frequently find ourselves strained beyond the capacity the human body was designed to endure. Spend a couple of minutes absorbing the power of amethyst crystals to help mend the nervous system and feel more at peace.

## **CHAPTER 4: APATITE**



### **PSYCHIC DEVELOPMENT AND MORE**

It's frequently been stated, before you are able to change something, you have to accept it as it is. An apatite gemstone crystal is a

multi-talented gemstone assisting us to attune to our inner selves and take on inner and outer healing, communication, and balancing.

Apatite is the perfect gemstone for utilisation on any of the chakras as it can both perk up under activity and calm down over activity and clear congestions in any of the chakras.

Apatite gemstone crystals aid in the development of psychic powers and can help you attune your mind, heart and soul to the spiritual forces that run throughout the universe.

To expand your power to receive visions of the future, meditate with an apatite gemstone leaning against your third eye chakra (somewhat above and between the eyebrows). Blue or purple coloured apatite gems work best for this.

Apatite gemstone helps bones to mend faster and stronger. It aids in your body's absorption of calcium from the foods you consume, which helps to keep bones and teeth strong.

To help ease arthritis pain, wrap the involved joint in an

elastic bandage allowing it to hold one or more stones against the impacted joint. The apatite gemstone may help heal the painful sensation and heal the joint quicker.

Produce an elixir by placing one or more apatite gemstones in a glass container of water and let it sit outside overnight, preferable under a full moon. This elixir may be drunk to help strengthen bones and heal and prevent joint pain.

To help lower hypertension, wear an apatite gemstone so it hangs just above the heart. Wearing one on a chain works well, but if you are unable to do this, simply pin a stone to the interior of your shirt.

If you realise you have the tendency to let your emotions rule instead of logic, particularly in emergency type situations, apatite gemstone crystals may be your resolution. This gemstone will let calm prevail presenting you the time and power to let logic rule in the situation.

Wear one or more apatite crystals while executing any kind of creative

work. It helps you to link up with your creative center and produce spectacular works.

Does shyness or doubt forbid you from enjoying yourself at parties or in additional social situations? An apatite gemstone may provide you the confidence to feel comfortable in social settings and provide you the feeling of security you require to shine at your best.

Do you require a little extra motivation to get the job finished? A gold or red apatite gemstone held during meditation may help you keep your mind centered on the subject at hand presenting you the desire to continue working till completion.

## CHAPTER 5: GREEN SERPENTINE



### DETOX FOR THE BODY

Serpentine is an earthling stone that helps meditation and spiritual exploration. It clears up the chakras and energises the crown chakra, opens up the psychic powers and helps us comprehend the spiritual basis of life.

This stone opens up fresh pathways for the Kundalini Energy to rise, aids in the retrieval of wisdom and regains memories of past lives. Serpentine assists you to be more in command of your life, corrects mental and emotional instabilities, and assists the conscious direction

of healing power towards trouble areas.

Physically, Serpentine mineral is exceedingly cleansing and detoxifying for the body and blood to assure longevity. It does away with parasites, aids calcium and magnesium absorption, and treats hypoglycemia and diabetes.

Light-Green Serpentine is a gentle, tender-natured stone that can help you receive contact with a source of angelic guidance. It helps to integrate the past, present, and future, making it an awesome stone for past life exploration.

This stone encourages compassion and forgiveness for yourself and for what you have experienced. Holding this stone leads you into the healing regions that exist in the between-lives state. This way, the healing that wasn't undertaken after a former life ended may now be accomplished.

This stone heals instabilities from past lives and clears up emotional baggage from old relationships. If placed on the throat, it helps with speaking of the past and resolves issues carried forward into the here and now. This stone is awesome to utilise when you want to confront

anybody from your past, as it brings in a gentle touch to the meeting.

Physically, light green serpentine is awesome for pain relief, particularly menstrual and muscular aches and pains.

## **CHAPTER 6: WHAT TURQUOISE CAN DO**



## **A SACRED HEALING STONE**

Turquoise is the healing stone that attunes our physical selves to the greatest realms. It helps us to better comprehend ourselves and to bring our thoughts and emotions under control. You've but to stop and listen, be quiet, and be prepared to hear the truth about whom and what you are. Simply then will you find your full power.

Respected by the Native Americans as sacred, the turquoise gemstone soaks up negativity, transmuting it into valuable energy. It likewise helps you to become one with the cosmos. The real turquoise meaning comes from the heart and the soul of the individual utilising it.

The list of turquoise gem healing attributes is long and wide-ranging and the assortments of turquoise crystal shapes, sizes, and colours that may be utilised are as wide-ranging as the individuals that utilise them.

Worn any place on the body, a turquoise gem healing stone will protect and bless the wearer. It's considered a hallowed stone in some

cultures, personifying a gift from the gods.

A strand of turquoise gemstone crystal beads worn around the neck soaks up all negativity from the body and brain and helps you formulate your own innate powers. You are able to align your chakras by laying a turquoise stone on each of the chakra points for 3 to 5 minutes while the gem executes its work. If you don't have seven turquoise stones, it might take a bit longer, however, laying a single stone on one chakra at one time for the same three to five minutes will still align your chakras for the best level of power.

A strand of turquoise beads utilised as a bracelet, necklace or even an anklet will help detoxify the body from alcoholic beverages, pollution, poison and radiation. The thought is to wear a circle of beads around one area of the body so as the blood flows back and forth through the area, the turquoise may purify it.

Anybody that has issues with their lungs, throat, or from asthma, may hang a turquoise gemstone from a cord or chain so it hangs immediately over the area causing the issue. This helps the gem

energies get as close as possible to the trouble area and start the healing work.

Those suffering from depressive disorder may sleep with a turquoise gemstone to help lift the depression.

Add a couple of turquoise crystals to a container of water and let it sit outside where the moon may shine on it overnight and the sun may shine on it over the next day. That evening, pour the turquoise water into a warm bath, step in, sit down and let the healing energies work on your body. This same healing elixir may be utilised to soak a sprained or pulled muscle, strengthen the immune system so you may fight off viruses and infections, and assist in healing damaged or cut tissues. For headaches, soak a cloth in the elixir and put on your brow till the pain disappears.

## CHAPTER 7: QUARTZ



### A CRYSTAL HEALING ESSENTIAL

When it comes to the range of crystals utilised in spiritual healing nothing stands higher than quartz. The healing energies of quartz have long been recognised. Since the time of the fabled Atlantis no stone has been more revered for its crystal healing attributes than quartz. To the shaman and metaphysical healer, quartz is the quintessential curative stone. Quartz crystals possess all of the attributes the practitioners of Crystal Healing look for.

Even science realise the unparalleled and astonishing abilities of quartz crystals. The crystalline structure of quartz carries electricity and radio frequencies. It's why Quartz is utilised in radios and additional electronic devices. And why scientists are experimenting with quartz and additional crystals as sources of possibly unlimited alternative energy.

There are a lot of different types of quartz crystals, and each one has their own unique healing powers and impact different parts of the Body. For instance, rose quartz is utilised by crystal healers for headaches, the handling of heart issues, and kidney disease. Clear quartz is utilised to draw out pain, bring back clarity of consciousness, and to broadly amplify all curative energies. However, all quartz crystals have the power to realign the vibrations of the body, restoring balance. That's what makes quartz crystals so efficient in healing. Most disease issues, but particularly mental disorders and neurological issues may be linked to some sort of "chemical" or "neurotransmitter" instability. The influence of quartz crystals may help mend these imbalances.

The electro-magnetic attributes of quartz are mostly due to the base

of its crystalline anatomical structure being made up of silica. Silica is a natural occurring glass. Silica is detected in some level in nearly every healing crystal, chakra stone, or ritualistic gem. Silica, likewise, shares its chemical and molecular construction with silicon, known for its electro-magnetic attributes.

## **CHAPTER 8: BLOODSTONE**



## **A STONE FOR CREATIVITY, HEALING, AND BRAVERY**

Formerly, bloodstone crystals were called heliotrope. The word heliotrope is compiled of the Greek word for 'the sun', *helios* and the Greek word for 'to turn', *trepein*. The historical uses of the stones were to induce changes in the weather. It was thought if you place a bloodstone in water and let the stone suck up the rays of the sun, it would induce a storm.

Bloodstone advances creative thinking, self-expression, and artistry. In the Middle Ages, bloodstone was ground into a powder, blended with honey and eggs and given to patients to heal tumors. A paste made of mashed bloodstone and honey was also rubbed on cuts to stop bleeding.

As a healing stone, a bloodstone is utilised by healers to help with any sort of blood disorders. This includes but isn't limited to anemia, circulatory issues and Lupus.

Wearing or carrying a bloodstone helps to strengthen the immune system, clean toxins from the liver and kidney and purify the bone

marrow. This makes it an awesome stone for women as it helps to alleviate both menstrual and menopausal symptoms.

To help cure snakebite, affix a bloodstone to draw the poison out of the bite. Notice, this was an ancient utilisation of the stone. You may do this while on the way to acquire medical help, but do not do this rather than seeking medical attention.

The ancient Babylonians utilised engraved bloodstone in divinations. They utilised the way the assorted spots of red looked to tap into their psychic powers, producing an effect similar to a vision by following the array of the spots.

To purge your mind, body and soul, on the night of the full moon, find a place outdoors where you may lay under the moons light. Put a stone on your forehead as you lay down and relax. Visualise the moon's power entering your body, filling it with perfect white light. As your body fills, see all the negativism, illness and tension leaving your body, and sinking into the ground under you.

Ancient Egyptians utilised bloodstone magic to assist them in battles. They used magical empowered stones as amulets for the warriors to expand their personal strength.

Athletes may use a bloodstone amulet to help expand their strength and speed. Wear or carry a stone and visualise its power entering your body and inducing your muscles to become stronger or faster.

This same magic may be used by anybody in need of bravery to get through a situation. Simply envision the powers entering the body and presenting you with the strength that you require.

To turn "invisible" to your foes, wear or carry a bloodstone and visualise a cloak of power emanating from the stone and enfolding around you, making you unseeable to those you don't want to be seen by.

If you know of somebody that tends to be a bit too self-centered, give them a gift of a bloodstone. It helps them to see how matters affect not

just them, but other people around them or even the whole world.

Hold a bloodstone in your hands with meditations designed to help you connect with your preceding lives. Once you've entered the meditative state, turn your thoughts backward to a time before your birth and let the images guide you to sights of your prior lives.

Keep one or more bloodstones on your desk or worktable to help expand your business and riches. Even people that don't run their own business may benefit by letting the stone draw in additional sources of money into their lives.

## **CHAPTER 9: CHOOSING THE RIGHT CRYSTALS**



### **HOW TO CHOOSE A CRYSTAL**

Here is an easy procedure to identify which crystal will work best for your particular goal.

First, seek a few crystal assortments that appear to support your goal. Then select a particular crystal that provides a vibrational match to your frequency. You can do this by holding the crystal in your hand or thinking about holding it (if you're purchasing online for instance)

and say your purpose. For example, "I want to feel more at peace."

Always say the purpose in an affirmative sentence, do not say something like, "I wish to quit feeling angry". Affirmative sentences allow the flow of energy (which is what you require), while damaging sentences trigger resistors.

Shut your eyes while you say your purpose out loud. If you're more in-tuned with your emotions, seek a positive feeling from your stone (lightness, tingly, happy, excitement are great emotions to look for).

If you're more in-tune with your body, you might be able to use muscle testing. You can try this out by balancing yourself upright, letting your body "hover" and then falling in the way your body wishes. If you fall frontwards, it means you have a great match. If you fall backwards, you don't. There are a lot of different ways to utilise muscle testing for this intent, this is just one example.

Once you've discovered the right crystal for you, make a conscious effort to let yourself be open to its influence. In order to interact with the tangible world, we frequently have to shut down our receptivity to outside influences. That may lead to a generalised shutdown where all influences are blocked. Be aware that you may discover yourself inadvertently fighting the crystal's influence.

One last thing you can do to facilitate the healing vibrations of your crystal is to place your crystal close to a water fountain. Don't place them in the water, as the mineral deposits may damage them.

But anyplace near a fountain will do. This lets the powerful chi of the water propagate the vibrational frequency of the crystal throughout your space.

## **CONCLUSION**

When you look for the help of a crystal, you're enlisting a potent ally to raise your vibrational frequency. Regardless of what the crystal is used for, its desired effect is always to increase your vibrational

frequency. We frequently crave particular crystals because we have a great "vibrational match" with them. This vibrational match implies that proximity to this crystal elevates our vibrational frequency, therefore, making us feel great.

Choosing a crystal for a particular purpose is an awesome way to help yourself without having to commit much energy to it. The proximity of the crystal is perpetually affecting your own frequency, maneuvering you upward towards your goal.

In conclusion, I hope this book was helpful and that you now have the information you need to begin your own crystal healing journey. Just remember to trust your intuition and be open to new healing vibrations and you are sure to find the power, healing, and support you are searching for.



*thank you  
for reading*