The Basics of Crystal Healing
By: Certified Crystal Healer Ashley Leavy

Crystal healing is a form of vibrational medicine in which subtle energy given off by a crystal is used to treat the body, mind, spirit, and the emotions. Crystals exhibit a type of orderly perfection, which helps to bring healing light and loving encouragement to all beings. Since both crystals and the human body have an inherent energetic blueprint, it is thought that the energies of the body can be balanced and healed by introducing the energetic vibration of a crystal into the body’s energy field. Their perfect forms are a metaphor for the balance and perfection that humans search for in their own lives. Using crystals in this way can actually help to repair energetic imbalances within the ethereal body. Through entrainment, the human body will begin to mimic the perfectly stable, balanced energy of the crystal. For this reason, crystal healing can be performed on anything that possesses an energy field, be it a person, a plant, an animal, or the environment. The stable energetic vibrations from the crystals can be used to re-align and direct the flow of energy within the physical, emotional, mental, and spiritual bodies, returning them to a state of health and wholeness.

Crystals have the capability to absorb and transmit light (the utmost universal energy known to be in existence). Because of this property, crystals are able to draw in Universal energy, reflect it among their internal crystalline structures, and then transmit it to a receiving source (i.e. any being that will accept the crystal’s generous healing energy). Therefore, you can see that crystals have the natural ability to conduct energy; they act as conduits for the universal healing energy of light.

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Although crystals have been used to treat the body, mind, and spirit, crystal healing is not meant to replace conventional medicine. Instead, it should be used along with allopathic treatments to compliment and enhance them. The most important thing to keep in mind when beginning to use crystals for healing purposes is that a crystal's healing power is relatively inert until you intentionally direct its energy. It is not the crystal that possesses healing energy; it is your intent to heal, by way of the crystal, which can, when properly used, manifest results. The information within this article is purely metaphysical in nature and is by no means medical. Crystal Healing should only be used with the understanding that it is not an independent therapy, but one that is just a part of a greater holistic healing approach.

The adoration of crystals by human beings connects all cultures and civilizations throughout the history of the Earth. The art of crystal healing has been present in many eras and cultures, some dating back for thousands of years (currently as far back in history as 25,000 BC). Healing with crystals was commonplace in Egyptian, Hebrew, and Mayan societies as well as in the Native American, Indian, Greek, Roman, Chinese, and Tibetan cultures. Although not yet fully accepted by Western medicine, its methods are still often used and prescribed in many other parts of the world.

A crystal is a regularly-repeating atomic structure that is formed from building-block-like units of matter. It is also a tool you may use for healing the mind, body, and spirit. Crystals form inside of the earth through heat and pressure which cause its atoms and molecules to follow a blueprint (crystalline encoding). These molecules take on the most stable form possible by repeating until the crystal is fully formed.

Just as each type of crystal has a unique molecular blueprint, each crystal also carries with it a distinct energetic vibration. This is in part due to the way that the various atoms are arranged into molecules within the crystal's structure. This energetic vibration can also be influenced by the crystal's original geographic location, growing conditions, and the harvesting practices used to obtain the crystal. Therefore, specific crystals can be utilized in the treatment of very diverse physical, emotional, or spiritual ailments depending on the individual energetic vibration of the crystal.

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Crystal energy can also be intentionally manipulated to achieve various results. Some healers choose to use only crystals that are in their natural state (sometimes referred to as “raw” or “rough” crystals). These are crystals that are used in their natural state, be it terminated points, clusters, geodes, or chunks of massive stones. However, others believe that because differences exist in the energetic vibrations of the people to be treated, a considerate healer should have an assortment of crystal forms to better treat the specific needs of each individual. These various forms include but are not limited to tumbled or polished stones; cut and polished shapes such as generators, spheres, pyramids, animals, or deities; Vogel-cut crystals; sacred geometry shapes such as tetrahedrons, cubes, octahedrons, dodecahedrons, icosahedrons, and merkabahs; worry stones; wands (which can be cut into many various shapes including massage wands); palm stones; cabochons; free-forms; ritual objects; and much more.

The energy in raw or rough, natural stones is very direct. It gets the job done quickly and efficiently. However, these stones are often very powerful and may be too harsh for some people. In this situation, tumbled or polished stones may be more suitable to work with as they have a more subtle energy. Because of the way they have been shaped, the energy of these stones is often very gentle. The energetic vibration tends to radiate from the center of the stone in an even manner, making it easier for some people to accept. This is especially true for people new to working with crystals.

Other shapes and forms of crystals are similarly diverse in their healing abilities. Generators are used to harness and focus energy, spheres emit energy in all directions or are used for scrying (this form of divination will be discussed later in the book), and pyramids amplify energy and intention.

Carved totem animals or deities combine the attributes of the animal or deity with that of the healing properties of the stone used. Therefore, you should choose a carved figure made of a crystal that enhances and compliments, or that balances, the energy of the stone. For example, you could choose a Rose Quartz carving of the Goddess Quan Yin (also spelled Kwan Yin or Kuan Yin) as Rose Quartz, being a stone of love and compassion, compliments the energy of this Asian Goddess of mercy, empathy, and unconditional love. However, you may choose a Pyrite carving of this

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Goddess, as Pyrite, being a stone of masculine energy and power, balances the energy of this Goddess.

Vogel-cut crystals are typically made from crystals of the quartz family (i.e. Clear Quartz, Amethyst, Smoky Quartz, Rose Quartz, Aura Quartz, or Citrine) which are cut either into wands with flat sides or into triangles. The wands are double-terminated and have flat sides in multiples of 12 (i.e. 12, 24, etc.). The triangles are composed of a flat back side and a front side with four triangular facets. These may also be seen as a crystal disc with four triangular facets on each side (one pointing upward and the opposite side pointing downward). Marcel Vogel, creator of the Liquid Crystal Display (LCD), pioneered early crystal research and determined that a crystal's energy was strongest and most directly focused when it had been cut into these specific formations. Therefore, Vogel-cut crystals are typically used for very intense healing work such as psychic surgery.

Crystals that have been cut into the five shapes used in sacred geometry have varied uses for healing. The tetrahedron is composed of four sides and represents the element fire. The cube is composed of four sides and represents the element earth. The octahedron is composed of eight sides and represents the element air. The dodecahedron is composed of ten sides and represents the element ether or spirit. Lastly, the icosahedron is composed of twenty sides and represents the element water. Another shape commonly used is the merkabah. This 24 sided shape is like a three-dimensional Star of David or a double-pyramid. It is most often used to represent balance and the idea of "as above, so below."

The uses of crystals are incredibly varied. Crystals can be used for many types of divination (including ball & bowl scrying and pendulum dowsing). These powerful tools can also be successfully utilized in healing and cleansing of the mind, body, and spirit (of plants, animals, and humans alike). They are terrific aids in healing work done to clear and balance the chakras and subtle bodies. They are also beneficial for the development of the intuition and psychic abilities, astral travel, etc. Crystals also provide protection from all types of negative energies including psychic attack. Through people, crystals are able to promote personal and planetary ascension to raise the universal consciousness. They are some of the most inspiring tools of light known to man.

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Crystals can be chosen in two different ways. Sometimes, you may have a specific reason for choosing a stone, in which case you can choose the stone based on its known properties. To use this method of selection, you should research the physical or emotional problem you are experiencing and then choose a corresponding stone. You may also, however, intuitively choose stones by selecting one or a few out of a bag at random (or by laying them out and selecting whichever he or she is most drawn to). Then, you should attempt to connect with the stone and feel its energy (to discover the primary uses of the stone. If you would like to check your intuitive insights against information included in publications of the stone’s known properties, you can read about that stone’s associated characteristics (which are typically useful for his or her situation) in books or on the internet.

Once you have selected your crystals, you should cleanse them. This should be done before using them. There are a variety of ways you can clear a crystal. One way to cleanse a crystal is by soaking it in a solution of sea salt and distilled water (lavender oil is also often added to the solution due to its purification properties). Another method involves holding the stone under running water or in a stream to be purified. Yet another method to cleanse a stone is by smudging it. To smudge a stone, you must pass the stone through the smoke of an herb or incense (white sage, juniper, palo santo, sweetgrass, cedar, and sandalwood are all commonly used smudging herbs). Also, you may choose to bury a stone in the soil of the earth for a length of time in order to cleanse it. The clearing process should be carried out until you intuitively feel that the stone has been cleansed, or by feeling the stone’s energy. You should then charge the crystal in sunlight or moonlight (preferably that of a full or a new moon) for at least one full day or night.

To awaken the elemental (the spirit or deva within the crystal) of a crystal, you should dedicate the crystal with love and light for the good of all beings in the universe. Then, you should graciously receive the magnificent gift of energy given off by the crystal.

To dedicate a crystal, you must first clearly determine the purpose or intention of your program or dedication with love and light for the good of all beings. Then, you should place the crystal at your 6th chakra/Third Eye chakra/Brow chakra or hold it in your hands. Next, you should vividly

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imagine the positive and successful outcome of the intention, program, or dedication (using sensory cues & vivid imagery). You should visualize the result of the program in as much detail as possible. This information should be transmitted into the crystalline structure via thought intention to be stored and recorded there for the good of all beings. The program should be repeated whenever you intuitively feel that it is again necessary (and as often as you like).

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Ashley has been drawn to work with crystals and stones since childhood. After years of self-study, she began earning a number of professional certifications in crystal healing. Ashley Leavy is a Master of Crystology and is Certified and accredited in Melody's Level I & Level II Love is in the Earth Workshops. She has also studied with Master Crystal Teacher DaEl Walker of the Crystal Awareness Institute. Ashley has earned many other certifications over the years and considers continuing education on the subject to be a top priority. Ashley is also a member of the Global Spiritual & Holistic Association, which strives to support a professional approach and a high standard of practice for ethical and conscientious holistic therapists. In addition to offering healing sessions, Ashley loves to teach and presents a number of in-person workshops as well as correspondences courses on crystal healing. She is also an accomplished, published author and is currently writing a book on crystal healing.

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