

Crystal therapy

Learning objectives

This chapter covers the following:

- **a history of crystal therapy**
- **what are crystals**
- **grounding**
- **recommendations for a basic set of crystals**
- **types of crystal**
- **self-treatment**
- **chakra balancing**
- **using crystals with other therapies**
- **specific after care advice**

The beauty, power and healing abilities of crystals and other stones have been used for thousands of years, from the encrusted golden mask of Tutankhamun to the modern masterpieces of Cartier and Fabergé. Due to awarding bodies introducing qualifications in crystal therapy, their use and acceptance has grown in popularity amongst therapists. They can be used alone but are usually used in conjunction with visualization or meditation, and often involve working with chakras, acupressure points, meridians or auras. Methods vary widely, but all tap into the 'healing energy' stored within the crystals. Crystals can also be used to increase the effectiveness of other holistic therapies. Crystal therapy offers deep relaxation, relief from stress, mind and body balance, and abundant energy. They are used to enhance the process of healing in the treatment of any physical or emotional condition. Different crystals have different abilities: some crystal energy can be used to heal, while the energy of others is used to unblock and revitalize the body and mind. Just one crystal can be used or a combination of crystals selected according to the client's needs, just as you would select essential oils for an aromatherapy treatment. They can be used everywhere: as jewellery, or in the home, the office or classroom, the garden or the treatment room, to create balance, vitality, energy or calmness. Their uses are limited only by the confines of your imagination. Learning to trust your intuition is also an important aspect of crystal therapy.