

Chapter 16 – CRYSTAL THERAPY

Knowledge review answers

1. The Aborigines, the Native Americans, the Mayans, the Tibetans, the Celts, the Egyptians and the Aztecs have held crystals in the highest respect and have used them very effectively for power, influence and healing.
2. Crystalline minerals are minerals where their atoms are arranged in an orderly fashion.
3. A crystal is any part of a mineral that shows the same orderly pattern throughout its structure.
4. Crystals obtain their life force energy from the sun and other planetary influences.
5. Grounding means keeping both feet on the ground, physically and mentally. Grounding is a process by which a person or object is reconnected with the energy of the earth and the physical plane.
6. You should use sight, hearing, touch and intuition.
7. When you are not working with crystals, leave them in a place where they can be seen, in a glass cabinet for example. An excellent place for them is on a windowsill where they will absorb the energy of the sun.
8. Bury in the garden for 24–48 hours; wash in water to which you have added sea salt; wash them under running water; wash them in water to which you have added a few drops of Bach Flower Remedies; passing the crystal through the flame of a candle; place a new crystal onto a large crystal cluster of quartz for a few days; put them in the sunshine or moonshine to cleanse them.
9. You can energize crystals by putting them in the sunshine, the moonlight, out in a thunderstorm, under streams and by breath on them.
10. Female crystals will be softer, smoother and more rounded than male crystals. Examples include Amethyst, Calcite (blue or pink), Lapis lazuli, Malachite, Moonstone, Celestite, Quartz (clear, rose, smoky), Turquoise, Tourmaline (green).
11. Male crystals tend to be phallic, angular, pointed or rough. Examples include: Amber, Bloodstone, Carnelian, Citrine, Hematite, Quartz (clear), Topaz.
12. There are hundreds of crystals that have balancing as one of their qualities, however, it is aventurine generally that takes this title.
13. Amber is not a true crystal, being made of fossilized resin from a coniferous tree that was like our modern pine. Sometimes insects or plant material became trapped in the resin as it fell to the earth and were caught forever in the developing fossil. Unlike crystals, amber is warm.
14. An amethyst, or more efficiently an amethyst cluster, will absorb the radiation from equipment, stopping it spreading into the room.
15. The rose quartz is known as the ‘love stone’, which is why it is often placed on the heart chakra.
16. Blue sodalite is known as a good brain balancer.
17. Moonstone may be beneficial in the treatment of infertility.
18. Double terminated crystals are crystals that have a point at each end enabling the energy within it to travel in both directions.
19. Clusters are formations of single terminated crystals that share a common base.

20. It is important that clients are grounded before leaving after a crystal therapy session.