

Crystal Healing

You know that all clocks and watches use quartz as a component but have you ever stopped to think about it? Quartz vibrates at a specific rate and this is where your clock gets its timing. Everything is energy and one vibration will always affect another. For example, a tuning fork that is tuned to a “C”, when struck will cause the piano string that is tuned to the same frequency “C” to vibrate without touching it. Crystals, like tuning forks, activate a vibration when placed next to energy fields in the body.

No one knows how crystals and gemstones can help the healing process of the body. It may be that the very nature of crystals increases the levels of harmony in the immediate environment. Introducing an element of order into a chaotic, disorganized state always tends to increase overall orderliness. When our own energy systems begin to break down under stress the powerful energy of a crystal may help us to clarify and reinstate our own joyous patterns of health. Placing crystals close to energy imbalances, whether it is physical illness or emotional and mental upset, may encourage our body’s own healing process to become more effective. Science has yet to discover what actually occurs during crystal healing, yet this in no way diminishes the real changes that are clearly felt by the participants and the lasting benefits that can be gained.