

Healing Gem Therapy



Working with the Power of Crystals and Stones

By Andrew Pacholyk, MS. L.Ac

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***The Crystal Light Crystal Therapy Certification Course** This incredible course is our biggest and most popular course on the internet! This is the study of crystals and how to heal with earth's precious gems!

***Crystal Medicine: A Clinical Approach to Healing Mind, Body, Spirit.** This is the most complete and definitive guide to working with, understanding and healing through crystal medicine! This specific, easy-to-understand course teaches you techniques, protocols and unique methods to healing on all three levels - mind, body & spirit.

***The Crystal Divination Workbook** This is Andrew's NEW workbook, which utilizes the power of crystals for divination purposes! Andrew includes in this workbook: crystal grids, pendulum work and techniques, metaphysical properties of crystals, his Crystal Oracle Cards...and much more!

***Chakracology - A Certification Workbook and Manual** This workbook format allows you to look at the energy of the Chakra and how they affect us on a daily basis. The book allows you to work through each center on a mental, spiritual, as well as a physical level and then find ways to re-align, balance and manage your energy in a positive way!

***The "Color Elite" Color Therapy Certification Course** Andrew Pacholyk, MS, L.Ac. has finally published his most complete healing course using the power of color and light therapy. This ultimate guide to chromotherapy teaches you about color and every aspect of it, how it is used in different therapeutic settings and how it has become such a great healing modality, no matter what profession you are in you will learn how to incorporate color into your daily life!

***Transitions: The Transformational Guide and Workbook for Creating Great Health** is Andrew Pacholyk, MS, L.Ac. culmination of years of clinical work. This is a manual you can use, whether you are healthy or ill or somewhere in between and you want to rebalance your mind, body and spirit to become the whole person you can be! This workbook gives you a plan to take care of yourself. It can be used over and over to find balance and keep yourself as healthy as possible. It gives you "tools" to use when and where you need them. It helps to evaluate where you are in your journey and offers ways to get you exactly where you want to be!

***Dynamic Healing Through Guided Imagery** The Peacefulmind.com Guided Imagery Course certifies you in the art of Guided Imagery! This course covers an extensive look at visual and guided imagery techniques, history, usage, and therapeutic work. The power of visualization and guided imagery is one of our most powerful gifts. Learn the secrets of visual and guided imagery work, develop your imagination as a healing tool, use "Mind Medicine" to connect mind and body, free yourself from pain, use imagery for ANY medical condition!

***The Book of Stones - Healing Therapy Course** This brand new course is a complete hands on study of healing with Hot stones, cold stones, and earth's precious gems! This very unique path of study will certify you to work with hotstones but also give you an in depth look at incorporating a variety of treatments with all kinds of stones such as the Chakra stones, cold stones, crystals for facials and additional treatments that can be "added on" to your stone healing methods!

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Introduction

Crystals have been apart of my life for over a quarter century! They eventually led me to a career in energy medicine, acupuncture and holistic healing. **Healing crystals and gemstones** are some of the most beautiful, mystical and profound "energy medicine" tools, which have been used for centuries throughout all cultures, religions and empires.

I have built a successful career around crystals and the holistic health industry. They have helped me on an emotional level whether dealing with anger, grief or emotional ups and downs. They have helped me on a mental level as tools for concentration, learning or increasing my capacity for better brain function and comprehension. They have also been there as remedies to physical imbalances such as pain and trauma, soothing digestive disorders, helping to speed up recovery from illness and helping with sleep.

Crystals bring amazing benefits to the healing arena! Many aspects of a gemstone come into play when we use them for bringing about change! Their mineral properties, color, shape, location from which they come, as well as, their Piezoelectric Effect.

The Piezoelectric Effect occurs when pressure is applied to a piezoelectric material such as quartz (SiO_2), the crystal deforms in such a way as to create an electric dipole moment, generating an electric current. Releasing pressure will also produce a current. Piezoelectric crystals are used in the strikers of lighters to generate a spark. The complementary effect is also observed. When a voltage is applied across a piezoelectric material, the crystal deforms. For example, take two quartz crystals. Turn off the lights. Now bang the two crystals together and sparks begin to fly!

The color of gemstones gives way to a chromatic healing secret that our bodies and minds relate to based on the color of the gemstone we need the most. This is where the wonders of color healing therapy come into play. We are all drawn to color. The color we are drawn to is often the healing color we need the most. Crystals work on this level based on their coloring.

The mineral make-up of a gemstone determines its healing properties. For instance, the quartz family of crystals creates a rainbow color of healing stones by the addition of one or more minerals that are added to its growing process over thousands of years. Quartz is a combination of silica and oxygen, making it a clear stone. Amethyst is the same make-up with the addition of iron turning it purple. Now add heat to amethyst and it becomes a brownish orange-yellow and is called citrine.

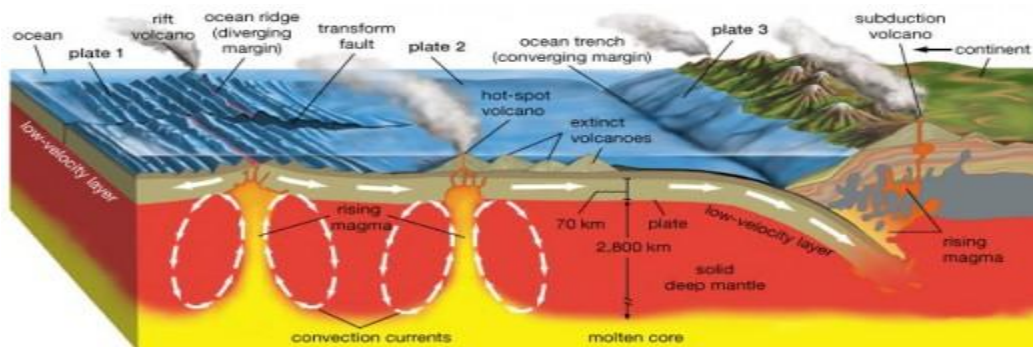
These are all great examples of how gems can be used as a healing therapy. In this ebook you will find an incredible array of healing approaches, therapies and ways to work with gemstones. This is a great introduction to these mystical yet practical treasures of the earth that have been used for centuries as remedies for healing mind, body and spirit!

The 3 Types of Rock Formation

Igneous rocks are crystalline solids which form directly from the cooling of magma. This is an exothermic process (it loses heat) and involves a phase change from the liquid to the solid state. The earth is made of igneous rock - at least at the surface where our planet is exposed to the coldness of space. Igneous rocks are given names based upon two things: composition (what they are made of) and texture (how big the crystals are).



Igneous rocks are crystalline solids which cool from magma: the liquid phase of solid rock. Magmas occur at depth in the crust, and are said to exist in "magma chambers," a rather loose term indicating an area where the temperature is great enough to melt the rock, and the pressure is low enough to allow the material to expand and exist in the liquid state. Many different types of igneous rocks can be produced. The key factors to use in determining which rock you have are the rock's texture and composition.



Texture

Texture relates to how large the individual mineral grains are in the final, solid rock. In most cases, the resulting grain size depends on how quickly the magma cooled. In general, the slower the cooling, the larger the crystals in the final rock. Because of this, we assume that coarse grained igneous rocks are "intrusive," in that they cooled at depth in the crust where they were insulated by layers of rock and sediment. Fine grained rocks are called "extrusive" and are generally produced through volcanic eruptions.



Granite



obsidian

Grain size can vary greatly, from extremely coarse grained rocks with crystals the size of your fist, down to glassy material which cooled so quickly that there are no mineral grains at all. Coarse grain varieties (with mineral grains large enough to see without a magnifying glass) are called phaneritic. **Granite and gabbro** are examples of phaneritic igneous rocks. Fine grained rocks, where the individual grains are too small to see, are called aphanitic. Basalt is an example. The most common **glassy rock is obsidian**. Obviously, there are innumerable intermediate stages to confuse the issue.

Composition



Diorite



andesite



granite



rhyolite

The other factor is composition: the **elements in the magma directly affect which minerals are formed when the magma cools**. The composition of igneous magmas is directly related to where the magma is formed. Magmas associated with crustal spreading are generally mafic, and produce basalt if the magma erupts at the surface, or gabbro if the magma never makes it out of the magma chamber. It is important to remember that basalt and gabbro are two different rocks based purely on textural differences - they are compositionally the same.

Intermediate and felsic magmas are associated with crustal compression and subduction. In these areas, mafic seafloor basalt and continental sediments are subducted back into the crust, where they re-melt. This allows the differentiation process to continue, and the resulting magma is enriched in the lighter elements. Intermediate magmas produce **diorite** (intrusive) and **andesite** (extrusive). Felsic magmas, the final purified result of the differentiation process, lead to the formation of **granite** (intrusive) or **rhyolite** (extrusive).

Sedimentary Rocks

In most places on the surface, the igneous rocks which make up the majority of the crust are covered by a thin veneer of loose sediment, and the rock which is made as layers of this debris get compacted and cemented together. Sedimentary rocks are called secondary, because they are often the result of the accumulation of small pieces broken off of pre-existing rocks. There are three main types of sedimentary rocks:



Clastic: your basic sedimentary rock. Clastic sedimentary rocks are accumulations of clasts: little pieces of broken up rock which have piled up and been "lithified" by compaction and cementation.



Salt

gypsum (selenite)

Chemical: many of these form when standing water evaporates, leaving dissolved minerals behind. These are very common in arid lands, where seasonal "playa lakes" occur in closed depressions. Thick deposits of **salt** and **gypsum** can form due to repeated flooding and evaporation over long periods of time.



ocean jasper

ammonite

Organic: any accumulation of sedimentary debris caused by organic processes. Many animals use calcium for shells, bones, and teeth. These bits of calcium can pile up on the seafloor and accumulate into a thick enough layer to form an "organic" sedimentary rock such as **ocean jasper** and **ammonite**.

Metamorphic Rocks

The metamorphics get their name from "meta" (change) and "morph" (form). Any rock can become a metamorphic rock. All that is required is for the rock to be moved into an environment in which the minerals which make up the rock **become unstable and out of equilibrium with the new environmental conditions**. In most cases, this involves burial which leads to a rise in temperature and pressure. The metamorphic changes in the minerals always move in a direction designed to restore equilibrium. Common metamorphic rocks include slate, schist, gneiss, and marble.



Marble

Considered an "iso-chemical" process, essentially, nothing is added or lost at the elemental level except for a subtle to profound loss of water. Existing elements recombine into new minerals. Mineralogy ALWAYS changes in an attempt to restore equilibrium, one of the only times in geology when you can use the word "always". Metamorphism is also considered to be a "solid-state" process. All of this happens at temperatures below the melting point of the rocks! There are several factors which directly affect the process:

-Rock chemistry -Contained fluids -Heat -Pressure -Time

These types of rocks are broken down into two categories:

1. Foliated: which are fine grained, minerals not visible. These are minerals with basal cleavage. This is subdivided as:

- a) Foliated or Lineated
- b) Color Banded
- c) Mixed metamorphic and igneous rock

These 3 subdivisions occur when medium to coarse grained rocks generally increase with metamorphic grade, and water is lost. These crystals include such stones as muscovite, biotite, chlorite, talc, garnet, kyanite, staurolite, feldspar, quartz, tourmaline and many others.

2. Non-foliated: Non-oriented grains which include such stones as calcite, dolomite, hornblende, clay minerals and many others.

Working With Crystals & Gemstones: Healing Techniques

Energy Medicine is very relevant when it comes to the healing power between mind and body! Energy medicine is based on the belief that the human body is composed of energy fields. When the energy is properly distributed and circulating freely, the body is healthy. Imbalances or abnormal amounts of energy are believed to indicate an excess or deficiency.

Crystals and Gemstones are great energy tools. Many aspects of a stone come into play when we use them for healing! Their mineral properties, color, shape, location from which they come as well as their Piezoelectric Effect. **Think of a crystal, Quartz, as a small battery. They absorb energy store it and will, with heat or electricity applied release it.**

The Piezoelectric Effect occurs when pressure is applied to a piezoelectric material such as quartz (SiO_2), the crystal deforms in such a way as to create an electric dipole moment, generating an electric current. Releasing pressure will also produce a current. Piezoelectric crystals are used in the strikers of lighters to generate a spark. The complementary effect is also observed. When a voltage is applied across a piezoelectric material, the crystal deforms.

Crystal remedies abound! Developed from many different generations by many different cultures of people, these remedies, yet in multiple concepts and notions, all have a common thread. They use the innate power of the stones to work on many different levels for many types of ailments. These remedies have been handed down through families and tribes, teachers and shaman, as are the traditions and recipes of any culture.

*When working with **crystals for their color energy**, you can accomplish almost any type of healing. It is important to know the color of the stone and the metaphysical properties of that stone in order to understand how it heals. Below are some methods of healing with gemstones.



***Put your crystals in a pouch and carry it with you.** This is one of the most interesting and oldest remedies. Usually a prescription of 2 - 4 crystals, these complementary stones are carried or worn on the person or placed in a certain area. This prescription can be used for anything from healing to psychic awareness, healing an emotional wound as in discouragement or sorrow, or bringing about such aspects as love, money, protection, guidance, spiritual attunement, strength or even addiction. Carry the stone in your pocket or pocketbook.



***Crystal Concoctions, Essence or Elixirs** are also the recipes of the past. It is recommended to place clean stones or crystals into clean, clear distilled water and place it in the morning sun through the day and into the night of a full moon for 24 hours. This allows the (male) sun energy and (female) moon energy to reflect through the water and into the crystals therefore charging the water with this vibrational force of light and color. (More details on how to make these further in the course.)



***Crystal Hydrotherapy** is the use of water in any form, in the treatment of dis-ease. The ancient Greek physicians used hydrotherapy. Hydrotherapy and crystals have a number of uses. Crystal salts with warm water will relax spasm; thus, hydrotherapy has been useful in treating such conditions as muscular strains and sprains, muscular fatigue, and backache. If your crystal can tolerate water (see list), then bathing with the crystal energy is a great way to work with your stone.



***Crystal Massage.** Use your stone as a massage tool. Use some essential oil, massage oil or lotion on your stone and massage the areas, which feel, blocked or stuck. You will find this a great remedy. Use crystals to massage acupuncture, acupressure, meridian, marma and trigger points.



***Meditate with your crystal.** Place your crystal in your dominant hand or on the floor in front of you. Close your eyes and concentrate on the color of your stone. Slowly try to vibe with the crystal's energy. Remember: "Energy follows thought". The imagery of

visualization is very powerful! As you breath, you may inhale and exhale through the Chakra points. This will charge the Chakra and surrounding organs with vital energy.



*You may utilize the **vibrational power of sound or music** during your session. The stones will enhance a positive, reconnecting flow of energy, which will allow you to bring up, recognize and clear emotional blocks.



*By "**laying of the stones**" on the Chakra points, (energy areas) you have begun the healing. While meditating, you may choose to have them visualize the corresponding color of each Chakra energy point saturating and balancing each part of their body. In this course, you will find the Chakra centers and Auric energy fields and their corresponding colors, complement colors and location. The crystals listed are simply some suggestions for the Chakra and Aura work.



***Crystal Gridding** is the "laying of the stones" around the body in order to work with the Aura and Auric fields. There are many ways to grid with crystals based on their color, disorder, purpose and properties. I have suggested some basic crystal grids and stone layouts to heal body, mind and encourage a spiritual connection. These are based on classic grids, famous remedies and my own clinical experience.



***Aura cleansing** with crystals is done by using grids in sacred geometric patterns around the body to affect the total energy of our bio-sheath, which surrounds us. This energy can be detected through Kirlian photography. Crystal grids such as the Seal of Solomon, Infinite Circuit and Energy Grid are all great procedures for healing and cleansing the aura.



***Pendulum dowsing** is another great way to sense energy imbalances. They can be used on the Chakra, the Aura, the meridians and marma points. Use your pendulum to choose the right crystals. Place a crystal in your non-dominant hand. With your pendulum, discover if the crystal in your hand is the one that you need. (Learn how to pendulum dowse later in the course.)



***Crystals and your Birthstone.** Certain gemstones have more vibration power at certain times of the year. The month of a stone's power time determines your birthstone (considered the natal stone). There are numerous traditions over the centuries that connect a particular gemstone with a month of the year. For this reason, you will notice some stones listed under several months.

Crystal Work: Choosing, Using and Bonding With Your Gemstones

Crystal Work: Choosing Your Crystal

Most people will choose the crystal, which will best assist them in the situation they need it for. Crystals are often used for clearing your mind, helping with a physical problem, meditation, and charms for protection for yourself or your home, for healing, for chakra work, for stone elixirs, or for anything that seems suitable.

Select the crystal, which has the properties to help you. A list has been provided in order to help you with choosing your crystal. Or.....simply pick the stone that "calls" to you! First decide why you are doing the crystal work. Is it for you or someone else? What is the problem? Do you need to give or receive energy? What does it require?

* Select the stone, which has the properties to help you.

*For energy, carry the stones with you, either in a little pouch around your neck or in your pocket or pocketbook.

* For meditation, hold the stone in your hand or set it in front of you. If in a meditation group, sit the crystal in the center of the group for collective consciousness.

*For healing. In a full-scale crystal working, ask the stone for its energies and utilize them. In healing, place the crystal on the part of the body where you need it. For Chakra and Aura work, choose crystals of the appropriate color and properties. Place the stone on the afflicted area and feel it's energies work as it re-balances the energy centers. You can hold the stone in your receptive hand to absorb the healing energies. At the end of the process, the stone is probably depleted of much of its energy. Thank your crystal and then cleanse it (see below). Remember, most stones will retain these negative energies.

* For crystal elixirs: place the stone in a bottle and fill the bottle with distilled water, Place it in the sun/moon for 24-48 hours, then use the water as a topical spritzer or rub. The water is "energetically charged" by this process.

Crystal Work: Programming Your Crystal

Also called: charging or activating a crystal. Hold your stone or crystal in your left hand, if it's quartz and has a point, hold it upward. **Hold it up and level with your heart or heart chakra** and project toward your crystal a thought pattern of unconditional love. This simple act, the act of stating it to be so, will establish an electromagnetic vibration of the highest frequency between you and your crystal. Now you are ready to do your work.

If the crystals are all for the same purpose i.e. meditation then it is fine to program/charge them together. If you are say programming crystals for a healing grid then you would only program the number of crystals for the grid. But if you wish each crystal to be programmed for a different purpose then yes you would need to program each crystal separately.

As for crystals that have been cleansed previously, you should cleanse the crystal before programming it, as it will pick up negative vibrations from the atmosphere around it. You can overcome having to do this if you store your crystals with a piece of Citrine as Citrine will constantly cleanse the crystals in its environment and does not hold negativity.

Crystal Work: Placement

The mere fact that crystals are placed in an environment suggests to the subconscious mind that healing, on some subliminal level, has already begun. When crystals are placed in a room, they will automatically charge that area with energy.

They will also absorb and ionize that energy in the area, which is negative. The clearing, focusing, radiating beauty aspects of a crystal, work regardless if someone is aware of these traits or not.

These are the amazing elements of a crystal's power. To disperse this energy outward is one of its true gifts. It is even more astonishing when we are aware of it!

Choosing a place for your crystals can be done by using your instincts, placing them in your meditation room, altar or sacred space, or placing them in a room that you can benefit from their metaphysical properties.

The placement of stones in a crystal grid or formation is another way to gain the benefits. Placement of stones on or around the body in a "web or pattern" called the "laying of stones" works with the auric and Chakra centers in order to rebalance our current situation.

Enjoy discovering the many ways you can utilize your gemstones!

Crystal Work: The Art of Attunement

Tuning in to any energy is the ability to quiet the mind, allowing your inner self, or intuition, to perceive truth. By practicing this art, we develop a sensitivity toward inner information and the ability to condition our mind to listen on a much more subtle level. This developing can allow us the ability to sense energy and actually perceive on an even more subconscious plane.

Techniques are vast and varied and include Meditation, Yoga, Qi Qong, Visualization, Physical Exercise, Prayer or your own personal techniques, all of which can be used in calming and clearing the mind and achieving clearer perception.

Greater self-control and self balance, awareness, inner peace and connective energy to the source of truth are all important in the path to Attunement.

As our minds are conditioned to listen in silence, responses come quicker and clearer to us.

Such is the case when working with crystals. Allow the inner mind to receive the subtle images that flow from a crystal. The crystal will reflect back to you the information within your own mind. Open your mind and receive the answer. It may be in the form of an image, symbol, vision or direct knowing. However you perceive it, do not ignore it. Learn to read within your own frame of reference.

There are many ways to work and transform with crystals. Crystal healing is one of the most ancient of arts that can be applied on many levels. It is still one of the greatest forms of complementary medicine, working well in conjunction with other therapies.

Cleansing your Stone or Crystal

Remember, stones will retain negative energies. Be sure to cleanse them afterwards. When you first receive your stone/crystal, you receive it smudged (blessed). It has been cleansed for you. After use, you should cleanse them again. Several ways are suggested:

*Place it under the light of a full moon/sun for 24 hours.

*Bury it in the earth (make sure you mark it!), for 24 hours.

*Place in Sea Salt Water.

Add one teaspoon of Sea Salt in a glass bowl in cool water. Place the crystal in the water. Make sure the crystal is covered with water. Let this bathe in the water for 24 hours. This is a wonderful way to rejuvenate the power of your crystal. It washes away the negative energy it has absorbed and recharges it with the positive healing energy again. (Note: Some crystals should not be washed in salt water for it changes their physical properties (not their metaphysical properties), they are listed below.

*Smudge your crystal with sweet grass, sage, cedar or incense. Pass the crystal several times through the wafting smoke.

*Place your crystal on a large crystal cluster for 24 hours.

*Soaking your crystal in flower water with the petals of the flowers such as rose, honeysuckle, orange blossoms for 24 hours will cleanse the crystal of all its negative energy.

CRYSTALS

Small crystals can be cleared by leaving them on a large crystal cluster, such as clear quartz, amethyst or selenite. Tumble stone crystals will work for this too such as quartz, amethyst, hematite and selenite are the most used. These crystals (for example, clear quartz) can be placed in a bowl and the crystals you want to clean are then placed on top of them.

SUN AND MOON

Placing stones in sunlight or moonlight for 24 hours are also good for clearing and charging them. Some stones fade under direct sunlight. This may include Amethyst, Rose Quartz, Citrine, Celestite (particularly blue), Aquamarine, Moonstone and Fluorite. Some Turquoise may fade.

RUNNING WATER

Running water works well for clearing stones that are not harmed by water. A spring or stream or the ocean waves is best though you must be careful not to lose your stones to the ocean or river. Holding crystals under the tap will do in an emergency. Leaving stones out during a rain storm can be a good cleanser.

FLOWER, FEATHERS and SAND

Gentler and slower methods include immersing the stones in rose petals, lavender petals, sage, thyme or rosemary. Feathers or natural sand can be used by placing them in a bowl then adding your crystals for 48 hours. Putting the stone on a sacred altar or in a place with healing energies will also work over time.

MIST

Essential oil mists and flower essences will also work as a cleansing mist that can be made easily by just adding a drop or two of sandalwood, lavender or cedar in water. These are among the oils that have been used for cleansing. Mist over your crystals.

Not to be cleansed in Salt Water:

- *Alabaster
- *Angelite
- *Azurite
- *Calcite
- *Carnelian
- *Desert Rose
- *Gypsum
- *Halite (salt)
- *Labradorite (Spectrolite)
- *Lepidolite
- *Moldivate
- *Opal
- *Selenite
- *Sulfur
- *Sylvite
- *Talc
- *Turquoise
- *Ulexite

*Use caution only with the softer Mica and crystalline stones

May fade in Sunlight:

- ***Amethyst**
- ***Celestite**
- ***Opal**
- ***Turquoise**

Colors In Crystal Healing

Crystals have an innate healing ability due to their color. The color of a particular crystal is based on its mineral make-up. This particular mineral make-up automatically offers its own healing abilities brought about by its combination of colors it creates. One enhances the other. Crystals can be seen has crystalline light “frozen” in time. Every color has a vibration. **This form of energy medicine** is based on the belief that the human body is composed of energy fields. When the energy is properly distributed and circulating freely, the body is healthy. Imbalances or abnormal amounts of energy are believed to indicate an excess or deficiency. **Color is energy**. The energy vibration of that color is what you need, in the moment, in order to improve and balance your physical and emotional state. Here is a brief look at color and how it heals:

Red	Love, passion, energy, enthusiasm, courage, strength, radiant health. For disorders of protection, anemia, lack of energy, fear of physical harm and to conquer fear of laziness. For grounding and stability.
Orange	A color of great power and fertility. Enthusiasm, fun, vitality, stimulation, adaptability, attraction and friendship. Encourages sexual energy, connecting on a physical level. Draws/attracts good things, friendly people. For joy, eases depression.
Yellow	Sets the spark of clairvoyance, learning, mind and communication. Also to assist memory, healing, improve business, success in the performing arts, promote cheerfulness. For disorders of digestive system and nervous system.
Green	Symbolizes nature and material gain. Healing, money, prosperity, luck, fertility, promote balance and harmony in an off balance situation, soothes and calms. For any circumstance requiring a healthier outlook, or a repeated or renewal of a desire or intention in order to perpetuate it, or encourage growth.
Blue	Healing, meditation, tranquility and forgiveness. Use light blue for: devotion, inspiration, peace, stress and blessings in the home. Use deep blue for: loyalty on a communal level, successful group enterprise and expansion.
Purple	Intuition, dignity and spiritual shield, wisdom, idealism, psychic manifestation and spirit contact, spirituality, wisdom and psychic awareness. Typically used when great spiritual power is necessary. For spiritual or psychic healing, or to throw up a veil of spiritual protection.
White	Protection, peace, sincerity, virtue of kinds, the highest spirituality, purity and truth. The balanced presence of all colors in synthesis.
Pink	Emotional love, friendships, gentleness, spiritual fulfillment, affection and harmony. Use for spiritual healings, break up bad prevailing conditions of many kinds, great joy and sensual pleasure.
Turquoise	Awareness, meditation, healing, soothing, tranquility, creativity. One of the most healing colors on earth. A combination of blue and green.
Black	Absorption and destruction of negative energy. Represents the still of the night, the deep cold and tranquil waters, the deepest recesses of the unconscious mind. Good for banishing rituals. As a black candle burns it releases whatever energies you have placed into it, when you charged it.

Color, Crystals and Our Energy Centers

Color is energy. You will find yourself drawn to one color more than others. The energy vibration of that color is what you need, at this moment, in order to improve and balance your emotional state. Crystals stimulate our body's endocrine system, which is connected to our energy centers or chakras. All organs, body functions, and body's systems are connected to the Chakra. Scientists have shown that color not only affects one's psychological behavior, energy and moods but, also affects our physiological process in helping us to relieve stress, balance, heart rates, detoxify, or stimulate our immune system. The color of crystals has amazing healing potential. Below is a list of our seven major energy centers or Chakra.

The Root Chakra, 1st chakra: Base of Spine: red/black:

Red Energy is governed by the spine or the Root Chakra. The power center is closely grounded by earth, is outgoing, and portrays a positive attitude. The Root Chakra must be grounded. Fatigue, fear, and anxiety are helped by the power of red and its grounding reality.

The Spleen Chakra, 2nd chakra: Lower abdomen to navel: orange:

Orange Energy is governed by the Spleen Chakra. Orange is the best stimulant, helping us in times of depression, loneliness, and boredom. It is the best emotional stimulant. Joy comes from orange energy. It strengthens confidence and allows independence.

The Solar Plexus Chakra, 3rd chakra: Above navel to below chest: yellow

Yellow Energy is governed by the Solar Plexus Chakra. This is often referred to as the brain of the nervous system and is the most critical point of all vitalization points in our body. It allows clarity of thought and good digestion, confidence and will power.

The Heart Chakra, 4th chakra: Center of chest: pink/green:

Green Energy is governed by the Heart Chakra. Green is the harmonizing, balancing energy. It has strong influences on the heart and blood supply. Green has much to do with the way you feel about yourself. It is associated with abundance and giving. Its strong tie to nature is very important in order to be balanced, peaceful, harmonious.

The Throat Chakra, 5th chakra: Throat area: blue:

Blue Energy is governed by the throat chakra. Blue represents the spiritual aspects of our life. The sky and the ocean give us the feeling that life is an endless process. It is the greatest healing power in the world. Blue is the color of purity and those who enjoy it, carry with them a sense of calmness, peace, serenity, and beauty.

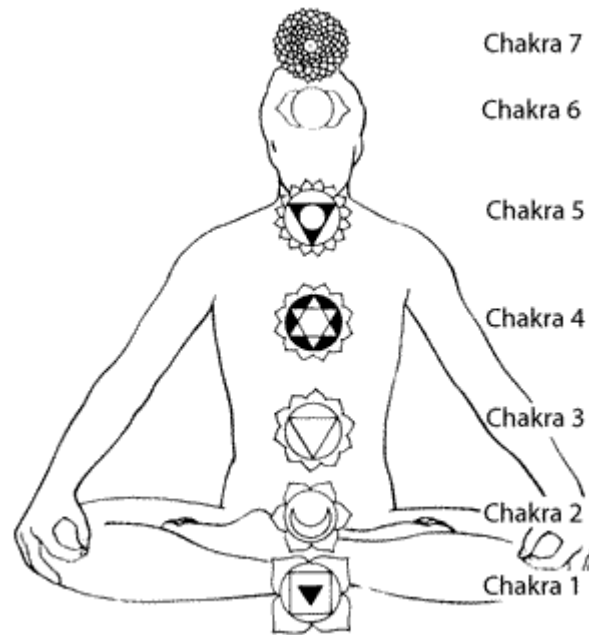
The Brow Chakra, 6th chakra: Center of forehead : indigo:

Indigo Energy is governed by the Brow Chakra, or the "Third Eye." Indigo energy is where our intuitive experiences come from. Here lies the understanding of the life process, the need to serve mankind, and gives energy to seekers of beauty, love and justice.

The Crown Chakra, 7th chakra: Top of head: violet:

Violet Energy is governed by the Crown Chakra. This is the most exalting, most unobtainable of all the energy rays. An extremely balanced and refined space of unconditional enlightenment is found here. It is the highest frequency of vibrational speed and can be utilized in feeling and experiencing true spiritual enlightenment.

Chakra Charts and Correlations



Energy Center	Location	Element	Issues	Right	Color	Note
1 st Root	Base of spine	Earth	Physical needs	I have	Red	C
2nd Sacral	Lower abdomen	Water	Sexuality, emotions	I feel	Orange	D
3rd Solar Plexus	Solar plexus	Fire	Power, vitality	I can	Yellow	E
4th Heart	Heart	Air	Love	I love	Green	F
5th Throat	Throat	Sound	Communication	I speak	Blue	G
6th Third Eye	Brow	Light	Intuition	I see	Indigo	A
7th Crown	Top of Head	Thought	Understanding	I know	Violet	B

In order to balance your energy centers, you first must access if your energy centers are balanced or imbalanced. Based on the physical, mental or emotional attitudes causing the imbalance, you can access the most needed approach. This is why holistic healing seeks the metaphysical cause behind the physical problem. You can use many tools for balancing such as crystals, color, light, food, clothes, oils or herbs.

•**An underactive (deficient) chakra** is usually one in which the energy is blocked or congested. The energy does not flow freely through the physical system. If it is congested, blocked, underactive, we lack the energy to perform our daily functions. An application of color can help to stimulate the chakra into a balanced state.

•**An overactive (excess) chakra** is one in which over stimulation occurs. There is too much energy being drawn in and out of the center, aggravating a specific condition. An application of the **complementary or opposite color** is used.

*The antidote for **excessive red energy is using green** and the antidote for **excessive green is red**. The antidote for **excessive orange is indigo and vice versa**. The antidote for **excessive yellow is violet and vice versa**. If someone has overly dominant or aggressive (Solar Plexus Chakra excess imbalance), the antidote would be violet, which would help make the person feel less overpowering. If someone lacked will power or was weak willed (Solar Plexus Chakra deficiency imbalance), then that chakra's color-yellow would be used. The following is the color and its complementary color following:

Red's complement Green

Orange - Blue

Yellow - Violet

Green - Red

Blue - Orange

Indigo - Orange

Violet - Yellow

You have now decided, based on intuition, signs and symptoms or excess and deficient signs, which color (crystals, light, color) to use.

*Place your **crystals** on the appropriate Chakra points. By "laying of the stones" on the Chakra points, you have begun your healing. The colors of the stones coordinate with the colors of the Chakra (See chart) The crystals work to reconnect these points and energize and balance the energy centers. As your client/patient/self lie there with the crystals on these energy centers you will actually feel the warmth of the crystals working. It is ideal to start visualization at the Root Chakra and see in your mind each healing color radiating into the energy centers working up to the Crown Chakra.

*About 15-20 minutes will work well. Your intuition will be your guide. You may utilize the power of **prayer, meditation and affirmations**. With **breath work** as your client/patient/self breath, feel the inhaling and exhaling through each Chakra point. This will charge the Chakra and surrounding organs with vital energy.

*A general connection to our energy field or Aura is evident, often when someone walks into a room. You can sense if they have had a good or bad day. Feel if they are grieving or are happy. You can also sense if they are a negative or positive person. Use your crystals as a net or grid to energize the Aura field. Have yourself/patient/client lay on a table or floor and lay the crystals around their body as if you are creating a net or grid. Have them relax in this circle of crystals for 15 to 20 minutes or until they feel recharged or revitalized.

*While **meditating**, visualize the corresponding color of the Chakra and crystal saturating and balancing each part of your body. Do all seven Chakra from the base of the spine to the top of the head. You may utilize the **vibrational power of sound or music** during your session. The stones will enhance a positive, reconnecting flow of energy, which will allow you to bring up, recognize and clear emotional blocks.

***The personality will usually reflect the energy of the highest open chakra or the chakra with the most energy and focus.** Illnesses and ailments respond well to treatments using color visualization in combination with the other chakra balancing.

*Use the **power of scent to enhance your Chakra experience.** Scent brings association to a situation. Use aromatherapy with oils or incense during a session and you will start associating it with this stress dissolving time.

*Other ways to use **color vibration** to help balance the chakras are by **wearing clothing and jewelry** with specific colors or by having certain colors in your home and office. Surround yourself with various colors of **nature and flowers** for balance as well. You can even ingest **color vibrations as a food or juice or as colored water.** Visualize the colors through your inner vision and absorb them as colored light.

*Once you are finished with your Chakra healing session, slowly bring yourself back from the exercise and remove your stones.

*Be sure to get up slowly. You may want to write down or talk about your experiences.

*Remember, stones will retain negative energies. Be sure to cleanse them afterwards.

*There are many other ways to work with crystals and our body system. Always consider the most obvious route first. Use your intuition to guide you. Trust that you understand your body or your client's issues and the answers are always revealed over time. There is no right or wrong, only that which serves you.

Creating A Crystal Net or Grid

A 'Grid' or Aura 'Net' is a way to arrange the stones in a sacred geometric pattern. They are then consciously 'activated' by connecting a 'line of Light' between the stones so that they radiate an energy field in the immediate environment in which they are constructed. Those of you who are sensitive to energy will be able to tell immediately that there is a shift of energy in the room where you construct a grid. Depending on which stones you choose, there will either be a gentle shift... or a very tangible one. These stones can be arranged in a sacred geometric pattern around a person on a treatment table or on the floor. This "aura net" is used to help align energies in and around the body, help with physical or emotional issues and can be used for spiritual connections or meditation. You can also create the same geometric patterns on a smaller scale in the form of a grid. A grid is a geometric pattern using crystals (or other natural items) created for a purpose. For example, you can use several crystals such as amethyst, quartz, hematite and lapis to create a grid for better sleep. You can make this grid in a board or plate and slide it under the bed. Make a crystal grid on your altar or meditation space for becoming more spiritually aware. Create a crystal grid in your living room to stimulate better conversation. The possibilities are endless.

You will need:

A Positive Affirmation - "Energy follows thought". Program thoughts to be positive and your energy will flow there. Affirmations are words, which state your intention and allow the mental energy to be in the correct place. "Good luck will follow me everywhere", "I have all the time in the world to get everything done", "I love myself even more today", "I deserve the best of everything".

Crystal wand - is utilized as an energy conductor and transfers your energy through the crystal to your grid and stone formation. This can also be done with the Master crystal. A crystal wand can be a long crystal tool such as a quartz point or selenite wand. It can be any crystal that is beneficial for the task.

Intention - is probably the most important aspect when it comes to gridding. Our intention is our greatest gift in order to serve our purpose. Positive thinking is what intention implies. State your intention (your positive affirmation "with meaning").

Master crystal - the main crystal that is different from the others. This is the crystal you have the most affinity to. It will be the crystal in the center of your grid and/or can be the crystal you use to trace the energy of your grid. Some people like to use the center master crystal to "trace the grid". Others like to use a separate crystal that is not necessarily chosen as a part of the solution. This is a personal preference.

Space - You will also need a space to create your grid. If you are doing this net around a person, a massage table, treatment table, yoga mat or exercise mat can be used. If you are creating a grid for a specific intention, where the grid can be smaller, consider using a plate, board or altar. I love using a copper sheet. Copper is a wonderful conductor of energy; therefore I always construct grids on a copper sheet.

Sacred Geometry: Grid Patterns

The universe is created by a thought consciousness which manifests in physical reality through a geometric blueprint that is called Sacred Geometry which repeats in cycle giving the illusion of linear time. The term "sacred geometry" is used by archaeologists, anthropologists, and geometricians to encompass the religious, philosophical, and spiritual beliefs that have sprung up around geometry in various cultures during the course of human history. Almost every religion, culture and part of the world, have their own specific meaning to go along side these definitions. These shapes are Universally recognized and play a part of our subconscious mind in one way or another.

Circle (ball): An ancient and universal symbol of unity, wholeness, infinity, the goddess, and female power. A romantic attachment or deep friendship and a sacred space. The circle symbolizes the sacred and spiritual including the "sacred" earth.

Diamond (faceted): Because of its perfect symmetry, the diamond vibrates toward harmony. This makes it an excellent shape for meditation gardens or those used for culinary purposes. As this shape also vibrates toward the solidity of Earth, it's a good bet for magical gardens involving prosperity and abundance, and issues of the family, home, and hearth.

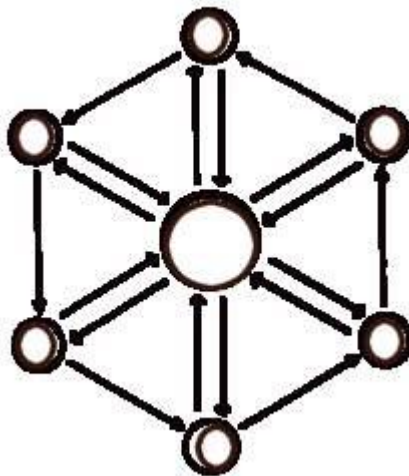
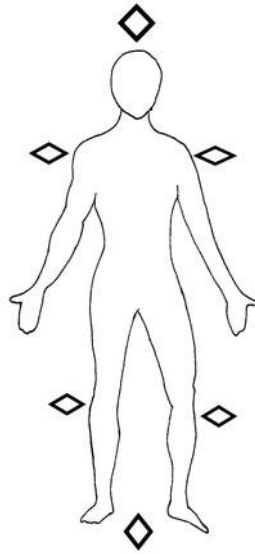
Hexagon: is a polygon with six edges and six vertices. The word hexagon is derived from the Latin hexagnum, from Greek hexagnos, having six angles. This hexagonal star is faceted and carved from natural crystal. Use it for balancing Chakras, lying on problem areas, creating a crystal grid, to amplify the power of your other stones, power up your positive affirmations. Place this star in any room where you want to create a balanced, healthy environment.

Rectangle: The rectangle symbolizes the female form. Intelligence, protector; divine contemplation. The rectangle also symbolizes the equilibration of the fourfold forces.

Square: The square represents the physical world. Like the quartered circle, it points pagans to the four compass directions: north, east, south and west.

Star (merkaba): are drawn by ambitious people and may suggest a desire for self-promotion. Little stars indicate optimism, while asymmetrical stars suggest excess energy. A sign of hope, love, joy and prosperity, protection against fires, good fortune, hope, love, fertility, energy and harmony. The unique qualities of the star (merkaba) are the divine light vehicle used by ascended masters to connect with those in tune with the higher realms. "Mer" means Light. "Ka" means Spirit. "Ba" means Body. Mer-Ka-Ba means the spirit/body surrounded by counter-rotating fields of light, (wheels within wheels), spirals of energy as in DNA, which transports spirit/body from one dimension to another.

Triangle (pyramid): Associated with the number three. Pointing upwards, it symbolizes fire, male power, good luck; Pointing down, it symbolizes water, female sexuality, goddess, religions, take care.



Creating Your Grid

Are you working on a person creating a net? What surface are you working on?

Are you creating a grid of a room or purposeful intention? What area are you making the grid on?

Design your intention. State your intention (your positive affirmation "with meaning").

Place your chosen crystals into your grid pattern. (Choose your pattern above). These crystals go on the outside of the grid (or person) with the master crystal in the center. Now you have a pattern on your surface that will serve you.

Connecting the stones with energy. To connect the grid lines start by pointing the crystal wand or Master crystal toward the one crystal holding it a few inches above the grid. When you feel the energy flow move the crystal wand up to the crystal at the top of the grid drawing a line of energy, then move diagonally to the crystal on the left, then back to the center, then retrace the line you just drew, then move to the next crystal on the left. Go back to center and then retrace that line you just drew, and then continue around the grid as you say your affirmation.

The process appears to look like you are cutting a pie, except you are retracing each line from the center back out. When you feel that you are finished come back to the top crystal and then move to the central crystal. If you used the Master crystal for tracing the energy, now place it back in the center. Allow your final intention of energy to flow into the central crystal. (Connecting the lines and affirming the healing power is done daily to keep the grid active 24 hours a day until its purpose is fulfilled).

There are no right and wrongs.... you choose the space, you choose the crystalline grid to support it the way your intuition guides you. Familiarizing yourself with the various metaphysical properties of minerals can be very helpful to you as you make your choices. You can get a nice list of stones you may want to use and then use a pendulum or simply the stones that call to you in order to figure out which ones would be the most effective for you at this particular time.

If you are working with a person who needs or has a special intention, problem or needs a particular energy, then work with the metaphysical properties of the crystals to determine what you need.

Allow time for the person with the stones to relax and take in their energy. I recommend about 20 minutes. This is what the Chinese believe to be the amount of time for vital energy or Qi, to circulate completely, one time throughout the body.

If it is a grid you built, allow the grid to remain, uninterrupted until you are ready to move it.

Crystals	Quick Reference Guide: Metaphysical Properties of Crystals and Gemstones	
Agate 	Endows the wearer with calmness, courage, eloquence, health, longevity, virtue, and wealth. Agates are grounding stones. They help obtain a better physical/emotional balance. They work to raise consciousness. Builds self-confidence. Gaze into for meditation. Left/Right brain balance. Pineal, pituitary; coordination. Patience, peace. Cools.	
Amber 	Love, beauty, past life issues, protection, personal power illumination. Great for past life work and weight gain. Opens solar plexus chakra for mental clarity, moods balance and confidence. Stomach anxiety, spine, Central Nervous System, brain, memory loss, cell regeneration. Aligns mental and emotional bodies via orange and yellow. Excellent detoxification and protection from radiation, especially x-rays, sun, computers, airport, planes and others' energies.	
Amethyst 	Symbolizes deep love, happiness, humility, sincerity, and wealth. Peace, insight, psychic awareness, calmness, spirituality. Helps you feel less scattered and more in control of your faculties. Memory skills and motivation improve. Goals are clearer, more realistic, and easier to achieve. However, you must use this stone cautiously with subjects who have paranoid or schizoid tendencies. Can benefit people with insomnia or troubled sleep. Ideal for those who meditate. Promotes selflessness. Useful in dispelling rage, anger, fear, and anxiety, and is a good stone for clarifying and remembering dreams. Helps relieve physical and emotional pain.	
Aquamarine 	Believed to ensure continual happiness and constancy in love; symbolizes health, hope, and youth. Helps reduce fears. Has an affinity with sensitive and mystical people. Increases creativity and sharpens intuition. Excellent stone for meditation. Helps one attune to nature. Quiets the mind and reduces stress. Helps bring about a tolerance toward others. Recommended as a purifier of the throat and helps sore throats. Clears blocked communication and aids the user in verbal expression.	
Aventurine 	Luck, a change for the better, growth, healing. Has a concentrated ability to dissolve blockages. It's a particularly effective crystal for emotional healing and is especially helpful when worn for this purpose or placed on the heart center during chakra balancing. It helps to balance the emotions, and is one of the best stones to wear or carry during stressful periods. It can also be used in crystal layouts when stress is internalized in the solar plexus and heart areas.	
Beryl 	Symbolizes everlasting youth, happiness, and hope. Stimulates the mind, nervous system, spine, bones, Solar Plexus and 3rd eye Chakra with warm sun energy for mental clarity, confidence, will power, visualizing, protection. Helps stomach, intestines, works with mental body for exhaustion, depression, ulcers, nausea, eating disorders. Cleans emotional and physical toxins from liver, skin, including fear and resentment.	
Bloodstone 	Believed to endow courage, wisdom, and vitality; symbolizes audaciousness, brilliance, courage, generosity, and health. Health and well-being, legal victories, pregnancy or fertility.	

Carbunkle	Symbolizes constancy, energy, self-confidence, and strength.
Carnelian 	Symbolizes courage, joy, friendship, and peace; believed to disperse evil thoughts and sorrow. Confidence, boldness, initiative, dramatic abilities, assertiveness, outgoingness. Precision, analysis, appetite, awareness of feelings.
Celestite 	Blue cluster crystals. Gentle. Soothes nerves, stress. Quiets mind. Serenity, harmony, easiness, stillness for receiving, connection to spirit, overview, creativity. Helps Throat Chakra. Honesty, openness, stress, worry, hearing, thyroid, potassium/manganese deficiency, Central Nervous System, helpful with fatigue.
Charoite 	Newly coming into greater use. Works with Indigo & violet Chakra to transmute/lift us out of emotions, fear. Seeing old patterns with new possibilities. Opens heart, inspiration, service, seeing clearly (mentally, physically, psychically), faster healing. Some find useful also for entity release work and alcohol/liver detoxification.
Chrysoberyl 	Translucent Gold or Green Cat's Eye (often confused with qtz. Tiger's Eye, but rare). Usually clear, green or green/brown. For acquiring more prosperity. Confidence, self-pride, healing. Amplifies other gems Some are irradiated to turn green- trust your feelings with each stone. Symbolizes patience in sorrow.
Chrysocolla 	Gentle, soothing, friendly. Excellent for Heart Chakra; flushes and heals heart blocks (loss, hurt, guilt, fear...) for allowing, flexibility, self-forgiveness, peace of heart, patience. Keeps one in light, love, and healing daily. On Throat, expressing feelings, verbal and artistic creativity, thyroid. Also, heart blood sugar, and emotional balance. High conductivity from copper draws out pain, heat (fevers, inflammations, arthritis...), Excellent therapeutic assistance for healing loss, incest and other traumas. Cleanses auric field. Dreams and Earth healing.
Citrine 	Communication, thought, memory, learning, travel. They are invigorating and positive. Can surround and fill anyone with its brilliant color, energizing every aspect of life. Increases motivation and promotes physical activity, which in turn improves digestion and helps the cleansing organs. May also work as a detoxifier for the blood. Persons involved with education or business will especially benefit. Can guide you to harness and utilize your creative energy. Helps us analyze events and steer them in a positive direction. Develops inner calm and security, and makes us less sensitive and more open to constructive criticism. Can dispel negative feelings and help us to accept the flow of events.
Clear Quartz 	Symbolizes purity and simplicity. Seeing things as they are, crystal clear, the light shining down on you. It is thought to amplify both body energy and thoughts. It can assist in the creation of power, clarity of thinking, meditation, cleansing, clearing the aura, spiritual development and healing. Helpful in guiding our search for the meaning and importance of existence. Aids in meditation. Can be used in conjunction with any other stone or gem for specific physical problems. It will amplify the effects of individual stones and attune the treatment to the energy of an individual person.

 Coral	Symbolizes attachment; believed to be an amulet against natural disasters, disease, bad luck, and jealous friends. Coral brings diplomacy and concurrence, quiets emotions, brings peace to inner self. Facilitates intuition, imagination, visualization, expedite, accelerate the transfer of knowledge. Strengthens both circulatory and bone structure in the body. Stimulates tissue regeneration and nourish blood cells. Helps with disorders of the spinal, alimentary canals, nervous system and thalamus.
 Diamond	Symbolizes brilliance, constancy, excellence, innocence, invulnerable faith, joy, life, love, and purity. Powerfully absorbs and amplifies thoughts/attitudes of user, other gems, and wearer's strengths and weaknesses: Prosperity, generosity/ vs. miserly; love vs. distrust; overview, spirituality vs. lust, immediate gratification. Used with loving, clear intent; clears blocks, opens Crown Chakra: spiritual love, peace. Clarity, trust, confidence. Cleanse thoroughly (It can hold our other's previous attitudes, emotions...)
 Emerald	Symbolizes spring, rebirth, hope, peace, and tranquility; believed to endow its wearer with an accommodating and pleasing disposition. Strengthens Heart Chakra for abundance, growth, peace, harmony, patience, love, fidelity, honesty. Lifts depression, insomnia. Knowingness of the heart, peaceful dreams. Breathing, heart, lymphnodes, blood, thymus, pancreas (blood sugar rebalance), labor/delivery, eyesight, and etheric field. Excellent general healer. Ancient blood detoxifier and anti-poison. Provides inspiration and helps those in need of balance, healing, and infinite patience. It is found in shades of green varying from very light to very deep. Helps the wearer gain physical, emotional, and mental equilibrium.
 Fluorite	Important balancer, healer. Opens heart (especially green), Throat Brow, Crown Chakra for clarity, overview, seeing additional truths/realities. Spleen bones, teeth, lungs, detoxification, anxiety, insomnia. Benefits the teeth and bones. People with arthritis, rheumatism, or spinal injuries have reported some relief from their conditions when they employ Fluorite in their healing regimen. Helps to rekindle sexual appetite and heighten intuitive powers.
 Garnet	Symbolizes constancy, faith, loyalty, and strength; believed to endow its wearer with cheerfulness and sincerity. Root and Spleen Chakra. Warms, energizes emotionally and physically (arthritis, frostbite, paralysis), grounds. Used by ancient cultures. Exhaustion, low Blood Pressure, detoxing and strengthening blood, muscles, kidneys, gallstones. Stimulates life force and sexuality, hormone balance, antibodies, fertility, persistence, stamina, passion, confidence (and stubbornness). Yang (avoid if excess anger, impatience, high blood pressure, heat, inflammation, etc.)
 Hematite	Silver-gray metallic is an iron ore which is iron oxide usually FeO_2. One of the most grounding of all stones (Root Chakra.) Condenses scatteredness, fuzziness into mental clarity, concentration, memory, practicality, helps study, bookkeeping, detail work, sound sleep. Confidence, will power, boldness. Egyptians used also to calm hysteria and anxiety. Yang. Helps us adjust to being physical. Spleen, blood, cleanse. Can deflect. Regroups after jet lag, stress, birth, anesthesia. Sometimes has deep red spots on the surface. Found in the US, Brazil, and Canada. The iron in this mineral has a strong effect on the blood. Used in supporting the kidney's blood-cleansing function. A protective stone and helps bolster low self-esteem. Helps in tissue regeneration. Also used for astral protection.

Herkimer Diamond 	Found only in Herkimer, New York. A special clear quartz. Cleanse often. Shifts brain powerfully into alpha/deep stillness, opening the Brow and Crown Chakra for a strong, clear channel, psychic readings, meditation. May take one too "high"/spacey to wear. The "Dream stone" - in meditation or pillow, it wonderfully enhances visualization, astral travel into the light and dream recall. Amplifies and stores thoughts, energy; use as bridge to stimulate energy flow up through the Chakras. These clear crystals closely resemble Diamonds but are really Quartz. Help to increase the energy and healing qualities of other stones. Very useful in helping to lessen the pressures of day-to-day life and the stress and tension-related diseases that can result. They help you recognize the signs of stress before it can do physical damage. Helps you choose a direction to follow that will offer the path of least resistance.
Jade 	Symbolizes harmonious living, intelligence, longevity, strength, and purity; believed to endow its wearer with good luck and good health; embodies charity, wisdom, courage, justice, and modesty. Health, wealth, longevity stone. Ancient Chinese used also for courage, wisdom, justice, mercy, emotional balance, stamina, love, fidelity, humility, generosity, peace, harmony. Lungs, heart, thymus, immune, kidney and blood detoxification, nervous system. Androgynous. A gentle, steady energy.
Lapis Lazuli 	Symbolizes ability, cheerfulness, nobility, and trust, believed to bring its wearer happiness, love, and prosperity. In meditation, opens Brow Chakra: higher guidance, intuition, connection to higher self, overview, decisions for good of all. Organizes, quiets mind. Opens Throat/Thyroid Chakra: Self-expression, writing, creativity, dream insight, allows total awareness...Anxiety, restlessness, insomnia, autism, shyness, nervous system, depression, serenity, self-acceptance. A powerful thought-amplifier and is helpful in aligning all the elements of the body and mind. Can increase psychic abilities and will open the third eye.
Moonstone 	Honors the Goddess in all women, Dieting, Gardening, Psychic Awareness, Meditation. Soothes stress, anxiety, women's hormones/menstrual imbalance, lymph. Enhances intuitive sensitivity via feelings and less overwhelmed by personal feelings. Greater flexibility and flow with life. Connects 2nd and 6th Chakra and Pineal for emotional balance, gracefulness. Helps all be more comfortable with our gentler feminine/yin receiving side. Especially for water signs. Used for protection against the perils of travel. Symbolizes pensiveness and intelligence; believed to bring its wearer good luck. They open us up to the feminine and are associated with sensitivity, intuition, and clairvoyance. Beneficial for those involved in agriculture. Moonstone's effect upon the menstrual cycle is powerful. At the time of the full moon or menstruation, women should be aware of their sensitive emotional nature and remove these stones.
Onyx 	Symbolizes clearness and dignity; believed to bring its wearer marital bliss. Balances and grounds. Reduces sex drive. Promotes fidelity. Absorbs and flattens emotional intensity. Androgynous. Excellent for centering/aligning total person with higher powers. Banish grief, enhance self control, wise decision-making, encourages happiness/good fortune. Can be used to provide a "peek" into the future, helps one to follow the path alone, promotes personal strength, understand the reality of the moment, become the master of one's own future. Helps with disorders of soft tissue, bone marrow and the feet.

 Opal	Symbolic of confidence, happiness, hope, innocence, prayer, and tender love; believed to endow its wearer with pure thoughts and increased faithfulness. Contains water, correlating with our emotions. Clarifies by amplifying and mirroring feelings, buried emotions, desires (including love and passion). Less inhibition, more spontaneity. Crown and Brow Chakra. Visualization, imagination, dreams, healing. Easily absorbs, stores emotions and thoughts. Fragile. Fades/cracks in sun, heat, salt, acidic foods. Moisten frequently with water or oil.
 Pearl	Symbolizes beauty, faithfulness, humility, innocence, integrity, modesty, purity, refinement, wisdom, and wealth. In tune with women, especially pregnant women. Absorbing by nature and because of this must be used with caution. If you feel excessively negative while wearing a Pearl, it will hold that energy until it is worn again. Remember, Pearl is the result of layer upon layer of substance produced to combat irritation. It is very nurturing. If used properly, lessen stress and its resulting maladies.
 Peridot	Symbolizes happiness; believed to discourage betrayal and to encourage friendship and marriage. Health, Wealth, Protection. Clears Heart Chakra, pathway, strengthening breath of life, prosperity, growth and openness. Helps understand relationships, other realities Alleviates depression, anger, fear, jealousy and anxiety. A visionary stone. Helps connect us to our destinies and to an understanding of the purpose of existence. Can help us visualize not only the ultimate peak of physical but of spiritual continuation as well. However, if you are confused or fearful. It releases toxins and brings them to the surface, thus neutralizing them. Helps with mental cleansing by highlighting problems.
 Quartz	Probably the most versatile multipurpose healing stone. Easy to cleanse, store info/energy in, program or amplify energy and healing with. Can both draw and send energy. Powerful clear ones open Brow, Crown, and Transpersonal Chakra for meditation, sending/receiving guidance. Stimulates natural crystals in body tissues and fluids to resonate at new healing frequency. Works with all chakras and master gland. Works with ALL Chakras and master gland for balancing, cleansing and healing. Used to amplify both body energy and thought. Natural tendency for Quartz is for harmony and is considered the "stone of power". Quartz can be used to facilitate both speaking and receiving information from the spiritual world, masters, teachers and healers. Stimulates positive thought and healing.
 Rose Quartz	Love, beauty, peacefulness, forgiving, lovingness, self-love, emotional balance. Soft. Gently soothes and warms heart center. Emotional healing, loss, stress, hurt, fear, low confidence, resentment, anger. Slowly eases childhood traumas/neglect/lack of love, low self-esteem. Cleanse and recharge often. Stimulates love and tender appreciation of all things. Advantageous for the heart and circulatory systems.
 Rhodonite	Pink, black inclusions. Helps with confusion, Focus, Peace and Love. "Stone of Love". Works with Heart Chakra; helps us express confidence and lovingness on physical plane in day-to-day ways. Calms and feeds the soul through the heart; love and service. Soothes nightmares. Stress, heartache, loss, etc. Ancient use also: Speech/hearing problems/growth, fear, illness (emphysema, asthma...) Strengthens mantras, chanting, affirmations, singing, toning. Use for trauma, confusion, and confidence. Very beneficial upon the growth of bones and the hearing system.

Ruby 	Symbolizes beauty, charity, daintiness, dignity, happiness, love, and passion; believed to have the ability to dispel discord and sadness, to preserve its wearer from false friendships, and to warn of imminent danger. A powerful stone whose stimulating energy can bring startling things to light. An amplifier of energy-both positive and negative. Can bring anger or negativity to the surface quickly. Can also amplify positive energy. Helps us in all matters of love, including love of ourselves. Benefits the heart and circulatory system, and can assist in the filtration and detoxification of the body.
Sapphire 	Symbolizes calmness, constancy, contemplation, hope, innocence, purity, truth, and virtue; believed to bring its wearer comfort, courage, and strength, while pacifying anger, protecting from danger, and fostering constancy in love. Communication, insight, intuition, clairaudience, inspiration, spiritual prayer/devotion, peacefulness. Pituitary and Thyroid. Detoxing skin, body. Antidepressant.
Sardonyx 	Symbolizes diving love, marital happiness, vivacity, and power; believed to endow those born under its influence with honesty and mercy. Recommends its use for depression and in matters of love. Take care to consider the color combination of the stone. Red stimulates, brown is grounding, black is absorbing, and white is purifying. The colors do not cancel each other out. They do, however, buffer each other and maintain a median balance that allows you to affect change.
Tiger's Eye 	Yellow-gold. Money, Protection, Courage, Luck Confidence, Willpower, Clear Thinking (and thus speaking), personal power in life. Yellow/Solar Plexus Chakra. Works on Mental plane: amplifies thinking and manifesting what you think about (careful)! will. Helps separate thoughts from feelings, so centered, less emotional. Use with malachite or pearl for mental/emotional balance, understanding. Helps change anxiety, fear and obsessiveness into practicality, logic. Yang.Has the grounding energy of the earth, but is embellished with a glowing warmth. A stone for people who need more confidence to accomplish their goals. Draws helpful people and material things to the wearer. Centers energy and mental focus.
Topaz 	Symbolizes divine goodness, eager love, fidelity, friendship, gentleness, and integrity; believed to bring its wearer recognition, wealth, and protection from evil. Recharges and increases the user's energy level. Benefits those who are problem solvers, such as those involved with the arts or science. An excellent stone for relaxation and comfort. Calms the nervous system and lessens tension. Also benefits the blood. Sheds light on the path to your goals. Those in tune with Topaz's positive energy will feel limitless and philanthropic. They will experience an increase in their personal abilities.
Tourmaline 	Symbolizes courage, generosity, and thoughtfulness; believed to bring its wearer happiness and prosperity. A powerful, electromagnetic, striated gem. Strengthens body and spirit (and meridians), transmutes lower frequency thought/energy to a higher frequency of light and brings light/spirit into the physical. Radiates light protection for wearer. Clears higher frequency, effectiveness. Especially for nervous system; blood/lymph toxins.

 Turquoise	Symbolizes earth, happiness, good health, hope, prosperity, and success; considered to be a pledge of friendship when given as a gift. A good general healer for all illnesses and excellent conductor (high copper). Speech enhancer, Friendship, Communication, Healing. This gentle, cool, soothing stone is a Native American classic. It opens the Throat Chakra, for open communication, creativity, serenity, spiritual bonding, upliftment; Opens the Heart Chakra for giving/receiving. Symbolizes our source (spirit/sky) and spiritual love for healing, help. On brow: Psychic connection to great spirit. Strengthens and aligns all meridians, chakras, and energy fields.
 Zircon	Symbolizes respect; believed to be a charm against jealousy and theft. Works with the Crown Chakra and transpersonal point (and pituitary and pineal) for Universal Truth, intuition, durability, steadiness, integrity and connection with "All That Is." Eases depression, insomnia. Also historical poison detoxifier.

Tips for the Crystal Healer

There is a lot to learn as a crystal healer. I think the basic information that you retain will be the base or stepping stone for greater learning.

Remember, if you are not sure what a particular stone is used for, you can ascertain much information by several things:

Its color will tell you: What healing area of the body it is related to. You will know if it is a hot or cool stone. You will know if it belongs to the higher Chakra group or the lower Chakra group. Don't forget the Heart Chakra is this center dividing point. You will also learn from its color, what it generally represents.

The shape of the crystal can tell you what it can relate to. Is it round like a circle, oblong like a rectangle or does it have a point like a pyramid? This can give you a general idea as to how to use it.

Think of ways to use a particular stone. Start at the top of the Metaphysical Properties list and go through each stone. Without looking at its properties, ask yourself what you would use it for. Don't forget to trust your intuition. It will give you a lot.

Meditate with a particular crystal. What did you learn from it today? Take time to work with crystals one at a time. Maybe one per day, or one per week. Learn which crystals work together or complement each other, either in mineral makeup, metaphysical properties, Chakra location or color. What are its opposites? You can spend a lifetime of learning, but it is the small discoveries that we seem to honor the most!

Have fun with this!

The Basis of Healing

What shift does it take for someone to find that road to feeling well again? The path to wellness must include a sense of freedom and enjoyment within that journey, and we have to be true to ourselves. We have to believe in the recovery process.

We get sick for a reason. There is the germ and virus explanation that is the basis of Western medicine. There is also another way of looking at it. When we catch a cold, it is because our immune system is low and makes us more vulnerable to these bacteria or viral infections. When we are stressed and the adrenal glands are working over time, we set ourselves up for a bigger fall. We leave the door open, when we do not take care of ourselves. There are also the metaphysical reasons behind illness and that is due to the lack of love and honor we give ourselves.

Once we are ill, this becomes another mind set. We become more aware, more sensitive to our bodies, to our emotions, to our mortality. Our perceptions create our reality. When we realize that we are ill, we can become overwhelmed. I have seen it with myself and I have seen this with my patients.

There is a mind medicine that must be taken along with all your other treatments. That is to reprogram your consciousness to create the perception that you are on the road to recovery. I have seen this work with someone who has had a cold, as well as those who have been terminally ill. When a transformation is focused along side with other forms to fight the illness, the healing process accelerates.

Your belief in your recovery is the first and foremost therapy that should be applied.

What stops us from getting better?

Again it is our mind set. There are those who actually enjoy being in their illness. They get the love and attention they may not have. They may find this a great excuse to miss work, step out of life for a bit, or simply to slow down. Perhaps, it is a sign their bodies are telling them that it is time to slow down. Some people are just not ready or willing to be on the recovery path. Even if they say they are. If they have not made the conscious effort to truly believe in their recovery, they are only half way there.

There are many factors in the healing process and your body is only part of the plan, your mind is the other piece of the puzzle. If you are treating someone and you are doing your best to get him or her well, see where their consciousness is about their illness.

As individual as the cells that make up our systems, the process of healing each individual is as unique as this.

It is important, as human nature dictates, to want to categorize and organize things. This is an innate function of the brain system itself. If you have this... then you do this... and so on.

As we learn... a system of healing, there tends to be a set of tried and true rules to look at, follow and be guided by.

As we practice... it is never as cut and dried! We would all like to see patients come in with classic textbook symptoms. This would make it so easy for us to treat.

Unfortunately, those cases tend to be more the exception than the rule. That is what makes healing not only an art, but also a lifetime of discoveries.

I feel, nothing in healing, is etched in stone.

What method of treatment may help one individual may not help the next.

I also do not believe that if someone has said or has proven that a form of healing MAY NOT work in general, that this is still not grounds for abandoning the treatment. What may not work for one person, may absolutely be appropriate in healing another.

In **Western medicine**, for example, we tend to only work with and accept the most recent medications, the most recent findings and the most current approaches...they disregard the rest.

In **Chinese medicine**, no theory or form of healing is ever thrown out but placed in the "**tool belt of knowledge**" and maybe able to be called upon when one path is not as efficient.

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Herbal medicine, acupuncture, color therapy, music therapy, massage therapy... whichever form of therapy you are working with, these practices should **reinforce** the belief in the recovery and the transformation to wellness and balance.

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Again it is our mindset. There are those who actually enjoy being in their illness. They get the love and attention they may not have. They may find this a great excuse to miss work, step out of life for a bit, or simply to slow down. Perhaps, it is a sign their bodies are telling them that it is time to slow down. Some people are just not ready or willing to be on the recovery path. Even if they say they are. If they have not made the conscious effort to truly believe in their recovery, they are only half way there.

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There are many factors in the healing process and your body is only part of the plan, your mind is the other piece of the puzzle. If you are treating someone and you are doing your best to get him or her well, see where their consciousness is about their illness.

I had a wonderful teacher who once said to me:

"A doctor's job is not to heal a patient, it is to show the patient who they really are!"

This profound statement has stayed with me. It has given me the insight to offer options of healing to a patient. It has given me the insight to try and steer them in the right direction in order to find balance and to allow them to help heal themselves.

I am always seeking other options in healing.

About Andrew

Andrew Pacholyk, MS, L.Ac. has obtained a Four-Year Masters of Science in Traditional Oriental Medicine (M.S.T.O.M.) degree from Pacific College of Oriental Medicine in New York City. He is a Licensed Acupuncturist (NY) and is a board certified Diplomat in Oriental Medicine from the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). He is certified by the Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) in Clean Needle Technique. Andrew has a board certification in Chinese herbology. Andrew is also a graduate of New York State University, College at New Paltz.

Andrew specializes in rejuvenating naturopathic therapies based in the ancient Chinese Medical approach to Endocrinology, Gynecology and Pain Management. By improving circulation and an increase in metabolism, Andrew treats hormonal imbalance, infertility, menopause and menstrual disorders, as well as increasing blood flow and vital energy in order to decrease pain, trauma and its associated symptoms. Andrew, through his New York City clinic, ProAcuMed, his many classes, private teachings, cross country lectures, health community and his website, Peacefulmind.com, has helped thousands of thoughtful people with his diagnostics and natural prescriptives.

Andrew has created some of the most informative and diverse healing courses that can change your life. Learn and study energy medicine in many forms through Andrew's homestudy courses. Many of these courses are certification courses that can also start you on your way to becoming an energy healer!

You can find a full description of each course at <http://www.peacefulmind.com/workshops.htm>