

## **Crystal Swing...**

*In this article Rachel Gaffey, Wellbeing Consultant at Tara Wellbeing Studio explores Crystal Healing and how we can benefit from it.*



### **What is Crystal Healing?**

Crystal Healing is a holistic therapy that brings the body into balance physically, mentally, emotionally and spiritually. Crystals have a strong structure and their colour and vibrations increase harmony in their immediate environment. Crystal therapists use these vibrations to re-tune and re-balance the body's energy systems by placing crystals at particular energy points or chakras along the body. This restores well-being and balance in those receiving the therapy.

### **Where did it Originate?**

Crystal healing may appear to be new, but the present day interest in crystal healing is simply a continuation of mankind's fascination with gemstones and minerals down the ages.

Throughout history, many civilisations have used crystals. They have been used as symbols of power, evidence of status and wealth, symbols of love and affection, amulets for protection, or as tools for healing. The first healing crystals were used by Egyptians around 1600 BC. In the 1080s Marcel Vogel, an American Scientist suggested that it was the perfect structure of crystals that could heal at a subtle energy level.

## **How does Crystal Healing Work?**

Crystal Healing works using the light, colour, structure and vibrations of stones to rebalance our body's vital energy flow (or chi) and restoring us to our natural state of well-being.

It is an advanced healing art that has the capacity to influence the physical, mental, emotional and spiritual bodies. Specific stones are placed upon the chakras (spiritual energy centres) of the body. Since each one of the chakras has an associated colour, the crystals or stones reflecting that specific colour would be placed upon these points.

When the chakras become imbalanced or misaligned, crystal therapists direct energy from the crystals thus bringing the chakras back into balance. The powerful resonance from the crystals helps reinstate harmony in the body. Placing crystals, close to energy imbalances, whether it is physical illness or emotional and mental upset, may encourage our body's own healing processes to become more effective.



## **What happens during a Crystal Healing Session?**

Crystal healers work holistically where physical health is seen as part of a larger picture that includes the emotional health, mental state, spiritual values and lifestyle.

When a body is unwell it is usually because the natural balance or rhythm of the body has been lost. Using crystals with their perfect atomic structure, offers patterns for the body to follow to help self-healing.

During a crystal session you will be asked to lay on a couch, sit in a chair or lay on coverings on the floor. No removal of clothing is required, only your shoes and maybe your watch and/or jewellery for your own comfort.

The crystal therapist reads the clients chakras, chi and energy systems using a crystal pendulum held above the clients body.

Crystals will be placed on or around the client or in some instances a combination of both. Depending on how the crystal therapist works, the crystals may be left for only a few minutes and then new crystal placements made. This process can be repeated for as many times as the body requires.

A typical session will run for approximately 45 minutes to one hour with a brief profile and medical history taken on your first visit.

After the treatment the therapist makes sure that the client feels grounded again. Most clients report a deep sense of peace and relaxation during and after a crystal therapy session.

### **Where is Crystal Healing used?**

The following conditions have responded well to Crystal Therapy:  
Chronic Fatigue, Insomnia, Back pain, Bone/Joint disorders, Depression, ME, Digestive problems, Emotional problems, Hormone Imbalances, Impotence, Infertility, Menstrual pain, Sinusitis, Skin allergies, Stress related conditions (such as neck and back pain, sleeplessness, irritability).

### **How can Crystal Therapy help me?**

People have found that Crystal Therapy can help:

- Reduce and cope better with stress
- Enhance other treatments and therapies
- Enhance relaxation, confidence and bring peace into your life
- Bring balance, harmony, clarity
- Improve concentration and focus
- Increase the sense of calm and well-being

For more information on how Crystal Therapy can help you or for any queries on Health & Wellbeing visit [www.mywellbeing.ie](http://www.mywellbeing.ie) or email [rachel@mywellbeing.ie](mailto:rachel@mywellbeing.ie)