

Crystals Therapy

Why Choose Crystals Therapy?



Definition:

Crystal Therapy is the understanding that crystals have energies and properties that are able to improve health. It is a *Vibrational Remedy* which interacts with energy systems on the human body to help stabilize and correct physical, emotional, mental, and spiritual conditions. It is not part of standard medical theory, but is included in a broader view of crystal power that says crystals, which are minerals with periodic atomic structure, possess metaphysical abilities.

Sessions:

Sessions include a relaxing atmosphere, lying back in a comfortable room setting, soft music and candles. This gives the mind and body a space to settle, relax, and surrender into allowing oneself to receive. Various crystals are placed on and around the body. Specific attention is placed on the seven main chakras which are energy points of the body. Also with the addition of hands on (light touch) and sweeping techniques to sweep off released stress and tensions. Ending with application of essential oils to the feet to further relax and comfort.

Advantages of Connecting to Crystals

1. Crystals are natural energy balancers.
2. Everything on earth having its physical and spiritual existence. Trees, ocean, flowers, animals, humans etc, all with their benefits (gifts) to offer. Crystals are included.
3. Crystals are known as the record keepers of the earth, they have been in existence sometimes for thousands of years and more. Like humans have cell memory of everything that the body/soul has experienced, so does the crystal hold memory for its entire existence. Therefore they hold considerable knowledge.
4. Crystals vibrate at a higher frequency causing a *piezoelectric effect* which will raise the vibrations of that person's energy towards that of the crystal themselves. When a person's aura vibrates at this higher rate, many, not normally available, resources open up. This raised vibration of the energy field is closer to perfection, which enables us to

unlock various doorways into awareness, answers, guidance, cell memory, higher self etc.

5. Crystals help to stimulate chakra balance / health. (Emotional/energy healing)

6. Crystals are very beneficial during Meditations, spiritual activities, protection for they naturally balance, raise vibration, eliminate negativity (negative vibrations such as: illness, emotions, feelings, spirit energies etc).

7. Crystals are also able to be the “meeting place” of our energies to the energies of our crystal guides, guardians, spiritual guides, angels etc.

8. They are a pure form and are able to hold memory, programming, magnifiers of intent up to 2000 times, along with the qualities they naturally do.

9. They are available, affordable, and exist for us whether we believe in them or not. A gift from our earth.

