

Crystal Remedies

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Crystal remedies are an excellent way to use the healing power of crystals, and several crystals can be combined provided you dowse to check compatibility. The remedies can be gently rubbed on the skin or sprayed into a room or added to a glass of water and sipped, or taken from a dropper bottle.

Crystal remedies are made by transferring the subtle energies and minute homeopathic concentrations of the mineral constituents of the crystal into water, which then stores the vibrations and transfers them to the physical or subtle bodies in exactly the same way that a homeopathic remedy works. The remedy is bottled and a preservative – brandy, vodka or cider vinegar – added.

Some stones, such as Malachite, Sulphur, Galena and Vanadinite, are toxic and remedies from these stones need to be made by an indirect method by putting the stone into a bowl that stands within a bowl of spring water in sunlight that transfers the vibrations without transferring any of the toxic material from which the stone is formed. If in doubt, make the remedy by the indirect method, which is also suitable for fragile or layered stones.

For short-term use, a non-toxic crystal can be placed into a glass of water to be sipped every few minutes or rubbed on the affected part. An excellent 'emergency remedy' for shock or trauma can be made from Rhodonite and Quartz. If a dropper bottle has been made, drop seven drops under your tongue at regular intervals until the symptoms or condition ceases. Remedies can also be applied to the skin, either at the wrist or over the site of an injury or pain, or added to bath water.

If a spray bottle is made, spray all around the aura or around the room. This is particularly effective for clearing negative energies, especially from a sickroom or an electromagnetically or emotionally stressed place.

MAKING A CRYSTAL REMEDY

All you need to make a crystal remedy is an appropriate crystal, cleansed and purified, one or two clean glass bowls, spring water and a suitable bottle in which to keep it (coloured glass is preferable to clear as it preserves the vibrations better). Remedies can be made by the direct or indirect method. Spring water should be used rather than tap water that has chlorine, fluoride and aluminium added to it. Water from a spring with healing properties is particularly effective.

Direct method

Place enough spring water in a glass bowl to cover the crystal. Stand the bowl in sunlight for several hours. If the bowl is left outside, cover with a glass lid or clingfilm to prevent insects falling into it. The bowl can also be left overnight in moonlight.

Indirect method

Place the crystal in a small glass bowl and stand the bowl within a large bowl that has sufficient spring water to raise the level above the crystal in the inner bowl. Stand the bowl in sunlight for several hours. (If the bowl is left outside, cover with a glass lid or clingfilm.) The bowl can also be left overnight in moonlight.

Bottling and preserving

If the remedy is not to be used within a day, top up with two-thirds brandy, vodka or cider vinegar to one-third remedy, otherwise it will become musty. This makes a 'mother remedy' that can be further diluted. To make a small dosage bottle, add seven drops of the mother remedy to a dosage bottle containing two-thirds brandy and one-third water. If a spray bottle is being made, add seven drops of mother remedy to pure water if using immediately. For prolonged use, vodka makes a useful preservative as it has no smell.

Frequently asked questions:

Do crystals have the same effect on everyone?

No. Not every crystal will have the same effect on everyone who uses it. Certain stones have a finer vibration than others, particularly the more recent discoveries such as Petalite, Azeztulite or Shattuckite. These finer-vibration stones tend to work on the subtle bodies that surround the physical body and may be too strong for some people, taking them too quickly to a different level. They can also be unsuitable for very earthy people who fear being shaken loose from their bodies. Similarly people who fear their own inner emotions may find a stone like Obsidian very hard to handle because it rapidly brings blocked feelings up for examination whereas someone who is used to inner work will handle it without a problem.

Physical bodies themselves have different kinds of vibrations. If someone has regularly practised yoga, tai chi, healing or meditation, for instance, their vibrations will be more ethereal than someone who has done no spiritual work at all; and habitual attitudes and emotions profoundly affect the physical body. So, different crystal vibes suit different body types. The easiest way to find exactly the right stone for you is to dowse, either with a pendulum or by finger dowsing.

To finger dowse, hold the thumb and first finger of your right hand together to form a loop. Lock the thumb and finger of your left hand through this loop to make a 'chain'. Ask your question clearly and unambiguously – you can speak it aloud or keep it within your mind. For instance, you could ask: "Can I combine Ruby with Malachite?" "Is this is the most beneficial stone for me to use?" "Would this stone be better than that stone?" Now pull gently but firmly. If the chain breaks, the answer is 'no'. If it holds, the answer is 'yes'.

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Note: The above is not intended as a substitute for medical treatment and you should consult a medical doctor or qualified crystal therapist.