

CRYSTALS AND HEALING DREAMS

Judy Hall

Crystals can be programmed to bring you healing dreams. Select a crystal from the list below and hold the crystal in your hands for a few moments, visualising it surrounded by light. Firmly state your intention that your crystal will bring you a healing dream that you will remember, and understand, on waking. Then place the crystal under your pillow before you go to sleep. Keep a pad and pen by the bed to write down your dream.

Crystals to aid dreaming

Red and Yellow Jasper assist you to recall significant dreams. Jasper helps the subconscious mind to communicate with the conscious mind in the dream state.

Bloodstone stimulates dreaming.

Amethyst facilitates intuitive dreams and journeys out of the body and assists you in understanding your dreams. An Amethyst under the pillow guards against nightmares and ensures sweet dreams.

Meeting the Dream Healer

A simple visualisation before going to bed will put you in touch with the dream healer.

- Holding an Amethyst in your hands to enhance your visualisation abilities, sit quietly and close your eyes. Breathe gently and evenly, establishing a natural rhythm.
- Without opening your eyes, raise them so that you are looking at your third eye in the centre of your forehead. Picture this eye opening and revealing a beautiful place into which you can step. (If you find this difficult initially, place your Amethyst on your third eye to stimulate its opening.)
- Spend a few moments exploring and enjoying this beautiful place. As you explore, you will become aware that there is a figure joining you. This figure is the dream healer (it is not necessarily human).
- Explain to the dream healer exactly what kind of healing you need, whether it is physical, emotional, mental or spiritual. If you don't know the source of your dis-ease, then ask the dream healer to tune in and give you the right kind of healing. Request that tonight you will receive healing and that on

waking you will recall your dream clearly and will know exactly what it means.

- When you go to bed, place your Amethyst under your pillow. Tell yourself firmly that you will be meeting the dream healer and that you will remember your dream.
- When you wake up, write the dream down and any insights you have about it.

Extracted from *The Crystal Healing Pack* by Judy Hall published by Godsfield Press as a book or pack with 12 master healer crystals.