

The Magic of Crystals

Judy Hall

I have been working with crystals all my life both for healing and scrying. I'd instinctively wear one myself, intuitively place several on a client's birth chart - or on the client if I was seeing them face to face, or I'd hold one for a few moments to energise it and then send it wherever it was needed. My home always has crystals around because they feel good to me, and many are programmed to help other people, or the world. But it wasn't until I wrote *The Crystal Bible* that I appreciated quite how many crystals there are, and the enormous range of possibilities they encompass. Researching *Crystal Prescriptions* and *The Crystal Healing Pack* took me back to the use of gemstones for healing in ancient Mesopotamia, Egypt, India and beyond. It truly is an ancient science and has led me to looking at the history of birthstones, which link my twin passions of crystals and astrology, in much greater depth.

Crystals are objects of beauty and power. They can attract a soulmate; protect you, your car and your home; energise or relax, and heal everyday ailments. Crystals cleanse and invigorate the energies in your home and workplace, and they can even change your future. I'd like to share with you some crystals that I find particularly useful, many of these are old favourites but there are one or two new ones too. Several of them can be found in *The Crystal Healing Pack* in which I share crystal healing techniques using twelve master healers that form an excellent 'first aid' kit for every level of your being.

Good vibrations

If you are surrounded by good vibrations your health and wellbeing are assured and crystals have always been revered for putting out good vibes. I wear a beautiful piece of Shattuckite and Ajoite. This stone protects against subtle ill-wishing, connects me to higher levels of being, and offsets the effects of mobile phone and Tetra masts as well as computers. If you, like me, are sensitive to mobile phone emanations, then taping a piece of Black Tourmaline or Smoky Quartz (which is in the *Crystal Healing Pack*) onto the phone works wonders as it re-integrates your auric field. Black Tourmaline, Smoky Quartz and Amethyst (also in the pack) are excellent for turning back ill-wishing or curses and are highly protective when worn in a spiral around the neck - and, traditionally, Amethyst has the added attraction of warding off inebriation. If you want to keep your energy clear at all times, a Quartz crystal can be used to 'comb' all around your body about a foot out. It absorbs negative energy, repairs weak spots in your biomagnetic field, and re-energies your whole body.

A Labradorite crystal (included in *Crystal Healing*) with its unexpected scintillating flash of blue is a wonderful energy protector that also pulls in spiritual power. It is an excellent stone for therapists and those who work with other people as it enhances intuition whilst preventing taking on other people's problems or negative thoughts or energy.

I believe that intuitively choosing a crystal is the best way of all of selecting exactly the right stone. I keep a selection cleansed and ready to wear. Each morning I look casually at them, if one attracts my attention, I wear it. And feel better for so doing. You could do the same with the twelve master healers in the *Crystal Healing Pack*.

If you feel stressed out and need to relax, lying with the stones from the pack on your chakras does the trick. It cleanses and re-energizes each chakra, balancing them; helping you to relax and bringing about a sense of well being and good health.

Healing the heart

Going through the break up of a long relationship a year or so ago, my heart felt somewhat battered and the crystal I found most soothing was Rose Quartz. In a channelled message of hope and healing I was told not to let bitterness enter my heart chakra. Rose Quartz gently melted the resentment I was feeling and healed the abuse of trust, lifting away the bitterness. For many months I wore a protective Rose Quartz pendant over my heart and slept with a piece under my pillow to protect my dreams. I was able to use it to send forgiveness in a ritual that I included in the *Crystal Healing Pack* because, with so many relationships breaking up, people need help to do this.

To heal further, in meditation I would travel the whorls and labyrinths of Rhodochrosite as I attuned the divine love at its heart. I also used Rose Quartz in a ritual to take back my heart from the careless hands to which it had been entrusted. When my heart felt whole again, I used the Green Aventurine and Rose Quartz from the pack to reactivate my higher heart chakra, the place of compassion and unconditional love.

Rose Quartz is also the stone to use if you want to attract more love into your life. Place the largest piece you can find by your bed, and put one in the relationship corner of your house too – this is the farthest right corner from the front door. If you can find a crystal that has two equal sized crystals side by side on a common base place this here too. Many Candle Quartzes can be found in twin formations that spring from a joint base and they are excellent for this purpose as they symbolise mutual support and loving interdependence. It will attract a twinflame into your life: a twinflame being a soulmate without the karma and without the hassle. Something we all need in our life!

Combating energy vampires

It is all too easy to lose energy to other people without really knowing why, or even that it has occurred. The main symptom is a feeling of weariness or slight depression, and very low energy. I used to think that this leaching happened through the solar plexus but became aware that it happens to a greater extent through the spleen chakra located about a hand's breadth beneath the left armpit. If you get a nagging pain there, or feel a tugging, then an energy vampire is at work. This may be a family member, partner or friend, client or work colleague. Fortunately the antidote is simple. Tape the green Aventurine from the pack or, if you are lucky enough to find one, a light green Aura Quartz crystal over the chakra, or wear one on a long chain so that it reaches to the end of your breastbone.

Living in a safe space

Crystals are an excellent way to ensure that you are in a good space. Unfortunately these days most of us are bombarded with unseen electromagnetic radiation, to which many people are sensitive. I live near an electricity sub-station, not my first choice of location as I'm all too aware of its potentially health depleting effects – although I have turned this around and affirm that it will energise me. As soon as moved in, I gridded the whole

garden with pieces of Black Tourmaline, positioning one at each corner. I then placed Amazonite, Amethyst clusters and Smoky Quartz points on the windowsills (with the points pointing away from the house to deflect the energy). The house feels clear and, on dowsing, registers no adverse electromagnetic emissions. These stones are equally effective for any 'bad vibes' that may be affecting your home or workplace. My computer is surrounded with Fluorite and Lepidolite to further protect my energy but you could use the Smoky Quartz, Sodalite or Amethyst from the pack for this.

Changing your life

And finally, if you want to change your life, find yourself one of the new Shift Crystals. These amazing, high-energy stones formed from Quartz that was laid down on Calcite. The Calcite then dissolved away leaving fissures and caverns studded with beautiful crystals. When one was first put into my hand, I simply could not let go. For years I have used a visualisation of travelling into a crystal cave when leading meditations to find your soul purpose. Now that crystal cave was in my hand and I could feel all my old programming dropping away and the energies quite literally shifting as I attuned to my purpose. It was a moment for which I had been preparing for over a year. Naturally I took this new friend home, and I sit with it every night. I can feel my life changing as I write.

See *The Crystal Healing Pack*, Hamlyn for more information.