

JULY-AUGUST NEWS

In August we are fortunate enough to have Vivien Schapera (Crystal Healing Specialist) in Cape Town to teach Module 1 and 2 in Crystal Surgery.

Please contact me soonest should you wish to attend as space is limited.

This prompted me to write my monthly newsletter on crystals.

The use of crystals in healing and technology is age-old yet for most of us, crystal use has only recently become popular. The wonderful thing about crystals is that they work simultaneously in 3 ways; on a physical level, a soul level and spirit level.

All solid matter or form is made up of particles. What creates form is the organised manner in which these particles are structured. It is through the stability of this structure that electromagnetic energy can move through solid matter e.g. a crystal, gem or stone. This is why silicon chips are successfully used to provide memory in computers and why Quartz crystals are used in watches and clocks to provide accurate time measurement.

Few people realize that crystals are still used to create radio channels. Sadly (for me) the science behind all of this is far too specialised for me to understand or attempt to explain. What I am able to grasp is that crystals act as resonators and transducers of electromagnetic energies. Therefore they are able to transform and amplify other forms of energy. Since all the kingdoms of existence are comprised of solid matter, it can be accepted that crystals can and do have an effect on animals and humans. Not to mention plants and other minerals.

Biophysicists concur that physical bodies and other organisms are merely liquid crystal. Crystals can be used in many different ways and all are effective. Place around your home and work area. Depending on the crystal used, one could purify energy, remove and transmute negativity, create a positive healing environment and enhance other environmental tools like healing oils and colours.

People use crystals outdoors and even place crystals in the foundations of construction sites. One can hold, carry or wear crystals. In this way you can receive whatever your body needs energetically. They can keep you balanced, focussed, energised, protected and increase prosperity. Meditation with stones can cause a shift in consciousness, help quieten the mind and open the mind in order to receive great and useful insights. They have even been known to facilitate out of body travel.

Many people have reported their effect upon dreaming. From more frequent and vivid dreams to visualizations from loved ones to lucid dreams and astral travel. Another powerful way of working with crystals is using body layouts. This is where stones are placed in certain areas upon and around the body. Grids are used in more or less the same manner but allow for stones to enhance the effect of energy in a space. The space could be a body, ceremonial setup, an entire home, building or garden. They provide a powerful energy environment. Crystal Oracle card decks can assist the sitter to gain useful information to assist spiritual growth. These cards can also indicate which stone would be the most beneficial for your own body at any particular time.

Unfortunately our food frequently is grown on overstressed earth which is depleted from minerals and watered with toxic water. Therefore drinking water which has been energised by a crystal could help bring back balance and harmony into our systems.

In summary, when we bring crystals into our electromagnetic field, two things happen:

The electromagnetic frequencies carried by the stone vibrates with the related frequencies in one's own energy field creating another larger field of increased vibration. The body then attunes to the shift in energy, relays the information to the brain where chemical shifts occur which affects the physical body, the emotions and thought processes thereby allowing spiritual change. At the same time minerals in the body resonate with particles in the crystal allowing for biochemical shift to take place into a space of balance and harmony.

A knowledge of crystals and their properties is helpful as some stones carry low frequency energy and others very high frequency energy. Some are more suitable for physical healing whilst others are suitable for emotion, mental and energy healing.

Lastly crystal essences can be used to alleviate conditions of imbalance / dis-ease in the body. I can be contacted telephonically or email should you wish or need a specific essence made up for your need.

Should you require further information on this cleansing process, you may wish to contact me on 021 790 1340 or 083 558 2555.