

Using Crystals to Enhance your Meditation



This week we are using crystals to enhance our meditation.

What are crystals?

- Ⓢ Crystals are fossilized minerals or resins.
- Ⓢ Forms of energy with their frequency and vibration.
- Ⓢ They are naturally extracted and therefore harness the energies of the sun, moon and sea, which give them their healing properties.

History of Crystal Use

- Ⓢ Crystals have been used for healing and meditation by cultures all over of the world for thousands of years.
- Ⓢ Dates back at least 6,000 years to the time of the ancient Sumerians of Mesopotamia.
- Ⓢ Ancient Egyptians being among the first people to have adorned themselves with crystals

- **lapis lazuli, carnelian and turquoise** - to ward off illness and negative energy.
 - **quartz** was placed on forehead after death to help guide the departed safely into the afterlife.
 - **Rubies** were worn in belly buttons by dancers to enhance sex appeal.
- ④ Jewellery was really created to hold crystals and gem stones in place over a specific part of the body. i.e. crowns, tiaras, amulets, bracelets and rings.
 - ④ Chinese culture and medicine has always used crystals as they believe that the vibrations within crystals affect the flow of chi and interact with the subtle body.

The Science behind Crystals

- ④ Not a lot of scientific research has been done on the healing power of crystals on the human body.
- ④ What research has been done has suggested more of a placebo effect.
- ④ What we do know is that crystals can produce electricity. In 1880, French physicist Pierre Curie with his brother Jacques discovered that crystals created electricity when exposed to pressure.
- ④ Tourmaline used in space suits to regulate hormones of astronauts.
- ④ VitaJuwel, a range of crystal water bottles that infuse water with the power of crystals, was tested by [Institute Hagalis](#), an international research laboratory for water quality. The institute studied the differences between tap water from Ueberlingen at Lake Constance, Germany and a sample of the same water after being treated with a VitaJuwel drink bottle. They found an improvement in water quality, neutralisation of harmful substances, improvement of the pH-value and oxygen content, increase in bioavailability of minerals, and an increase in energy balance.
- ④ Hopefully more research will be done and we will find out more in the future.

Crystal Healing – How does it work?

- Ⓢ What we do know is that crystals have electromagnetic qualities and because they vibrate at certain frequencies they must according to the Laws of quantum physics have the ability to affect other vibrations including those of the human body.
- Ⓢ These vibrations can harmonise with the frequency of the body and there have an impact on our physical health too.
- Ⓢ Unsurprisingly then, they have been used for thousands of years to align the body chakras.
- Ⓢ Crystal healers use crystals as a conduit for healing.
- Ⓢ By placing the crystal on the body this allows positive energy to pass the body's biodynamic field flow into the body and the negative, disease causing energy flows out.
(crystal tipped needles for acupuncture)

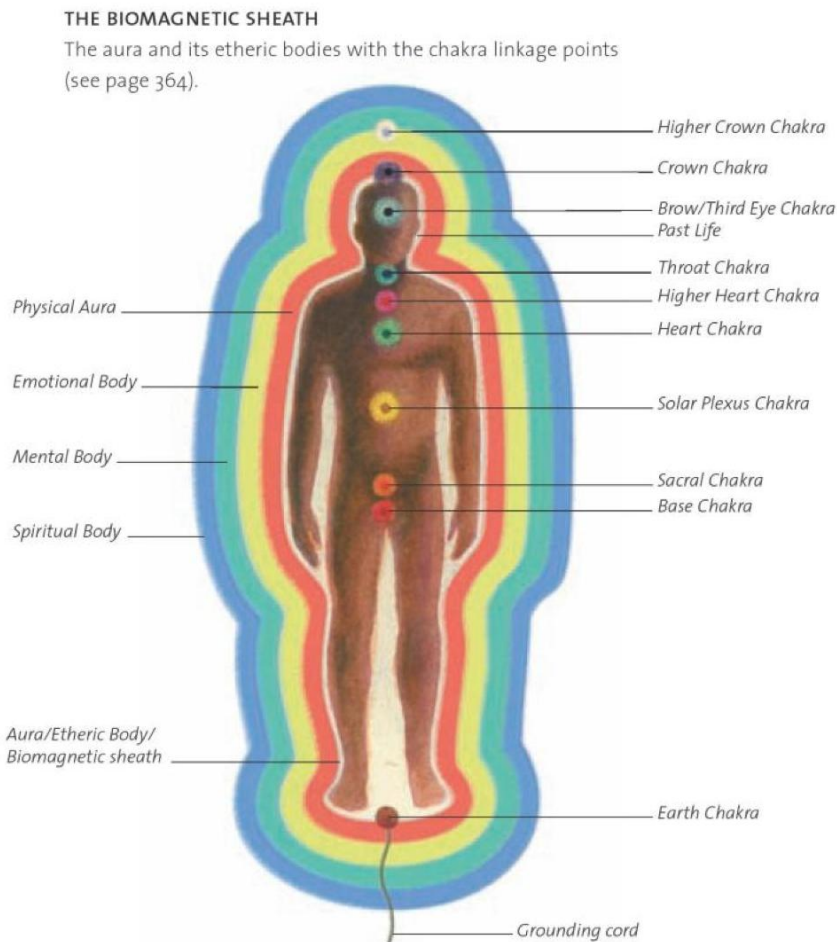
Benefits of using crystals

- Ⓢ Aid concentration and creativity
- Ⓢ Promote physical, emotional and spiritual cleansing
- Ⓢ Align chakra energy

Crystal Don'ts

- Ⓢ Different crystals have different properties – healing and can enhance a deeper state of consciousness.
- Ⓢ Not all crystals suit all people and you have to be careful with some.
- Ⓢ Don't meditate with your crystals for more than about 20 minutes, as the meditation can be quite intense.
- Ⓢ If you feel uncomfortable with a certain kind of crystals remove it from the body and drink water.

Crystal energy is said to pass through the bio magnetic sheath – Aura



The Human Bio-Magnetic Sheath (Aura)

- Projection of ourselves outside of ourselves.
- All living things are surrounded by energy fields.
- These fields connect us to the rest of the world and allow us to exchange energies with other living things.
- We absorb the energy of others as they do from us.
- It is our auras that clash or harmonise with other people.

Made up of 4 parts:

- Ⓢ The Emotional Body: The most vulnerable to negativity
- Ⓢ The Mental Body: The most vulnerable to stress
- Ⓢ The Spiritual Body: The most vulnerable to outside forces
- Ⓢ The Physical Aura: The Aura that surrounds the biomagnetic sheath and connects to the outer bodies.

Disruption to any of these can cause dis-ease

The meaning of Auric colours:

RED: Passion, ambition, aggression, challenge, drama, strong life force

YELLOW: Flexibility, communication, humour, joyfulness, intellectual ability

PINK: Gentleness, romance, altruism, harmony, peace

GREEN: Confidence, stoicism, calmness, pragmatism, healing

PURPLE: Imagination, creativity, intuition, escapism, enlightenment

ORANGE: Friendliness, optimism, playfulness, fun-seeking, positivity

BLUE: Serenity, sensitivity, calmness, devotion, sincerity, loyalty

How to see an aura

Hands On

- Rub your hands together vigorously until they are warm
- Hold your hands about 30cm from your eyes, against a black or white background.
- Spread your fingers apart and touch your left and right hand fingertips together.
- Focus on the flowing energy between your fingertips, feel it as warmth and visualise seeing it as light and colour, flowing from hand to hand.
- Feel the tingle.
- Hold this position for a minute, and then start to slowly move your hands apart.
- You should see tiny sparks of energy radiating from your fingertips, bridging the gap between your hands.

Seeing another person's aura

- Find a room with soft lighting, and ask a friend to sit in front of a plain (ideally dark) background. The lighting must be soft, minimising shadows or spotlights.
- Relax and centre yourself, close your eyes and breathe deeply.

- When you open them, look past your friend. Stare hard at a point past them, and then let your gaze wander past your friend and back again, and then let it rest. Repeat this process.
- You are trying to pick up impressions from the corner of your eye, and then move on quickly. You are training your brain to notice what's in its periphery vision, and be confident enough at what it's seeing to ~report~ back to you.
- Keep looking at the space around your friend in a gentle, unforced way, and, in time, you will start to notice lights and colours