

Crystal Healing Stratford

Crystal Healing Stratford - The method of using gemstones and crystals is known as crystal healing. These stones are aids to help protect, energize and heal the physical body and mind. Crystal healing has been existing for centuries. It has its origins in Ancient Egypt and there is proof that China and India have been utilizing crystals in various healing rituals for over 5000 years. Now, crystal healing is regarded as an alternative medicine methods but its roots show it was part of numerous typical health treatments in the past.

Crystals are believed by many to help individuals on several levels. It is thought that crystals can affect the vibrational patterns of the individual's auras and surrounding energy fields, therefore balancing the the mind and body. Gems are said to have their own energy vibrations and their energy could be applied to a person's electromagnetic system for augmentation. Crystal therapy aims to transfer the energy contained in gemstones to an individual who requires the same type of energy.

Individuals who use crystal healing like the benefits of the stones by wearing the gems near their body, or in a pocket near the heart. Many crystal healers would rub gemstones on the patient or utilize them directly on chakra points that are the energy centers of the body. Making use of the gemstones on the chakras helps in order to facilitate the healing, cleansing and stabilizing of energy emanating from every chakra. Gemstones in the corresponding colors of yellow, green, blue, indigo, violet, red and orange could be positioned near their corresponding colored chakra. The stones can also be positioned near or onto any chakra that would benefit from the healing properties of a certain stone.

When a person is trying to discourage negative attitudes, habits and various factors which impede their function in day by day life, crystals can be used in these conditions so as to restore the natural flow of energy. It is really discouraged to put on metal while undergoing crystal healing. It is said that metal acts as an energy stopper. Metal surrounding gemstones is believed by some to be particularly harmful in view of the fact that it disrupts the energy flow coming from the gemstone. Due to this, individuals who prefer to wear gemstones as part of their crystal therapy often buy jewelry with gemstones that are not set in silver or gold.

An essential factor in a gemstone's effectiveness is the condition of the stones. The higher quality and more pure the gemstone, the more healing properties it is believed to have. Thus, stones that have been irradiated or dyed could have less healing potential since they have been synthetically damaged, processed or manufactured. The color, shape and size of the crystals likewise play a role in their healing properties.

Advocates of the practice of crystal healing are said to have reported a reduction in the levels of physical and mental stress, and improved health and spiritual refinement. Particular stones are utilized so as to heal some ailments. Normally, every gemstone used in crystal therapy is known for specific healing properties attributed to it and is used depending on a patient's needs.

The majority of practitioners suggest that the gemstones be cleansed and energized previous to a session of healing begins. Gemstone could be washed in water, next set out in the moonlight or sunlight. Various people make use of sound to be able to push away whatever negative energy contained in the stones. Making a pure sound with chiming a bell or making use of a gong near the stones promotes the renewal of energy inside the stones and makes them ready for a new individual to make use of.

There are some ways in advanced crystal healing where gemstones can be made into wands. These wands are utilized so as to perform a type of "psychic surgery" which helps redirect positive energy, remedy illness and remove blockage. It is important to note that even if several individuals have found results after participating in psychic surgery, it is inadvisable to substitute crystal healing for primary medical assistance. Crystal healing is better looked at as a supplemental source of care for people who wish improved health, vitality and energy.