



Crystals & Energy Healing

Crystal Healing Certification
The Sacred Wellness School of Healing Arts

Topics

- The Healing World of Crystals
- Crystal Healing in History
- Crystal Healing in Modern Practice
- What “Healing” Means
- Crystal Healing in Practice
- The Science of Crystals
- How Crystal Energy Works



The Healing World of Crystals

- Crystals are potent, high-vibrational, and earth-based
- Crystal energy is vibrational energy; crystal work is energy work
- Crystals have been recognized as powerful tools for transformation, protection, and attraction throughout history
- Crystal healing is holistic - crystals can affect mind, body, and soul
- Crystals may be trendy and New Age, but they are NOT “new”



All you need is to understand how they work, keep an open mind, and be willing to experiment and receive the benefits for yourself.



Crystal Healing in History

- The use of crystals by humans as tools for health and wellbeing dates back thousands of years
- Archaeological evidence of the use of amulets (used to ward off evil) and talismans (used to attract protection and abundance) dates as far back as 60,000 years ago in the Upper Paleolithic Period
- The earliest amulets and talismans were more organic in nature, but as time progressed, crystals and stones started to play an important part in their creation

Crystal Healing in History

- Ancient Egyptians used crystals for both physical and spiritual healing, as well as their embalming rituals as a means to protect the soul when crossing over
- They also used crystals in their jewelry, as well as to make amulets and talismans for protection and to draw good fortune
- Cleopatra was also known to use pyrite flecks and powdered lapis lazuli as eyeshadow!

Crystal Healing in History

- Amulets made of Baltic Amber, which are very popular today, were discovered and dated as far back as 30,000 years ago, and amber beads were discovered in Britain dating as far back as 10,000 years
- In China, jade was, and is, valued for its metaphysical properties, particularly its ability to draw luck, abundance, and good health - a belief that still carries on to this day

Crystal Healing in Modern Practice

- Modern crystal healing practice has its roots in Ancient Greece, where many of the crystals' healing properties originated. In fact, the word “crystal” comes from the Greek word “ice”
- Crystal healing has come a long way since ancient times, evolving from a widely-accepted practice to a metaphysical healing technique often reserved for those who identified with the “New Age” community
- With the rise of allopathic medicine, the need for crystal healing and other related modalities has fallen into the background, with many people doubting their effectiveness and validity
- Allopathic medicine is **IMPORTANT, VALID, and an IMPERATIVE** part of holistic health
- As humans, we are comprised of both an energetic and physical body, both of which affect each other directly. **Crystals primarily affect the ENERGETIC body**

Crystal Healing in Modern Practice



- As high vibrational energy beings, crystals are invaluable in stimulating healing in the energy body, as well as the physical body
- The metaphysical properties that ancient cultures have attributed to them still hold true today, and thanks to the efforts of many dedicated energy healers, we have countless crystal healing techniques at our disposal
- Truly, there is a crystal, and a crystal therapy, for everybody!



Crystal healing is an evolving modality, and every practitioner lends their own experience and knowledge to the collective well of holistic health practices.

What Healing Means

- It's important to note that the word "healing", especially when used in the context of holistic health and energy medicine, does not mean "cure"
- Healing encompasses the wellness of body, mind, and spirit
- It is possible for a physically healthy person to have a low level of wellness, and vice versa

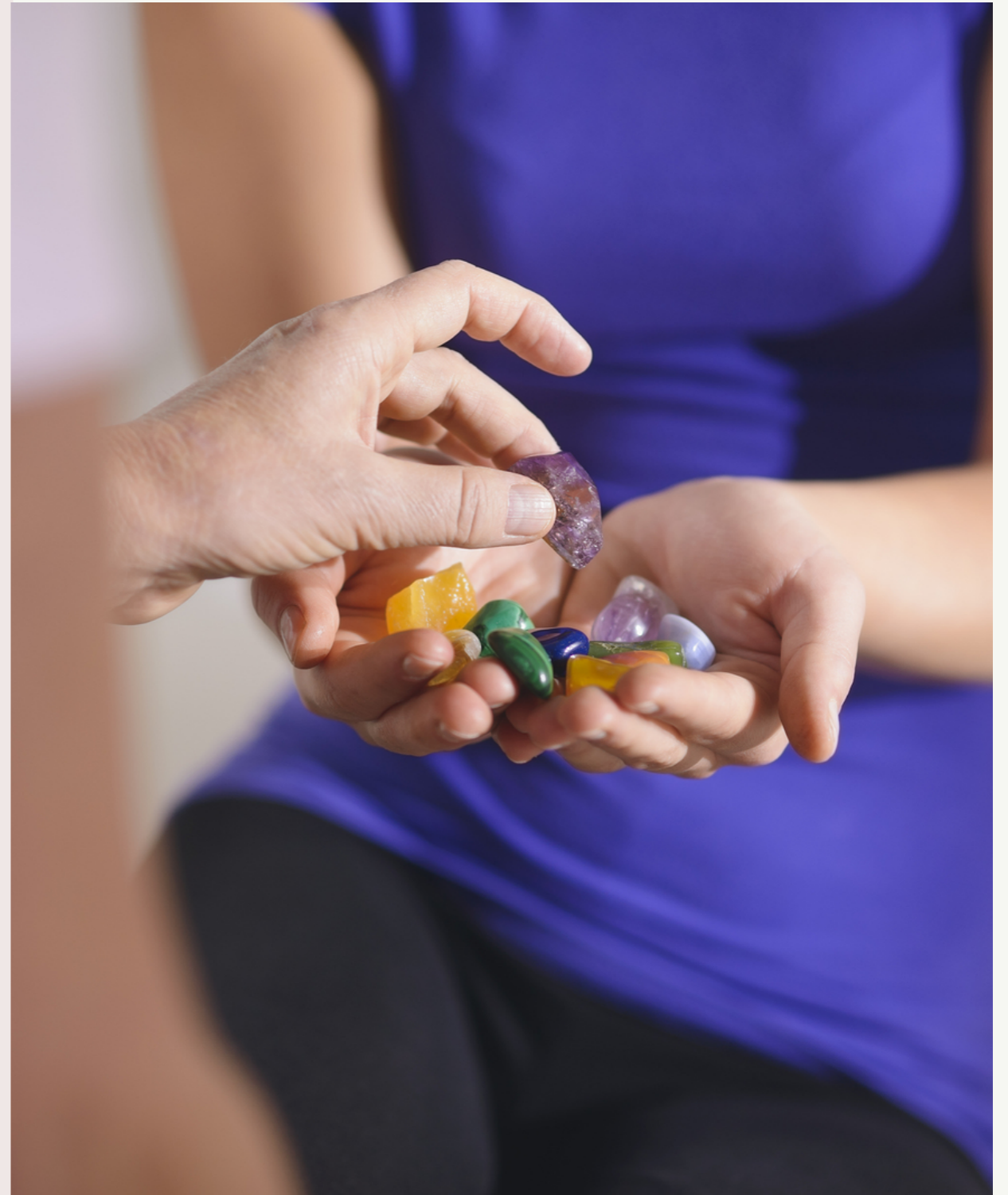


What Healing Means

- Crystal healing, like all energy healing modalities, works on the body as a holistic unit - in body, mind, and spirit, and therefore, its effects will be felt and experienced in a vastly different way than with conventional medicine
- Since crystal energy addresses the body as a whole, crystals heal by restoring wellness to the entire body, including the subtle bodies (the "unseen" energetic bodies, such as the mental and emotional bodies)
- Crystals have a myriad of energetic properties, many of which can be applied to *supporting* the health of your physical body
- Where crystals seem to provide the greatest benefit is in the realm of **mental, emotional, and spiritual** support
- In addition, crystals can be used very effectively in helping you manifest a supportive environment, as well as your needs in the physical realm
- **Crystals must never be used in lieu of medicine.** Always consult a healthcare professional for a proper diagnosis and to determine what other forms of treatment may be required

Crystal Healing in Practice

- Crystal healing is a rapidly evolving field
- The practice of crystal healing lends itself beautifully to other holistic health and metaphysical modalities, including: Reiki, Massage Therapy, Reflexology, Life Coaching, and Intuitive Counselling
- Crystal Healing is also a complete modality in and of itself, and can be a stand-alone practice
- Many ways of being a “crystal entrepreneur”



Crystal Healing in Practice



Crystal Healers come from all walks of life, and serve a variety of clients. Here are some examples of the many services you can offer:

- In-person healing sessions
- Distance healing sessions
- Custom crystal grid creation
- Custom amulet and talisman empowerments
- Custom Medicine Bag creation
- Crystal consultations
- Workshops and lectures
- Writing
- Crystal essences and elixirs



Everybody is unique, and everybody will have something different to offer the world.

This course will give you the knowledge and tools to offer a wide variety of crystal healing services, as well as empower you to create your own.

The Science of Crystals



While crystal healing is primarily a metaphysical art, it's important for you to know some basic crystal science, including proper terms and definitions.

The words “crystal”, “stone”, “gemstone”, and “rock” are often used interchangeably when discussing the metaphysical properties of crystals. However, these terms are not synonymous, and each of these has distinct properties.

The Science of Crystals

- **Crystals** are minerals that possess a regularly-repeating, stable, crystalline structure
- “**Crystalline**” refers to the type of structure in which the atoms, molecules, or ions are in a repeating pattern
- The formation of a crystalline structure, by atoms, molecules, or ions, is called **crystallization**
- The stability of their crystalline structure is part of what makes them such high-vibrational beings, as well as what enables them to hold and transmit large amounts of energy
- In this sense, crystals represent the “perfection” that we humans aspire to, or the enlightenment that we wish to achieve

The Science of Crystals



- **Rocks and stones** are created as a result of their environmental circumstances, and are usually made up of a variety of different minerals and elements
- Rocks and stones have the ability to transform and crystallize, and many crystals are formed from rocks
- Rocks are classified as either igneous, sedimentary, and metamorphic

The Science of Crystals

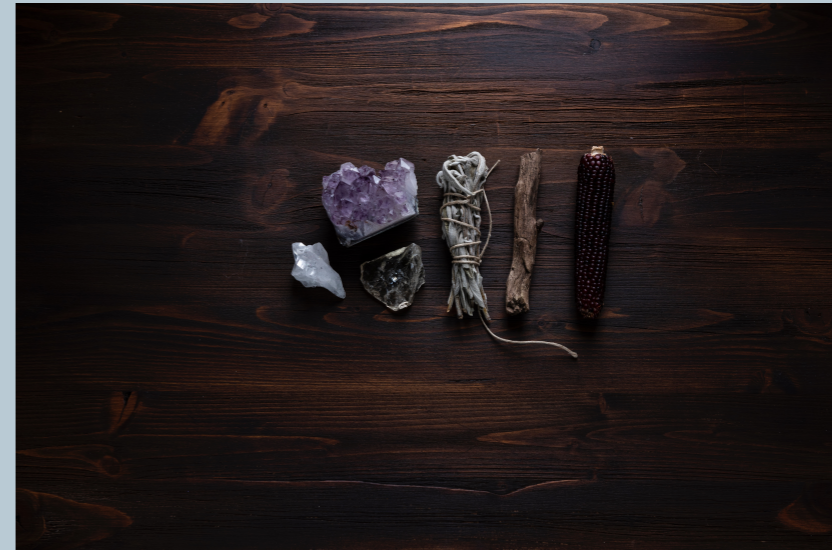


- The term “**gemstone**”, or “gem”, is a commercial label, rather than a scientific one
- Gemstones are classified as either precious or semi-precious, based on their colour, hardness, clarity, availability, and mining requirements
- The recognized precious gemstones are: Diamonds, Sapphires, Rubies, and Emeralds. Semi-precious gemstones include: Amethyst, Rose Quartz, Tiger’s Eye, Iolite, Peridot, and many more

Crystal / Gem / Gemstone / Rock / Stone

Many crystal healing practitioners continue to use these terms interchangeably, and you are welcome to do so as well if you're already comfortable with it, so long as you remember that they really mean different things. The most commonly used terms in crystal healing are "crystal" and "stone", and for the purposes of this course, we will continue to use these words interchangeably.

The Science of Crystals



- Please note that we also use many other **organic materials** in crystal healing, which are neither technically crystals or stones
- These include Amber, Jet, Fossils, and Shells, all of which have been used throughout the history of humankind for both decorative, healing, and energetic purposes

The Science of Crystals

The Mohs Hardness Scale

The Mohs Hardness Scale, developed by Friedrich Mohs in 1812, provides us with a way to categorize crystals and stones based on their hardness. Each stone is given a number from 1 to 10, with 1 being very soft and 10 being the hardest. Each stone is able to scratch those whose numbers are lower than it, and are able to be scratched by those whose numbers are higher.

E.g. Fluorite has a hardness of 4, and can scratch stones with a hardness of 3, 2, or 1. However, fluorite can be scratched by stones with a hardness of 5 and up.

Mohs' Scale	Comparison Mineral	Mineral Test
1	Talc	Powdered by finger nail
2	Gypsum	Scratched by finger nail Finger nail (2.5)
3	Calcite	Scratched by copper coin Copper penny (3)
4	Fluorite	Easily scratched by pen knife Knife blade (5)
5	Apatite	Just scratched by pen knife Glass (5.5-6)
6	Orthoclase	Scratched by steel file, it scratches window glass Steel file (6.5)
7	Quartz	Scratches window glass or steel easily
8	Topaz	Easily scratches quartz
9	Corundrum	Easily scratches topaz
10	Diamond	Cannot be scratched, hardest of all minerals

Hardness	Example	Testing Method
1	Talc	Fingernail will scratch
2	Gypsum (Selenite)	Fingernail will scratch
3	Calcite	Copper coin will scratch
4	Fluorite	Knife will easily scratch
5	Apatite	Knife will scratch
6	Feldspar (Labradorite)	Steel File will scratch
7	Quartz	Will scratch Glass
8	Topaz	Will scratch Quartz
9	Corundum (Ruby & Sapphire)	Will scratch Topaz
10	Diamond	Will scratch Corundum

The Science of Crystals

Crystal Growth Systems or Habits

A lattice is the geometric arrangement or network of points in which a crystal grows. The crystal lattice provides symmetry and definition, and it also determines the direction of energy flow within the crystal.

There are seven main crystal lattice systems (crystal growth systems or habits), which provide us with another way to categorize our crystals. Each system corresponds with the seven main chakras in the human body, beginning with Isometric/Cubic corresponding to the Root Chakra, and culminating with Triclinic corresponding to the Crown Chakra.

The Science of Crystals

Crystal Growth Systems or Habits

1. Isometric/Cubic
2. Hexagonal (Hexagonal varieties)
3. Hexagonal (Trigonal and Rhombohedral varieties)
4. Orthorhombic
5. Tetragonal
6. Monoclinic
7. Triclinic

How Crystal Energy Works

- Crystal healing is a form of **energy healing**
- Energy healing works through the law of vibrational resonance, or “**entrainment**”
- The strongest vibration affects the surrounding or associating vibrations
- Intent is the driving force behind all energy healing
- All crystals have their own latent healing properties, which are activated by intent



How Crystal Energy Works

- Crystals possess a crystalline structure, which is both very strong and very stable
- Crystals are created from within the Earth, and as such, are powerful conduits of Mother Earth energy
- Their vibrational frequency is among the highest of any natural object that you'll find
- This is why simply being in their presence (whether you place them in your living space or within your auric field) can have such a profound effect on you





Over time, you will start to “entrain” with the crystal, which can create energetic shifts and be a catalyst for change in the physical realm

Summary

- Crystal healing is an ancient practice that is now widely recognized as a valid energy healing modality
- The practice of crystal healing is a rapidly developing field
- Crystal healing is a powerful stand-alone modality
- Crystals healing is easily incorporated into other modalities
- Crystals are minerals that possess a crystalline structure
- Their molecular structure is what ultimately determines their vibrational healing properties
- In the metaphysical realm, “crystal” and “stone” are often used interchangeably
- Crystal energy works through the law of vibrational resonance
- Crystal healing works by affecting our energy through the law of vibrational resonance

