



Crystal Light Therapy

Vibrational Healing for the Millennium

The Subtle Bodies and the Seven Chakras

By Patricia J. Huff

Man has been using crystals to heal himself since ancient times. Egyptians ground lapis lazuli and made a poultice to use as a protection for their eyes. Up to the beginning of the nineteenth century, gemstones were sometimes used as medicines against illnesses. The mere presence of the stone was sufficient to affect a cure; the gem was placed on the afflicted part of the body; or the stone was powdered and eaten. Even today, calcium tablets made out of powdered pearls are sold for medicinal purposes in Japan. Crystals are also an integral part of lasers and their use in microscopic surgery. In Arkansas and in Brazil, some of the largest and highest frequency crystals are being mined for the manufacture of microchips used in computers, watches and ultrasound devices. The microchip, an important component of the computer is pure silicon dioxide - quartz crystal. Crystal healing is experiencing a rebirth and will, as destiny dictates, prove to be the most powerful method of healing not only for the body, but also in relieving ailments of the mind and heart that cause physical disease.

My approach to the use of crystals in healing is to place the crystals on the patient's body, vibrating the crystals

through toning, thereby raising the frequency levels contained within the crystals, and subsequently transforming the negative energy which is at the root of most disease, into positive harmonized energy. It is this tendency of crystals to balance energy that provides the mechanism for transformation and magic. When energy passes through a natural crystal, it becomes harmonized, creating a perfect balance of energy. Crystals are capable of aligning energies from the physical body (mundane) to the subtle bodies (aura). This inherent characteristic of quartz crystal allows one to treat a number of bodies, i.e. the physical body, the electromagnetic body, the etheric body and the astral body.

The human being actually consists of the following bodies: the physical body, which can be seen and touched; the electromagnetic body, which stretches outward four to five centimeters around the physical body. The presence of the electromagnetic body has been proven scientifically and can be seen through the use of Kirlian photography. The third type of body is the etheric body that can extend about twenty centimeters around the physical. The etheric body reveals the more profound



and more constant characteristics of the physical body. In it are stored the experiences and beliefs which have been lodged in this body due to accidents, trauma, and shock. These experiences can be manifested in the etheric body through past, present or even future lives of the individual. These stored energies can create disease within the soul and the physical body. It is my belief that healing does not begin in the physical body but rather in the subtle bodies of which the physical is only a reflection. The fourth body, the astral body extends thirty to forty centimeters out from and around the physical. The aura is the combination of the three subtle bodies.

Another important aspect integral to the understanding of Crystal Light Therapy is that of the chakras. Chakras are energy centers where the aura receives light and energy from the Universe and channels it to the physical body. The chakras are situated between the physical and the etheric bodies. There are seven main centers of energy or chakras. The first, or root chakra is located between the anus and the genitals and corresponds with the color red. It is where the intuitive creative energy of the body and spirit resides. The second chakra is located at the base of the genitals and corresponds to the color orange. This is where emotional/sexual energy is stored. The third is located in the solar plexus and corresponds with the color yellow. This center is where the ego and human will are active. The fourth is located near the heart, either in the middle of the chest or closer to the right and corresponds to the color

green. This is where the soul resides. The fifth is in the throat region and corresponds to the color blue. All of our communications are expressed from within this center. The sixth is located slightly behind the space between the eyebrows in the middle of the forehead and corresponds with the color purple. This is the home of our spiritual or awakened eye that allows one to see through the veil of illusion. The seventh is located at the top of the head and corresponds with the color gold. From this center a connection with the Divine is made and a sense of oneness can be established. All the bodies are connected to each other through the chakras. By clearing, balancing, and aligning the chakras with the aura and the physical body, one is able to experience their true Divine nature and the resultant feeling of harmony. This is the function of Crystal Light Therapy.

Scientifically, we prepare precisely made slices of crystal to compress mechanically sending off an electrical charge. In compressing the structure we are pushing the atoms slightly closer together and freeing the outer energy shell electrons from the necessity to bond quite so tightly. As we do, these electrons are freed from the outermost shell and move to the surface of the crystal. This transfer of electrons from one shell to another is also connected with quantum light physics. If we strike a crystal with a mallet, again compressing the structure momentarily, what we observe is a visible flash of light. What we do not see is that the crystal has also given off a burst of electricity - piezoelectricity. It is also possible to reverse this



process. Rather than compress the crystal to give off electricity, we can put electricity into the crystal to cause a momentary expansion of the structure forcing the atoms back to their original position. This alternating expansion and contraction of the crystal structure is the vibration or frequency and is measurable in vibrations per second.

Treating the person as a “whole” being is what happens in this therapy. A “Wholistic Crystal Healing Massage” begins with an Ancient ritual called “smudging”. This cleanses the aura of energetic debris and creates a safe and sacred place to do healing work.

One is then led on a guided imagery experience to connect with the Universal Divine energy source and journey through all the seven major energy centers. Crystals are placed on your chakras and then vibrated by a process called “toning”. This energizes the frequencies of the healer, client, and the crystals allowing the transformation of energy to take place. By vibrating the crystals, one’s awareness is expanded, freeing the person of negative conditions within the aura. When energy passes through a natural crystal it becomes harmonized, creating a perfect balance of energy. It is this tendency to balance energy that provides the mechanism for transformation and healing.

Crystals are particularly responsive to music, sound waves produced by the compression of air. “Toning” which is a series of sounds that is used extensively in the Crystal Light Therapy vibrates the crystal adding frequency or

“piezoelectricity” to the aura of the person receiving the treatment. Using crystals to treat or remedy human affliction on whatever level means to raise the frequency level or vibratory rate of the crystals being utilized at that moment. This will enable the energy of the crystal to penetrate the human aura, thus absorbing and realigning the energy.

By raising the vibratory rate of the frequency of the crystal, the amplification and filtering qualities of that crystal are opened up for means of transforming energy. This is the magic of crystals both scientifically and spiritually; to take in energy and release it in perfect harmony.

In the heart and mind of God there exists a spark of light or consciousness that is the positive force forward in the act of creation. It is up to each and every individual soul to realize this spark and to activate it in their lives. This is the purpose and function of Crystal Light Therapy.