

# crystal healing



realigning  
fragmented patterns of  
energy



Manual by Julie Collet

# Crystal Healing

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# Introduction

When I first ventured into the field of natural healing, I attended workshops on crystal healing along with many others on sound and color therapy etc. It was not until sometime after I studied Polarity Therapy and the nature of the Human Energy Field, that I realized the real significance of the healing power of crystals. It was through my studies in the ways of energy and the laws that determine its flow of manifestation and liberation that I could appreciate the role of crystals and the way in which they resonate with both universal and human energy fields.

The path of manifestation is one of crystallization. As energy steps itself down in vibration to enable energy to shape and form itself, the final phase in this process is that of crystallization. Crystallization is the patterning of lines of force that enable energy to build upon itself. These lines of force or energy grids form the sacred geometry that gives rise to all created things. It is hidden crystalline energy patterns that are the building blocks of creation and make all we see and know possible. Take away the crystalline energy grids of creation and chaos and confusion would rein.

In the same way women embody the female principle of creation and men the male, crystals embody or exemplify the crystalline principle of creation. As such, crystals are perfectly ordered and structured. It is due to the mineral makeup of crystals that they are able to store and conduct energy. When crystals conduct energy, they also conduct the consciousness or intelligent purpose contained within & giving rise to that particular energy field. There cannot be form without consciousness. All life expressions contain the intelligence that makes its form possible. The consciousness that sets human life

apart from the rest of creation is that of self-reflection. We are perfectly designed for just that. The consciousness that sets crystals apart from the rest of creation is that of ordering information and as such crystals play a vital role in maintaining the integrity of our planet.

Creation is a whole and not just the sum of its separate parts. What happens anywhere in creation will effect everywhere else, and it will affect in particular that with which it resonates. With the knowledge of how crystals entrain and resonate with the human energy field, the ordering and restoring power of crystals can be harnessed to correct and balance the flow of energy in the body. In this way crystals can be used to help alleviate pain and trauma from the human condition.

Crystal Healing is a form of energy or vibrational medicine. It works with the energy, power and elemental intelligence of crystals to release blocks to the free flow of energy in and around the body. It functions to restore balance and harmony. In the following pages, we will examine:

The Nature of Energy and the Process of Crystallization

The Core Energy Pulsation of Human Life

Ways to use the Healing Power of Crystals to Balance the Human Energy Field.



## The Distribution of the Five Elements in the Body

Chakra	Element	Sense	Sense Organ	Work Organ	Fingers & Toes
Throat	Ether	Hearing	Ears	Throat	Thumbs Big Toes
Heart	Air	Touch	Skin	Arms/Hands	Index Fingers Second Toes
Solar Plexus	Fire	Sight	Eyes	Thighs/Feet	Middle Fingers /Toes
Sacral	Water	Taste	Tongue	Genitals	Fourth Fingers/Toes
Base	Earth	Smell	Nose	Anus	Little Fingers/Toes

### The Human body is like a mini world:

- The Head equates to the North Pole
- The Feet equate to the South Pole
- The Diaphragm equates to the Equator
- The Long-line currents equate to Longitude
- The Transverse currents equate to Latitude
- The Spinal Column and its centre core energies equate to the axis of the world.

### The Three Major Energy Currents in the Body

These currents maintain the electro-magnetic matrix which make human life possible. The three main currents in the human body are:

**The five long-line currents** (refer diagram on following page) flow from and return to their chakra of origin. The chakras, which give rise to these currents, are the chakras of the five elements (ether, air, fire, water and earth.) The five

elemental chakras translate the mind pattern energies of our blueprint and send this information along their “wireless” currents out into the body where they are stepped down via the nervous and endocrine systems and on to each and every cell in the body. As these currents are pulsations of coded intelligence, if they are blocked by suppressed emotion or influenced by sabotaging thought patterns, the body is no longer able to act in accordance with its blueprint and it starts to act unintelligently. The five long currents govern the five senses and their corresponding senses and work organs. They also govern the physiology of the body.