



Community of the Sacred

CRYSTAL HEALING

Properties, Cleansing, Programs and Layouts



Alana Fairchild



USING CRYSTALS TO HEAL THE CHAKRAS

Crystals can be specifically chosen to work with healing issues of particular chakras. Each of the chakras vibrates to a different energy level (indicated by their occult colour and elemental associations) and crystals also vibrate at different levels of energy.

Choosing a crystal with the energy level that you wish to manifest in a particular chakra is how you would select a crystal. An example would be if a crown centre was very blocked, and the optimal functioning of the crown on the patient in question required amethyst, to align it with the higher protective and spiritual properties of the stone, then you would place amethyst in the aura of patient (around the head).

Remember that crystals are tools and will act as they are intended by their owner (provided that the intention of the owner is in relative alignment with the purpose and energy of the crystal).

Always choose crystals intuitively based on what 'jumps out' at you and feels right for you. You will know if a crystal is meant to be yours, because you will feel a deep rapport with it as an individual 'being'.

In any healing work, always hold the intention for healing according to the Highest Good. Always ask to be a clear channel for Spirit and for Divine Will to simply flow through you.



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Cleansing your Crystals

You will need to cleanse and program a crystal for healing, clearing it of any past programs or energies.

Here are some tips on this topic:

Crystals store memories, information and intent of those who handle them. You can clear that information and start afresh.

Cleansing and clearing can be a regular practice for new and old crystals. This helps clear psychic debris, negativity and accumulated energy in the stone. It also helps to prevent fading, shattering or cracking, prevents redistribution of negative energy (perhaps into your energy field – no thanks!).

Cleansing your crystals before and after a healing session on yourself or on others is most significant.

Cleansing can be done in any number of ways. The most important thing is to use your intuition to guide you. Remember that some crystals do not respond well to being in water – especially those that are porous – it can actually erode them (halite and mica are examples).

So be cautious around scrubbing, soaking or polishing your pieces! Use a gentle touch if you aren't sure. I have seen plenty of store-owners cleanse stones with eucalyptus oil because it gives a shine (when they are non-porous and already polished or smooth stones) and removes sticky labels, but you may find it a bit harsh when cool water can do just as good a job, as can passing it across the smoke from incense. It is more about your intention than the action itself.

For coloured stones, keep them out of direct sunlight for extended periods of time as they can fade. But sunlight is a great way to cleanse and energise clear quartz. Fluorite, Rose Quartz & Celestite, for example, will fade in direct sunlight. Temporary exposure to the sun is fine for most crystals.

You can cleanse most crystals in water, in the earth, in moonlight or in sunlight. Leave them resting for a couple of days on a clear quartz cluster or in your garden. You can smudge your crystals with incense – perhaps sage, lavender and rosemary or why not bathe them in flower essences, invoking the devic energies of the flowers for cleansing?

If you do choose to clean then with essential oils, take care with staining if you use something like patchouli or myrrh on a light stone – better to use 'white' oils like eucalyptus or lavender.

Using spiritual healing techniques like Reiki or Pranic Healing on crystals is beautiful – they love

Gratitude for art by Daniel B Holeman from Alana's Lightworker Oracle.



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... use your thoughts to
hold healing, cleansing,
clearing images.

to soak up that energy and there is a palpable difference when a crystal is charged with blessings and energy. Think of the experiments done with sending different thoughts and intentions to water crystals and how their structures respond. Crystals are natural energy conductors.

To put the ease of cleansing into perspective, the American Indians cleared their crystals with a short breath! Intention is the key and is far more important than what you actually do – action without focus is relatively ineffective. Energy follows thought – so use your thoughts to hold healing, cleansing, and clearing images.

Programming Crystals

You can program crystals in numerous ways and for unlimited purposes, but the evolution of the crystal kingdom (and the human kingdom) is assisted so well by simply using intention to heal and do no harm. Certainly that is a lightworker's creed, to tread lightly upon the earth.

You might like to create a programming ritual – pass it over flame, incense, salt, water & the breath to tap into all the elements.

You can then invoke Archangel Uriel to assist you in programming the crystal.

Fairies tend to love crystals – so Faery Wicca Rituals are fun if you are so inclined.

To program or dedicate your crystal, hold the piece in your left hand (your receptive hand – so use your non-dominant hand, which means your right hand, if you are a left handed person) and give thanks.

Next you can mentally clear it of all previous instructions, then pass on the instructions to the crystal by imagining your intent flowing into the crystal and it being received and acknowledged.

Give further thanks and the deed is done!





Choosing Crystals

Your intuition will be the most important guide, but let us also look at some individual crystals and learn about their healing and spiritual properties.

Colour, feeling and sense can be your guide as you learn which crystal to use on particular chakras.

Here are some basic spiritual properties of the most readily available crystals.

Clear Quartz

Amplifies energy. Clears, cleanses, energises and aligns – can be programmed for any healing purpose. Will even store healing thoughtforms and can be instructed to balance, stabilise and energise the entire energy field of a client.

Helps the client access their innate spiritual nature (the soul) and therefore impresses deep within the psyche the alignment required for wellness.

Holds the Power of White Light and therefore all the colours. Can be used on any chakra for any healing purpose. Effective Cleanser. Establishes presence of Spirit Guides, Angelic Realms, Devas (or nature spirits, animal spirit guides and totems) and Healing Energies in the aura.

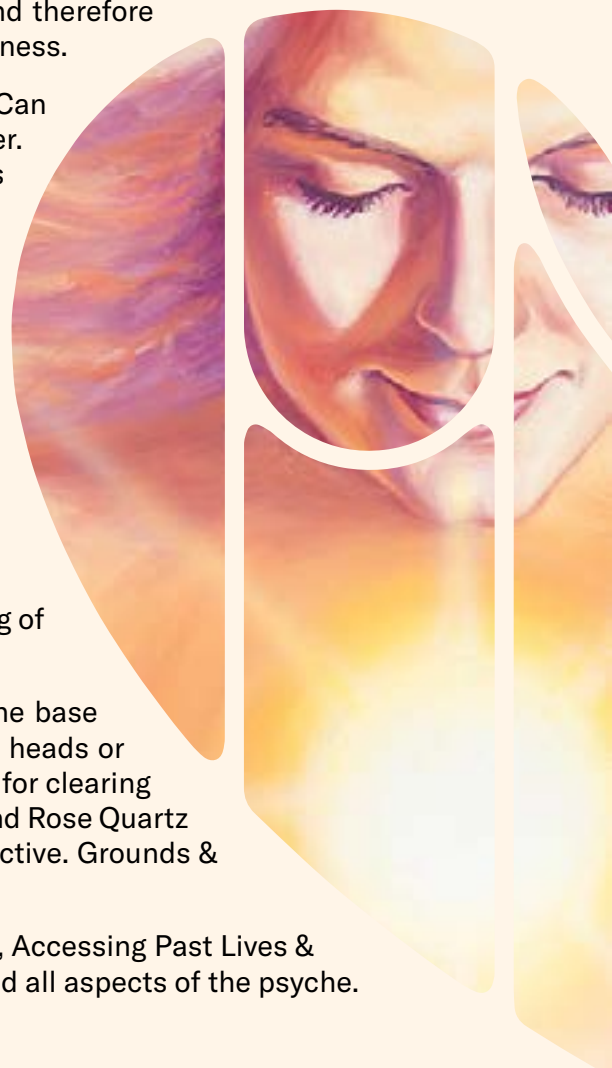
Appropriate for all levels of being from physical, to karmic, to emotional to mental and so forth. Can be used to strengthen all positive thoughts and affirmations (affirmations can be programmed into the crystal for healing intent and directed to be sent to the subconscious mind of the 'receiver' on a daily basis).

Smokey Quartz

Absorbs pain, negativity and density, allowing for a deep grounding of negative energies so that they may be transmuted by the earth.

Excellent for work on grounding, abundance and security with the base chakra (for those that are more comfortable living in their minds, heads or imaginations). Assists with Manifestation & Abundance, excellent for clearing depression & negativity, and could then be followed with Citrine and Rose Quartz for joy, love and lightness to be restored to the aura. Highly Protective. Grounds & Centres.

Revealing the Darkness – useful for Shadow & Unconscious Work, Accessing Past Lives & Ancient Wisdom of the Soul – Facilitates Connection with Soul and all aspects of the psyche.



Gratitude for art by Mario Duguay from Alana's Lightworker Oracle.



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... reminding us that we are in essence always pure,
always of spirit and always of love

Promotes physical & emotional healing. Assists with understanding & clearing addictions.

The building stone - builds physical strength. Excellent empowering stone, restorative and deeply supportive, especially after depression, deep emotional work or any form of extreme physical illness where the energy system is starting to re-build, repair and restore itself.

Citrine

Used for issues of the solar plexus and confidence, trust and self-esteem. Allows for the magnetic properties of love to start to manifest within the aura of the user (through aligning the user with the Higher Self) and therefore is useful for creating abundance, wealth and opportunity. Lovely to use on the head centres (including the Crown) to align with the colour of gold and yellow in the sense of accessing higher wisdom.

When placed on the solar plexus and heart centres it can assist with building joy and lightness, optimism and positivity. Especially helpful for those that do not get enough access to natural sunlight (such as during the winter months or for office workers subjected to unnatural lighting all day). Brings in joyful yellow light.

Quite expensive now and most places that claim to stock Citrine actually sell scorched amethyst instead which results in a deep rusty colour, rather than the soft, clear yellowy colour of natural Citrine.

Anchors the qualities of trust and never needs cleansing, therefore metaphorically reminding us that we are in essence always pure, always of spirit and always of love – again aligning us with our Soul.

Amethyst

Contains the purifying, transmuting (spiritual alchemy - turning negative energy into positive energy) qualities of the colour Violet.

A magnificent healing stone as it will support the process of transformation during a healing session from the lower to the higher aspects of the Self.

Helps to access deep meditative states being accessed during a healing so that the client and practitioner are more receptive to healing energies.

Supports ability to access Higher Self. Opening to higher clairvoyance and channelling abilities. Connecting with Spirit Guides. A very spiritual stone to be used effectively on all the head centres, to clear lower attachments, delusion and opinion and open to clairvoyance, higher telepathy and spiritual wisdom.

Like clear quartz, amethyst is a wonderful general purpose spiritual healing stone and will effectively be used on any of the chakras for healing and transformational purposes. Inspires the awakening of the Spirit within.



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Apophyllite

A magnificent healing stone. She can be green, white or blue-ish in colour. The greenish – white combinations are wonderful for developing your ability to channel messages from your guides and open your heart & crown centres to higher healing energy. It has a soothing quality to it – like a cool, refreshing glass of water.

Wearing or simply placing the stone around the perceptive chakras will develop deeper intuitive knowing and build a bridge between you and your Soul and as a result, allow for deeper spirit communication – especially between you and the angelic realms.



Malachite

A powerful physical healer. Assists in clearing depression and accessing the heart. Excellent to use on the solar plexus. Can be quite dense and heavy and you may need some time to attune to its energy – particularly if you are more used to working with ‘lighter’ energies like clear quartz or apophyllite. It has a high copper content and should not be used internally via ‘elixirs’ as it is toxic to the system.

Expensive. Increasingly rare and needs regular cleaning. Will absorb negativity and assist with restructure of the nervous system. Can help protect the heart, and if you are drawn to it, will often be in need of psychic space and protection for yourself.

Very grounding and also quite useful to inspire abundance, trust and security to the base chakra, clearing scarcity, fear and negativity that close off our ability to receive help, support and sustenance in varied forms (such as love, opportunity, financial and material support, creative inspiration, healing relationships and so forth) from the Universe.

Celestite

Excellent throat centre healer. Pale blue and the stone of angelic communication. Helps open the throat and intuitive awareness and works extremely well in conjunction with apophyllite.

Set in a healing environment will assist with establishing the refined and peaceful energies of angels, higher realms of light and healing.

Invocative to the Archangels generally. Will raise sacral energies and direct them towards the higher creativity of the throat. Therefore helpful in assisting one learn how to speak one’s feelings and truth.





Rose Quartz

The heart healer. Abundance. Trust. Love. Connection with Spiritual Wisdom and Self-Love through the heart. Opening to your own inner world.

Healing for grief, depression and body hatred or other addictive tendencies to do with issues of self-love (such as alcoholism, eating disorders, cigarette smoking and so on).

Pink in colour – from pale, almost white pink to deep rose. Works on the heart chakra and opens us up to forgiveness and unconditional love. A gentle, but powerful worker – heals depression, anxiety, anger and bitterness over time and regular exposure.

Will also work on softening the energies of the base chakra in cases of extreme resentment or anger, where stimulating stones would exacerbate the problem and the energies of the centre need to be transmuted with love. Combining with amethyst in this situation would be helpful and effective.

Lapis Lazuli

Use on the head centres for wisdom and attunement to Spirit Guides and Past Lives, especially those from Egypt and the Middle East. Temple of the Stars. Rich Royal Blue, sometimes with gold flecks (when sourced from Afghanistan). Facilitates clairvoyant & intuitive opening. Soothing and cooling when placed on the forehead.

Assists with integrating new knowledge and inspiration. Great for students. Helps with remembering dreams. Opens up the imaginative faculty and allows for greater meditative visions. Healing. Balancing. Helps align the head centres away from our little will and sense God's greater plan, the life purpose and life path of each individual.

Carnelian

Works on the physical and emotional body. Helps integrate sexuality, emotions, and the shadow. Promotes creativity. Protective and grounding. Warming, opening and invigorating to the energy system. Adds power, energy and support to the chakras.

Helps heal issues around anger and guilt, and due to its deep orange colour, is very healing to the sacral chakra and assists in learning to feel our feelings and source our security from within.

Fluorite

Can be many colours – the most common include green, purple and a combination of green, purple and clear in the one piece. A stone of wisdom and higher mental development (along with Pyrite).



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In combination, aligns the heart with the head. Clairvoyance. Absorbs pain and negativity. One of the most beautiful general healing stones. Use according to colour on the chakras – green for general healing and the heart centre, purple for the crown and other head centres (as well as general purification), blue for general stabilising for the throat and head centres and so on and so forth. Cleanse often, especially after a heavy emotional healing session.



Green Aventurine

This is a beautiful rich green stone to use (perhaps in conjunction with rose quartz) for the heart. Abundance and prosperity consciousness. Opening to receive. Healing the heart and solar plexus of worthiness issues. Healing on all levels – including cellular and spiritual healing. Soothing. Calming. Sedating. Sense of space within and without of oneself. Evokes stored memory of the deep healing presence of nature.

Obsidian

Obsidian is a form of volcanic glass which comes in various colours including black, green and aqua. It is a wonderful stone to assist with opening the heart (green) and the ananda khanda centre (aqua) which is about mass communications, public speaking and getting your ‘message’ out to the world. Helps dissolve energy cords and clear the aura. Helps you see things more clearly. Can be placed on the chakras or used in a bath to cleanse the aura more generally. Black obsidian is very protective, whereas the blue and green shades are more cleansing.

Hematite

The mental ally. Metallic silver grey in appearance, Hematite helps ground us, clean the blood and balance the base chakra. It helps rebuild the mental body, clearing out old programs and opening us up to new ones. Cooling to excessive anger – use first, then follow with the softening Rose Quartz.

Excellent for rebuilding the mental auric bodies after excessive studies. Helps to ground knowledge and make it practical (again – balances and strengthens the base chakra). High iron content makes it useful for all blood related conditions.





Tigers Eye

Solar plexus healer in yellow. In red, focuses more on the base chakra. Empowerment. Self-confidence. Courage. Protection – especially after a healing session when your aura tends to be more soft and open than it would usually be (and therefore needs added protection to avoid overwhelm, attachments and psychic interference that you normally would not be refined enough to absorb).

Cellular Healing. Regenerating. Supportive and Warming.

Tigers eye comes in both red and gold tones, plus a combination with Hematite called Tiger Iron. It has strong spiritual associations and for those born in the year of the tiger or with a tiger or cat totem, it is a powerful ally in connecting with that feline energy. It is also about psychic & clairvoyant opening and learning to trust what you perceive/ receive intuitively and instinctively.

Moonstone

Heals all feminine issues, opens the third eye and balances the sacral area (which resonates to the energies of water and the tides are affected by the pull of the moon). Feminine, healing, clairvoyance, divination, and all other issues to do with creation and the head centres. Emotional healing and Archangel Gabriel are indicated.

Pyrite

Psychic protection, mental dexterity, memory improvement, enhancement. Masculine. Solar Plexus and Third Eye. Prosperity consciousness. Self esteem.

Builds & strengthens the auric field almost immediately and therefore can be carried or worn by those subject to interference or working with computers regularly. Physical & mental healing & realignment.

Garnet

Beautiful deep red stone. Abundance, prosperity and physical manifestation. Physical healing, grounding and making the spiritual more practical.

Strengthening and purifying the base centre - clearing anger, scarcity & depression. Assists us in connecting with our emotions, our true thoughts and feelings (instead of what we think we should think or feel). Assists in connection with the authentic and powerful self.

Selenite

Higher Self stone. Facilitates channelling and opening to higher spirit realms. Facilitates dream recall and intuitive awakening. Can assist with recollection of past life memories. Can be a soft, almost malleable stone. Can be clear, colourless and translucent or demonstrate a more milky, soft, white sheen to it. Gentle and holds the promise of connection with other worlds and the unseen. Use for all head centres and the throat and heart centre.

Can be placed under the pillow for enhanced lucid dreaming and dream recall, or under the head-rest during a healing session to facilitate attunement to the Higher Self during the healing session.





A SIMPLE PROCESS FOR A CRYSTAL CHAKRA HEALING

Invoke your Angels, Guides and Soul. Ask for the Highest Good to be done through you.

I also like to invoke other Beings of Light that I work with and the Guides of my client.

Often healings are quite different from client to client because their souls are so different and therefore their guidance is so different. That means that each healing is unique and I will often be guided to use different techniques for different clients.

Intuit which chakra(s) you are drawn to work on

As you develop your abilities, you will start to sense the chakra system as a whole and realise that work on one chakra affects the others in the body. You will then work on a number of chakras at any given time, although you may choose to focus on one more so than the others.

An experienced practitioner will work holistically through your entire energy system so that you are balanced and aligned at the end of the session. It takes time to be aware of subtleties at this level and it can be best to build your intuitive awareness by focusing on one centre at a time initially.

For example, let us say that a client is coming to you with headaches. If you intuited that those headaches were coming from constant anxieties and worries, you may choose to focus on the solar plexus first and the head centres second. If those headaches were coming from hormonal imbalances, you may choose to focus on the sacral, base and solar plexus centres and then on the head centres. If the headaches were related to unexpressed anger or fear, you would focus on the base centre, the heart and the head and so forth.

Determine the needs of the chakra(s) in question

Does the chakra need energising, calming, balancing, aligning or simply cleansing?

You can determine the needs of the centre by using etheric touch to sense depth, quality & size.

Remember that all the centres relate to each other – so when you alter the energies of one centre, the others will also be affected and may need to be rebalanced again.

Intuit the crystal required for the chakra in question (according to colour or general properties)

If a centre needs cleansing, you may choose a crystal with deep cleansing properties like fluorite or smokey quartz, which both absorb pain, density and negativity. They will need to be well cleansed after the session. Another choice may be Amethyst which transmutes negativity into its higher forms.

If a centre needed energising, you may choose a rutilated quartz, clear or smokey quartz or garnet.

If a centre needed aligning and rebalancing you may choose a calcite in an appropriate colour for the chakra in question, and you may even wish to combine crystals, using two or three in formation around the chakra or removing and replacing crystals throughout the healing session.



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Intuit the shape of crystal required for your purpose

This may be a small tumbled stone to be carried in a pouch or pocket, a pyramid or generator to build power, or perhaps a crystal wand or cluster to cleanse a chakra, or a sphere to bathe the aura in the energies of the crystal in question.

Intuit where the crystal is best placed or directed for the healing

Does the crystal need to work on an etheric, physical, emotional, mental or spiritual level in particular? If so, whereabouts in the auric body should it be placed? Or should it be rested directly on the physical body?

Sensing how clear the aura is will affect your judgement here – the clearer the aura, the easier it will be for the crystal energies to permeate into the chakras and do their work. Spraying the aura with a sea salt, amethyst elixir and lavender and sandalwood essential oils mixture will help cleanse the aura, break up negativity and transmute it into a more refined form of energy, making your healing work more effective.

Intuit what program the crystal needs for the healing

You may want to guide the crystal to cleanse, energise, or align the recipient's energies with the heart, just as some examples. Always state, "for the highest good" when setting such intentions.

Sense how long the crystal needs to be applied, carried or directed to the affected area

Trust your intuition on this one. Scan or sense the chakras and aura. Ask your client for feedback, remembering that sometimes the effects of a healing are not noticed until minutes, hours or even days later (although most clients will be sensitive enough to register the changes in their energy field almost immediately – even if they do not fully understand what has taken place or how it has done so).

Seal up the chakras with Violet or Blue Light, surround the aura in Gold, Violet or Blue Light (using visualisation) and say your final prayers of thanks to Spirit. Carry the intention for protection and to seal in the effects of your healing work. So be it!

I wish you every joy in your work with these beautiful companions on the lightworker's path.

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There are many forces of goodwill, generosity and grace that want to help you manifest your most beautiful destiny. Have faith in yourself and in your journey, and know that the Universe loves you.

– Alana Fairchild



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