



# **Spiritual Ventures Association**

Course: Diploma in Crystal therapy

Tutor:: Norma Pictcher

Student:: John Lawrence King

Completion Date:: 17.07.2002

---

## **The healing mechanics of wand usage during Crystal therapy**

## **Forward**

The Author has been led to briefly cover the topic of wand usage as the title (“**The healing mechanics of wand usage during Crystal therapy**”) was channelled whilst meditating on appropriate topics for this assignment/dissertation. Consequently, over fifty percent of this text has been channelled and as this is my first reasonable attempt at channelling information, it’s my intention to develop those parts of the text to the extent whereby it would be publishable as a chapter in my first book. In this respect the author naturally claims all rights

This text is not targeted the public, and an understanding of crystal therapy and the chakra system has been assumed to avoid tedious and long explanations of basic concepts. The actual mechanics or metaphysics of wand usage and functionality are rather more complex and shall be overviewed throughout the text. Wand usage is still quite diversified, though the Author’s intent is to focus on wand usage as understood by the holistic healer (crystal therapies) whilst also giving a little information with reference to other wand materials and usage throughout the text.

# Contents

<b>Introduction.....</b>	<b>1</b>
<b>Wand history and design.....</b>	<b>2</b>
<b>CRYSTAL WAND DESIGN.....</b>	<b>3-4</b>
Lazier wands	
Selenite for wands	
<b>Crystal wand examples.....</b>	<b>5</b>
Quartz Egg and Sugilite Double Spiral Chakra Wand	
Rose Quartz Sphere and moonstone Double Spiral Heart Wand	
Amethyst Star Tetrahedron Triple Spiral Wand	
Lingham Stone Curve Wand	
<b>Wand cleansing.....</b>	<b>6</b>
<b>The Chakra system and Crystal healing in brief.....</b>	<b>7-8</b>
Fundamentals of characteristics the seven-chakra system	
<b>Fundamentally we are the same as inorganic and organic systems throughout the universe.....</b>	<b>8-9</b>
<b>The mechanics of healing and the therapist's focussed intent utilising a crystal wand.....</b>	<b>9-10</b>
<b>Summary and conclusion.....</b>	<b>10</b>

## **Appendix** (crystalline properties)

### **Bibliography**

## **Introduction**

Very simply, a wand is a tool used to focus and amplify intent to achieve an objective. Wands have been utilised since before the time Atlantis right through to modern day times with the most prominent, but largely unrecognised symbolic wand user being the Queen of England, Bishops and Parliamentarians during symbolic rituals.

The holistic healer's/crystal therapies intent always has an objective to assist the client to heal, in systems that are wand inclusive this intent may be directed, focussed and amplified via a wand. A wand could be of carved wood, crystal, ornate in design or a plain twig acquired via a tree of which, all will focus this intent to greater or lesser degrees of effect. Now if the wand is of crystal composition or even just containing crystal studs the intent will be simultaneously focussed and amplified. This amplification is also enhanced via structure, if the wand is of a spiralling helical nature the energy is increased which in turn will enhance intent manifestation (together with enlisted help via the elements) into existence at an accelerated rate. However, this manifestation may be so subtly that the energy exchange can go unnoticed in the short term, but most tangible experiences such as tingling in the hands, arms and other signs are normally noted by the client during and after crystal therapy.

## Wand history and design

Wands have been used in many cultures throughout history, wands and other vibrational tools were extensively used in Atlantean, and Lemurian cultures, which later filtered down thought to the African, and Europe cultures. In fact their legacy is still seen in positions of authority in modern society, such as staffs, crooks, and sceptres wielded by church leaders and the Queen of England.

As renewed interest has rekindled in all forms of energy work, magic, healing modalities, and shamanism, wands of various designs have found their place again in society. Wands are made from wood, metal, crystal or anything that will conduct energy.

Many traditional wands were (and still are) made from wood; as the life force that animates the wood rapidly withdraws from the branch so that the plant to conserves energy, its important that the wand is of live wood or the energetics would be wrong. Live wood should be obtained by firstly contacting the consciousness of the tree and asking for a gift of the selected branch. Then when it feels appropriate cut a selection and thank the tree. The wand can be fashioned or carved into an appropriate form and augmented with the addition of crystals, coloured ribbons feathers or other items personally significant.

Wooden wands are by their very nature ideal for practitioners of earth magic, wiccans... wooden wands were a part of Druidic and shamanic tool kit, used to work with the element of air of which, is associated with the mental body and intellect, hence its use to focus intent.

In contrast to wooden wands metal and Crystal wands are highly conductive, very directional and focussed energetically. Designs may include matrices of wires or metal rods to form the wand, or more commonly a metal tube with crystals and other materials mounted in them. The easiest form of metal wand to fashion is the pipe wand, made from a copper or stainless steel pipe. Crystals may then be mounted at either end of the pipe, and additional crystals or energetic materials may be placed in the pipe for more personal designs.

Designs vary and some of the most ornate metal wands have platonic solids and other complex shapes and wire matrices bonded to the pipe or handle. In addition to using crystals to enhance wooden or metal wands, wands may be fashioned from pure crystal due to the heightened energetics. This heightened energetics are due to the evolutionary dynamics of crystals, as they were the first lifeforms to condense on Earth. Crystals were in physicality long before the first proteinoids, blue/green algae, plants, or the kingdoms evolved. Crystals are said to function on a high and very consistent level of consciousness as they do not have to under go the life and death cycle in order to evolve. Most pieces have been existing, learning, evolving on this physical plane continually for 100's of millions of years. This makes them excellent guides, supporters and friends when we are in physicality, crystals are also evolving along with other of planetary populations as we are all interlinked (**see <sup>Þ</sup>**).

## Crystal wand design

Specialist tooling are generally required to form wands from blocks of crystal (depending on the crystal hardness), if more than one crystal type is used during wand design the crystalline energies will blend their vibrational frequency together with that of the wand thereby bring positive change to the client. Further winding of conductive materials such as metal wire around the wand can further augment the energy of the wand, a spiral is wound down (or even multiple spirals) the wand then the energy flow would be further amplified. Using these basic principles wand harmonics may be designed to individualistically suit, once the basic wand is formed the energies may be further augmented with additional crystals. However, Selenite is noted as an excellent wand making material, though natural quartz in the form of a laser wand also possesses the same conductive and transmissive qualities.

### Laser wands

Crystal wands are the most sophisticated tools the therapist will use with intent, a crystal Laser wand is a long slender crystal that tapers inward from the base to a natural termination, an unshaped Laser wand possesses many features. The laser wand may be used to: clear negativity, create protective barriers, focus healing energy to self or others, assist in performing psychic surgery on the energy body and to remove attitudes or energy blockages, and intrusions that may be causing disease or imbalance. So the Laser wand can be used as a psychic laser in cutting, dissolving, healing and sealing, also used to darn auric deprecations with healing light. In reverse, this type of wand (as with most) may be used to focus an energy vacuum to remove unwanted energy.

Like with most wands a laser wand promote wand to mark a protective boundary, disintegrate negative energy forms, sealing the aura. The infinity symbol (figure eight motion) may also be used when darning (or treating) large areas of auric deprecation, otherwise normal darning techniques (crossing lines) are used. A laser may be used to draw out negative energies from the aura or chakras, help focus attunements, and call upon information from the Akashic records during meditation.

The laser wand is also useful for charging crystals once placed in an crystalline grid to add a bust of energy to the crystalline grid (Smokey quartz would often be used in the composition of crystalline grids but if additional directional linkage is required this) may be enforce via small laser quartz to enhance the linkage.

The required function is normally directed in an intuitive manner of which is then enhanced using intention. However, if the energy is carelessly directed some believe it possible to unintentionally damage the aura using a laser wand and for the reasoning warning must be adored to and proper usage should be followed. Also Psychic surgery should be noted but not normally used in crystal therapy, where an intense laser light beam would be channelled directly to internal organs to undergo physical repair of damaged organs.

So then Laser wand may be used to direct energy in a powerful focused beam that can be activated as a create protective force-fields around clients (or their houses), also a cutting tool, or auric sealing tool, or to create a vacuum to remove unwanted energy, or to darn auric deprecations... Similarly, shaped crystal quartz wands may serve the same purposes, except for psychic surgery, for this reasoning quartz wands are considered safe.

The beautiful wands below are excellent examples of crystalline wand design, utilising a verity of crystals that harmonise the crystalline energies together to produce perfectly balanced healing tools (see crystal wand examples)

## Selenite for wands

Selenite is a crystal form of gypsum that occurs naturally as colourless to white tabular with columns of needle-like crystals, it is also found with varying coloured due to impurities. When finely granular its known as alabaster, and when fibrous, selenite. Although very soft (2 on Moh's scale), the white tabular selenite is a prized material for wand making and a valuable tool for healing. Selenite is often known as the light-bringer due to the internal linear structure that behaves similar to natural fibre optic, light is transmitted down the full length of the crystal. This is a physical manifestation of its metaphysical properties, and the crystalline structure is very linear and is easily cleaved into natural wands. Selenite could be considered as the sword of awareness cutting through assumptions and promoting re-connection between the conscious self and the inner mystic.

A Selenite wand allows directional energy flow into the body and through the energy system thereby removing blockages which result in disease. Selenite enables one to achieve clarity of mind, and gain higher awareness, and fashioned as a wand, it will transmit electromagnetic energy such as visible light along its length, and not surprisingly therefore, transmits healing energies. In the hands of a trained therapist, a selenite wand is a very affective tool used for healing and related energy work. Selenite is also powerful enough to clear negative energies out of quartz crystals, both cleansing any energies present, and recharge other crystals and is further unique in that its capable of programming quartz crystals or other quartz wands.

So a selenite wand can cleans, charge, and program other crystals, this is achieved by pointing together with the therapist focused intent. Similarly, reprogramming of crystals is also done this way together with visualisation and focused intent to the elemental within (see  $\beta$ ,  $\theta$ ,  $\lambda$ ) of the desirable program required. Other entities may also be contacted using Selenite, such as Spirit Guides, Angels, and Ascended Masters, selenite makes this contact easier as it relates to the Soul Star chakra.

According to historical records selenite was the original record keeper crystal used in Atlantean and Lemurian times, therefore by using a stroking technique along the wand, Past Lives, and portholes of passage to particular areas of knowledge may be obtained. Selenite is said to be superior for psychic development and intuitive processes. As a bridge to altered states of consciousness, selenite is an excellent tool for working with the subconscious, visualisation and meditation.

Selenite is not only a transmission tool it also has good diagnostic properties; used by crystal therapists and also by Shamans as a journeying tools for the quite unique ability to connect and balance the Spiritual and Physical bodies. Now these balancing properties are utilised during crystal therapy. Selenite is used to balance the subtle bodies of the aura, and similarly, work between two persons is also possible using selenite due to the balancing of subtle bodies in the auric fields.

So selenite is a universal healing implement because of this ability to flow light into all situations, together with the physical structure, capabilities of bending light energy that may function as a vector for other crystalline (that have been added) energies, selenite is an outstanding wand making materiel.

## Crystal wand examples

The following very beautiful example wands made by master wand makers at The Wand Workshop (Tunbridge Wells Kent) exemplify harmony of combined crystalline energies in the form of out-standing light tools for the practising therapist.

### Quartz Egg and Sugilite Double Spiral Chakra Wand



Description: This wand was co-created on the 22nd march 2002. It features a stunning large quartz egg set onto a brass handle. A beautiful sugilite cabochon is set into the handle and selenite. The other signature stones combine the energies of the major chakras. An amethyst, lapis lazuli, green tourmaline, citrine, carnelian, and red garnet complete the chain. The double spiral is augmented with gold and silver wires representing a balance of male and female energies (Wand Workshop).

Dimensions: Length 46cm 18 inch, Handle 1.5cm 3/4 inch, Width 1.0 cm 1/2 inch

Exchange price: £199 \$299

### Rose Quartz Sphere and moonstone Double Spiral Heart Wand



Description: This wand was co-created in January 2002. The wand is capped with a deep rose quartz sphere, a moonstone is set onto the metal band. Below the moonstone is malachite, rhodochrosite, and peridot cabochons that are set into the wand. The double spiral is augmented with green wire of which, completes this heart chakra orientated wand (Wand Workshop).

Dimensions: Length 23.cm 9 inch, Width 1.5 cm 1/2 inch

Exchange price: £ 77 \$116

### Amethyst Star Tetrahedron Triple Spiral Wand



Description: This wand was co-created in January 2001, It is the first wand of the new year. This is the third wand we have co created which is capped with a star tetrahedron and the first amethyst one. As students of sacred geometry and the flower of life will be aware the geometry of the star tetrahedron is profound to say the least. The star tetrahedron energy field also known as the MERKABA is integral to the human energy field. This wand is capped with an amethyst star tetrahedron. Set into the top of the wand is a stunning dark blue Canadian labradorite cabochon. Below this is a dark amethyst, a large lapis lazuli cabochon, Green tourmaline, citrine, carnelian, and a pink / red tourmaline complete the wand. The triple spiral is augmented with gold, silver and copper wires (Wand Workshop).

Dimensions: Length 43cm 18 inch, Handle 1.5cm 3/4 inch, Width 1.0 cm 1/2 inch

Exchange price: £ 233, \$350

### Lingham Stone Curve Wand



Description: This wand was co-created on the 11<sup>th</sup> January 2001, It features a lingham stone that is a form of Jasper with impurities on the top of the wand. The Shiva Lingham Stone is from the sacred Narmada River in Onkar Mandhata, one of India's seven holy sites. Villagers gather this unique Crypto-crystalline quartz from shallow riverbeds. Lingham describes the shape-egg like, but hand polished to balanced proportions. This often worshiped fertility stone is revered by Hindus as the embodiment of Lord Shiva. Lingham is also the sacred Sanskrit word for phallus. In Tantra, the shape embodies masculine energy, dynamic expression and knowledge. The markings named Yoni (sacred sanskrit word for vulva), depicts the feminine energy, wisdom and intuition. Together, the female energy arouses the masculine urge to create. As such, the Tantric Lingham unifies the dualistic (male female) world into harmonious balance. The Shiva Lingham Stone is physical body stone. Nurtures second chakra. A great stone for those who did not receive proper nurturing in childhood. Below the lingham a tiger iron, a rare orange moonstone and a blue moonstone complete the wand (Wand Workshop).

Dimensions: Length 40cm 15 inch, Width 1.0 cm 1/2 inch

Exchange price: £ 122 \$183

## **Wand cleansing**

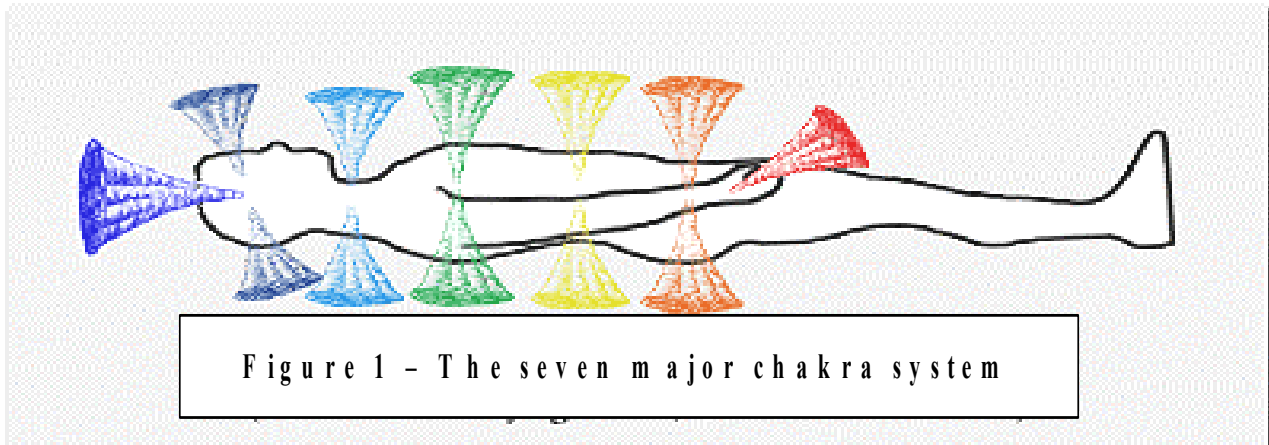
A wand should be cleansed when first acquired before any usage, thereby removing any unwanted vibrations so the wand is returned to its neutrally vibrational state. There are many methods of cleansing that may be embraced, though the most natural and gentle would be to submerge the wand (and crystals) into a naturally clean stream of flowing water. However, this may not always be feasible as we do not all have access to a naturally shallow flowing stream. Running water would be a nice compromise, although some may prefer smudging with the smoke derived from smouldering sage or cedar sap bundles. Washing in a saline (alkaline) solution would be advisable though for the first and strongest cleanse though this may or scratch or damage some of the softer crystal wands, the Author would use this technique for the quartz family, saline solutions should never be used for a Selenite/Satin Spa wands (which are very useful tools due to the fibre-optic properties).

An amethyst bed may be used both for cleansing and charging a wand whereby the wand is placed on a large bed of amethyst cluster that has been pre-cleansed and programmed for that purpose as amethyst useful for transmuted negativity. Breath cleans, as breath is analogous to light, focusing and exhaling down the wand will release all negative energy and transmute it into back usable energy. This is a powerful cleansing technique as the wand may simultaneously be reprogrammed (dedicated to the light, to work for the highest good of all) whilst cleansing.

Angelic Assistance may also be asked, this a delightful way of cleansing and working with wands. Angels help with intent if asked providing what is asked for is in accordance with divine will. The ascended masters (Lao Tse, Saint Germain, Merlin ...) may also be called upon in a similar way as helpful allies to transform negativity or help with intent providing the request or intent is in accordance with divine will.

### The Chakra system and Crystal healing in brief

Chakras do not actually exist as tangible objects in the physical body, they are actually structural energy patterns (or spiritual energy centres) of which are subconsciously held in specific locations as shown in figure 1 (see figure 1).



So the chakras could be perceived as innate naturally occurring entities in the form of structural energy patterns that are subconsciously held in position; for this reason a complete and precise explanation of the exact nature for each chakra is difficult to convey in words alone. However, the table below will provide an indication as to the fundamental characteristics and associations that each chakra tends to portray (see table 1).

Table 1 – Fundamentals of characteristics the seven-chakra system

Nº:	Colour	Chakra	Γ/Φ	♩	Sense	Gland	Element/ Planet	Related body parts & Astro signs	Life Lesson	Foods	Emotional/Physical Dysfunction(s)
7	Violet/ White/ Gold	Crown	Φ	B	Spiritual Perfection	Pineal	Cosmic Energy Beyond self Uranus	Left/Right hemisphere Cerebral cortex and the skin Aquarius	Selflessness	(None) Fasting	Depression/obsession thinking/confusion Chronic exhaustion Epilepsy/Alzheimer's circulatory/varicose veins
6ab	Indigo	Brow	Φ	A	Visualisation Psychic Sight	Pituitary	Telepathic Energy Neptune Jupiter	Eyes, skull base Sagittarius/Pisces	Emotional intelligence	(None) Fasting	Nightmares/Learning difficulties/Hallucinations Neurological disturbances Poor vision/ Glaucoma Gout/liver/Calluses/ Eyesight/hearing/spinal
5ab	Blue	Throat	ΓΦ	G	Hearing sound Communication	Thyroid	Ether Mercury	Mouth/Throat/Ears Gemini/Virgo	Personal Expression	Fruit	Perfectionism/Blocked emotional creative expressions/ Sore throat & neckache/Thyroid problem Tinnitus/Asthma/Acidic stomach/Arms/Arthritis
4ab	Green/ Pink	Heart	Γ	F	Touch Universal Love Empathy	Thymus	Air Venus	Heart/Lungs & Circulation Libra/Taurus	Forgiveness Compassion	Veg- etables	Mistrust/co-dependency Melancholic/ Shallow breathing/high blood pressure/Heart disease/ Cancer/Laryngitis/thyroid/ Kidneys/Mumps
3ab	Yellow	Solar Plexus	Γ	E	Sight Perception Projection of Self	Pancreas	Fire Mars/Sun	Digestive system & Muscles Aries/Leo	Self-esteem Self- confidence	Complex carbo- hydrates	Oversensitive to criticism Low self-esteem/Needs to be in control/ Stomach ulcers/Fatigue/Allergies Diabetes/Coronary/Spinal
2ab	Orange	Sacral	Γ	D	Taste/ Desire Sexual Energy	Gonads Ovaries Testes	Water Pluto	Sex organs Bladder/Prostate Cancer/Scorpio	Challenging Conditioned Motivations	Liquids	Unbalanced sex drive Instability/Feeling isolated Impotence/frigidity Bladder-prostate problems Lower back pain/Cancer of the Endocrine system
1	Red	Root	Γ	C	Smell/ Physical Vitality Survival.	Adrenals	Earth Saturn	Bone/skeletal structure Capricorn	Self- preservation	Proteins Meats	Mentally lethargic/Incapable of inner stillness/Osteoarthritis/Skin Teeth, bone, stomach brobs Gall bladder and spleen.

Philosophically, any system of healing that utilises the Chakra system functions upon the postulation that if the chakras are in harmonious balance (good condition) with each other, this will internally manifest into good physical health, and the opposite would apply if chakras are unbalanced.

Crystal therapy is a system of healing using light energy that is channelled through crystals into the client's chakras. During crystal therapy we diagnostically dowse the client's chakras using a crystal pendulum in order to perceive their general condition. The appropriate crystals are then placed on the client's chakras and base vibrational frequencies from the crystals are utilised for channelling specific frequencies of universal light energy through the crystals into the client's chakras (though these techniques are practitioner dependant); the crystals also appropriately function as both amplifiers and/or filters whilst this light energy is channelled (this makes Crystal therapy one of the safest forms of light therapy available in modern-day times). The pendulum is used in conjunction with a crystal wand to help channel the light energy into and/or through the client's chakras, a wand and pendulum may also be utilised to extract unwanted negative energies as appropriate.

### **Fundamentally we are the same as inorganic and organic systems throughout the universe**

A look at Electrobiolgy indicates that every atom within us is more than 99 percent space and the particles, which appear solid, are actually energy vibrations effected by trillions of chemical reactions occurring every second. Crystals consist of matrices of atoms often of common elements such as silicon dioxide with additional traces of other minerals and metals. Quarts for example (SiO<sub>2</sub>) grows in ever-increasing layers, as there are always two vacant valences on the oxygen atoms that inturn result in internal structure that accounts for the external shape. So all crystalline atoms link via three types of bonding (metallic, ionic and covalent) which determine the internal atomic patterns and external shape. Now, the interesting metaphysical properties are not at the atom level, to understand and explain interactions between light-energy and matter we need to look further into the make-up of atomic particles.

The resonating structural patterns of molecules are made of atoms with interstices, the atoms are made of nuclei, protons, and oscillating electrons of which, are made of sub-atomic particles (quarks, neutrinos and mesons – and more yet to be discovered) that are so small, they can move between the vast empty space of all matter, this we know as the mathematical prove has been provided via the physicists.

We may say that crystalline sub-atomic particles, together with and orbiting electrons evoke constant molecular change of fluctuating polarities via the shared energy shells. So the electron frequencies, sub-atomic and sub-sub-atomic particle movement between the shells accelerate in accordance to the generated kinetics and available interstices (or space - see

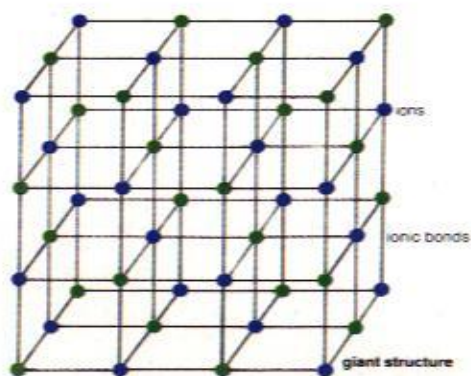


Figure 2 – crystalline three dimensional lattice structure showing interstices held by van der waals forces.

figure 2). Then its surprising how the three dimensional lattice structures are maintained with all those spaces in between and those electrons and sub-atomic particles constantly moving between the important parts (interstices) of the crystalline lattice structure. We can then perhaps understand why and how the interstices often have inclusions of other ions (of other atoms) giving different frequencies, colours and thereby affecting the crystalline properties. These unique combinations then partially account for the physical appearance and metaphysical properties of each crystal wand. Therefore, (current) frequencies of particular crystals portray their true characteristics, properties, and potential functionality via vibrational frequencies more so than the label we give for identification purposes; we may also recognise the differences by perceiving the individual frequencies of each crystal.

So then if we look at the colours of the aura and measure the skin associations the vibrational frequency may be recorded (*measured via silver chloride electrodes on the skin*). Dr Valorrie Hunt *et el* (1988) was able the show that the colour white reverberated at 1100-2000Hz and Green at 250-475Hz, thereby observing the vibrational frequency of white is higher than green. Though this would also suggest that the density of white is less than the density of colour green, though this would be shade dependent. Experimentation using light absorption and chromatographic techniques also suggests organic structures have similar properties (interstices) the are governed by the laws of physics and quantum (or nature's universal laws).

<sup>α</sup> When objects or colours appear more solid this would mean that the vibrational frequency is lower as there would be less empty inclusions. <sup>α</sup>

<sup>β</sup> The Author postulates that all sub-atomic particles (quarks, neutrinos and mesons) are the indirect manifestations of pure dynamic and fluctuating creative thought energy, derived mentally or from any dimension of time; and this manifested (conscious) energy is what induces the sub-quirk, sub-neutrinos, sub-mesons... (sub-sub-atomic particles) to inturn reverberate the sub-atomic particles thereby inducing fluctuating molecular polarities which determine the dynamically fluctuating electromagnetic forces of all tangible and none-tangible matter.

So quirk, neutrinos and mesons... are then constructed from sub-sub-atomic particles (sub-quirk, sub-neutrinos, sub-mesons...) of which, are constructed from creative consciousness derived mentally or from other dynamically fluctuating time dimensions. In effect **thought = energy**,<sup>β</sup> now if the human species were fully capable of controlling matter at this conscious level we as a species would indeed be in serious trouble, perhaps the only consciousness with this ability is God (or your preferred label).

So then, all matter possesses a consciousness and the system of communication is via perceptual vibrational frequencies that can travel at the speed of light through the ethers of time and space. Ok this exemplifies a link between all matter as all atomic particles are constructed from sub-atomic particles, constructed from sub-sub-atomic particles that are constructed from consciousness (or thought energy).

Now back to the philosophical objective, **Fundamentally we are the same as inorganic and organic systems throughout the universe**; all atomic particles are constructed from sub-atomic particles, constructed from sub-sub-atomic particles that are constructed from consciousness. This covers all inorganic and organic biochemical systems, includes crystals that host the perceptual elements, and humans that do host a soul that is an indirect but integral part of God's consciousness that returns to impart knowledge after death... (Near Death Experience - 1976).

So at last we have given acceptable persuasive metaphysical (yet on mathematical proven) evidence then crystals do have a consciousness, and this perhaps explains why crystals often mystically change appearance, as do crystalline wands and pendulums. In the realms of crystal therapy we refer to the crystalline consciousness as elements.

### **The mechanics of healing and the therapist's focussed intent utilising a crystal wand**

The sensation of focussed intent has probably been experienced by all at one time or another, for example visualise a child sat in a classroom daydreaming and the teacher points a ruler at the pupil, together with some sort of affirmation. This would then be focused intent, and perhaps would have a perceived physiological effect of blushing upon a young child. Now if that same tutor picks up the ruler from the desk and places it upon the shelf above but whilst doing so unintentionally (and unfocussed) pointed the ruler in that pupil's direction, this would then have no physiological effect (unless it's a crystal wand) opposed to focused intent. However, crystal wands do constantly give-off subtle energies in varying intensities according to handling and activation and directional programming to the elements within.

The subtle energies from the quartz family have been scientifically measured and it was discovered that if pressure is put on the lattice structure (see figure 2 & view <sup>β</sup>) this will cause internal electron excitation and migration, thereby increasing molecular kinetics and inducing the crystal to project energies from the facets point (these directional properties are normally utilised in wand design). Further evidence of the transmission of crystalline energy would be the rather powerful piezoelectric effect that has been used for many years to ignite cookers, gas fires and cigarette lighters.

However, we know that applying pressure or violently inducing the piezoelectric effect will induce transmission of crystalline energies, though this explains the scientific and brute force methods; In contrast, the gentle methods used by the crystal therapist call upon the crystalline element therein to release the subtle crystalline energies, achieved by projecting desirable thought patterns (unconditional love) to the element therein. In turn the element will help amplify the projected thought patterns and cause internal electron excitation together with increasing molecular kinetics to induce the transmission of crystalline energies through the wand termination.

So then crystals have a consciousness (see <sup>β</sup>), yes just liken to those of the plant and animal kingdoms, all crystals have an individualistic consciousness just like all matter part of the universe. Though the element's consciousness is quite different the vibrational frequencies of humans, but still consciousness. So we now want more proof of this consciousness, the trees make sounds that are beyond normal perception whilst growing, they make amazing tones as do plants, bacteria, fungi, and slimmolds; they all have a perceivable consciousness if one's motivated in that direction. Ah what direction, for example the statement **thought = energy** has been made (see <sup>β</sup>), and that thought energy is creative consciousness derived from dynamic time dimensions;

Now let's take fungi and trees as initial examples, and assume we are motivated in a communicative direction, oppose to calling the fungi and trees consciousness we call for communication with the fairies and daytates. Why is that, it's a method of perception, of perceiving the individual personalities of each fungi or tree consciousness.<sup>θ</sup> Some would say "their not real" but the Author would say "We know that all inorganic and organic systems are made from sub-sub-atomic particles that are formed from creative consciousness, and this is a good method of learning how to perceive the individualistic consciousness of those trees or fungi".<sup>θ</sup> <sup>λ</sup> In a similar manner we perceive, and in-list the help of the crystal elements to amplify the transmission of crystalline energy during crystal therapy; that's fine, but we want to know the precise mechanics of how. Now if an untrained person holds a crystal wand and they possess no knowledge with respect to the elements, the heat from their hand together with their auric energies will affect the wand's internal kinetics, thereby resulting in a limited release of energy.<sup>λ</sup> However, if they were also aware that by projecting an internal

thought pattern to the crystal, then more energy would be released as this thought pattern would affect the sub-sub-atomic particles (see <sup>β</sup>) and in turn mildly excite the electron's thereby increasing the wands internal kinetics. Now, a trained crystal therapist projects thought patterns is of unconditional love to the indwelling elemental and in turn the elemental will respond by further amplifying those excited electrons to the extent whereby the internal kinetics produce unlimited amounts of amplified energy. The energy is transmitted in an intense beam of crystalline energy that is capable of covering great distances, in this way the crystal therapist is able to successfully implement distance healing using a wand.

However, the crystal wand is normally used in conjunction with a pendulum to channel the transmitted light energy (crystalline energy) into or through the client's chakras; the wand and pendulum may also be utilised to extract unwanted negative energies during crystal therapy. We again call upon the assistance of the elemental to reverse the process whereby the negative energies may be channelled through the wand and pendulum to earth before transmutation, if only a small volume of negative energy they may transmute the energy directly. Now explaining the precise bodily positions whilst using the wand would actually explain very little, or nothing about the mechanics of wand usage as each therapist develop their own individual techniques. This then covers the most significant and important parts of the mechanics of wand usage, and to summarise:

### **Summary and conclusion**

A crystal therapist places the appropriate crystals along the client's chakras and the base crystalline signatures (held by different crystals) are used to help channel the right frequencies into the client's chakras. The combination of pendulum and wand usage together with standardised and individually developed techniques are utilised during therapy in order to rebalance and harmonise the chakra frequencies of which, brings about natural healing.

Negative energy may be drawn-out using the pendulum together with a wand during crystal therapy, the negativity may be transmuted to useable positive energy via the elementals or channel to the ground through the pendulum and wand. However, this may be achieved via other techniques: by a statement of intent, stating the negativity is transmuted into neutral energy during healing, the angelic energies may be called for this and other guidance, also ascended masters (such as Saint Germain) may be called upon to assist channel the negativity away.

A wand should always be cleansed after usage, methods may be: washing in running water, smudge, visualisation, or via blow-cleansing (blow down the wand) to remove any negativity, also a wand may be laid on an amethyst cluster to balance and energise the wand.

A crystal wand will balance the client's energies and the healer empathetically determines the client's frequency and attunes it to the crystals that will revitalise the chakras and bring the client into balance again. All healing is about placing the body in balance, one must also address the emotional issues linked to healing so that physical illness can be permanently cured.

All tangible and none-tangible matter is basically conscious energy vibrating at appropriate frequencies, so that which is normally perceived as solid is not. There is always interchanges and exchanges between the ethers and the human energy fields, if the aura (human) were unbalanced this would manifest into illness or disease over time, on the other hand if the aura is balanced this will manifest into good health.

Empathic-perception works similar to how one tuning-fork will empathetically resonate with an other tuning-fork, this useful technique is also utilised during crystal therapy. This type of perception helps the therapist with diagnostics, sense energy depletion, auric-deprecation, and to determine when auric darning is required. This type of techniques (and many more) is why crystal therapy is considered an advanced healing art. Wand usage further enhances the capacity to influence the client's (and therapist) physical, mental, emotional and spiritual bodies, as the chakras are activated and the aura is infused with the channelled light it becomes possible to access more subtle levels of consciousness. Whereby deeper sources of healing energy are accessed, and further understanding/knowledge of oneself surfaces from the inner sanctums of knowing/remembrance as awareness levels are elevated. In turn the emotional body becomes hypersensitive, and the corresponding mental, emotional and spiritual causes of pathology may be discovered with proper empathic attunement.

## **Bibliography**

Godman, A (1993) **Chemistry Handbook**, Longman Group LTD, Longman House Burt Mill, Harlow Essex CM20 2JE  
ISBN: 0-582-08810-0

Harold, Edmund (1992) **Crystal Heaing**, Penguin Books Australia LTD, 487 Maroondah Highway PO. Box 257  
ISBN: 0-670-90527-5

Pitcher, Norma (2002) **Lecture Notes**: from Crystal Therapy course.

Raphael, Katrina (1990) **The Crystalline Transmission**, Aurora Press PO Box 573 Santa Fe, NM 87504  
ISBN: 0-943358-3-7

Simpson, Liz (1999) **The book of Chakra Healing**, Sterling Pub. 387 Park Ave south, New York, NY 10016  
ISBN: 0-8069-2097-1

Stenesh, J (1927) **Experimental Biochemistry**, Allyn & Bacon, Inc. 7 Well Ave, Newton Massachusetts 02159  
ISBN: 0-205-08073-1

### **References:**

*Dr Valorrie Hunt et al. (1988) Project report – A study of structural integration from Neuromuscular, energy field and emotional approaches. UCLA 1977-888*

The **Wand Workshop** (pictures of example wands and some information in appendix) 21 Ravenswood Ave, Tunbridge Wells Kent TN2 3SG. <http://www.raven9.freerve.co.uk>

<http://www.crystalinks.com>

For more information we recommend the Star of life workshops by Drunvalo Melchizedek, or have a surf on the net.

## Appendix (crystalline properties)

<b>AGATE</b>	Has a calming soothing quality giving strength and courage. Deflects negative energy when worn over the solar plexus.
<b>AMAZONITE</b>	A turquoise-green stone for the intellect brain and nervous system. Good for difficult labour at birth.
<b>AMBER</b>	Fossilised resin the has electrical and magnetic properties, good for goitre, colds and infections. Good for purifying, absorptive, transmuting energy of the earth together to create a powerful tool as it uses the revitalising force of the sun.
<b>AMETHYST</b>	Amethyst is clear quartz with additions of manganese and traces of iron which give it is purple coloration. Amethyst will balance the mental, emotional, and physical bodies, and help provide a clear link with the higher energies. It clears the auric field, and transmutes negative energy and energy blocks within both our subtle energetic and physical bodies. Helps with Inner alignment. Helps heal arthritis, hearing, and bones. A good healer, cleanser and protects from negativity. Good for exhaustion and stress also helps with children's nightmares. Works with the higher chakras but is not an ideal stone for those with severe personality disorders.
<b>Amertrine</b>	A natural blend of Amethyst and Citrine, and exhibits the properties of both. Amertrine carries both the golden yellow ray and the violet ray effectively linking the energies of the crown and third eye with the solar plexus chakra the seat of intellect. This has the additional effect of balancing the male and female energies within us. Its balancing effect coupled with its ability to help us reach higher states quickly means that it is very beneficial to meditation , healing , and other spiritual pursuits. Amertrine may be used to release negative emotional programming and blocks brought about by restrictive patterning allowing deep healing and spiritual progression to occur. Amertrine works quickly in all area's the amethyst and citrine working together to raise the energy vibration during healing and clear and transmute any negativity which is released by the process, hence its use in healing wands
<b>APOPHYLLITE</b>	Works with the heart chakra, healing the hurt of past lives. Brings peace and tranquillity to the emotions.
<b>AQUAMARINE</b>	Pale aqua blue/green for clarity of mental vision and clairvoyance also for the glandular system, asthma, hayfever. Useful for neck, jaw and throat problems. A purifier for mental love in partnership.
<b>ARAGONITE</b>	For the healing of torn fibres particularly of the muscular system. Also, for torn emotions.
<b>AVENTURINE</b>	Soothes a troubled heart and balances suppressed emotions. Equalises blood pressure. Helps independence and originality, heal the Heart, lungs, and adrenals, a good all round cleanser and healer.
<b>AZURITE</b>	Azure blue. A strong purifier detoxifies body fluids. An aid for tumours, particularly of the brain and improves clairvoyant faculty. Surfaces psychic blocks that form physical blocks, helps release of old belief systems. Use to heal throat, arthritis, joints, spleen, and spine. 5 <sup>th</sup> and 6 <sup>th</sup> chakras.
<b>BERYL</b>	Similar properties to aquamarine, for goitre and thyroid also infections. Said to transform idleness and helps the intellect. A is a cure for spite and malice.

<b>BLOODSTONE</b>	Helps heal all blood disorders, lungs, eyesight, as affiliated to blood disorders and iron deficiency. Able to staunch the flow of blood, purifying and detoxifying the bloodstream 1 <sup>st</sup> chakra.
<b>BLUE LACE AGATE</b>	Brings calm, tranquillity and peace. Neutralizes anger and rage. Assists in verbal expression. For the relief of sore throats.
<b>BLUE JOHN</b>	Works on the indigo ray so heals and stabilizes the third eye. For injury on all levels also removes inflammation. Useful at the throat.
<b>CALCITE</b>	Various uses according to colour but in general aids mental clarity, soothes anxiety, expands awareness and intuition. A window to the past, a navigational tool of the Vikings. Also for despair, deep depression and suicide cases.
<b>CARBUNCLE</b>	Belongs to the garnet family said to cauterise wounds, banish sadness, dispel evil thoughts, repress sensuality and is for reconciliation and various irritations of the brain.
<b>CARNELIAN</b>	Of the agate family and has the ability to see into the past. cleansing and stopping bleeding and infection of wounds. Helps rheumatism, allays depression, brings positive thought, reproductive and conception problems, helps asthma, blood pressure, and for protection against psychic attack, also balance creativity and mental processes 2 <sup>nd</sup> chakra.
<b>CELESTITE</b>	Form of andalusite which exhibits axis and angles of different colours which produces a coloured cross in the crystal. Celestite helps bring about a state of harmony, promotes moderation and chivalrous aspects of character and helps maintain spirituality during illness. Use for peace, harmony and tranquillity, mental clarity, gives rest to the over active mind, helps the terminally ill to be at peace. The symbol of the cross in a circle is the medicine wheel of native cultures and shamanic tradition, and the Celtic cross of the Gnostic Christian mystery schools.
<b>CHAROITE</b>	Purple, clearing of old attitudes and restrictions, allays fears of the self brings light to the soul, used in exorcisms.
<b>CHRYSOLLA</b>	Turquoise-blue, said to alleviate fear, guilt and nervous tension, for solar plexus and the digestion, aids arthritis and calcification of the joints.
<b>CHRYSOLITE</b>	When it is bright green is called peridot and when olive green called olivine (see under the two names).
<b>CHRYSOPRASE</b>	Apple green form of the chalcedony family which includes agates, flints, jaspers, and onyx. Assists in balance of the male and female to bring about healing. Like many stones of the green ray it activates, stimulates and supports the heart chakra bringing energy to the whole body through the loving energy of the heart. As we evolve this is the next chakra to be collectively activated hence issues of the heart are so evident in many lives and this tone can help us take these issues in our stride. Chrysoprase is said to instil a state of grace when used, allowing deep meditative states, acceptance of self, acceptance of others and a non-judgmental attitude, allow passage into unconditional love. Believe to eliminate covetous thoughts and stimulate the desire for success in new undertakings, intuition and clairvoyance, reputed to bring cheerfulness, should not be worn by Pisces or Virgos.
<b>CITRINE</b>	Citrine is a good quartz variation, found in many shades from golden yellow, to golden brown, to burnt amber depending on heat, pressure during formation. Develops mental discipline, for the heart, kidneys, liver and muscles, diabetes, digestion, circulation

alignment on all levels, does not hold onto and accumulate negative energy but dissolves and transmutes it, helping us to clear both the physical and subtle energy bodies. Citrine balances male , female energy and helps align the energy system to draw in more light. Its yellow ray stimulates and supports the solar plexus chakra. Excellent for clearing the aura, help with emotional issues stabilising, dispelling anger and may be use in exorcisms.

**COBALTOCALCITE**

This glorious magenta pink energy reflects the new Aquarian colour of love on the higher energy level. A vital stone for those who are working towards opening their transpersonal chakras in order to reflect this unconditional universal love.

**CORAL**

The skeletons of various sea organisms, said to aid epilepsy and cholera, binds, cools and strengthens the spleen and heart, stabilises vibrations on all levels and helps emotional balance.

**DIAMOND**

Signifies courage, intensifies energy, balances metabolism, detoxifies the body, and strengthens the eyesight, symbolic of virtue, purity, innocence and mental clarity, removes blockages from the crown chakra but vivifies all chakras.

**DIOPTASE**

For forgotten heartache and ancient wounds and emotional bruising, dedicated love for the heart chakra and unconditional love.

**DOLOMITE**

Calcium based mineral good for healing the skeletal and nervous systems, for stress and for teething babies.

**EMERALD**

Physical and emotional healing, tranquillising affect on the heart and mind, inspiring calm and clear assurance. Was used for eye disorders, for courage and fear, repressed love and immortality. Good for fatigue and rejuvenation, balancing the heart chakra and higher.

**EILAT**

Composed of copper minerals, used for arthritis, rheumatism and tissue regeneration.

**FIRE AGATE/ FIRE OPEL**

For brow and crown chakras, solar plexus and spleen centres, diabetes and pancreas.

**FLUORITE**

The ancients used it for lung cancer, mental illness and disturbed brain patterns, it grounds excessive energies, for inner peace, wisdom and purity, concentration and mental clarity, leading to organised growth. Fluorite stabilises physical, mental, emotional and spiritual systems which is why fluorite is often use as a **capstone for the wands**. Clear Fluorite - Stimulates the crown chakra to clear and energise the auric field. used to align the chakras, open pathways between universal energy and the physical, and to facilitate energy transfer from other minerals in the healing state. Blue Fluorite - produces a calm energy which promotes communication. Yellow Fluorite - is used to enhance creativity and promote love between all things. Purple-Fluorite - is a third eye stone that brings an orderly and regulative connection to spirit for spiritual growth.

**GARNET**

Said to give strength and courage, good for cold hands and feet, rheumatism, arthritis and inflamed joints, soothes high fevers, blood disorders, extracting negative energy from the chakras and transmuting it into beneficial energies. Garnets balance and stimulates the flow of the kundalini, the sacred balance of male and female energy. Stimulates both base and crown chakras, the energy flows is naturally moderated to facilitate healing.

**GEM SILICA**

Good for reproductive problems such as painful periods, fibroids and ovarian cysts, for unconditional love and the heart. Also good for suppleness and tissue elasticity.

<b>HAEMATITE</b>	For the kidneys and urinary system, strengthens the blood due to the iron content. A shield against psychic negativity and astral travel problems, good for shock on all levels, helps heal tumours and anaemia.
<b>HERKIMER DIAMOND</b>	Chakra cleanser, clears and dissolves emotional tension and congestion, is an energy booster; so protects against radiation and Detoxifies the body, but also used for dream recollection and happiness.
<b>INDICOLITE</b>	Is blue tourmaline, peace and tranquillity, mental friction and emotional constriction, verbal expression, chronic sore throats, thyroid problems, speech impediments, other throat ailments and the throat chakra.
<b>IOLITE</b>	Water sapphire (violet stone), its found in a range of colours but blue is used due to the violet fire found within when viewed in light. Used for upper chakras (throat, third eye and crown) when healing and meditating, it produces an electrical charge when in contact with the auric field, so used to strengthen the aura. Iolite was used during shamanic healing ceremonies, and is considered powerful for developing clairvoyance, mediumship and clarity.
<b>JADE</b>	Strengthens the heart, kidneys, aids in eye disorders and helps immune system, increasing longevity and fertility - cleansing and purifying, a symbol of benevolence, knowledge, emblematic righteousness, virtuous action, purity, ingeniousness, moral conduct, music, peace and healing and protects from nightmares.
<b>JASPER</b>	Gives attunement with the earth's energies, for skin, kidneys, endocrine function and tissue regeneration 1 <sup>st</sup> , 2 <sup>nd</sup> chakras
<b>JET</b>	A carbon product, black, good for the digestive system, was worn as an amulet for epilepsy and hysteria, for toothache, nightmares, melancholic apprehension and used against witchcraft. Not for those with Saturn antagonistic in their charts.
<b>KAMME RITE</b>	A stone working on a very high vibrational level of the magenta ray, working on the higher aspects of the heart.
<b>KUNZITE</b>	Opens the heart centre, for unconditional love, a mental and emotional balancer, for tolerance and acceptance 4 <sup>th</sup> chakra and higher.
<b>KYANITE</b>	For maintenance of spiritual integrity, peace and harmony, rejuvenates the higher mind, for nervous disorders and grounding newborn infants. Excellent for sinus.
<b>LABRADORITE</b>	Iridescent, beautiful optical effects as light interacts with the plate like structure of this mineral. This results in golds, blues, and coppery red light which shows as turned in light, also known as spectrolite, a symbol of the opened third eye and higher mental planes, for inspiration and intuition and balances all the colours of the aura. helps understanding of intuitive thought via the subconscious mind, and also symbolises the moon and helps movement through the required changes in preparation for ascension.
<b>LAPIS LAZULI</b>	Widely used in Egypt and Atlantis, cleanses and repairs the aura and chakra, strengthens the immune system, and for inspiration, intuition and higher intellect via the throat chakra. Thereby bringing all chakras into alignment and expanding awareness and intellectual capacity and tunement of intuitive and physic aspects.

Used for Thyroid and obesity problems, cools inflammation during therapy, though not suitable for everyone.

<b>LARIMAR</b>	Peace of the emotions of heart and mind, schizophrenic, transforms deep-seated anger and rage, balances the meridians and red energy, whether there is too much or too little. For inspiration, creativity and verbal expression.
<b>LEPIDOLITE</b>	Balances the male and female aspects. calming and soothing, for schizophrenia and manic depression, introversion and shyness.
<b>LODESTONE/MAGNETITE</b>	Balances the body's biomagnetic field, strengthens the etheric bodies, increases personal magnetism, and should not be worn by Leos or Aquarians.
<b>MALACHITE</b>	Helps draw out negative energy from painful areas, helps rheumatism, arthritis and cramps, brings truth to the surface, promotes harmony and balance, relieves constipation.
<b>MOLDAVITE</b>	Known as the extraterrestrial gemstone, helps autism, brain imbalance and homesickness, for acceptance of the physical reality, awakens and accelerates spiritual evolution, also was used for astral travel.
<b>MOONSTONE</b>	Acts on the sub-conscious mind and balances the emotions, stops the tendency to over react, is an aid to seers and clairvoyants giving clarity to inspiration and intuition, aids in decision making, for menstrual problems giving hormonal balance. Absorbs pain and illness, regenerates tissue and organs and helps balance reproductive system.
<b>MOSS AGATE</b>	Is attuned to the plant kingdom and agriculture, for circulation, lymph, digestion, diabetes, water retention and immunity.
<b>OLIVINE</b>	Stills fears in various forms, protects against enchantment, melancholy and illusion, good for the heart and fears attached to it and for prolonged nervous strain.
<b>Onyx</b>	Helpful in treating glaucoma, epilepsy, and cell damage, Attuned to 1 <sup>st</sup> and 5 <sup>th</sup> chakras.
<b>OPAL</b>	There is a need to be careful that opal is only used for the purpose of light as it will return wrong thoughts, hence its reputation for being unlucky. Can be used on all centres, gives vision and insight, used in eye disease, and balances the metabolism but best used by the emotionally balanced. Not for those with Venus badly aspected in their astrological chart 5 <sup>th</sup> , 6 <sup>th</sup> , and 7 <sup>th</sup> chakras.
<b>PEARL</b>	Is not a true gemstone, for intestinal disorders, dizziness, and stomach troubles. It is for anyone out of harmony with the moon as it enhances the emotions.
<b>PERIDOT/Olivine.</b>	Strengthens, and regenerates all organs, stimulating new, healthy growth. Balances biorhythmic cycles. Protection from negativity, helps heal infection, ulcers, and thyroid 4 <sup>th</sup> chakra.
<b>PYRITE</b>	Also known as Fools Gold, for circulatory and respiratory systems, nervous exhaustion and tissue regeneration.
<b>QUARTZ CRYSTAL</b>	Universal conduit, a general type of crystal having many uses in healing, meditation and everyday living. There are numerous types of quartz, different kinds coming from different countries. Quartz has the ability to record information, good for

environmental purification and should be worn point up. The two basic types are called male and female, the male being clear and transmit-out energy, the female being milky and cloudy and draws away excess energy such as in headaches and migraine. Removes negative energy - Amplifies, focuses, stores, transforms, crystalline energies.

**RHODOCHROSITE**

Enhances healing for both us and the mother earth, Clears blockages of the solar plexus, releases emotional stress, brings insight into one's life purpose, for cancer and liver purification, stomach ulcers, asthma, digestive problems, constipation and the heart chakra.

**RHODONITE**

Emotional support, helps one take the next step emotionally; used for sacral and root chakras for releasing unwanted emotions and self love.

**ROSE QUARTZ**

Rose quartz emits a beautiful calming, energy which works on the whole system to gently remove negativity and reinstate soft loving and gentle energies. Teaches one to love oneself and so give understanding, compassion and love to others, for the child who is unloved, balances new born infants to accept their arrival onto the physical plane. Helps the terminally ill and the bereaved to accept their situation and to let go. Particularly helpful to bring back peace and love after emotional traumas, it works to bring gentle love to all the chakras but especially the heart and crown.

**RUBY**

Gives energy and courage, said to repel disease, circulatory problems, strengthening clearing blockages of the heart, anaemia, all blood impurities due to detoxifying properties. Not for those with negative impulses and those with Saturn in opposition in their chart, particularly Aries and Libra.

**RUTILATED QUARTZ**

Rutile enhances the energy of the crystal within which it is found, helps healing, and balances the etheric body.

**SAPPHIRE(BLUE)**

Mental Clarity; Clear mental garbage, giving peace and pure thought patterns, attracts that which is good, for concentration, asthma, chest problems, insomnia, indigo ray, removes negativity from the aura, good for eye disease and accidental damage.

**SAPPHIRE(WHITE)**

Brings peace to troubled minds, is known as the stone of secretiveness.

**SARDONYX**

A two layered stone, red / brown and white, believed to protect from infections disease, for retention of everyday events, short term memory, for amiability, helps with pain and piles.

**SELENITE**

The great light vector, used for perception of true reality, activating the soul star chakra, used in thought transmission of intent and for the infusion of light. An outstanding wand making material.

**SMITHSONITE**

Smooths and comforts traumatic childhood experiences, insecurity, for mothers in labour, nervous, emotional or mental breakdown.

**SMOKEY QUARTZ**

Purifies negative energies and clears auric debris, for depression and suicide cases, sedative, relaxant, stabilising, in essence for mental illness, balancing, grounding, helps cancer and fatigue. Good for creating crystalline grids.

**SODALITE**

Protection from external negative energy, strengthens lymph, aids cancer, balances metabolism, emotions, endocrine system.

<b>Snow Flake obsidian</b>	Black obsidian with white inclusions of phenocryst, a stone of purity bringing balance to mind body and spirit
<b>SUGILITE</b>	Establishes conscious control over the mental faculties, balances the physical body, for stress, cleansing and purifying the lymph, toxic blood conditions and for meditation and prayer.
<b>SULPHUR</b>	Cleansing especially for skin and lymph, strengthens nervous tissue, stimulates the brain and intellectual activity.
<b>TIGER'S EYE</b>	Tigers eye is quartz replaced asbestos, exhibiting chatoyancy due to structural light reflection, a blend of the elements light and earth. Carrying a peaceful vibration, helps bring a grounded and practical nature and can eliminate the blues bring in brightness and light, thereby allowing appreciation of beauty and increasing passion for life. Linked with the solar plexus chakra, centre of power and mental function. Helps balance the hemispheres of the brain, and help deal with fear issues and nightmares, gives courage, insight into inner faults and clarity of thought, is calming <b>and</b> good for asthma, and helps heal wounds, and bring internal organs to homeostasis.
<b>TOPAZ</b>	Helps to break up stagnation of energy within the body, has ability to ward off unwanted influences and give protection, allays anger, giving peace and contentment, joyfulness, for circulatory problems and nervous stress, good for shocks and traumas, asthma, toothache, insomnia and assists with the elimination of toxins. Does not benefit Pisces or Virgo.
<b>TOURMALINE</b>	Has many different uses according to its colour, but in general has the ability to regulate all things, balances chakras, acts as a bridge for blending energies, for repairing brain and nervous tissue damage due to its electrical properties.
<b>TURQUOISE</b>	Peace, harmony and tranquillity, brings balance, protection for safe travel, prevents accidents. helps the urinary system, headaches, grief and shock. Aligns all chakras, though mostly used on the 5 <sup>th</sup> chakra.
<b>VANADINITE</b>	Used in clairvoyance and trance mediumship over the throat chakra. Useful for problems of the nervous system and with balance.
<b>VIVIANITE</b>	Works on the green ray on the heart chakra bringing balance.
<b>WEARDALE QUARTZ</b>	A type of female quartz, cleanses on all levels of being, balancing and earthing, good for migraine headaches and the cleansing of rooms. Often referred to as white amethyst.
<b>ZIRCON</b>	For all kinds of fevers and blood disorders, calming to the emotions, helps bowel disorders and irritations.