

## **Background**

### **Do crystals have special properties?**

The idea that crystals have special properties that can, for example, help heal illnesses is quite common. Some people work as 'crystal therapists', specialising in using crystals to treat ill-health. Others believe that holding a certain crystal or keeping one in your pocket can help in all sorts of situations. Here are examples of comments people say about crystals:

- *Quartz is a powerful energy source which receives, activates, stores, transmits and simplifies energy.*
- *Amethyst enhances psychic abilities.*
- *Rose quartz is the love stone which adds positive energy to relationships.*
- *A crystal can hold a memory so can be charged for specific healing activities.*

### **Crystal 'experiments'**

#### **Relaxation**

Pink rose quartz is said to calm the nerves. Try putting it under your pillow when you go to bed. You should have a thoroughly good night's sleep.

#### **Self-healing**

Purple amethyst is recommended for this. Dedicate a stone to healing and put it in your pocket. As you touch it during the day it may help stimulate self-healing.

#### **Improve memory**

'Take a double-pointed clear white quartz crystal into an examination and it will help jog your memory. Keep it with you when you study, put it under your pillow at night and who knows, you may just pass that terrible exam.'

### **The healing 'power' of crystals**

The beauty and rarity of crystals contributed towards ancient civilisations believing that crystals help physical healing. Even today, ordinary people claim extraordinary results from using crystals in therapy. No-one really knows how crystals are supposed to work, but claims of energy fields, vibrations and connections to the body's own energies are often mentioned. The human body is thought to have a number of power sources and placing crystals on key areas where these are concentrated can have a healing effect. The crystals are believed to act as conductors to focus energy through a person's thoughts and that this helps healing.

Using crystals is not an exact science. There is controversy about which crystals are supposed to work for which conditions. Red, yellow and orange coloured crystals are believed to produce energy. White, purple and blue crystals create calm. Clear, transparent stones are regarded as 'healers'.

When using a crystal, the advice is to clean it to make sure any stored energy is removed. This can be done by burying it in the ground for a certain period of time. Also, it is advisable not to let anyone else touch your personal crystal.