

**Globe Institute- October 2016**  
**CRYSTALS – HEALING & VIBRATION**

**I. Introductory notes:**

Every living thing on this planet has a life force of energy. Energy in its simplest form is vibration. This vibration or frequency is what keeps the physical body operating. Each organ has its own specific frequency. These frequencies combine to make up our aura or life force energy. The human body responds to frequencies and any exposure to long-term frequency can alter our natural resonance.

What is speculated is that it is the amplitude or strength and power of a frequency and not the frequency itself that is what changes our natural frequencies. In other words the strength and power of the energy can over-ride our energy. If you are healthy and are not exposed to any negative energy you will remain healthy. But if you are exposed to a negative energy over long periods of time it will slowly bring our energy levels down to match its levels and when our energy level falls below the level of the negative energy it begins to force our frequency to follow its frequency. Hence our frequency drops and it leaves us susceptible to illness and diseases of lower vibration frequencies.

What research has shown is that when two frequencies combine they create a new independent frequency called a resonant harmonic, that can be of greater strength than the original frequencies. What this means is that two frequencies with a high energy will combine to create an even higher energy. But two energies with one high and one low will cancel each other and create a lower energy. As any scientist

knows as an object loses energy it loses the ability to vibrate so the lower the energy the lower or slower the vibration. The objective is to maintain the higher energy levels to maintain our vibrational frequency.

## **II. Crystal vibration:**

The various types of crystals, and how they are formed, relates to the electrical charge that they carry and can conduct. Crystals tend to be magnetic or electrical depending on their mineral content. Both magnetic and electric energy forms fields. This means that all crystals are surrounded by energy fields.

Another property all molecules (including those in crystals), have is that they vibrate. The frequency at which a molecule vibrates is linked to its chemical composition as each element has its own resonant frequency. In crystal work, this frequency is referred to as the base resonance frequency of the crystal.

As various crystals have different levels of conductivity and vibration, this will in turn affect how they can be used in healing. When crystals are used in healing, these two properties are used to work on two levels with the patient: with the subtle energy fields (the chakras, the seven levels of the aura and the meridians) and with the physical body itself.

In the same way that laws of quantum physics apply to the energy within crystals, the molecules within our bodies both vibrate and form an energy field around us. This is the human energy field.

~ It is a proven fact that the higher an element is on the periodic table the higher its vibration.

~ When two elements combine they create a resonant harmonic with energy higher than the originals. As more elements combine the resulting resonant harmonic increases in energy.

~ The more orderly and coherent the molecular structure of a crystal or stone the higher its vibration and energy.

~ The smaller and flatter a stone or crystal the higher its vibration and energy.

~ The color of the crystal or stone will add an independent frequency that affects the energy.

### **III. Crystal Healing:**

Crystal healing as a treatment modality harnesses the energetic properties of crystals to influence the patient's energy field to return to its specific healthy vibrational frequency. Because different people and different layers of their subtle bodies vibrate at different frequencies specific to their natural, healthy state, different crystals are used as each crystal has its own base resonance frequency.

Crystals are the most orderly structure in nature because they have the lowest state of entropy possible. Entropy is the measure of "disorder" of the system. The crystalline structure responds in unique ways to a wide spectrum of energy's and depending on the input of these energies, the crystals oscillate and thereby create a specific vibratory frequency of energy emission. The balanced state of the crystal lattice means that the energy flow through the lattice is conformingly balanced and constant. It also means that when discordant energy enters the lattice it is then balanced and transformed out of a state of

flux. This helps to balance the human energy field and bring about a state of order in the body that is conducive to the amelioration of disease because the energy field has been returned to its natural, healthy vibrational frequency and this resonance influences the physical body to also return to its healthy state.

“When we bring the crystal into our electromagnetic field, two things occur. The electromagnetic frequencies carried by the stone will vibrate with related frequencies in our own energy field through the physical law of resonance, creating a third larger vibration field. The nervous system is attuned to these shifts in energy and transmits this information to the brain. Here the frequencies stimulate biochemical shifts that affect the physical body and shift brain function to open the client / patient to emotional experiences.” [*Simmons & Ahsian 2005:28*]

It has also been found that humans have tiny particles of minerals in their bodies that operate on the same frequencies as the minerals in the crystal, so they too will start to move into resonance. For example, if a person holds a calcite crystal, the vibration of the calcium molecules in the crystal triggers the calcium particles in the body to move into resonance with the crystal. This creates a third, larger field with the signature of calcium. The brain gets the information from the nervous system that there is more calcium in your body. The brain then adjusts the body's chemistry, fooled into accepting there is more calcium in the body, and this in turn triggers physical healing of any illness pertaining to a lack of calcium within the body.

***How the crystals work:***

The way in which crystals are able to move vibrations into the physical realm is through means of their base resonance vibrations. Everything in the universe vibrates and crystals bring about healing through using the law of resonance. The law of Resonance: When two bodies meet, the one with the highest amplitude as it was already mentioned will bring the other into resonance with it.

If you start a big tuning fork on a wood base in one end of a room, and have a similar tuned big tuning fork on a wooden base (amplifier) somewhere else in the room, the tuning fork that you did not touch will start by itself, sparked into reaction by the first tuning fork.

In human terms we find that when one vibrating system [physical body] comes into contact with another vibrating system [like a crystal] then the vibration of the weaker body will adjust its vibration to match that of the stronger body.

For example: If we have a group chanting and the lead chanter has a strong tone all the other people chanting will fall into resonance with that person and they will all chant on the same note. The brain has an electromagnetic field that reaches out to four feet from the body but the heart is sixty times stronger electrically and five thousand times stronger magnetically than the brain so the heart has an electromagnetic field of twelve feet away from the physical body. We can sense a person's energy field when they are 24 feet away from us.

#### **IV. Modern uses of crystals in relation to vibration:**

Listed below are some of their uses in modern technology:

- Many crystals are piezoelectric, meaning when they are

compressed, twisted or changed they acquire a charge. Through this, mechanical energy can be changed into the electromagnetic energy or vice versa. Piezoelectric crystals, such as Quartz, are still used in radio in order to stabilise channels as they get split so a broader spectrum of radio frequencies can be used. This quality assists one to understand how the crystal can be utilized to balance the energy of the subtle bodies and the chakras.

- A Quartz crystal microphone reacts to force from sound waves hitting the crystal and then the crystal changes the sound energy into electrical impulses, which can then be amplified and broadcast. In this manner we can see how discordant energy is balanced and energy can be amplified using the crystal.
- Crystals such as Pyrite are used to make crystal radio receivers as they can transduce the electromagnetic energy of the radio signals and then transform them into sound waves that can be heard by the person listening to the radio. Crystal radios do not need batteries or any power source as they draw energy from the radio waves that are transmitted through the atmosphere. This demonstrates how some crystals can act as resonators and transducers of electromagnetic energies. These crystals have also been shown to balance and regulate brainwaves.
- A crystal tip over a phonograph needle transfers mechanical vibration from the patterns on the record groove into electrical oscillations. These oscillations are amplified by the solid or transistor class A amplifier of the record player into amplitude waves carried by electricity and fed into loud speakers (using magnetics)

into actual sound waves reconstituted words and music (Gerber 2001: 337). In a similar manner, crystals may be used to translate energy from one form into another. They have properties which dissipate discordant energy and balance this energy to bring about healing.