

**CRYSTALS**  
**How They Work to Help and Heal Us**  
**by Angela Churchill**

Crystals have captivated us humans for many centuries. From mystics to scientists, many of us still believe in the healing energies of crystals and gemstones, with good reason.

As Einstein said, “Everything is energy” and with that, crystals carry their own unique energies, unique to the different types of crystals, as well as unique to the individual crystals. They are as unique as snowflakes, no two are identical, which incidentally, snowflakes are considered crystals too!

In March 1880, Jacques and Pierre Curie discovered that by wiring crystals to a recording meter and applying pressure to the crystal (hitting the crystal) produced an electrical signal. This energy, called Piezoelectricity, is commonly used in electronics today, such as watches, ultrasound equipment, computers, cell phones etc.

Merriam-Webster defines piezoelectricity as “electricity or electric polarity due to pressure especially in a crystalline substance (such as quartz)”.

Some examples of piezoelectric crystals are Quartz, Rock Salt, Topaz, Tourmaline, and Magnetite. Notably Magnetite is found in crystal form across the animal kingdom, including the human brain. One of many amazing functions of this magnetite inside organic matter allows us to sense the Earth’s magnetic field. At the core of the Earth is a moon-sized hexagon crystal composed of iron oxide. Magnetite is composed of approximately 72% iron. We truly do live on a giant crystal and are always in contact with the crystal kingdom, the animal kingdom, and each other.

A crystal’s specific healing properties is determined by it’s elemental content, crystal system of fixed repeating molecular geometric patterns, light frequency, and oscillatory rate. It’s oscillatory rate depends on the crystals specific molecular composition, size, thickness and colour. Unlike us humans and organic life forms, crystals have the lowest state of entropy known to science, and are the most stable structures that we know of. It is because of this stability that crystals are able to resonate with us and have a healing effect on us as their energies are far more stable than any vibration from an organic life form. The consistency and stable vibration of the crystal entrains our frequency into it’s specific vibration. Crystals also entrain the energy around them, reducing entropy and increasing health, longevity and coherence.

A natural crystal point expels it’s energy in a unique way. The energy leaks away from it’s edges, and most easily from the apex, similarly to electrons leaking off the tip of a lightning rod. This is how a crystal’s energy is released naturally without intervention or force. A cut or tumbled crystal will still release it’s energy in a similar way, but more dispersedly and evenly throughout it’s surface. Clusters of natural points, as in druzies and quartz cathedrals, will disperse their energies throughout a room, where a single point is a more directed and focused energy. Single natural and cut points are typically used to direct energy and are used as tools in some healing modalities like Reiki and Healing Touch, and can be worn as jewelry, where clusters and spheres are used to clear and balance spaces in homes and work places.

It has become more popular to carry a smooth, tumbled crystal in your pocket, and these gemstones are as soothing to touch as they are energetically with their energy being released somewhat evenly throughout it’s surface. In Sound Healing, these cut and polished gemstones

are a great tool to use with tuning fork healing sessions to help dissipate the energies to reduce the sound intensity and focus.

In Bruce Lipton's book, *The Biology of Belief*, he discusses how the right crystals for you will adjust your perception filters and transmute energy for you. Mr. Lipton goes on to explain "As a liquid crystal semiconductor with gates and channels, the cell membrane is an information processing transistor, an organic computer chip. Cell membranes and the DNA scan the environment for relevant vibrational frequencies from hormones, toxins, proteins, thoughts, light and reshape itself accordingly. Each type of cell has a frequency range and a vibrational match."

Some exposure of energies that are commonly effecting us are; exposure to power lines which has increased leukaemia cases. Screen and UV light flicker increases adrenaline and cortisol while decreasing dopamine levels creating fatigue, muscle pain, poor attention span (ADHD), insomnia as well as other symptoms, which are also symptoms of being ungrounded.

Gemstones/crystals can help, however we need to know how to use them as they can also harm. Gemstones with silicates, such as quartz (which includes all jaspers, clear quartz, amethyst, citrine, smokey quartz etc) move into resonance easily with electronics and microwave radiation and will amplify these energies, which is why it is important not to have these types of crystals near your computer or electronic device as they will amplify these harmful energies that deteriorate and break down our bodies.

The best crystals for protection of EM pollution are Ferromagnetic, containing iron, nickel, and/or cobalt. As these crystals are magnetic and do produce a strong magnetic field, they can really mess up your electronics so keep them a safe distance away from your computer if you are using them to protect yourself. Some examples of these crystals are; Lodestone (a form of magnetite that is polarized, is very protective AND will harm your computer), Magnetite, Hematite, Pyrite, Shungite, Black Tourmaline (even though it does have silicate, there is also iron and other elements within it to protect you).

Other crystals to mention are Kernite and Colemanite as they will absorb low doses of nuclear radiation. They are boron-based which accepts and ionizes radiation with protons and neutrons that do not change under any condition, taking the radiation and releasing it without upsetting the balance.

So, that brings us to the question; Which crystal is best for me?

It really depends on what energy you are wanting to transform, or bring in. You can pick up any crystal book at a book store and find some information there, but as you know, that information is fairly generic. The easiest way is intuitively. The crystals that draw you to them, either energetically or visually, are the ones that will assist you. If you are looking for protection, using the above listed crystals for EMF protection will work, such as magnetite. If you are looking to amplify energy, then using a silicate will work such as clear quartz.

If you would like to actually measure the frequency of a crystal to match it to a frequency you'd like to use in your sound healing or other healing modalities or match it to your personal vibration, a science teacher from Washington DC, Mr Rob Landolfi has these guidelines to achieve this;

"An object exposed to its resonant frequency will vibrate in sympathy with the sound. The wavefronts pushing on the object will arrive at just the right time to nudge the object with greater and greater amplitude each cycle. A good analogy is pushing a friend on a swing. If you push at random times, you will not be able to get your friend moving very well; if you push at a specific time in each swing, the swings will get higher and higher. The easiest way to find the resonant frequencies is to place the object next to a speaker and also place a microphone

attached to an oscilloscope next to the object. Have the speaker play a tone at a given volume, and then without changing the volume slowly change the pitch (or frequency). If you watch the oscilloscope you will notice that at certain frequencies the amplitude of the wave, which is proportional to the volume of the sound being picked up by the microphone, will be greater than at surrounding frequencies. These are the resonant frequencies, and are detectable as the sound energy absorbed by the object is re-emitted more efficiently at these pitches. Note that you can perform the same procedure, albeit less precisely, in a low-tech way: try holding a large bowl, or coffee can, or some other object that you are hoping to make resonate, in front of your face. Slowly sing a tone with increasing pitch. If there is a resonant frequency in the audible range, you should be able to hear the tone emitted back to your ears at that pitch. Or if you have a piano available to you, try singing into the piano and you'll see the strings vibrate when you sing their resonant frequencies. “

Lastly, here are some of my suggestions to help with;

General Emotional Healing - Rose Quartz, Amethyst, Clear Quartz, Black Tourmaline

Anxiety and Depression - Rose Quartz, Pink or Purple Sapphire, Aquamarine, Selenite

Physical and/or emotional pain - Clear Quartz, Lapis Lazuli (good for migraines too), Selenite, Green and Blue Aventurine

The bulk of my information here comes from prior knowledge as a Crystal Healer and Reiki Practitioner, in addition to having studied and collected crystals since age 7. I have included some reference information and additional information I think is pretty interesting.

Thank you.

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References and further reading;

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