Crystal Light Therapy:

An Ancient Healing Practice for the 21st Century

by Sterling L. Cook

Crystal light therapy, an ancient practice steeped in the wisdom of Egyptian and Greek civilizations, tapped into the vibrational properties of colored crystals to enhance healing and overall well-being. The utilization of light and color for therapeutic purposes traces back thousands of years. Both the Ancient Egyptians and Greeks astutely recognized the profound impact of light on physical and spiritual health, laying the groundwork for the modern practice of crystal light therapy.

CRYSTAL LIGHT THERAPY in ANCIENT EGYPT

1. **Color Healing**: Ancient Egyptians revered nature and believed that colors held intrinsic healing powers. They associated specific colors with gods and cosmic forces. For instance:
    - **Black**: Symbolized life, fertility, and regeneration.
    - **Blue**: Represented heavenly realms and water.
    - **Gold**: Linked to the flesh of gods, perfection, and eternity.
    - **Green**: Signified healing, resurrection, and growth.
    - **Red**: Held dual meanings of chaos and protection.
    - **White**: Embodied purity, sacredness, and simplicity.
2. **Sunlight Through Crystals**: Egyptian temples were constructed with precision. Rooms dedicated to individual colors allowed sunlight to pass through colored crystals. The belief was that these rays penetrated the body, acting as potent treatments for ailments.

HEALING PROPERTIES of the ANCIENTS' HEALING STONES

Lapis Lazuli, a gemstone highly favored by the ancient Egyptians, held profound significance. They perceived its deep blue hue as a reflection of the celestial heavens, embodying themes of creation and rebirth. To purify the spirit, Lapis Lazuli was ground into powder and gently massaged onto the crown of the head, drawing out impurities and fostering spiritual clarity.

Emerald: The ancient Egyptians believed that emeralds possessed healing properties. These precious gemstones were used in traditional medicine practices to address various physical and emotional ailments. Considered a general tonic, emeralds were used to promote overall well-being and vitality. Emeralds were also used for eye health—to aid in vision improvement and protect against eye-related issues.

Malachite: A gemstone of multifaceted significance. It served as a conduit for inner visions, and pharaohs adorned their headdresses with malachite, believing it would provide guidance and wisdom for their rule. Additionally, malachite was prized for its healing properties, as the Egyptians attributed immense therapeutic value to it. The iconic Eye of Horus amulet often featured green malachite, while jewelry bands worn around the head and arms utilized it as a protective talisman against infection.

Carnelian: Symbolic of the warm blood of life and was thought to purify the blood of the wearer, and also to help relieve back pain. Carnelian was one of the oldest gemstones mined in ancient Egypt and was used to make the Djed pillar amulet, which was symbolic of the tree trunk in which the body of the god Osiris was assembled. Ancient Egyptians believed that this amulet preserved and promoted the stability of its wearer. Red Jasper was symbolic of fire and was also thought to symbolize the blood of the goddess Isis. It was used to treat infertility and enhance reproductive vigor.

CRYSTAL LIGHT THERAPY in ANCIENT GREECE

1. **Heliotherapy Origins**: Ancient Greece documented both the theory and practice of heliotherapy—the therapeutic use of sunlight. Temples served as healing centers where sunlight filtered through colored components. Similar to Egyptian chromotherapy, Greek practices emphasized the interplay of light and color.

2. **Color Components**: Rubies, sapphires, and other gems were strategically placed to create color light treatments. These temples became sanctuaries for seekers of physical and spiritual well-being.

NEURAL MECHANISMS and BELIEFS

1. Cosmic Alignment: Both cultures believed that aligning with cosmic energies—expressed through colors—harmonized the body, mind, and spirit.

2. Gods and Healing: Egyptian mythology attributed the founding of color therapy to the god Thoth (pictured right). The sun, a central deity, played a pivotal role in their practices.

3. Holistic Existence: Greek and Egyptian healing practices transcended physical ailments, emphasizing balance, alignment, and connection to the cosmos.

STIMULATION of CRYSTALS with FREQUENCIES

Crystals and precious gemstones act as nature's reservoirs for unique electromagnetic "bio-photonic" mineral energy. The vibrant colors emitted by these gemstones determine their energy frequency, which can penetrate beneath the skin, influencing the body's cells. By combining natural healing frequencies with color, light, and gemstones, we can significantly impact the vibrational rates of cells, organs, and glands—potentially achieving results that are a hundred times more powerful.

DIELECTRIC RESONANCE and CRYSTAL LIGHT THERAPY

In Crystal Light Therapy, dielectric resonance plays a crucial role.

Dielectric refers to a substance or medium that can sustain a static electric field within it. Essentially, it is a material that does not conduct electricity easily and can store electrical energy. Dielectrics are commonly found in capacitors and insulators.

Resonance occurs when a system is excited by an external force or energy input at a specific frequency that matches its natural frequency.

In the context of dielectric resonance, this means that the dielectric material responds strongly to certain frequencies, leading to energy absorption and transfer.

When crystals are exposed to specific frequencies (such as light or sound waves), they resonate and interact with our body's energy centers (chakras). This interaction is believed to restore balance, enhance healing, and promote overall wellness.

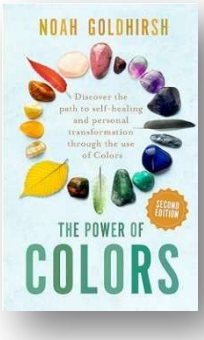
In Crystal Light Therapy (also known as crystal healing), the practice involves using gemstones (such as lapis lazuli, malachite, emeralds, diamonds, and sapphires) to promote physical, emotional, and spiritual well-being.

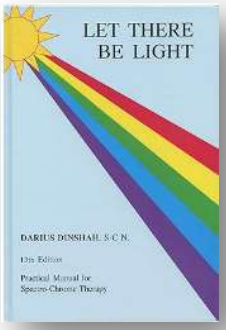
Throughout history, medics, shamans, and healers have recognized and harnessed their energy for healing purposes. Advocates believe that each crystal has unique properties and vibrational frequencies that can influence our energy fields.

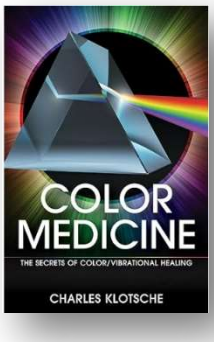
Gemstones emit powerful rays of color, each corresponding to a specific frequency. These frequencies can penetrate beneath the skin, influencing the body's cells. When used effectively, gemstones can influence the vibrational rates of cells, organs, and glands. By interacting with gemstones, the electromagnetic state within the human energy system can be positively influenced.

THE PRACTITIONER'S TOOLKIT

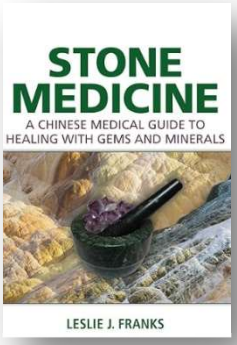
There are many effective ways to add Crystal Light Therapy to one's practice. It's best to begin by obtaining knowledge on the subject. Whilst there are numerous books on the market, these books on the power and medicine of colors are most helpful:



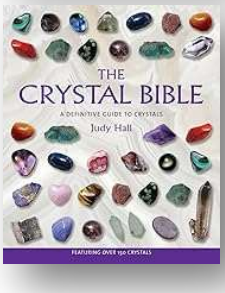




"Stone Medicine" by Leslie J. Franks delves into the profound connection between stones and our innermost layers, their subtle vibrations initiating lasting transformation. The author explores various practices, including the incorporation of Traditional Chinese Medicine, creating stone and crystal elixirs for both internal consumption and topical application. Additionally, she guides readers on crafting personalized healing formulas by combining different gemstones and covers techniques for wearing stones as healing jewelry and incorporating them into massage and energy work.



"The Crystal Bible" series by Judy Hall is a great reference and includes information for those working with chakras.



For “Hardware” there are many options depending on budget. DIY’ers might choose to use a clamp light, theatrical gels, and a variety of stones in the colors of the chakras.

StageLightingStore.com

Offers stage lighting equipment such as PAR can lights and glass theatrical gels. This company offers the Dinshah Therapy Gel Set for approximately $260.

CRYSTAL LIGHT THERAPY

For true Crystal Light Therapy, the “THERAGEM™ Clinique” by Medica Health (UK) is exceptional, but costly.

The Gemcups (shown right) play a pivotal role in the entire apparatus. Their sophisticated nurturing properties harness bio-photonic crystalline energy, which is essential for creating equilibrium and homeostasis. Acting as a carrier wave, they transmit light and pulsed electromagnetic fields (EMF) deep into the physical body, reaching up to 9” (23 centimeters) beneath the skin.

“Each particular blend has a carefully chosen color filter specifically added to enhance the most optimized outcome: emeralds have green filters, sapphires have violet, rubies have red, and diamonds and carnelians have orange filters. The administered frequencies both stimulate the crystals and pass through the surrounding filter to the skin/body. All filters are vegetable based, non-toxic, and are of the highest quality.

White noise is the audible equivalent to white light which contains all frequencies. This feature has been built in for its healing-calming potential but also to stop the body becoming so familiar with the therapy by creating a tiny, randomized distortion to the EMF signal, tricking

the body into thinking this is something new and so ensuring the human body at a cellular level keeps consistently responding to the treatment."

The device has four modes of treatment:

CALMING: Frequencies emitted are at 1.5Hz, which are the slow Delta brain waves we experience during sleep. Pain is not felt when the brain operates at this Therapy selection level. This setting is used with an Emerald or Sapphire Gemcup.

BALANCING: Frequencies emitted are at 3.3Hz, which are the Theta brain waves we experience in a trance-like state and during dreams. Hypnosis induces Theta states of consciousness. Using this frequency will bring about a profound state of relaxation (Elation), which may be the intended result of the therapy. It can often be used as a preparation for further sessions, and especially if the client is nervous, anxious or depressed.

ENERGISING: Frequencies emitted are at 8.3 Hz which are the Alpha brain wave states associated with meditation and a relaxed state of consciousness. Used with the Diamond and Carnelian Gemcups.

STIMULATING: Frequencies emitted are at 16.5Hz which are the fast Beta waves that induce high brain activity. This setting is used with the Ruby Gemcup.

THERAGEM™ provides numerous protocols for treating various conditions —literally A to Z with no side effects. Each protocol identifies the Gemcups to use, the modes of treatment and the time duration for each mode. Gems are sealed within the cup, so there's no need to cleanse or recharge them.

For more information, visit www.medicahealth.org.

In conclusion, Crystal Light Therapy, as practiced by ancient Egyptians and Greeks, exemplifies the timeless quest for holistic well-being. Their insights continue to inspire modern approaches, bridging ancient wisdom with contemporary science. As we explore the luminous path they paved, we honor their legacy—one that resonates through the ages.

References:

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6. Theragem™ T1005 Clinique. medicahealth.org. All information and photos used by permission.