

## **History of Crystals and Stone**

For Millennia people have had a fascination with crystals and gems because of their Mystical energetic properties and healing powers. No matter the culture, traditions or religion, crystals have been mentioned in our history throughout the bible, Koran and other religious text. Now in more modern times with all of the scientific studies about vibration and energy, it is easier to understand what the ancients already knew about the healing properties of crystals.

The use of stones and talismans dates back over 30,000 years ago to the times of primitive man. The oldest crystal artifact found was well over 10,000 years old. It was an amulet made of Baltic Amber found in Britain. These primitive humans also built burial chambers for the deceased, which were specifically built according to dimension and certain colored stones so the maximum resonance would be emitted. The Pyramids in Egypt were believed to have been built in the shape of a crystal lattice and the Giza pyramids were built with a giant crystal on top to help with the transfer of cosmic energy.

In the Roman culture many of the first class citizens used amulets and protective talismans made from crystals or gems to attract prosperity, good health or favorable outcomes during war. The Egyptians were one of the biggest proponents of crystals and gemstones in rituals especially when burying their dead. They believed that placing a quartz on the forehead of the deceased would help him or her find their way in the afterlife. Forehead crowns were worn to help stimulate the third eye, while dancers used rubies on their bellybuttons because they believed it would enhance their sexuality. Some gemstones like Lapis and Malachite were ground into eye makeup, and pharaohs would carry copper and zinc cylinders filled with quartz to balance the Ka and Ba (Ying and Yang) energies in the body.

Ancient Greeks rubbed crushed hematite for protection on the bodies of soldiers as they went into war, and Amethyst was believed to protect against hangovers and drunkenness if worn as an amulet. The word crystal is believed to have derived from the Greek word "krystallos" meaning ice. In India Ayurvedic medicine uses crystals for healing both emotional and metaphysical imbalances in the body, and the healing properties of crystals are well documented within the pages of the Hindu Vedas. The Aztecs and other indigenous tribes used crystals for balancing and protecting the body as well as diagnosing disease. The Chinese believe that Jade brings good luck and emperors were buried in Jade armor to symbolize wealth and power.

## **Modern Uses of Crystals**

Today crystals are used in a variety of ways especially for technological uses. Crystals have been shown to be the most stable conductors for energy and have the lowest state of entropy (disorder). Crystals are used in computers to provide memory as they have the ability to store information and quartz crystals are used in watches and clocks because of their accurate measurement of time. Many crystals are piezoelectric meaning they can give off electromagnetic energy when compressed or changed. This crystalline structure can respond to a wide variety of energies and can help create vibratory frequencies depending on the energy that it is receiving.

## **Frequencies and Structures**

As we know everything that exist in the universe is a form of energy, which has its own frequency and crystalline structure. The human body also has its own energy system with crystalline structures, which help to repair and maintain our blood and cells. These structures can be thought of as a very complex

electrochemical system, which run on vibrations. Just like the human body, crystals have their own stored information system and energy. This can be proven with the discovery of electromagnetism by James Clerk Maxwell. His work as well as other scientific evidence shows us that everything vibrates at certain frequencies and can shift the vibrations and frequencies of another object when it is within the same space. Entrainment can be described as an energetic interaction between two frequencies where the stronger frequency can alter the weaker frequency and cause it to resonate with its characteristics. This is how crystals can restore equilibrium to us. With this evidence we can see how crystals can effect us through our etheric body as well as our physical bodies.

## **How Crystals Affect US**

There are four major factors that can effect the way a crystal or stone can interact with our emotional body as well as the physical body. These four are, its color, elements or minerals in the stone, the process of creation and the structure.

We know that color effects us on many levels. Warm colors such as red, orange and yellow can give us feelings of comfort, but can also bring on emotions of anger and hostility. Cooler colors like green, blues and purple, may trigger feelings of calmness or even sadness. Each crystal has its own unique mineral make up depending on the type of crystal it is. According to Dr Fred Bell our bodies are 5 percent minerals and these minerals are spread over 3 different vibratory frequencies. The first category of minerals controls our autonomic system, which controls our heart beat and breathing. Things that are automatic and we don't think about. The second frequency mineral category covers the sympathetic system which includes the immune system, and the third mineral frequencies is the parasympathic system which relaxes the body. We can see that our bodies are made up of many different crystal structures which are constantly changing and interacting with each other. The creation process of crystals and stones may have an effect on us too. A volcanically formed crystal may have a more powerful effect than a crystal or stone that is formed by weathering. The last factor is the structure and how the crystal is arranged.

## **Healing with Crystals**

It has been discovered that humans have small particles of minerals in our body, which function on the same frequencies in the minerals of crystals. The vibrations and frequencies of the crystals when placed on the body acts as a carrier wave sending vibrations into the body to help return it to its individual healthy vibrational frequency. Each crystal is related to an element such as earth, fire, wind, water and storm. When used for healing these elements work in conjunction to the systems in our body, which can be described as the energetic, emotional, physical, mental and spiritual systems. Our bodies physical vibration can be managed by the earth stones, Onyx, and Black Tourmaline. Hematite with its magnetic energy has lower frequencies helping one to feel more present and grounded. The energetic body can be managed by fire stones Carnelian, Fire Agate and Garnet, which help to strengthen our personal power and creativity. The emotional body can be managed by the water stones Amethyst, Aquamarine, Azurite and Moonstone helping with cleansing, circulation and flow through the body. The mental body can be managed by wind stones Aventurine, Tigers eye and Turquoise helping to balance the third eye and chakras and aids with meditation and mental function. The spiritual body can be managed by the storm element while not an element when there is transformation, cleansing and balancing needed.

## **Conclusion**

We can see how crystals have been such a vital part of our history and our present day lives. We see how quantum science helps us to understand how everything around us including ourselves is a mass of vibrating energy and that every element can have an energetic affect on its surroundings. We see how crystals can effect us not only on a physical level, but also on a spiritual level depending on the way the crystal was formed, its structure, color and the vibrational frequencies that are felt when applied to the body. Crystal healing can be viewed as a modality that relies on the healer's intention and the interaction between the human energy field and crystal energy.

