

## Crystal Healing Norfolk

Crystal Healing Norfolk - The practice of utilizing gemstones and crystals is called crystal healing. These stones are aids in order to help energize, heal and protect the physical body and mind. Crystal healing has been present for centuries. It has its roots in Ancient Egypt and there is proof that India and China have been utilizing crystals in various healing rituals for over 5000 years. Now, crystal healing is considered an alternative medicine practice but its origins show it was part of lots of regular health treatments in the past.

It is thought that crystals could help people on several levels. It is believed that crystals could cure our minds and our bodies by affecting the vibrational patterns of individual's surrounding energy fields or their auras. Gems are said to have their own energy vibrations and their energy could be applied to an individual's electromagnetic system for augmentation. Crystal therapy aims to transfer the energy contained in gemstones to an individual who needs the same form of energy.

Individuals who wear crystals near their bodies, around the neck next to the heart or inside a pocket next to the heart normally enjoy healing benefits. Healers using crystals would rub the gemstones on the person or place them on their energy centers referred to as the chakra points. Utilizing the gemstones on the chakras helps so as to facilitate the stabilizing, healing and cleansing of energy emanating from every chakra. Gemstones in the corresponding colors of violet, red, orange, yellow, green, blue and indigo can be placed near their matching colored chakra. The stones can even be situated near or onto whatever chakra that would benefit from the healing properties of a certain stone.

Crystals could be used in particular situations to restore or rebalance natural energy flows. The circumstances could be to try to discourage negative attitudes, habits and various factors that work to impede their natural everyday functioning. Having on metal is really discouraged while partaking in crystal healing. It is believed that metal acts as an energy stopper. Metal surrounding gemstones is thought by some to be particularly harmful in view of the fact that it disrupts the energy flow coming from the gemstone. Because of this, individuals who want to put on gemstones as part of their crystal therapy often purchase jewelry together with gemstones which are not set in silver or gold.

Efficiency of the stones ability to heal is another vital factor in Crystal Therapy. The higher the quality of the stone and the more pure, the more healing properties the stone is thought to contain. Thus, stones which have been irradiated or dyed may have less healing potential in view of the fact that they have been synthetically damaged, processed or manufactured. The color, shape and size of the crystals likewise have a part in their healing properties.

Advocates of the methods of crystal healing are said to have reported a reduction in the levels of mental and physical stress, and enhanced health and spiritual refinement. Some stones are used to be able to cure certain illnesses. Usually, each and every gemstone used in crystal therapy is known for certain healing properties attributed to it and is used depending upon a patient's needs.

The majority of practitioners suggest that the gemstones be energized and cleansed before a session of healing begins. Gemstone can be washed in water, then set out in the sunlight or moonlight. Some people make use of sound to push away any negative energy contained within the stones. Making a pure sound with chiming a bell or using a gong near the stones promotes the renewal of energy in the stones and makes them ready for a new person to use.

There are some ways in advanced crystal healing where gemstones could be made into wands. These wands are used to carry out a type of "psychic surgery" which helps remedy illness, remove blockage and redirect positive energy. It is vital to note that although several people have found results after participating in psychic surgery, it is inadvisable to replace crystal healing for primary medical assistance. Crystal healing is better regarded as a supplemental source of care for people who want enhanced vitality, energy and health.