



CRYSTALS/MINERALS & HEALING

by Geraldine Decher



Before I go on let me state for the record, that I believe that the use of crystals, colour, sound, light, or any other form of alternative treatment is a matter of personal choice. I am not, nor do I recommend the conversion of those that choose not to participate in these other gifts from the universe. I pick no fight with those of various religious doctrines who oppose these ideas, and ask only for the same courtesy in return.

I would also like to acknowledge that some of the following information is not my own, it is a gathering that has come to me through various channels in my own years of exploration and aligns with my own thoughts and feelings

These are my thoughts and observations over the last 15 years that I have practiced vibrational healing techniques. To begin, let's explore The Healing Crystals. Many practitioners that use crystals colour and sound for healing work would agree that the crystal in various shapes and sizes is truly one of the most versatile and useful gifts the earth has to offer.

Crystals, minerals and metals have played various roles in the myths and legends of human cultures throughout history, most people know that different cultures have associated these minerals, crystals and metals with physical healing powers.

Many cultures' creation stories have us coming from the soil. Even the biblical beginning has the first people named **Adam (from the Hebrew word adama meaning "earth" or "soil") and Eve (from hava meaning "living")**.

"We know more about the movement of celestial bodies than about the soil underfoot". Leonardo da Vinci

So you may ask.... **"Where do crystals come from"?**

The crystallization of **minerals** is one of Mother Nature's incredible creations. Millions of years ago, the earth was trembling, volcanoes erupting and hot glowing molten rock flowed over the earth's surface. As the lava started to cool, gas bubbles, cavities and other large open spaces were trapped beneath the crust which forms on the surface.

Inside these cavities molecules and atoms, developed by tremendous heat combined with the available **minerals** formed crystals.

As quoted by Rudolph Steiner, father of anthroposophy **"Vibrational resonance begins in the mineral kingdom and ascends to mankind."** In the rudimentary sense it can be described as such. **The minerals and metals in the earth marry and over time create beautiful crystals that due to their specific composition will grow up or down through the earth.** These minerals and metals then feed the plant world and the cow that eats the plant. Then man comes along and will eat the cow that ate the plant that ate the minerals and metals from the earth. It is through the process of transference that these same minerals and metals that were found in the earth now create the bio-molecular structure of our physical house, "the body".

These same minerals and metals that create the very specific lattice structures found in the mineral kingdom create the same structure within our physical framework. They are specific for healing as well. In the embryonic state if some of these vital components are missing then the physical body will be missing what it needs to build the various organs and structure...everything is mineral dependant.

The exact same 30 degree lattice structure of silicon dioxide is identical in structure to the exact 30 degree lattice turn of our very own structural DNA. How is this possible? Is it not the same? When you think about the technical properties of silicon dioxide...how it is used in timing devices because of its ability to measure as constant as we know...and it's piezoelectric abilities...it begs the question "Why are we so quick to recognize the abilities of these minerals in advancing technology but so slow to recognize their roles in the physical existence of our own bodies.? It's like putting more credence into the upkeep of ones car before their body.

Our bones, our tendon, nucleic acids, aorta, entire blood and brain all function on a piezoelectric ability. The aforementioned have the ability to transfer and emit energy...sound is directed through our physical body via the bones...just to name one thing. The ability for the heart of individuals in the same room to beat in unison is caused by the pulses of the electrical fields to match up and women in the same room for a length of time will begin to menstruate together, because the blood is a crystal. I believe our ability to read others minds is due to the crystalline properties of the brain (the pineal gland is medically referred to as the crystal cavern because of its gritty sand particles...it is the gland of light consciousness) transmitting our thoughts. See how important it becomes to watch our thoughts?

All minerals and metals have their own basic cosmic mission; what they are able to physically do based on their own inherent capabilities. Aluminium creates a bridge connecting the inner and outer. Silica is for communications and is no wonder it is the

predominate mineral of the earth's outer covering (our skin as well) in the form of igneous rock...Silica creates the outer covering and spiritually is about consciousness...our planet is known as the bluestar able to communicate with other existences as well as the technological advances we have made with computers and timing devices through silica. Magnesium thrusts light into dense fibres physically and nutritionally through every cell of our body. No wonder the magnesium blow-torchers have such a white blinding light. Lithium lifts a heavy heart and it is no coincidence it is the third lightest element on the periodic table of elements. It has a low specific gravity and is meant to lift not ground. Lepidolite is the mineral composition that pharmaceutical lithium is ground from.

I think the key here is to realize we are all "cut from the same cloth". Our difference is the soul which enters this physical format with its collective mission in tact. The body aids our mission.

Are these minerals and metals unique to our mission here only on earth? That is a good question. In some ways many of the minerals we know have are seeded on this planet. But the wonder is...through astral dust...the big bang...and other galactic events...what is the true origin of our planetary make-up and the minerals that perhaps create Emerald...which get its colour from Beryllium which vibrates yellow on the chromatographic scale and oxygen which vibrates blue...these minerals and metals coalesce when the conditions present are just right and create these frozen flames. It is coincidentally (or co-existing instances) that most often the colour of the mineral does have an important effect upon the healing of our physical body through light nutrition as the optic nerve absorbs and registers the colour frequency. How interesting to note that the colour of iolite...which has a high magnesium content related to sleep deprivation and balancing the menstrual cycle of the female species...magnesium is at the low ebb of the physical body during menstruation,...is the same colour...in colour healing that is used to treat sleep deprivation. Ah the wonders of the world in balance and order. There are no mistakes but just the wondrous journey we are discovering, I believe, as science aims to connect the dots to the metaphysical harmony and happenings of many worlds.

One of the most powerful forms of energy medicine is crystal therapy.....crystals come from minerals. So as well as surrounding our external environment by wearing them and placing them in our homes, surely supplementing our bodies internally assists us to heal and participate in our own recovery. This is a practical way anyone can use therapeutic minerals to enhance health and improve the experience of life.

How can therapeutic crystals/minerals accomplish all this? Physicists tell us that all matter is energy in physical form. Crystals/minerals are certainly no exception. Formed over eons, often at high pressure, the Earth's minerals embody intense concentrations of energy. The energetic and physical properties of crystals are already employed in many aspects of technology. The ability of crystals to conduct and transform energy is no longer a foreign idea to us. For example, every television, quartz clock, portable phone, and personal computer runs smoothly thanks to Quartz crystals. Today the energetic properties of crystals/minerals are also being used to improve people's health at a fundamental level.

"The threat of nuclear weapons and man's ability to destroy the environment are really alarming. And yet there are other almost imperceptible changes - I am thinking of the exhaustion of our natural resources, and especially of soil erosion - and these are perhaps more dangerous still, because once we begin to feel their repercussions it will be too late." ~ The Dalai Lama

Benefits of Plant Derived Minerals

Minerals are the most fundamental building blocks of all living things, including human beings. At a fundamental level, even our atoms and subatomic particles are comprised of minerals. Minerals originate at the source of life itself, they comprise the life force, which flows as a current of light and sound that makes up and nourishes everything that lives. From your innermost essence to your physical body, you are made up of and nourished by these minerals. Thus, when the life-force flows freely, you experience joy, vitality, and vibrant health.

In the natural course of living now days, however, our food chain is so depleted of these vital minerals, various blockages accumulate in this free flow. These blockages diminish the flow of life energy to all parts of your being. They obscure your radiance and give rise to disharmony, pain, and disease. The deficiencies caused by these blockages can also have an enormous influence on your life situation, including the experiences and people you attract or repel.

Consequently, having a continual supply of these energies is vital to your health and well-being.

The soil is our primary health care system and when healthy, is the source of more than 98% of human nutrition. The soil is the building blocks of life itself. In the words of a Kayapo leader; PaikanIt **"The Earth is our supermarket and our drug store"**

Recognized as the world's finest **Plant Derived Minerals, US Naturals Sizzling Minerals** promote healing and awakening on every level - body, mind, emotions and spirit. The experiences of people all over the world demonstrate that Plant Derived Minerals deliver consistent and powerful benefits.

Plant Derived Minerals have been embraced by practitioners of complementary and alternative medicine, as well as by medical doctors, and other holistic health practitioners. People all over the world are enjoying the extraordinary benefits of **US Naturals** pure and natural therapeutic-quality Plant Derived Minerals.

Whether you are seeking greater energy and vitality, physical healing, emotional health, mental improvement, or spiritual upliftment, please explore and learn more about minerals for holistic healing and awakening.

Doctors and patients are experiencing that energy medicine works - often where conventional medicine does not. Chronic debilitating illnesses, common ailments, aches, pains, and everything in between have responded to energy medicine practices. Energy medicine is shedding light on the true nature of health and disease and offering solutions to seemingly intractable health problems - often leaving those who practice it healthier and more vital than they thought possible.

Essential to the success of any form of medicine is the nature of its therapeutic tools. To be most effective and reliable, medicine must be pure and high in quality.

The potent healing energy of therapeutic plant derived minerals can deeply heal and nourish every aspect of the human form. **Plant Derived Minerals Work.**

MINERALS AND ENZYMES

You can eat all the enzymes in the world, but if the right minerals aren't there, those enzymes won't work -- not that they're dysfunctional, they're simply mineral-challenged! Enzymes are our worker proteins, but in fact ALL proteins will NOT work without their minerals.

Uniquely, minerals are the only part of our diet that can't be created by any living being. With everything else -- proteins, vitamins, fats, sugars -- some little cell somewhere will string carbon, hydrogen and oxygen together to make the needed chemical.

If a plant does the job, we call it a phytochemical.

Not even a cow can make calcium. Wide-eyed beauty that she is, a cow must still eat her calcium from a field of grass.

MINERALS AND LIFE

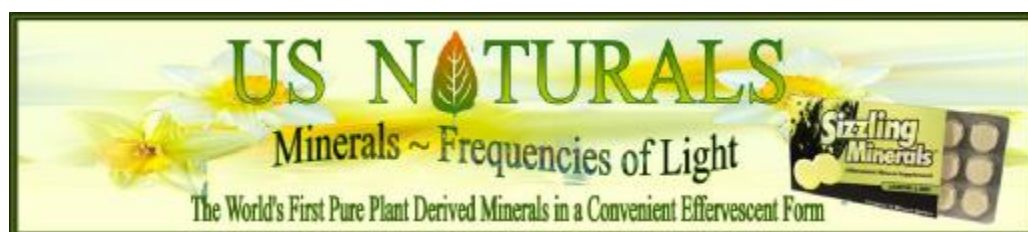
Some say that minerals are the life-carriers, the life-spark, it indicates what a high value they place on minerals. There's nothing higher on this earth than LIFE.

Dr. Bernard Jensen writes, "Electrolytes the Spark of Life": "The point when minerals become alive is when electrolytes split. All cellular structures become alive through electrolytic activity. Life begins with electrolytes. Plant derived minerals carry the life force in our bodies more than any other substance."

Powerful stuff! Electrolytes have been defined as "trace minerals in solution in water, combined in such a way that they conduct electricity."

So you see, an entire school of thought out there is saying it's minerals that build the cells of life! **And minerals that carry the spark of life.**

Source for the purest plant derived minerals available on this planet:



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Conclusion: it is my hope that this article has helped to shed some light on the subject. There are many ways that we can help ourselves to heal and participate in our own recovery, using minerals is surely one of them.