

Using crystals for healing magick ©

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This workshop is an overview to those who either work with crystals occasionally or are wanting a refresher. Always worth referring back to *The Crystal Bible* by Judy Hall. It now runs to about three volumes, but the first book is pretty comprehensive for most people (July 2009, Godsfield Press, ISBN 978-1841813615).

Two points before we start. **First** is that all minerals have different uses, eg copper is good for pipes in plumbing, gold turns up on motherboards and silicon is an essential part of glass. So, just as these (and other) elements are used in industry, their crystalline forms have different energies – don't just rush out and buy the first ones on offer. After all, clear quartz (or rock crystal) is simply a natural form of silicon dioxide.

Second, any crystal training should be offered by an accredited practitioner. In the UK, the main bodies for training are the British Academy of Crystal Healing (BACH), the Affiliation of Crystal Healing Organisations (ACHO), Hope College of Crystal Healing, Touchstones College of Crystal Healing or the International Association of Crystal Healing. Before you part with any money for training or treatment on crystal healing, check the actual proof of a trainer's accreditation. He or she should be happy to show diplomas or insurance.

Choosing a crystal

By and large, **small tumbled stones** are not brilliant sources of energy and there are good reasons. Very few witches use gemstones for anything much – it's too expensive and the stones have been either dyed or processed. Many stones can be foraged for free in the UK, eg jet, quartz, tourmaline or agate. Rough stones offer much better energy than tumbled stones. In fact, tumbled stones are probably better used for aquarium decoration than magick!

It's also worth asking about where a **crystal comes from**, because a stone that has been mined abroad, polished by child labour abroad and then processed or faceted (cut) to look nice in a laboratory (eg some crystals are grown in a lab from scratch) may not offer much to you. Apart from blood diamonds, FT considerations don't apply yet to gems, but it's still possible to ask about a stone's origin.

So, here you are at a psychic fair or in a crystal shop. There are trays and trays of stones. Some crystals can **communicate** with you – no joke – if you are naturally sensitive, you may receive some type of light or heat energy from particular stones. That doesn't always happen, but use your receptive hand to find out (that's your left hand if you're right-handed). If you're not allowed to handle the stones, walk away to another shop/stall.

Do not buy wands that are marketed at huge cost just because they have a few tumbled crystals attached or have a pointed crystal at the end. Such [crystal wands](#) may be useful tools sometimes, but you can make your own such wand much cheaper! OK, here are some of the [main types](#) of crystal.

1. Rough vs tumbled (see above).
2. Pointed and doubled-pointed: some crystals have natural points at either or both ends. If pointed away from you, energy can be drawn off and pointed towards you, draw energy in.
3. Cluster crystals can absorb energy in a room, eg I have a large celestite cluster in the lounge to help maximise the peaceful vibrations there.
4. Geodes are crystals that are hollow inside, which can hold energy.
5. Crystal balls, eggs or squares can radiate energy on several levels.
6. Occlusions give a cloudy appearance to stones, amplifying energies.

Note: there are many other shapes, but this is an introduction.

Cleansing and keeping your stones

Keep your new crystal somewhere it won't be scratched, eg in a piece of cloth. First job is to [cleanse](#) the stone – the purer the stone, the better it will be for magick. It will also need to be re-cleansed after each use. Here's some ways to cleanse a stone.

1. Smudge it by passing it through the smoke of a burning sage stick.
2. Place the stone outside or on an open window sill between a full moon and new moon – do not place the stone in the sun.
3. Bury the stone in a pot of sage, sandalwood or rose petals.
4. Bury the stone in a pot of soil, point down, for deep cleansing.
5. Place the stone in a stream or under cool tap water, point down again, but never warm or hot water.

Using crystals for magick

Crystals can be used for all types of [magick](#), including healing, protection, divination and meditation. On a personal note, I have a gold calcite crystal ball, which could be used for scrying, but I use it as an entry point for spirit journeys. My point is you decide how to use your crystals.

Is there an easy way to [dedicate](#) your stone for a particular use? Cleanse the stone first and then hold it in your dominant hand (right hand if you're right-handed). Picture the stone and your hand surrounded by white light and spend a few minutes concentrating on how you want to use the stone. Say to yourself or out loud that you dedicate this stone to this intent and repeat this process a couple of times in the first few days.

Crystals are often used for [healing](#) as each type of crystal has a unique internal structure. This allows it to resonate at a certain frequency and the resonance gives a crystal its healing abilities. Some crystals serve to calm conditions, whereas others may stimulate certain organs.

If a healing witch applies this resonance using the patient's appropriate chakra, stability and balance can be restored to the person suffering from dis-ease. Overall, crystal healing requires practice, but can be great for removing negative energy or depression.

Many crystal healers use a method called the [laying-on of stones](#) to heal – it dispels negative energy, balances the chakra and restores the aura. In short, the stones help to release the natural energy within the chakras, to move from dis-ease back to health.

Here's a [simple spell](#) that anyone can use with just a little practice, but it is very effective for warding off nightmares and gaining restful sleep. Let's call it that – **Nick's Anti-Nightmare Charm** – you see, I said anyone can do magick! Try and use rough pieces of stone for the spell for best results, rather than tumbled stones.

- ✚ *Cleanse and dedicate a serenity crystal, eg a piece of amethyst, snow quartz or blue lace agate.*
- ✚ *Put the crystal into your dominant (writing) hand.*
- ✚ *Invoke your deity.*
- ✚ *Close your eyes, focus on the stone in your hand for about 2-3 minutes.*
- ✚ *Chant the following invocation:
"Stone of peaceful, calming light,
Shining in my mind so bright,
I pass you all my dreams tonight.
Dissolve the nightmares – the rest can stay,
For me to sleep until next day,
So mote it be and come what may".*
- ✚ *This stone absorbs all negative or stressful thoughts, giving sweet dreams.*
- ✚ *Thank the deity for his/her help and quietly use your spirit name to end the spell, finishing with "As above, so below, so mote it be."*

So, what other common uses are there for crystals? There are many options, but I have decided to look a little closer at [crystal essences and crystal pendulums](#), which you can use either for dowsing or for energy fields. Again, if you're at a fayre, the crystal pendulum chooses you and not the reverse and the cleansing process is the same as described earlier.

OK then – all pendulums swing in differing directions, eg vertical or lateral straight lines or in circles. You have to decide beforehand which *response* is suitable. So, ask your pendulum what a negative answer looks like (you may receive a lateral swing) and what a positive response will be (perhaps a circle).

Think about which *questions* are to be asked of the pendulum. Closed questions are best, eg will X happen or is Y going to recover. Open questions offer too many factors for your poor pendulum to answer. It is better to ask a series of closed questions rather than one open query.

Here's a few ideas from experience.

1. The *intent* is also important – a prayer to start is good.
2. If your feelings tell you that the responses are accurate, accept them and write down the results in a notebook.
3. The notebook can serve as a pendulum reading record.
4. Different pendulums may show different responses.
5. Each person may show different responses from a pendulum.
6. Above all, cleanse any pendulum before and after use.

Crystal essences, also known as gem elixirs, are classified in law as food, which means that you can ingest a few drops or a teaspoonful each day. Our stand at Crystal Fest was stocked with such essences and we'll be including such remedies at future MBS fayres.

A crystal essence contains the healing resonance of particular stones, infused in sun-lit spring water with a preservative. It's a similar process to flower essences. All our products have used the direct method - as the base stones have been safe crystals – rose quartz, citrine, blue lace agate, amethyst and snow quartz. However, it is worth asking a vendor about the methods used, because a direct method of infusion should not be used with toxic crystals like malachite, serpentine, ruby or amazonite.

Some of our essences today are fusion elixirs. That means the crystals have been placed in the spring water with flowers and left in the sunlight under a glass cover. With a fusion essence, one receives all the good energy of the crystal and the energies of the flowers.

Good luck, all you crystal users on your pathways.