



CRYSTALS FOR HEADACHES

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Headaches can be caused by a variety of things from sinus pressure, metabolic changes, menstruation, tension, or stress. They can be physically debilitating in the form of migraines. Some people are more susceptible to them than others, but whether you are getting a headache for the first time or dealing with headaches frequently, crystals can be a useful tool to get you through the pain and fully functioning again.

Before beginning work with crystals for headaches please be aware that I am not a medical professional and crystals are not a permanent solution or substitution for medical help. Crystals and other alternative medicines can be extremely useful and speed recovery of physical ailments, but there are instances when advice, technologies, prescriptions, and treatments from medical professionals are better suited to remedying your physical ailment. Please use your own discretion, and perhaps those of family and friends, when determining which healing modality or combination of healing methods best suits you and your needs.

Crystals can be used in many different ways depending on the person and situation in question. Regarding headaches, I am inclined to think lying down with the crystals underneath your pillow and/or around you is the best way to receive their energy and recover from this particular physical ailment. Unfortunately, this is not always possible. If you cannot do this immediately, try wearing them as jewelry, carrying them on your person (ex. pocket or purse), or drinking water charged with their energy until it is most convenient for you to lie down and rest with your crystals nearby (even if that is at the end of the day when you go to sleep). Additionally, if it is possible, change and clean the crystals you use for headaches frequently. In my experience, a single crystal needs to be swapped out frequently or a large amount of crystals need to be used at the same time for the best results.



AMBER

Although technically not a crystal Amber comes from the earth and is excellent at absorbing and transmuting negative energies within your body into something beneficial. Particularly useful if you feel nausea as the result of a migraine, it also excels in soothing headaches caused by hormonal and metabolic imbalances.

AMETHYST

A multi-functional crystal, Amethyst's cleansing properties benefit anyone with a headache. Its ability to inspire calmness in the user and shield against geopathic (environmental) stress makes it a wonderful choice when dealing with tension headaches or migraines.

CLEAR QUARTZ

Another all-around crystal healer, Clear Quartz can absorb, release, and regulate energy. It works to bring balance and harmony to all of your chakras and will boost the energy of any other crystals you choose to use.

FLUORITE

Fluorite is excellent for cleaning and stabilizing your aura, which makes it an excellent choice when you have to continue functioning when you have a headache. It also blocks electromagnetic and geopathic stress which can worsen a headache.

GREEN QUARTZ

Green Quartz transmutes negative the energies within your body. This makes it a great choice when for tension headaches which are caused and/or worsened by negative energy.

LAPIS LAZULI

This crystal works towards opening the third eye chakra where many headaches originate from. Fantastic for relieving stress and promoting peace and harmony in the user, it is said to be particularly helpful when dealing with migraine and menstrual headaches.



LITHIUM QUARTZ

Yet another form of quartz, Lithium Quartz is a marvelous energy cleanser. By relieving stress and instilling tranquility in the user it aids with all forms of headaches.

MOONSTONE

Traditionally known as a feminine stone, Moonstone quite possibly outshines all other crystals when it comes to soothing emotional stress and balancing hormones. It is an excellent choice for headaches caused by hormonal changes and stress.

OBSIDIAN

Obsidian absorbs negative energy and helps dissolve energy blocks. Consequently, it is an exceptional crystal to use when dealing with tension headaches.

ROSE QUARTZ

Rose Quartz is another crystal known for its femininity and balancing emotions. Its calming energy and ability to transmute negative energy into loving energy make this an excellent choice for menstrual and tension headaches.

SELENITE

One of the best cleansing crystals I have ever worked with, Selenite opens up the upper chakras which close up at the onset of a headache. The peace and serenity it also brings is an additional bonus for any headache ridden person.

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