



Integrative Balance

Integrative Balance Crystal Therapies

Crystal Healing – Useful Information

- **Is crystal healing safe for me?**

Crystal healing is a type of holistic therapies which uses the vibrational field around the body to create an optimal balance between the auric field and the environment. Matter emits energy and energy when condensed produces matter, the two are closely interlinked, therefore, when one is imbalanced, the result is a cascading effect of systemic imbalance – in medical science termed disease -

Crystals emit energy and when in contact with the body, the energy exchange translates into release of tension, improved mood and a better view on life.

- **Can crystals do harm?**

Crystals can not do harm, they work on the principle of vibrational medicine which means that the auric field resonates with the chosen crystal or not. Is like turning it into the frequency of your favourite radio station, if you cannot find it, there is only static and you keep searching.

If the vibration of your chosen crystal is matching the vibration of the imbalance in your body, the transfer of energy happens and the crystal will be able to work on removing these.

However, based on their origin and chemical content, crystals can be toxic. Especial care should be taken when handling crystals containing Arsenic, Cadmium, Aluminium, Barium, Lead or Mercury.

List of some toxic crystals:

Amazonite - use with caution, the colour is a result of traces of copper, (which is toxic)

Azurite - poisonous (copper)

Boji-stones - unfit - (contains some sulphur)

Cinnabar - poisonous (mercury/quicksilver)

Copper - poisonous

Chrysocolla (AKA Gem Silica) - poisonous (copper)



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Cuprite - poisonous (copper)

Dioptase - poisonous (copper)

Gem Silica - poisonous (copper)

Galena - poisonous (almost 90 percent lead)

Hematite - will rust

Lapis Lazuli - poisonous (the pyrite inclusions, that is.)

Magnetite - unfit (Iron, will rust)

Marcasite - poisonous (sulphur) (Marcasite has the same chemical make-up as pyrite)

Pyrite (AKA fool's gold; Inca-gold) - poisonous (sulphur)

Smithsonite poisonous (zinc, may also contain copper)

Vanadanite - Poisonous (lead)

Wulfenite - Poisonous (lead and molybdenum)

- **Can I share my crystals with others?**

Crystals exchange energy with everything, including the energies of the environment. It is very difficult, to keep a crystal pure. Not to worry, crystals require regular cleansing and charging to keep their frequency/vibrations at optimal levels. Sharing crystals is a way of therapy, especially when practiced by a qualified crystal healer, but they can also be shared with friends and family, especially if you have come across a specimen that is standing out through its colour, shape or shine. Just remember to cleanse and recharge the crystal when it has returned to you, then store it accordingly.

- **Is crystal healing safe for my pet?**

Similarly to humans, our beloved pets enjoy the benefits of crystals and intuitively know the benefits of the healing frequencies on their bodies. Special care needs to be taken for the crystals not to be swallowed or chewed on by your pet. Recommended for mental, emotional, and physical ailments, it is especially beneficial after surgery, crystals can help your pet regenerate broken bones after they have been repositioned or heal internal organs after the intervention. Crystals can be also placed in a pouch around the neck or purchased as crystal charms that can be attached to the collar.





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- **Is it true that some crystals can dissolve? I thought they were rocks.**

Yes, some crystals can dissolve or get damaged in contact with the water. They are based on the lower levels of the Mohs scale and are known for being soft crystals, easily scratched or damaged by environmental agents such as water. It is also true that some of the crystals used in therapy are actually not mineral based. Examples like Amber – fossilized tree resin – , Petrified Wood – fossilized wood – or Kambaba jasper – fossilized algae might encourage to research what type of mineral have you purchased before deciding on the preferred method of cleansing. Examples of crystals that can be damaged or even dissolve in water are: Calcites and Selenite.

- **Will a large crystal have more healing power?**

It makes sense to think that a bigger piece of matter is emitting more energy into the field.

In crystal healing however, a bigger crystal isn't always the best choice and the therapist will have to assess the subject's sensitivity to vibrational medicine. Some crystals, such as Moldavite, emit an extremely powerful vibration even in small jewellery settings and cannot be worn for long periods of time because the body is not capable of ingesting and processing the intensity with which Moldavite is projecting its energy into the environment.

