

The Healing Trio

POWERFUL HOLISTIC HEALING DONE RIGHT



STEVEN GEORGE

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Steven George

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Dedication

To my mom and dad, thank you for teaching me to never give up on my dreams.

Acknowledgment

Wow. I can't believe I'm writing this. It seems like a dream. There are so many people that I want to thank. So many people have helped me along the way that I'm afraid I will miss someone. Please know that if I do, it is not because I have forgotten you or that you are not important to me; it is simply an error on my part.

First and foremost, I have to thank my mom and dad. Thank you for always being there for me, supporting me in everything that I have done (even the tough decisions). You have made me the person I am today, the man that can restart his life and pursue his dreams. I love you both.

Manuel, thank you for putting up with me for all these years. I know I'm not always the easiest person in the world, but you have shown me what real love is and make me want to be a better man every day. Thank you for your support in everything that I do and for always being my greatest supporter. I love you more than words can say.

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To Lupe, Amando, Erik, Uly, Orianna, Abel, Adrianna, Roger, Maya, Miguel, Maggie, Andrea, Diana, Jessica, Omar, and Camila: thank you for accepting me into your life. You have shown me what family is truly about and never made me feel like an outsider. You accepted me with open arms. Thank you. Te quiero mucho! To Fabi, Humberto, Edi, Scarlett, Rocio, Carlos, Geni, Raul, Marti, Isabel, Paola, Chavo, and Arturo, thank you for accepting me into your family and making me feel at home in Mexico. I miss you all every day.

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George and Joan. Both of you saw something in me that I never saw in myself and supported me when I needed it. I know both of you are looking down on me. I hope I am making you both proud. RIP!

To everyone that helped make this book possible, from the bottom of my heart, thank you. It is truly a labor of love. I hope you have enjoyed reading this as much as I have putting it together. A special note to anyone reading this far: I never thought I would be able to write a book. I never felt good enough and always had a million excuses as to why I shouldn't. If you are struggling or have doubts about doing something you are passionate about, let this guide you to go out and do it. I finally found and followed my dreams. I hope this can inspire you to do the same.

About The Author

Steven George is an author, a husband, and the owner of CMMC Holistic Healing. He is a Professional Member of the ICRT, lifetime accredited member of the Council of Holistic Healers, an Essential Oil Specialist, and a Certified Advanced Crystal Healer. He also holds a Usui/Holy Fire® III Reiki Master. He believes that this healing should be done through traditional and natural methods because that's when it's most effective. He spends his time preaching and acting upon his healing beliefs.

Preface

This book is about a branch of holistic healing that encircles around healing through Reiki, essential oils, and crystals. This book aims to help the readers gain insight into how incredibly easy these healing methods are. It allows them to do a cost-benefit analysis for themselves to realize that holistic healing is beneficial and comes with fewer side effects in the long term. It will also help the readers understand their bodies better and learn to tune in with their energies to achieve optimum health.

In this book, you will not only learn about these three healing methods individually but also how you can pair any two together and even combine all three. The catch? You reap countless benefits from whichever healing method you choose. Combining them only broadens your healing horizons and helps you achieve better results. One of the best things about this book is that you do not necessarily have to read the chapters in a specific order to understand the concepts. It is up to you how you read the book and which chapters you want to explore first. Happy reading!

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Chapter 1: Introduction

“Be good to your body, and your body will be good to you.” -JC Paulino

When you hear the word 'holistic,' what comes to your mind? The term 'holistic,' on its own, emphasizes the importance of wholeness. When we talk about holism, it entails that we look at complete systems instead of the treatment or dissection of a health problem in parts. This means that holistic healing considers a person's entire wellbeing, which is a combination of internal and external factors.

For me, holistic healing means having the ability to not rely on medicines created in labs, ones containing chemicals. To me, it is about being able to use natural remedies like different herbs, spices, and essential oils to help heal any sort of sickness. It refers to combining different natural products to create a sort of energy that promotes healing without having to rely on doctors or pharmaceuticals.

In the world we live in, everything in our lives has been modernized and made fast-paced. Got a headache? Pop an Advil, and you are good to go. Have muscle aches, a sore throat, blood pressure issues, any day-to-day sickness for that matter? Go to a doctor, get a prescription, grab a pack of pills from the nearest pharmacy, and you are done. We are so used to these chemically developed medicines that we often forget that they come with a cost, a side effect. What do you think these pills have that helps you get rid of the sharpest pain in your body within 30 minutes? Of course, there are side effects that we often neglect. Since these effects tend to show up in the long run, we tend to take them lightly.

Holistic healing argues that we do not need to put unwanted chemicals into our bodies for everyday health issues. We can cure them through nature's healing processes. According to the philosophy of holistic medicine, a person can achieve their optimal health by merely balancing their life in the right way. Holistic medicine practitioners believe that all the parts of a person's body are interdependent, and even if one part is not working correctly, the whole body is disturbed. This means that our overall health is affected whenever we have any physical, emotional, or spiritual imbalance in our lives.

The idea of holistic healing is quite personal for me. I remember growing

up, every time I fell sick, my mother would always opt for natural healing ways, like herbal tea or different herbal remedies. A lot of beliefs I have instilled within me came from her. She learned all of it from my grandmother, so it was mainly a family thing. When you grow up learning to tackle situations in a certain way, no matter how old you get, those things become a part of your instinct; the first thing that comes to mind when a situation goes sideways. Thus, when I fell sick a year ago, things got into perspective for me. I had to take three months off work then. Since I work in the marketing and research area, I had a nag for digging deep into things that piqued my curiosity. Before I fell sick, I had dabbled around with the concept of healing through holistic medicine. However, I never had the time to look deeply into it and get to its roots. I obviously knew some things through my mother and grandmother, but this time, I wanted to explore it for my satisfaction and to feed my interest.

When I took some time off work, I finally had the opportunity to dig deeper and educate myself on this concept. With that, the realization dawned upon me that there were three different modalities; Reiki, crystals, and the essential oils that I found myself most intriguing. They were topics I wanted to explore further. To my disappointment, though, there were a great many books on each of them, but never a single book that accommodated all three of these aspects. So, throughout my healing process, I had to go back and forth to different books and piecemeal things to help heal myself.

During that time, I kind of had my lightbulb moment. I thought to myself that since no book expands on these three healing modalities together, I could write it so that other people would not have to struggle like me. I started searching more about this. Soon, I found myself taking classes and making an effort to certify myself in this healing process. I wanted to be qualified enough to practice and preach.

Defining The Three Modalities

I remember coming across an old supervisor I had stayed in contact with on Facebook over the years. She sent me an invitation to attend a class on healing through essential oils. Frankly, I found it interesting and decided to go to it straight away. Through that class, I also learned about crystal healing, so I started to dig a little deeper, and it eventually led me to Reiki. In the beginning, I just took classes here and there, but eventually, as time passed, I

became certified and attuned. I just fell in love with it entirely.

While I have talked about how interesting the topic of holistic healing is and the way it helped me, we still have not touched base with how all of it even works. I mean, how do essential oils help a person? Or, what is Reiki? Let me give you a brief overview.

Reiki

The word 'Reiki' originates from a combination of two Japanese words; Rei and Ki. 'Rei' means "God's Wisdom or the Higher Power" while 'Ki' means "life force energy." So, combining the two gives us "spiritually guided life force energy." Reiki is actually an ancient Japanese technique that is used to reduce stress and induce relaxation while promoting healing. It is offered by "laying hands," and the core idea behind it is that through us flows an unseen "life force energy." That is what is believed to cause us to be alive. If you are low on life force energy, you have all the reason you need to get Reiki.

For me, I look at energy as passive versus non-passive. When it comes to Reiki, I tend to think of a Reiki session as non-passive. That is because I use universal energy and channel it into one of my clients until it gets intense. At the same time, it cures them. For instance, when I started to practice Reiki on a family member, he was suffering from a lot of back issues. Nevertheless, soon, most of his back issues ended through Reiki. Reiki covers both the spiritual and physical aspects of healing.

Essential Oils

Essential oil therapy is a process that uses extracts from natural plants to promote health and well-being. Different essential oils are used to improve the health of your body, spirit, and mind. They can help enhance a person's emotional and physical health, and this process has been used for about 6,000 years. I think of essential oils as non-passive too. For example, at night, I often put a few drops of lavender essential oil on my feet. It takes me about half an hour to fall asleep, and then I do not wake up again until the morning. Before I discovered this, I was very reliant on Xanax to help me sleep. Then, I found lavender, and it does the same thing a Xanax pill would do, just without any synthetic chemicals. So, I am getting the benefits without

compromising my health or having to worry about possible side effects.

Crystal Healing

Crystal Healing originates from the fact that crystals are harvested from the earth, and everything within the earth is a living thing. Therefore, because they form over millions of years, they each have a different vibration to them based on their chemical structure. It is thus believed that crystals imbue the ability to hold energies, depending on the type of mineral it is made of and the conditions it grows in. It is these differences between them that change the effect each crystal has energetically. When these crystals are harvested, and you either hold them or put them on your body, they typically go to one of the chakra points. That reaction with vibrational energy consequently can help the body heal in the ways the energies connect. You can actually use them in different ways during meditation or wear them like a necklace; it is up to you. What matters, in the end, is that it can help you reduce negative thoughts and rid you of stress.

The aforementioned definitions of Reiki, crystal healing, and essential oils are a very brief overview of what these really are. There is so much more to them, their history, and how they are beneficial for us. Through this book, I will give you a guide on what they are separately and how they can be combined to create a holistic healing experience. After having read countless books, I have realized that no one has explored using these three together. Thus, I want to take that step to help you live a better quality of life.

With everything in our lives being so full of chemicals, from the food we eat to the water we drink, I believe that it is good to go back to our roots and use the energies of nature and earth to heal ourselves. When we have countless ways of treating our bodies naturally, there is no need to pop chemically-created pills every now and then. This book will discuss the benefits of these three modalities. We will also explore how spiritual healing can help our bodies heal. Moving forward, we will shed light on the seven chakras and how they are related to holistic healing.

Additionally, I will also teach you the practical ways of using these three healing methods and expound on different holistic healing practices that exist. We will also discuss the different ways these modalities can be combined in pairs and work as a trio. By the end of this book, you will have learned much about healing through crystals, Reiki, and essential oils. You

will also realize how beneficial they can be to your health. I hope to educate and inspire you to walk this path with me and improve the quality of your life through it. There is so much about our bodies that we still do not know, and I aim to help you discover more.

Everything you do in life, every step you take, brings you closer to fulfilling your purpose. I have always been the kind of person who loves listening to other people's stories, what makes them tick, the trauma they have been through, and the battles they fought within themselves to get where they are today. However, instead of pursuing a career in what I enjoyed, after graduating from high school, I started as an engineer. Because I had no interest in it, it did not work for me. I changed my major and ended up doing my MBA. I was still pretty unhappy about my degree, and a few years later, I decided to go back and do psychology.

The truth is that by that time, I had a lot going on for me. I was working full-time in corporate America, so even though I started studying psychology, I was unable to complete my degree. Throughout my life, people around me always told me that they loved how understanding I was. More often than not, they would appreciate me because I would take my time to get to know them, what made them unique, what made them special. It was always one of my strengths; understanding someone and then learning to help them accordingly. Most people knew me as their problem-solver. However, all of this came with a cost. When you listen to people's stories a little too much, you end up getting emotionally exhausted. As time went on, I felt like the emotional baggage I carried with myself kept getting heavier. A lot of it had to do with emotional absorption, too, which was one of the reasons I fell into the pitfall of depression. This was not something that started very late in my life as it does for most people. From a very young age, I had started to suffer from various medical illnesses and depression to migraine and cholesterol.

I used to take a lot of pills due to these problems. It only made things go away temporarily, and my mother's teachings about herbal remedies would often occur to me. After years of going back and forth, I finally found peace in the herbal remedies. I am writing this book because, from the bottom of my heart, I want to help people. I could not find a book about these three combined and different ways they could be used when I read into herbal remedies. I want people exploring herbal treatments not to have to go through the struggle of switching from one book to another and being able to educate

themselves easily. All I want from life is to be able to leave my mark and do something that benefits people even after I die. We are always too busy doing everything for ourselves; sometimes, we just have to look beyond that. I hope I can help you see things from a different light and help modify the quality of your health.

Chapter 2: Holistic Healing

"Healing is an art. It takes time. It takes practice. It takes love."- Maza Dohra

Holistic healing is not done in one particular way, and that is one of its beauties. In the 4th century B.C., Socrates said, *"The part can never be well unless the whole is well,"* which is the one thing all holistic health practitioners agree upon. Holistic health is not just deemed as an absence of illness. It is, in fact, a state of balance. When we look into holistic health education, we see that it teaches how the mind, body, spirit, and environment are interconnected.

Ancient Roots Of Holistic Health

Now that you have a general concept regarding what holistic healing is and how my interest in it developed, let us take a little trip down the historical road and see how the idea emerged to begin with. It all started 5000 years ago before people knew what penicillin or X-rays were. Back then, healers recognized how vital emotional and spiritual wellbeing was to achieve optimum physical health. Traditional Chinese Medicine (TCM) and Ayurveda are two of the most well-documented ancient holistic health traditions.

It was around 5000 years ago when TCM originated. Over countless years, it has evolved in various ways, and what was once something simple now is a complex system of diagnostic and treatment methods that are practiced to this date. TCM always viewed the human body as a small universe of interconnected systems, including physical elements and subtle energies, for example, "qi," or life force, and "shen," or spirit. Holistic health has three ancient medical traditions.

Ayurveda

It all traces back to a text that was written by Sushruta, in India, in the 6th century BC, who was known as the "father of Surgery." Ayurveda's focus is on the five great elements of the universe, the seven aspects of the body, and the three "doshas" or biological energies that each represents. It uses a system that includes eight treatment disciplines through which patients are guided

towards balance and moderation.

Herbal Medicine

The oldest form of health care where a person can attain holistic balance while learning about the medicinal properties of plants is herbal medicine. Prehistoric people from all around the world and throughout different times in history have drawn their attention towards the medical properties plants have. Herbalism is an essential element of TCM and Ayurveda.

Western Herbalism

The origins of Western herbalism were actually from ancient Greece and Rome, but with time, it spread throughout Europe and ultimately to North and South America. This concept was based on the idea of how herbs aid in the treatment and prevention of illness. Western herbalism is based on the clinical experiences of physicians and herbalists, and the traditional knowledge of how medicine and plant remedies are intertwined has been collected and preserved over thousands of years. It has much resemblance to the older system of TCM, and just like it, western herbalism relies on the synergistic and curative properties that plants have to treat the symptoms and diseases and keep up with good health.

Because holistic healing has been around for 5000 years and continues to thrive even today, it might make you wonder. What is so great about this specific type of Healing? The thing about our world is that it is incredibly fast-paced, a world where things keep changing now and then. One concept emerges, and then a better one comes along, dishing the first one down. Holistic Healing, on the other hand, is something that has existed for centuries, and yet it only got more fame with time. This clearly shows that there must be something extraordinary about it.

Advantages Of Holistic Healing

We, humans, are much more than just a physical body; we are highly sentient beings who happen to live in a world that is diverse and has complex social structures. The greatest thing about holistic healing is how it takes into account all realms of human existence and is not just limited to the physical body. The benefits of holistic healing are countless. I will talk about a few of

them below.

Empowers The Patients

Holistic healing helps the patients recognize their natural ability to heal themselves. Patients are told by holistic healers how vital self-care is. They are also educated about the countless healing options available to them. All of this helps empower them to take the steps needed for them to reach optimal health. When you understand your body and see it as more than just a machine, you will learn its strengths and weaknesses. Knowing that will help you heal yourself without feeling the need to pop a pill every time you are sick. Moreover, it also makes you feel like you are in control, and in your hands, you have the power to fight any sickness that comes your way.

No Chemicals

Holistic healing is an entirely natural process. In our chaos of a world, we want everything to happen quickly, whether it is a muscle cramp we have or a headache. We have become so interdependent on medicines that we forget that they are devised of chemicals, which is why they will always have side effects.

Holistic healing comes with a promise of recovery while using natural methods, foods, nutrition, and medicines like different herbs that help end the symptoms and root causes of the patient's issues. According to the CDC, over 650,000 opioid prescriptions are being dispensed on an average day in the US. Additionally, at least 78 Americans die every day because of an opioid-related overdose.^[1] Pain medications like oxycodone have become such a massive part of our lives that if we stop taking them, we have withdrawal symptoms that include insomnia, nausea, and abdominal pain, among other things. What is interesting is that all of these symptoms are things that can be treated by Chinese herbs. This is quite literally one of the many reasons we should stop taking medicines that are chemically made and bring our attention to healthier and more natural methods.

Stress Relief

When you experience long-term anxiety or stress, it may mean that your muscles tightened up hence causing pains and aches all over your body. These emotions are strong and powerful and can hurt your body's Qi from

having a smooth flow. If this continues happening, it can cause blockages that further perpetuate the symptoms. Taking different treatments like acupuncture can help boost blood circulation and oxygenate the tissues. All the while cycling, our cortisol is the stress hormone, consequently releasing endorphins. When you combine all of this with Chinese herbal medicine, there are many different ways you can find a balance with your body, to reduce stress. Another perk of this method is how financially light it is on one's pockets.

Addresses Several Conditions

The thing about holistic medicine is that it is not specific to a single condition or a disease. Its treatments have been used for decades and centuries to address a vast range of conditions. It is also not specific to a person's physical pain. You can always use it to help you with your emotional distress that could range from fear to depression. Pain has a lot of aspects to it, and holistic medicine looks at all of them. Some of the symptoms and conditions helped by these Holistic Methods, Remedies, and Treatments include:

- Cancer
- Skin Diseases
- Heart Diseases
- Strokes
- High blood pressure
- Fatigue
- Depression
- Pain
- Anxiety
- Addiction

Better Sleep

One too many people report problems in sleeping at night, whether they have difficulty in falling asleep, to begin with, or waking up in the middle of the night for no reason, among other things. This is one of the reasons many

of them get hooked onto sleeping aids like Xanax and other medicines that help them fall asleep. In holistic healing, different methods help a person fall and stay asleep in an entirely natural way. For instance, something that I do myself is applying lavender oil to my feet before bed. It helps soothe me, and I can sleep peacefully throughout the night.

It Treats The Whole Person

The treatments of holistic medicine and healing nutrition do more than just remove the causes of their physical illness. They look at the mental, emotional, and spiritual aspects too. People must live to fulfill a healthy lifestyle if they are in the pursuance of optimum health, strength, power, and endurance. The whole treatment idea of holistic healing offers the patient all of that; the mind, body, and soul are working in total harmony. We are not sums of individual parts of our bodies, but the sum of all the parts that work together as a whole.

There are many, many branches of holistic healing. However, this book revolves around the three that have been the most useful for me when combined. However, the details of that are a discussion for a later time. Before we started to explore that, I wanted to tell you a little about spiritual nature and energy healing.

Energy Healing

Energetic healing is the conscious and skilled use of therapeutic modalities to benefit a person on subtle and emotional levels, as well as in their general and physical well-being.

We have all heard people use the words 'energy' and 'power' when they talked about any experience they had of god, gods, or any other spiritual force. It is not relatively new; in fact, some ancient (and contemporary) cultures strongly identify natural energy, such as sun, wind, lightning, and so on, with god. Different people have different beliefs. Energy healing is therapy in any form that includes manipulating the circuits of energy in our subtle or physical bodies. This is done so that we can facilitate our body's innate healing mechanisms and regain balance.

Energy healing has a few branches to do too. Among them are the five most important ones, namely Reiki, Pranic, Crystal, Quantum, and Qigong. One of the things I like the most about this form of healing is how it is not

reductionist. It takes into consideration that healing is not just done through physical methods. It can also be done by manipulating the subtle energy systems through which the cause of the disease can be located.

We are all carrying so much emotional baggage at all times, and we do not realize it. Our trauma, mental stress, physical distress, environmental stress, and all the other negative energies we face hinder our ability to function to our full potential by blocking our personal growth. Through this healing process, we can clear all the blocks in our energy fields, and repair and rebalance the energy levels in our bodies. This way, our bodies can move to their optimal level of balance and ultimately have the ability to heal itself. Another great benefit of energy healing is that it helps a person identify any issues before they even shape as pain or other distortions in the physical body. It enhances our consciousness so much we automatically just know the areas in our body we have to work through to heal and live a healthy, harmonious life. Let us take a closer look into the five most essential branches of energy healing:

Reiki Healing

Reiki healing is one of the three methods of holistic healing this book revolves around. The word Reiki is actually made out of two Japanese words, 'Rei,' meaning "God's wisdom," and 'Ki,' meaning "energy." To cure an illness, a person is giving this therapy alongside traditional medicine. In it, the 'Ki' or energy is used to help others. It consists of a lot of different hand movement techniques and specific symbols, which are combined to channel the universe's energy to heal the body. Reiki can help illnesses like stomach aches, headaches, flu, and cold, but it is also pretty effective when it comes to healing a severe illness, such as heart disease.

Pranic Healing

This type of healing revolves around housing the body's life force to heal the body's energy. It is focused on the aura of a person or the energy of the body. The energy in this therapy is used to accelerate the physical healing process by cleaning the toxic body.

Crystal Healing

This is also one of the methods that will be discussed in greater detail

throughout the book. This healing process uses stones and crystals to draw out impurities from the body, to put it simply. They have different body functions, and these stones and crystals target various physical, emotional, and spiritual problems. Additionally, they also repel any sort of negative energy from the body that leads to the disturbance of a person's mental and physical well-being.

Quantum Healing

The principle of resonance and entertainment is what this healing therapy is based upon. According to it, the body's energy levels escalate through the visualization of energy flow and breathing. Quantum healing is a spiritual thing and also has positive effects on one's immune system.

Qigong

When the balance of a person's body is lost, qigong therapy is used to regain it. It dates back to 4000 years ago. Qigong consists of coordinated movements of the body alongside meditation and breathing to stimulate spirituality and health. It is said to balance the positive energy of the body, which is a need for a person to stay healthy.

Spiritual Nature

Every person has their own definition of what spirituality means to them. There is no one-size-fits-all definition of it. It is a broad concept and has room for various different perspectives. If you look at it through a very generalized lens, then it just includes feeling a sense of connection to something greater than ourselves - something celestial, perhaps out of this world. Typically, spirituality involves searching for meaning in life. It is nothing unusual, though; if anything, it is actually a universal human experience. Through the course of our lives, we are all touched by it at some point, a time when we felt lost and had the need to find out where we stood in the grander scheme.

People might describe this as transcendent or sacred, or just say that it gives them a deep sense of liveliness and feelings of interconnectedness. For some people, it comes through connection to specific associations based on their religion, like a church, a mosque, or a synagogue. For others, it is an entirely personal experience, where they find comfort in having a personal relationship with some sort of a higher power. Just like your sense of

purpose, your definition of spirituality can also change over the course of your life.

Chapter 3: The Seven Chakras

“The chakras are very intelligent; they are like the software of the whole computer body.”- Dharma Mittra

There is energy radiating from everything in the universe, no matter how big or small, whether it is the highest mountain or the deepest ocean, or a single cell in our bodies. Every single thing emits energy. Interestingly, all the cells in our body transmit energy in different ways. Depending on their job and location in the body, those cells secrete different kinds of energy. Considering that the nature of your body's energy is specialized, the fact that there are various energy channels located on key points of the body should not surprise you. These are called the chakras.

What Is A Chakra?

Chakra is a Sanskrit word that means "wheel." Does that mean a chakra is some sort of visible wheel? Not at all. It stems from a part of esoteric medieval era beliefs about psychic and physiology centers which arose from Indian traditions. According to the theory, human life concurrently exists in two parallel dimensions. One of them is the "physical body" (sthula sarira), and the other is "psychological, emotional, mind, non-physical," namely the "subtle body" (sukshma sarira). The physical body is mass, while the subtle body is energy. It is believed that the mind and body affect one another mutually. The subtle body comprises of Nadi (energy channels) united by nodes of psychic energy called chakra. Chakra energy rotates in a route that is clockwise. The energy of our body moves out into the field around us and then moves counterclockwise as the energy from our external world (and the people in it) is pulled into our body. The direction our energy will flow in is determined by the frequency state of our chakras, as energy is either drawn into our body or released outward.

Our chakras are not physical entities; they are energetic. Thus, it is easy for people to doubt that they exist because we cannot see them. However, if a mad man in the middle of a rainstorm says it's not raining, it does not change the fact that it is raining. Just because his view of reality is not congruent, reality does not mean that truth is any different. Similarly, just because our chakras are not physically visible to us does not nullify their existence.

The body's health is not solely dependent on our habits, genes, or diet, etc. Illness is produced due to reasons that expand over more than just our unhealthy habits like smoking, drinking too much, or as a result of genetic mutation. The attitude people have towards life, how they feel spiritually and mentally also plays a part. The body's wellness depends on one's outlook on life, the thoughts they have, the feelings they try their hardest to bury deep inside, and the words they use in everyday conversations. So the psychology of disease can be looked at through the seven chakras of the body. There are seven points along our body in which these chakras exist. Each one is linked to a distinctive set of organs and systems. They are located in places on our body where vital systems utilize a lot of energy. For example, the heart chakra holds so much energy that it has a force field of its own and exudes so much electromagnetic energy that we can measure it from several feet away. Similarly, the one between the eyes, not only does it sit around our visual center, but also the frontal lobe of our brain - thus, it is positioned at a place which is the epicenter of our planning, decision-making, and orientation. Since that region of our body requires so much energy, having an energy outlet at a convenient location makes perfect sense. Depending on the flow of energy through them, chakras can either be overactive or underactive, open or closed. Your body and energy body determine that flow by whether it is in an open or constricted state.

How Does A Chakra Work?

While a chakra may be like a vortex, it interpenetrates the physical body by operating as a ball of energy. The chakras are aspects of cognizance, and they use two primary vehicles, the nervous system and the endocrine system, to interact with the physical and energetic body. Every single one of the seven chakras is connected to a specific group of nerves called a 'plexus' and one of the nine endocrine glands, making them crucial elements in healing. If you want to understand how chakra healing methods work, you need to realize that each chakra corresponds with distinct parts of the body and that plexus control particular functions within the body.

The chakras do not just represent specific parts of one's physical body but also distinct parts of your consciousness. Your perception of reality and consciousness represents everything possible for one to experience. Every

sense, opinion, and possible states of awareness can further be divided into seven categories; a particular chakra can be associated with each of these categories. Here is how it works. Whenever you feel the tension in your consciousness, you know it is in the chakra interlinked with the part of your consciousness undergoing the stress.

When someone hurts you deeply, or you hear some deplorable and upsetting news, you feel the pain in your heart. When you are about to do something that makes you anxious, your legs begin to tremble, and your bladder becomes weak. *Have you ever wondered why that happens?* The fact of the matter is that when a particular part of your consciousness is tensed, and consequently the chakra correlated with that part, too, the nerves of the plexus associated with that chakra detect the tension.

They then communicate it to the parts of the energy and physical body directed by that plexus. When the tension ends up reaching a certain degree of intensity after continually existing over a particular period, it forms a symptom on the physical level. Here is where chakra healing kicks in and is used to resolve. It is important to remember that the sole purpose of the symptoms is to communicate to you through your body what you have been doing to yourself in your consciousness.

This can be easier explained through an example. Now, let's presume you have had a long, hectic day where you had no time to eat, drink, or even think about anything other than work. Suddenly, your stomach starts growling. This is your body sending you a signal that it is time for you to feed it. Similarly, the physical symptom conceals a long-standing energy body imbalance.

If you want to reverse it, you will have to make physical changes, but chakra healing practices will also be required. To return to our natural state of balance and health, we have to change something about our way of being through which we can release the stress that has been treating the symptoms. Without further ado, let us discuss the seven chakras in detail.

The Seven Chakras



The Root Chakra (Muladhara)



MULADHARA

Sanskrit: मूलाधार

ROOT CHAKRA

The root chakra is directly connected to the Crown Chakra due to its slow vibrations and movements. Together, they overlook the hormones of the body. If even one of them is imbalanced, the function of both of them will be compromised as a consequence.

Mantra: "I AM"

Color in the aura: Red

Location: Base of the tailbone

Purpose: Root connection to our source serves to bring life force into the body. It helps us meet our basic needs and governs the awareness of survival.

Symptoms of an:

Overactive Root Chakra:

Paranoia, Aggression, Mania, Nervousness, Fear

Underactive Root Chakra:

Apathy, Weakness, Depression, Passivity, Lethargy

The root chakra is delineated as a mass of eddying red light, or a four-petaled lotus. Not only does it have connections to the body's bones (teeth, nails, etc.), it is also connected to the anus, prostate, gonads, colon, and especially the adrenal glands (in the human will for survival, the adrenal glands are a primary organ because they release and produce cortisol which propels and stimulates our fight or flight response). Since the adrenal glands floor energy into the body, they are connected to the third chakra too.

Adrenal glands are extremely important in the overall functionality of the body that Western medicine tends to overlook. In today's world, we have become so accustomed to operating at such a high-level that we often fail to allow our bodies to rest adequately. Because we are constantly pushing ourselves to do more in less time, our bodies have become accustomed to producing an over-abundance of cortisol to keep up with the demands we are placing upon it, and in turn, over-exhausting our adrenal glands. We have taught our bodies to live in a constant state of 'fight or flight.'

A conspicuous negative aspect of the root chakra is fear. It can become a huge issue when it becomes unbalanced. Fear comes in different forms; it could be the reason someone is unable to move forward because they are so scared of being abandoned again. It could be that they are afraid of change and are also unable to love themselves. In order to build up one's confidence, they have to keep their thoughts in check – always think positively and let your actions help you with that too. Different things like using "self-love" mantras, experiencing and recounting feelings of gratitude, doing random acts of kindness, and setting out goals can help you balance the root chakra and end the feelings of fear.

Closed Root Chakra

A closed root chakra in a person can lead them to be someone who is always constantly worried about money, who lives a fearful life, is crudely satisfied with life and their future prospects. This can ultimately result in very addictive and self-destructive behavior.

Open Root Chakra

When a person's root chakra is way too open, it makes them feel isolated and alone, finding it hard to connect to the world around them. This makes them feel a strong need for material possession and a need to behave selfishly and in a loveless manner.

How To Strengthen The Root Chakra

Just because your root chakra may be imbalanced does not mean there is nothing you can do about it. There are actually countless things a person can do to bring the balance to their root chakras back. Meditation and yoga can be really propitious. The mountain pose, apanasana, fierce posture, and forward bend are all incredible ways to train your body to ground to the earth. They can help you not only reconnect with the rest of your body, but also with the planet. Padmasana or the lotus position is an amazing yoga pose that is helpful at grounding body and soul. When you are in this position, you can send positive vibrations throughout the body through silent meditation, deep breathing, and verbal change. You can also stimulate the root chakra at the base of the spine by lighting a cedar incense or spreading or applying patchouli, cedarwood, sandalwood, vetiver, or ylang-ylang essential oil while practicing yoga or meditating.

There is a practice called 'qigong,' which is another excellent way to rebalance the root chakra. In order to bring stability, you can also cleanse and bring strength to the organs interlinked with the root chakra and massage your feet. Furthermore, walking barefoot on grass or earth can be really grounding for the root chakra. There are different stones like hematite, red jasper, lodestone, ruby, garnet, bloodstone, and black onyx that are strongly correlated with the root chakra. Carrying them can assist a person in strengthening an imbalance.

The Sacral Chakra (Svadhishthana)



SVADHISHTHANA

Sanskrit: स्वाधिष्ठान

SACRAL CHAKRA

The Sacral chakra is purifying, providing one with a sense of joy. It holds feminine principals as it is associated with the ovaries and uterus (along with the bladder, hips, kidneys, and the large intestine).

Mantra: "I FEEL"

Color in the aura: Orange

Location: Approximately at the level of your mid-abdomen (pelvis or sacrum)

Purpose: Governs your emotional and physical feelings and senses and your emotional body. It's the center of pleasure, emotion, and sensuality.

Symptoms of an:

Overactive Sacral Chakra:

Greediness, Addiction, Tension, Compulsivity, Frustration

An Underactive Sacral Chakra:

Disinterest, Repressed Feelings, Self-deprivation, Depression, Sexual Repression

This chakra is the heart of creativity and self-love; it initiates the desire to experience life to its fullest and be daringly creative. It positively influences a person's choices, inspiring them to choose things that authentically support and nurture them. It is associated with the element of water. While these chakra credentials are independent of the self, it also warrants a sharing viewpoint towards others. Due to its connection to the ovaries, womb, and menstrual cycle, and even the moon, people often see it as a feminine chakra.

A notable negative aspect of this chakra is guilt. When it is no longer balanced, the guilt can reach to a point where it becomes unmanageable. However, when this chakra is strong, it lets a person empathize with everyone while doing what is best for themselves. Guilt is a powerful emotion; it can weigh an individual down. It can make it hard for them to express their emotions and feelings, which may make them feel overwhelmed and emotionally drained. As a result, they start to avoid family, friends, and people altogether. They lose all hope in life and start feeling meaningless and miserable.

Closed Sacral Chakra

When this chakra is closed, it leads to one living an imbalanced life. They are unable to do things they love; they become reclusive and shut everyone out. Instead of focusing on themselves, they indulge in helping everyone else, placing their own needs far away and giving them no importance.

Open Sacral Chakra

When a person's sacral chakra is too open, they can adapt a lot of destructive behaviors like different addictions, manipulation, violence, jealousy, and even abandonment. For such a person, it is conducive to practice things like calm meditation, get massages, seek aromatherapy, and reflexology on organs concerned with the sacral chakra. Moreover, since the element of this chakra is water, it is also advised that a person takes hot baths with orange or mandarin essential oils, enjoy a spa, or swim in a heated pool.

How To Strengthen The Sacral Chakra

While yoga is useful for all chakras, each of the chakras is associated with a unique yoga pose, which helps bring balance back. The Paschimotanasana pose and karma yoga are what the sacral chakra benefits hugely from. Karma is a unique form of yoga that not only combines actions and yoga poses; it also pushes the person to think, act, and be ready to perform routine activities without expecting a favorable outcome. Including damiana, orris root, or gardenia incense into the practice is propitious.

Exercise is another fantastic way to restore balance to the sacral chakra. Lomi Lomi is such a massage and includes rose, rosemary, ylang-ylang, geranium, jasmine, sandalwood, juniper, tangerine, or petitgrain essential oil in massage can bring significant benefits. Since water is a component of the sacral chakra, it is beneficial to incorporate it into the stimulation and balance of the chakra: swimming, hot baths or showers, hiking, beach, or river cruising.

The balanced sacral chakra can flow through life - not without incident - but without judgment. It produces soundness and creative expression. Dancing uses the waist and lower abdomen - the sacral chakra house is another way to enlarge and strengthen it. Carrying stones into one person can provide extra energy and flow into the chakra. The gems associated with the sacral chakra include; carnelian, coral, moonstone, orange calcite, carnelian, yellow zircon.

The Solar Plexus Chakra (Manipura)



MANIPURA

Sanskrit: मणपूर

SOLAR PLEXUS CHAKRA

Mantra: “I WILL”

Color in the aura: Yellow

Location: At the level of your belly button, near the solar plexus. (Also connected to the organs around the navel such as the digestive system, liver, spleen, gallbladder, pancreas, and when balanced aids in the production of insulin.)

Purpose: Connects you to the astral plane of will power and self-direction. It is the center of focus, decision, volition, and will power.

Symptoms of an:

Overactive Solar Plexus Chakra:

Subjectivity, Bossy, Narrow-Minded, Abrasive, Dictatorial

Underactive Solar Plexus Chakra:

Oblivious, Lack of concentration, Wishy-washiness, Naive, Passive
Knowledge is transformed through the solar plexus chakra. It is a haven predominantly of masculine principles and self-worth. Its element is fire; thus, it is expansive and fast, creating heat and warmth through the whole body when it moves upwards. The main operating force of this chakra is a burning desire to act right. The chakra endeavors to succeed, conquer, and win. If one uses it in a positive and right way, it can lead to immense success and help them achieve a lot of accomplishments. Regardless, just as the positive is hopeful, the negative is just as bad.

A widely known negative aspect of this chakra is shame. When the solar plexus chakra is unbalanced, a person can start falling into mental pitfalls where they question their self-worth, drive, and intuition. Shame has a lot of effect on the mechanisms of the body, especially in slowing down digestion, and can lead to unhealthy and adverse relationships with food.

Balancing The Solar Plexus

When you begin to bring awareness to your solar solvers (or restore balance), you wake up and begin to capture feelings such as anger, hurt, or fear. It is essential to address these issues so that you can bring balance to the chakra and the rest of the body.

When the solar plexus is wide open, each individual can experience intense anger - this can be pulled down, however, when one suppresses their emotions when the chakra becomes unbalanced to the body. This can lead to low self-esteem, lack of independence, poor motivation, and ill health, such as digestion problems, possible ulcers, liver disease, and IBS.

One of the best ways to start restoring balance in the solar plexus chakra is to clean the body and improve digestion. Using yoga and meditation to awake the chakra again is also beneficial - even if the stressed feelings will resume, it is essential to deal with them so you can move on. Performing bandha pose, bhujangasana, bow pose, or pike, all help to strengthen the solar plexus. Practicing qigong, running, or walking fast helps in sensing the chakra fire.

Breath deeply and take air in your stomach or lower abdomen, watch and feel the air grow and feed the fire of your solar plexus, focus on how your body feels and your body organs. Feel the air flowing into your body, moving

up and down and out of your lips as anger, fear, and pain leave you soft, happy, and energetic. Perfumes or essential oils are used while meditating, and practicing deep breathing aids in sustaining the solar plexus. Juniper, lavender, lemongrass, bergamot, and rosemary strengthen and balance the essential oil of the solar plexus.

Carrying stones on your person can also help stabilize and balance your Solar System. These include topaz, yellow citrine, yellow jasper, amber, and clear quartz.

The Heart Chakra (Anahata)



ANAHATA

Sanskrit: अनाहत

HEART CHAKRA

Love is patient, calm, generous, and kind. It is accepting of oneself and others.

Mantra: "I LOVE"

Color in the aura: Green

Located: Center of your heart

Purpose: It connects one to the vibrations of compassion, benevolence, love, and security. It is the core of love in your consciousness and the foundation of the soul. The heart chakra is about self-love, unconditional giving, compassion, and healing. Located in the chest or heart is a fast and stimulating fluid that causes continuous movement in the body.

Indications of:

An Open Heart Chakra:

Patience, Kindness, Generosity, Peace, Humor, Forgiveness, Love

Closed Heart Chakra:

Loneliness, Suspicion, Neediness, Possessiveness, Bossiness, Greediness, Jealousy

The heart chakra is interconnected to the element of air. Its influence on the breast, upper back, heart, sternum, the general function of the lungs, blood, and oxygen circulation is healthy. Any sort of imbalance in the Chakra can affect these areas. As the heart is the center for the converging energies, this Chakra holds an equilibrium for the other six (as there are three below and three above).

As the heart chakra's name suggests, its right is to love. The proper development of it in the body happens between the ages of three and a half and seven. This is why parents must shower their children with compassion and love as they grow up. Have you ever heard the saying, '*Grief is the last act of love we give to those we loved*'? A substantial negative aspect of the heart chakra is grief. When our lives are not going the way we want them to, or when there are things in our life, causing us sadness, it blocks the heart chakra or imbalances it. This results in a huge deal of grief. It can even turn into a longlasting sadness if left unchecked. Thus, to allow the Chakra and soften the grief, love is mandatory.

Balancing The Heart Chakra

When the heart chakra is unbalanced, it's correlated to illnesses like allergies, pneumonia, asthma, and heart disease. In such a state, a person also starts to have trouble with self-acceptance and compassion, becoming

concerned with their comfort and emotional security.

If we want to bring the balance of the heart chakra back, the first step is to be aware of it. Do things like meditation to concentrate on how the Chakra feels. Do you feel constricted or free? Is it warm or cold? When you become aware of this Chakra, you start to feel connected to the universe on an entirely different level; it allows you to experience and feel unconditional love for all living forms.

All the pain, sorrow, anguish attached to the body is released and resolved efficiently. The heart chakra gives great love, but it also needs love in return, so it is essential to surround yourself with loving, caring, and confident people to keep the heart in balance.

Laughter is a wonderful thing to open the heart chakra, and the simplest chakra openings will be easy to laugh and love (laughter is beneficial against high blood pressure). Qigong by stimulating the lung system and blood circulation also helps in boosting the heart chakra. Because heart chakra is also associated with touch, it is vital to apply this concept through massage and physical contact. With a touch, bring out a good movement, ensuring all actions are conveyed with care and love.

Yoga is another practice that also helps in bringing balance. Virabhadrasana pose and Bhakti yoga are spiritual and emotional practices that help to create love and devotion in the body. When the heart chakra is balanced, you will feel peace, compassion, and love. Using incense such as lavender, orris root, yarrow, jasmine, marjoram, and meadowsweet or essential oils such as peppermint and eucalyptus can give the body more energy to calm and cool the heart chakra. Keeping stones on one's person such as moss agate, rose quartz, aventurine, emeralds, tourmaline, and jade.

The Throat Chakra (Vishuddha)



VISHUDDHA

Sanskrit: वशिद्ध

THROAT CHAKRA

The throat chakra is all about self-expression, communication, will, creativity, and feelings. Possessed with the right to speak and be heard, the throat chakra is connected with the element of ether or space.

Mantra: "I SPEAK"

Color in the aura: Sky Blue

Location: At the level of the throat

Purpose: Regulates the sensory awareness of hearing and listens to both the true understanding of the communication of others as well as your directors. It starts with a listening activity, especially deep listening. This includes telepathy and the guiding wisdom of your soul. The ability is called clairaudience.

Symptoms of an:

Overactive Throat Chakra:

Perplexity, Negativity, Resentfulness, Amusement with Others, Gullibility

Underactive Throat Chakra

Cheating, Willfulness, Malice, Chaos, Repressed Expression

Located in the throat, this chakra is absorbed quickly and requires room or space to move within the form; it is created when there is no space where there is no form. The Throat Chakra exerts a powerful effect on the neck, thyroid, parathyroid gland, ears, airway, and upper lungs. Its great ability to operate is challenging and powerful. The throat chakra uses the human voice and is well-formed in the body between the ages of seven and twelve, making it important to allow children to be heard, to form their ideas, and to express themselves in a loving and trusting environment.

Lies, infidelity, and lack of integrity are strong components of the throat chakra. When the chakra is suppressed or malfunctioning, it can result in a person being unable to find their voice, for some, it may lead to them being deceitful and lying and inability to express feelings and thoughts.

Balancing The Throat Chakra

When the chakra throat becomes uncomfortable, the throat may start to feel numb, dry, biting, or maybe there is something bitter behind it. When it becomes severe, it can lead to thyroid problems, hearing problems, retention problems, and/or poor timing. The chakras, if they are not equal or if there are many of them in the body can start to become man's worst enemy as one cannot provide justice, they cannot stand on their own and allow themselves to be pulled up or down.

If there is too much of a chakra throat that a person can fail to explain properly, such a person will often fail to listen to others' advice and may become more prejudiced and unable to accept or listen to others' ideas. Working to find forgiveness, self-love, and love for others can start a great journey of healing the Throat Chakra.

To balance this chakra, one should softly drum on the chest with their hands, and loudly hum, chanting a mantra like:

“I am willing to express my true self and hence fully participate in my own creation [or] I accept and embrace change.”

Meditation and prayer also bring healing and using essential oils such as

geranium and birch may help refresh the Throat Chakra.

Work on your creativity and communication, participating in an art class, dance class, reading poetry, or a book club. Such an environment will enhance your creative side and enhance and work on your communication skills. Qigong facial massage is also very beneficial in balancing and strengthening the throat chakra as it refreshes the face, relieving tension in the jaw and mouth. Yoga also works wonders for opening the Throat Chakra, such as the skeletal position, Halasana / Matsyasana, and mantra yoga - yoga and singing.

Carrying gemstones into one person to stimulate and strengthen the throat chakra is so much fun - especially if you're going to be doing a lot of speech or speech - it helps to open your Throat Chakra and keep you dry. The stones include blue agate, apatite, angelite, turquoise, aquamarine, and celestite.

The Third Eye Chakra (Ajna)



AJNA

Sanskrit: आज्ञा

THIRD-EYE CHAKRA

The Third Eye Chakra is all about self-responsibility; it holds the moral code of the body, mind, and soul, and gives us a sense of what is right and what is not. It allows us to see beyond what our eyes perceive.

Mantra: "I SEE"

Color in the aura: Indigo

Location: At the level of your eyebrows in the center of your forehead

Purpose: This Chakra directs creativity, bright ideas, visualization, and psychic awareness called precognition. This enriches one with the capability to see auras, chakras, and spirit guides.

Symptoms of an:

Overactive Third Eye Chakra:

Hallucination, Paranoia, Daydreaminess, Tendency to space out

Underactive Third Eye Chakra

Lack of Imagination, Insensitivity, Self-absorption, Narrow-mindedness

The Third Eye Chakra moves quicker than the Throat Chakra, as it is fast-paced. Its influence on the face, sinuses, ears, nose, brain, eyes, function of the pituitary gland, center of the forehead, and the central nervous system is really strong.

The third eye or the mind's eye corresponds to the pure power and knowledge of all things in heaven, giving us understanding and understanding. When the mind's eye is fully open, it holds the full potential to distinguish truth from reality, giving it wisdom. The color of indigo comes from this Chakra, as does the ninety-six lotus.

The illusion is a strong negative element of the third eye chakra. Many things in this world can enlighten us. However, we must be able to see what they are. The third eye, when it works well, allows each one to distinguish between false ideas. This will allow a person to start doing what is right and behave the way they see it; they will be provided with clarity and insight - an accurate view of the world around them and what's best for them.

Balancing The Third Eye Chakra

When the third eye is not working, you often experience vision problems,

headaches, and nightmares. You may find that you are making poor choices in life, and it seems that your eyes are on the truth. It is important to find the center of the forehead and concentrate on the mind's eye to feel its speed and presence to strengthen the Third Eye Chakra. Just think in the center of the brain and feel the stretch under your feet moving forward and over your head and looking at the universe. Take time to visualize its presence in your mind.

Use meditation as a way to bring focus and communication to the third eye chakra. Visualize the color of indigo and explode as a ninety-six influence on the mind. Yoga can help strengthen and bring balance to the third eye. Yantra - yoga movement is a very beneficial practice as it happens in Natarajasana. Adding incense-like mugwort, star anise, acacia, and saffron can help stimulate the third eye as well as lavender and magnolia essential oil. Carrying gemstones on your person can help open the third eye. These include lapis lazuli, prehnite, quartz, and star sapphire.

The Crown Chakra (Sahasrara)



SAHASRARA

Sanskrit: सहस्रार

CROWN CHAKRA

The Crown Chakra is all about self-knowing, and one's a higher purpose in life. Its symbol is thought and a connection with divinity. Its right is the right to know, and the Crown Chakra is grown and developed over a lifetime.

Mantra: “I KNOW”^[2]

Color in the aura: Violet-White

Location: The highest point in your body at the crown of your head.

Purpose: Governing the consciousness of spiritual awakening, enlightenment, and inner wisdom.

The Crown Chakra is always extending towards the universe and the sky having a strong connection with the pituitary and cerebrum. The chakra of the crown is associated with the perfect union of spirit and true self-knowledge. It gives us a true understanding and ability to surrender and use the highest energy or energy of the universe. Purple, violet, or white colors appear in this chakra just like a 1000 or 972 lotus.

Attachment is a serious negative aspect of the Crown Chakra. When a person attaches to someone carelessly or something, it is often in those situations where depression, isolation, boredom, inability to concentrate or learning, and confusion can be present in their lives. When you begin to hold back on what you really should do with your life, you close the crown of the universe and consequently lose contact with the rest of your body.

Balancing The Crown Chakra

A weak Crown Chakra can lead to an individual inciting a great deal of fear and phobia in their lives. Instead of relying on their ability to live a life, they become paralyzed and look to other things or material things to bring their lives to meaning and purpose. This also leaves one unable to enjoy the pleasures and wonders of life. It is important to experience the sweetness of life and realize what their identity is.

Bringing awareness to the Crown Chakra must grow in confidence and belief in your ultimate goal of life. Walking in the sun helps to rejuvenate and strengthen the Crown Chakra as does yoga. This yoga pose requires you to sit down with your legs crossed, resting on the rhythmic breathing and then place the left hand above the head and right on the coccyx. Stay like this for several minutes as you focus on your breathing and focus on the opening of

the Crown Chakra.

Crystal meditation is another great way to strengthen your Chakra Crown by placing a precious stone (be it howlite, labradorite, amethyst, diamond, quartz (clear) or selenite) on top of your head while meditation allows for the crowning of the chakra to open and strengthen. This helps to build up and purify the energy within the body and to leave fresh air. It is also helpful after meditation and qigong (which is also beautiful for the crown) to do basic yoga (Bakasana and Sirsasana are also beneficial) to become stronger and focus on seeing your chakra crown open up in the upper universe as you practice breathing rhythm. The use of lotus and Gotu Kola incense or perfume in the garden can help strengthen and refresh the chakra crown.^[3]

How To Cleanse Your Chakras Using Crystals

Like our powerful "organs," the chakras work with our physical, mental, and emotional bodies, affecting and influenced by our experiences, our activities, and our food.

Our chakras may become tired and weak over time when exposed to many low-frequency vibrations (traumatic events, stress management, lack of self-care), our chakras can be protected and cause all sorts of symptoms, such as physical pain or feelings of depression.

Thankfully, there are many ways to cleanse and refresh your chakras. One of the easiest and most effective ways to do this is to use crystals. The crystals touch our chakras by raising their vibration, wiping it, and spinning it at the right rate.

Crystals have one of the highest vibration in the world, and working with crystals and adapting to their vibrations can have a huge impact on your health and well-being. Each crystal has its own unique energy use, and of course, it can be used effectively to imbalance our chakras.

Selecting The Crystals

For a generic chakra balancing session, try to pick a stone whose color harmonizes with that of the Chakras color. For instance:

Root Chakra – Red/Black, such as red jasper or black tourmaline

Sacral Chakra – Orange, such as carnelian or citrine

Solar Plexus Chakra – Yellow, such as yellow jasper or citrine

Heart Chakra – Green/Pink, such as green aventurine or rose quartz

Throat Chakra – Blue, such as turquoise or Angelite

Third Eye Chakra – Indigo, such as sodalite or lapis lazuli

Crown Chakra – Violet/White, such as amethyst or clear quartz^[4]

In a pinch, clear quartz is an exceptional replacement for any stone because it carries all of the colors within it, and it's a wonderful energetic amplifier and master healer; And yes, even if that means the majority of your stones are clear quartz, that will work perfectly if that's all you've got! Don't be hesitant to get inventive and follow your intuition. The stones I have mentioned are just examples. The world is full of countless stones, and you can use any; however, you like them.

Placing The Crystals

Ideally, you would set the crystal on and around your body, aligning them with the chakras. Start by placing the stones at your Base Chakra and work towards your Crown Chakra. When you remove the stones, remove it from your Crown Chakra and work towards your Base Chakra.

Base Chakra – Off the body, between the inner thighs, close to your perineum

Sacral Chakra – Between your hip bones, where your reproductive organs are

Solar Plexus Chakra – Between your lower ribs and belly button

Heart Chakra – At your sternum (not to the left where your physical heart is; directly in the middle of your chest)

Throat Chakra – At your throat (or off your body besides your throat, if you find that it falls off)

Third Eye Chakra – Between the eyebrows

Crown Chakra – Off the body, above your head

You can also go ahead and place a few crystal like clear quartz in the palms of your hands. Through your palms, there is a lot of energy that enters and leaves your body. Additionally, your hands are also significant manifests, which is why if you want to bring them to fruition, you need to write your goals out. Furthermore, it is vital to remember that there is no "perfect" spot

for you to place the crystals. Your intention is what causes the large wheels of energy from your chakras to mix with the crystal and do the healing. There is no way for you to do this wrong!

Setting The Scene

Whether you're doing a restorative session for yourself or a client, it is of absolute importance to first enable yourself to come into a mood of profound rest. Different ways to enhance your relaxation and therefore intensify your healing experience include:

- Playing soothing, ambient music
- Diffusing essential oils
- Keeping warm with appropriate layers such as socks or wearing a blanket (under the crystals)
- Dimming the lights

Get yourself into a "savasana" state by taking a lot of breath (through your nose and mouth) to begin with. Then, if possible, continue to breathe deeply in and out of the nose.

What If A Crystal Falls Off?

If it falls off yourself, you can decide to either reinstate it or let it be. Leaving it in case it falls will not stop the healing process because energetic healing is about energy, and energy crosses all boundaries of space and time. So keep in mind this is about you and your comfort level - do what you feel is right. If it falls off, just replace it. If it keeps falling off regardless of your attempts, let it be then. This could also mean the stone has collected all the energy it can take and has done its work for now.

Is There A Specific Time Period?

Your crystal healing session can last as long as you like. Whether you have 5 or 20 minutes, your chakras will equalize and regenerate after your crystal treatment. Do not force yourself to stay longer than you can handle, as this will only create more pressure; however, allow yourself time and comfort to maintain a deep relaxation atmosphere.

Do You Need To Cleanse The Crystals?

Be sure to clean your crystals before and after the session. You can do this by running the stones under water or by passing through incense or sage smoke..

Recharging Your Crystals

Another important thing to keep in mind is you will need to periodically recharge the energy in your crystals. I do this every time I use them. You can do this by placing them outside in the sunlight for about 30 minutes, or you can leave them outside overnight in the moonlight. You will want to be careful with some of the lighter stones, like rose quartz, as these stones can discolor if left outside in the sunlight for too long. I personally use sunlight because it not only recharges the crystals, but it cleanses them at the same time.

Performing a Crystal Chakra healing session is an important skill for all healing practitioners, and for everyone who wishes to be healthy. It is simple and easy, and can help restore your body to its natural state.

Regularly balancing your Crystal Chakra is an excellent healing practice, and it will definitely improve your health. Give it a try!

Chapter 4: Essential Oils

The use of essential oils is not something specific to modern times. The birthplace of essential oils, or 'aromatherapy' as we call it, was in Ancient Egypt. A significant part of the Egyptians religion was using essential oils. Therefore, they would cultivate plants to extract oils. Apart from religious reasons, they also used them for cosmetics and even medicinal purposes. In the embalming process, they also used resins and aromatic essence. Before we talk about essential oils and their uses in detail, let us take a little trip down the history lane and see where they originated from.

The Beginning

Most people believe that Egyptians produced essential oils by enfleurage, a type of solvent extraction method that used animal fat. Distillation "pots" dating back about 3,500 BC have also been found. It is known that around the same time, India and China were on the road to exploring herbs and aromatic plants, too. Later it also became an integral part of the Indian Ayurvedic medical system.

Ancient Greeks ended up absorbing the wisdom of the Egyptians. Hippocrates (c. 469-377 BC), who was the most well-known physician of that time, held treating his patients holistically in high regard. Interestingly, he even included massage in many of his therapies. The Greek's knowledge was further adapted by the Romans, who strongly believed in hygiene to promote health. Aromatic baths were popular among them.

A Dark Time

Preceding the fall of the Roman Empire came about the Dark Ages. They were a time when great religious oppression was heralded. Since bathing was considered a sin by the Church, people were encouraged to use aromatics only to cover the stench. Lucky for them, most of these plants had anti-pesticide and antibacterial properties too. Nevertheless, apart from this, Hippocrates' holistic teachings were all but forgotten.

A Rebirth Of Interest

The Renaissance period is when aromatherapy was found again, and the

wisdom of folk medicine was rediscovered. Paracelsus (1493-1541), a great physician of that era, cured leprosy with plant extracts, thus proving his mettle to his peers through the great success story. Rene Maurice Gattefosse, a French chemist and perfumer, first coined the term "aromatherapy" in 1937. While he did not believe in the natural health moment, the properties essential oils exhibited piqued his interest.

In 1910, he ended up severely burning his hand in his laboratory. Coincidentally pure, undiluted lavender oil was the first compound available to him at that time, and so he had no choice but to treat his hand with it. On top of immediately easing the pain, this oil helped heal his hand without a single sign of scarring or infection. Furthermore, he found out that our body absorbs minute amounts of essential oils and that they interact with the body's chemistry. As a result of his experiments, doctors were able to treat many injured soldiers during the Second World War using essential oils.

Modern Aromatherapy

Since the late '70s and '80s, there has been a rise in the interest in natural medicine. Moreover, essential oils have been growing in popularity due to the rise in environmental concerns lately. People want to use them, not just to heal themselves, but also to replace harmful chemicals in their homes.

What Is An Essential Oil?

So now that we know where it originated from, how it got popular, and so on, here comes the actual question: *What IS an essential oil?* To put it simply, it is the extraction of a plant's aromatic essence, the "quintessential" oil of the plant. Every plant makes different essences and has its reasons for doing so. In some plants, the oil repels predators or attracts pollinators. In others, the oil disinclines any competitive species nearby from growing too close.

Essential oils can also help keep the plant pest-free and protected by serving as a built-in antimicrobial system. Plants have glandular structures, either internally or on the surface that create these essential oils. For instance, if you touch a lavender leaf, you will smell the essential oil on your fingertips from the external oil glands. Contrastingly, if you take a plant like a eucalyptus to access its aromatic compounds, you will have to break open the

leaf. An important fact to know here is that there are only about 100-150 essential oils out there. I mean, it baffles me when I think about it because there are a countless number of plants and trees in the world. Hence the rarity of a plant producing an essential oil does come off as a shocker.

How Are Essential Oils Extracted?

While there are a few different methods^[5] of extracting essential oils from a plant, two methods are most commonly known and used: distillation and expression. CO2 extraction is a relatively newer method, and while it has been gaining popularity recently, most aromatherapists do not consider it mainstream. Natural perfumery often uses absolutes and concretes. Therefore, they require solvent extraction. All the different methods are useful in their own and require a broad understanding of how and when to harvest plant material to attain maximal yield of the best and most powerful aromatics. Therefore, let us look into a few distinctive and most well-known methods used.

Steam Distillation

Steam distillation is the oldest and most common method of producing essential oils. In this technique, there is a large hopper that contains raw plant material. Steam is passed through it, consequently causing the plants to release their aromatic compounds. Those compounds then vaporize and rise into a closed cooling system above the steaming chamber with water vapor (steam). In another chamber called a condenser, the combined steam and plant vapor cool down until the vapor turns back into a liquid. After this, they travel to a separator and split into oil on the top and water on the bottom.

The water-soluble (hydrophilic) parts of the plant's essence are contained in the water, which is why the residual water is also called floral water or hydrosol. The oil-soluble aromatic compounds ascend to the top of the hydrosol in a different layer, which can be decanted off. This is the plant's essential oil.

In hydro-distillation, the same procedure is used with a little tweak. While the steam is forced from the top rather than passed through the plants from the bottom in hydro-diffusion, the plant material is physically submerged in water through hydro-distillation. All botanicals cannot withstand a high-heat method of extraction, so there are other methods of extraction.

Expression

Expression is also known as cold-pressing, a temperature-controlled process, or expeller-pressing. Through this extraction method, citrus oils are obtained. Firstly, the peels are spurred all over to puncture the cells that contain the oils. Then they are (sometimes) soaked in warm water before proceeding to be mechanically pressed. Next, the pulp and pressed liquid are centrifuged; this is where they separate into citrus juice and essential oil. Thanks to the citrus juice industry, citrus peels are often easily obtained in bulk. This is why many of these essential oils like lemon and orange are not only readily available but also inexpensive.

Enfleurage

This is an ancient method of capturing the essence of delicate flowers like jasmine and orange blossoms. A long time ago, people would combine these flowers with animal fat and press them between pieces of glass. A few days later, the flowers were removed and replaced with fresh ones; this was repeated until the fat was as full of the sought aroma as possible. In our time, this technique is rarely used, mostly because nobody wants their personal care products to be animal-derived. Concretes and absolutes have overtaken the place of enfleurage in most instances.

Supercritical CO₂ Extraction

In this method, carbon dioxide is used as a solvent. To produce a high-grade extract that is quite similar to the composition of the natural raw material, CO₂ is added and eliminated. The extracts of CO₂ carry a vaster range of the chemical molecules found in the plant material compared to distilled oils. If you find essential oils from the same plant species obtained by CO₂ extraction and distillation, they would be chemically different. Hence, they can differ in therapeutic qualities as well as safety precautions.

Types Of Essential Oils

Some essential oils are renewing, warming, and energizing, while others are soothing, toning, and grounding. The bottom line is that all essential oils are natural. Since there is a huge variety of these oils, it allows you to address your specific health concerns through natural and effective methods. Another upside to the fact that there are many essential oils available is that you can

tailor the oils according to your wants and needs rather than settling for a generic solution. This ultimately makes them a popular choice in the modern era for people on the lookout for natural solutions.

These oils work incredibly well with intuitive healing, Reiki, and even massages. They are capable of supporting personal growth and healing on physical, mental, emotional, and spiritual levels. They help a person clear energy blockages, find calm and balance, uplift and awaken, and enhance their intuition among other things. I will now mention a few of my favorite essential oils and their qualities.

Lemon Essential Oil

Lemon essential oil is one of my personal favorites, and I love how multipurpose lemons are. The peel of fresh lemons undergo a "cold-pressing" process for the oil to be extracted. Lemon is a great detoxifier for the liver; I even put it in some water and drink it every day. Additionally, lemon can also be used as a cleaning agent; you can mix it with baking soda or other cleaning agents. It has many antibacterial properties and is also good for shining surfaces. There are various uses^[6] of lemon essential oil, a few of them are listed below.

May Reduce Anxiety And Depression Symptoms

Have you ever noticed that using lemon-scented products makes you feel more relaxed and uplifts your mood? If you have, you should know that the scent of lemons plays a part in that calming feeling. A study conducted on mice in 2006^[7] concluded that lemon essential oil was a powerful, calming, and mood-improving agent during three stress test experiments. Interestingly, the same study also found that lemon essential oil was a more effective stress reliever than other essential oils like rose or lavender. A small study in 2016 observed that lemon essential oil helped reduce anxiety among people after they underwent orthopedic surgery. Many indicators also point towards this oil, alleviating some symptoms of depression and anxiety.

Can Ease Morning Sickness Symptoms

Two of the most common symptoms experienced in early pregnancy are nausea and vomiting. In a study conducted in 2014^[8] on 100 pregnant women, it was found that aromatherapy with lemon essential oil helped

decrease the levels of vomiting and nausea notably. Although the study may have its limitations, there is reason to believe that this oil can decrease if not relieve the severity of morning sickness.

Can Make Your Skin Healthier

Lemon is one of the many essential oils that can kill the harmful bacteria that may grow on your skin. A recent study^[9] showed that lemon oil is one of several essential oils that can kill harmful bacteria like Staphylococcus aureus and E. coli that can grow on your skin. This makes it a good choice for topically cleaning small wounds.

May Help You Breathe Easier And Soothe A Sore Throat

If you have a sore throat or a cold, lemon essential oil is a good home remedy worth giving a shot to. You can set up a diffuser with lemon oil to release its tangy yet sweet scent while you rest. Lemon's calming properties will not only relax the muscles in your throat but also your mind.

Helps You Feel Alert And Concentrated

While it is known to lighten up your mood, a lemon essential oil can boost your brainpower. A really small study conducted on fourth-graders in 2014^[10] showed that the students who attended language lessons in a classroom where lemon oil was diffused performed much better on their exams. Another study that was performed in 2008^[11] found that aromatherapy with essential oils such as lemon could improve people's cognitive function with Alzheimer's disease.

How To Use This Essential Oil

A lemon essential oil can safely be used by either diffusing it or topically applying it. To diffuse the oil, simply place three to four drops in the diffuser of your choice. Ensure that the area you are in is well-ventilated, limit your aromatherapy sessions to 30 minutes, too.

If you want to use this oil topically, just mix it well with a carrier oil of your liking. Before applying it on a sensitive part of your body, test the mixture on your skin's small concealed area. If you notice any irritation or see redness, do not use the mixture. Remember to wash the lemon oil off before you expose your skin to sunlight, to avoid skin irritation.

Chamomile Essential Oil

Chamomile oil is obtained from the chamomile plant. Chamomile is correlated to daisies. It gets its name from the Greek meaning 'apple of the ground.' Chamomile oil is made from the flowers of the plant. Due to its extremely high ester count sitting at around 80%, chamomile essential oil is highly soluble and has much more powerful effects. Medical texts from ancient Greece, Rome, and Egypt have enlisted the various uses of this oil, a few^[12] of which I will mention below.

Digestive Upset

A study conducted on animals in 2014^[13] assessed the effects German chamomile extract had on diarrhea. It was found that chamomile oil offered protection against fluid accumulation in the intestines and diarrhea. Another study in 2018^[14] evaluated how topically applied diluted chamomile oil affected the bowel activity following cesarean delivery. Researchers concluded that patients who had chamomile oil applied to their abdomen were quicker to restore their appetite and pass gas than those who did not use the oil.

Generalized Anxiety Disorder (GAD)

A study conducted in 2017^[15] evaluated the use of chamomile extract as a short-term treatment for generalized anxiety. The results showed that in just eight weeks, about 58.1% of participants felt a reduction in their anxiety symptoms. Anxiety disorders have been known to be interlinked with low morning levels of cortisol. A study in 2018^[16] found that chamomile increased morning cortisol levels and helped reduce symptoms of anxiety.

Sleep Aid

Over the years, chamomile oil has widely been used as a natural remedy to cure insomnia due to its calming and soothing benefits. The fact that this oil is associated with supporting a good night's sleep is backed up by research. When used as a herb, people often take it by mouth. In a study^[17] of 60 elderly people, the participants were split into two groups. The first group was given chamomile extract capsules twice a day while the other was given a placebo. Compared to the two, the ones who were given chamomile extracts showed a significant increase in their sleep quality, unlike the ones

given the placebo.

How To Use Chamomile Oil

Now that we have talked about a few of the many chamomile's health benefits, let me tell you about the few ways you can use it at home:

Aromatherapy Applications

Inhaling chamomile oil may help with a variety of conditions including anxiety and promoting sleep. You can use the oil in a diffuser or a glass spray bottle.

- **Diffusion:** The scent of evaporated essential oils can be spread through a room using a diffuser. Make sure you follow the specific directions that come with your diffuser when you are diffusing chamomile.
- **Spray:** Dilute 10 to 15 drops of chamomile in each ounce of water, to use chamomile oil in a spray. Add to a glass spray bottle and shake it well before using it. Using a plastic spray bottle is not recommended because, over time, the oil will break down the plastic.

Topical Applications

Using chamomile oil in topical applications may help with different pains, aches, digestive issues, or even anxiety. Different ways to use it topically are as follows:

- **Massage oil:** to use chamomile oil in massage oil, you first need to dilute it in a carrier oil. Coconut and jojoba oils are a few of a variety of carrier oils available.
- **Bath oil:** Mix chamomile oil with a carrier oil and add to your warm bathwater.
- **In a lotion:** You can add 1 or 2 drops of chamomile oil to a body lotion or moisturizer, and apply it to your skin.
- **On a compress:** Make a hot compress by dipping a towel or cloth in warm water, adding 1 to 2 of drops of diluted chamomile oil, and then applying to your achy area, like your back or stomach.

Rose Oil

For a long time, lovers and poets have extolled the virtues of the rose.

This flower is much more than just a pretty array of perfumed petals. We know that the essential oil obtained from the rose plant has countless potential benefits through extensive research. An interesting fact about rose oil is that it takes 10,000 roses to fill a single 5ml bottle, making it a relatively expensive essential oil. Among the many benefits^[18] of essential rose oil, a few are listed below:

It Eases Pain

In a study^[19] conducted in 2015, post-operative children inhaled either rose or almond oil. They were divided into two groups. Among them, the patients who had inhaled rose oil reported a notable decrease in their pain levels. Researchers think that the rose oil may have stimulated the brain to release the "feel-good" hormone, endorphins. Taking the outcome of this study in regard, it was suggested by researchers that aromatherapy using rose oil could be an efficient way to ease pain in patients who had undergone surgery.

Relief From Menstrual Discomfort

A study^[20] conducted in 2013 consisted of women with menstrual pain. They were given abdominal massages to relieve their discomfort and cramping. They were divided into two groups: one was massaged with a carrier oil (almond oil), while the other with almond plus rose oil. The latter group reported having lesser cramping pain after the massage than the former group.

Decreases Anxiety And Stress

Rose oil can have a relaxing effect on numerous people. In a study^[21] on the effect of rose oil on anxiety symptoms, it was found that when rose oil was applied to each participant's skin, it affected the most common symptoms of anxiety. Their breathing rates, heart rates, blood pressure, cortisol levels, and blood oxygen levels all decreased. They also reported feeling much more relaxed following the oil treatment. Another small study^[22] conducted over 100 women who were in labor found that rose oil helped reduce their anxiety levels during delivery.

Antibacterial, Antifungal Properties

Through research, it has been found^[23] that essential oil distilled from

roses can be effective against a vast range of infection-causing microbes. This includes E. coli and some strains of the bacteria that can cause staph infections (Staphylococcus) and strep throat (Streptococcus). The study also found that against Candida albicans, which can cause fungal infections in the gut, vagina, and month, rose oil was pretty effective.

Stimulates Sex Drive

According to two studies, an increase in sexual desire and sexual satisfaction through inhaling rose oil was found among men, and to a lesser extent, in women. Both studies were conducted on people who had a major depressive disorder who were taking antidepressants. One^[24] of them was limited to men, the other^[25] women. However, apart from gender, everything about both the studies was pretty much the same. Researchers believe that the increase in sexual desire was probably spurred due to the release of dopamine in the brain. Dopamine is a known motivator, and thus it did so while simultaneously alleviating symptoms of depression.

Eases Depressive Symptoms

Through several clinical studies, it can be denoted that rose oil helps improve the symptoms of depression. In a study in 2012^[26], a small group of women with postpartum underwent treatment for depression. They were divided into two groups: one who received aromatherapy alongside conventional medical treatments, and the other who did not get aromatherapy. It was found that women who used aromatherapy showed much more improvement than those who only used conventional medicine. Additionally, experts have also advised people with depression to opt for aromatherapy massage instead of inhalation to treat depression. While it may take around eight weekly sessions before you finally notice a change in those depressive systems, it will be seen. All you have to do is exercise some patience.

How To Use Rose Oil

Rose oil is usually quite expensive and is highly effective. Whether you plan to use it on your skin or inhale it, it should first be diluted.

- To make a rose oil bath, add ten drops of rose essential oil to a carrier oil, then add to a warm tub. ***Essential oils should always be diluted in a***

carrier oil before adding it to water.

- To make a foot bath, add a few drops of diluted rose oil into the foot bath and soak your feet for 10 minutes.
- To treat anxiety, stress, or depression, you can either inhale rose oil using a diffuser, or dab it lightly on your chest, neck, and wrists. Make sure you blend it with a carrier oil like coconut or almond before it touches your skin. You can also benefit greatly from a rose oil massage, in which the rose essential oil is added to a carrier massage oil.

Lavender Essential Oil

One of the most popular and versatile essential oils is the lavender essential oil. It is quite multipurpose. Apart from being used in aromatherapy, it can also be taken orally or applied to the skin. It is distilled from a plant called *Lavandula angustifolia*. Lavender oil is one of my favorite essential oils and a part of my daily routine, mainly because it has relaxation promoting properties. There was a time when I used to pop a Xanax to help me sleep every night, but now I apply two drops of lavender oil on my feet, put socks on, and sleep like a baby.

Above everything else, lavender has an incredible smell, is good for your hair, is believed to treat anxiety and fungal infections, and even calms the nerves among other things. I also use lavender at home by putting a couple of drops of lavender in my clothes while they are drying to make them smell like it. Below are some of the many benefits^[27] of lavender essential oil.

Helps You Sleep Better

If you want to live a healthier, better life, you need to get your sleep cycle in order! If you are often tossing and turning in their bed throughout the night, lavender oil might be just what you need. According to a study, if you take a few whiffs of lavender oil right before bed, it increases the percentage of deep sleep time in people. As per a study conducted in 2015^[28], published in the *Journal of Complementary and Alternative Medicine*, a combination of lavender essential oil therapy and sleep hygiene techniques helped students in college sleep better at night as compared to sleep hygiene techniques followed alone. Additionally, these students also reported that inhaling lavender at bedtime enhanced their daytime vibrancy and energy.

Another study conducted on women with insomnia found that those who inhaled lavender twice a week for twenty minutes helped soothe their nervous system and improve sleep quality scores compared to the lavender oil-free control group. A study^[29] that was published in *Holistic Nursing Practice*, in 2018, also confirmed lavender's effect on sleep. It was a small-scale study conducted on 30 elderly residents of a nursing home. Lavender aromatherapy helped improve their sleep onset, quality, and duration.

Reduces Anxiety And Stress

Lavender has been studied quite extensively for its anxiety and stress-relieving effects. Researchers found out in a study that lavender oil could go head-to-head against a prescription medication for general anxiety. The study^[30] was six weeks long and had two groups of adults with a generalized anxiety disorder. One group of participants took an anxiety-reducing medicine called Lorazepam, while the other took an oral dosage of lavender oil. When the trial ended, the reports of a decrease in anxiety was almost the same for both the groups, i.e., 45% and 46%, respectively.

The effects of lavender are not just limited to generalized anxiety. It has even proven to be effective in more extreme conditions. A study^[31] conducted on 100 patients admitted to the New York-Presbyterian/Weill Cornell Medical Center for ambulatory surgery from January of 2015 to August of 2015 proved this. They were divided into two groups. The experimental received inhalation lavender aromatherapy in the preoperative waiting area while the control group was given standard nursing care. The results showed that patients who received lavender aromatherapy had lesser anxiety than those in the control group.

It Soothes Irritated Skin And Can Help With Bug Bites

Lavender's soothing properties are not just limited to the mind; it can also do wonders to calm the body. The anti-inflammatory properties of lavender oil have helped those with eczema and psoriasis. Lavender oil has bacteria-killing properties and thus can prevent and heal acne breakouts. When you put it on your skin, it unclogs your pores and reduces inflammation. To use it for acne, just dilute it in coconut oil or any other carrier and apply it to your skin after washing your face. You can even use it as a natural alternative for healing pesky bug bites. All you have to do is mix it with a little baking soda

and apply it to the bites.

It Can Help Ease A Headache

A study^[32] was conducted on 47 patients who suffered from regular migraines. They were divided into two groups: one half of the group had 15-minute lavender-smelling sessions, while the other half inhaled a placebo. Researchers found out that people in the experimental group reported a notably less severity of migraine attacks for the next two hours.

How To Use It

When it comes to skin, dilution is a must! You can apply the oil topically to help with inflamed or irritated skin, but only if you have diluted it in a carrier or neutral oil like coconut or olive oil. You can use the mixture just how a lotion or moisturizer is used; once or twice every day. Lavender oil can also be used to make your hair healthier. Thus you can massage a couple of drops into your scalp as a calming end to the day or add two or three drops to each dash of shampoo or conditioner you use. If you have anxiety or insomnia, you can put the oil in a diffuser. You can use lavender's scent for your benefit in multiple ways, but diffusion is the best. However, if you do not want to do that, you can take a few deep inhales of the scent before bed or apply a drop on your feet as I do.

Oregano Essential Oil

This oil is made from the oregano plant, *Origanum Vulgare*, purported to have healing properties. Research has shown that it has antiviral, antimicrobial, and antifungal properties, among many other benefits. Please note that Oregano is a hot oil and cautions should be used when using it. A few of the benefits are listed below.

Fighting Bacteria

As essential oregano oil has high levels of carvacrol. It may help fight some types of bacteria. For example, there is a bacteria called *Staphylococcus* that causes staph infection. While some strains are naturally occurring in the body, when the bacteria grow too quickly, it can cause bothersome symptoms. Research^[33] has shown that carvacrol is effective in eliminating the bacteria *Staphylococcus aureus* and *Staphylococcus epidermidis*, two common causes of infection. Rubbing oregano oil on the skin or taking its

supplements may help a person make use of these antibacterial effects.

Treating Fungal Infections

Oregano oil has high levels of thymol, which makes it a potent antifungal agent. A research^[34] conducted in 2015 found that thymol is effective in treating common Candida fungal infections. Candida causes several types of infections, including:

- oral thrush
- yeast infections
- infected toenails or fingernails
- athlete's foot

(The research was conducted in test tubes, though, and determining oregano oil's effectiveness will require more studies in humans.)

Providing Antioxidants

Oregano oil is also a potent antioxidant. Antioxidants can help protect the body from any damage free radicals, and oxidative stress may cause. Oxidative stress can lead to cell death and increased DNA damage. Moreover, it also plays a role in other issues like atherosclerosis, some types of cancer, and arthritis. Thymol and carvacrol are powerful antioxidants that may help reduce oxidation.

Aiding Weight Loss

For people who want to lose weight, oregano oil can be a helpful tool. According to researchers^[35], carvacrol - the main compound in oregano oil - disrupts part of the process that leads to the accumulation and creation of fat tissue.

How To Use

Oregano oil comes as a liquid and also in capsules. If you do not enjoy the taste of oregano, you can simply take the capsule as you will be able to swallow it without having to taste the oil. If you want to use the oil for skin issues, dilute a drop or two in a carrier oil and apply the mixture directly to your skin.

Ginger Oil

For quite a long time, ginger has been used in traditional medicine. The part of the plant used for medical treatments is called the rhizome. Although it looks like a root, it is an underground stem off of which roots branch. Ginger essential oil is extracted from it through a distillation process. Just like other essential oils, it is concentrated. Its aroma is quite distinct and can be described as warm, strong, or spicy. There are a variety of applications of this oil and plenty of benefits^[36], a few of which are listed below.

Anti-Inflammatory

The anti-inflammatory effects of ginger oil have been investigated through a few studies. A study^[37] in 2018 found that ginger essential oil has a protective impact on the kidneys of rats treated with the toxin cadmium. Ginger oil was found to be anti-inflammatory, preventing changes in kidney function markers or molecules associated with inflammation.

A study^[38] was conducted in 2016 on a rat model of rheumatoid arthritis. In it, the investigators discovered that injecting ginger essential oil didn't reduce acute joint swelling but significantly inhibited chronic joint swelling. Furthermore, in 2019^[39] a study looked at the effect of supplementing ginger extract into obese mice's diet on a highly refined carbohydrate diet. It was found that high doses of ginger extract kept the mice from gaining weight and decreased markers of inflammation.

Nausea

It has been found that inhaling the aroma from ginger oil can be used as a way to relieve nausea. A study^[40] conducted in 2017 looked into the effectiveness of inhaling ginger to relieve postoperative nausea following abdominal surgery. Researchers found that the participants who inhaled ginger oil rated to have lower levels of nausea and vomiting than those in the placebo group.

Hair Applications

Ginger oil is believed to promote hair growth and health and is thus included in shampoos or other hair products sometimes.

Skin Applications

There is not much research verifying the benefits of topical use of ginger oil and its effect on skin appearance. However, there was one that took place in 2015^[41]. It looked at the suitability of several essential oils including ginger oil for antiwrinkle cream. Ginger oil, along with other essential oils, was found to have high antioxidant activity. When these essential oils were blended in a cream, a small group of volunteers showed reduced skin roughness.

Buying Essential Oils

When you are purchasing essential oils, you need to keep in mind many things. Firstly, that there are different groups of essential oils, you should use certified therapeutic oils. Additionally, you can do a few things to make sure you are buying the best product available.

How To Sample An Essential Oil

When you buy essential oil for aromatherapy, do not try to test it how you would a perfume. Instead, there are a few simple rules to follow when you are evaluating a scent:

1. The undiluted oil is extremely strong and can even give you a headache. Do not place your nose directly into the open tester and sniff, hold the lid at least five inches from your nose before gently sniffing.
2. Avoid putting the oil on your body in case you may be allergic to it.
3. When you are comparing a couple of oils, take a break in between scents. You can smell some coffee beans to neutralize the scent. If you sniff oils too closely together, you can overwhelm your senses, ultimately reducing your ability to discern the fragrant notes.

Know What To Buy And What To Avoid

Here are a few tips you can follow to ensure you are buying an authentic essential oil and not a rip-off.

Check The Bottle

A supplier who sells good quality essential oils will sell it in a tightly sealed dark (usually amber) glass bottle. These are generally less than 4 ounces, though the most common size is a half-ounce (15 milliliters). More often than not, they come with an orifice reducer (the round, plastic part fitted into the bottle's opening that helps meter out one drop at a time), nevertheless, sometimes they can come with an eyedropper cap too. Lastly, essential oils can be damaged by light and heat, and the highly volatile chemical compounds in them do not mix well in plastic. This is why they must be kept in glass containers. So if you ever see an essential oil in a plastic bottle, know it is a knock off and do not buy it.

Read The Label

The label should not just state the common name of the plant used to make the oil, but also its Latin name and what parts of the plant were used (i.e., on a bottle of niaouli, it should say "Plant part: Leaf and twig"), how it was extracted (distillation or expression), and how it was grown (aka organic, wild-crafted, traditional).

On top of that, it should also specify whether it is "100% pure essential oil" and list the net contents (including metric measurement). If it says "essence oil," that's not a pure essential oil but often a premixed blend of essential oil(s) in a base of carrier oil (like jojoba). While it is suitable and even great for certain applications, it is still not pure essential oil. All ingredients in the formula should be listed on the label, and if you are buying a pure essential oil, there should only be one ingredient.

Verify The Source

If you are buying an authentic essential oil, it should not be hard to find out where it was sourced. In case the label does not straight up mention the country of origin, there might be a "lot#" written, which you can then search. If you are making your purchase on a website, while the individual bottles may not state the country of origin, the product page should.

Do A Price Check

Always keep one thing in mind. If a company prices all of its oils the same or has them at unusually low prices, there is something fishy about it. Before purchasing it, ensure its authenticity; it's like buying a fake Louis

Vuitton bag, the logo will be there, but there will be a difference in the quality.

It is also essential to know that the extraction process can vary significantly from one plant to another, which could lead an essential oil like agarwood to cost around \$800 per ounce. In contrast, lemon essential oil costs less than \$15 per ounce. So you have to KNOW your plants/oils. The oil price suggests whether it is synthetic, contains little of the essential oil they claim to have, or is of low quality. If the price of the essential oil is unusually low, do not purchase it.

A few other handy buying rules include:

- Do not buy essential oils that have been diluted with vegetable oil. To test this, take a piece of paper and place a few drops of oil on it. If the drop leaves an oily ring, it most likely contains vegetable oil.
- Try to buy from companies that will provide test results regarding the unique chemical makeup of each oil they sell. They are called a GC-MS (gas chromatography-mass spectrometry).
- Do not buy it in huge quantities; be a little conservative while making a purchase. A 10ml bottle will probably last a few months, even if you frequently use it. If you buy too much, you risk spoilage and waste.
- Typically, you should plan to use an essential oil within a year, although shelf life can extend to several years for many essential oils.

Conclusively, I just want to say that the aforementioned are only a few of the many different essential oils that exist. Each one of them has its benefits and can help you in different ways. So go ahead and find what suits you best and see how your life changes for the better!

Chapter 5: Practical Uses Of Essential Oils

Essential oils can be overwhelming. There are over a hundred different options to choose from. How do you know which to pick for your specific condition? In the previous chapter, I told you about a few of them. When you have to choose one, though, how do you go about it? I mean, there are pure essential oils, blends, a rollerball, or regular essential oils. Then come scents. These are oils with a floral, woody, herbal, citrus, and even fruity scent. Then you have to decide the method you will use, and so on and so forth.

Choosing The Right Essential Oil

These are only a few of the many things you need to consider before purchasing an essential oil, which is the perfect fit for you to be precise. Before we talk about how you can use these oils individually for all seven of your chakras, let me give you some tips on choosing the best fit for you!

Identify The Problem

The first step is the identification of the problem. You take a step back and ask yourself why you want to use essential oils; define their purpose. Is it for a physical problem you have? Is the problem acute or chronic? Is it to handle day-to-day anxiety? On the other hand, it may be that you have no pain point you aim to cure, but you are only seeking to evoke a state of relaxation. The road to finding the perfect fit for yourself will be much smoother once you get to the crux of the issue.

When it comes to aromatherapy, you must remember that it is an intimately personal science. You cannot jump on some sort of a bandwagon and use oils that other people apply for a specific reason, just because it works for them. For instance, Spikenard's sedative effect makes it a go-to for insomniacs. However, at the same time, some people cannot stand its smell and would much rather use lavender. The point of this example is to show you that when it comes to blending, it's not one size fits all.

Consider Energetics

People who only turn to essential oils to achieve a therapeutic goal may find it baffling to consider energetics. Although you don't need to work on an energetic, soul level to reap the benefits of aromatherapy, it is quite useful to

understand the chemistry. There is evidence that dates back to Ancient Egypt, telling us that before 4500 B.C, aromatic oils were likely being used. In fact, Egyptians are quite well-known for the vast knowledge of fragrant ointments and cosmetics they have, with “Kyphi,” a multipurpose spiritual blend of 16 ingredients being their most famous herbal preparation.

We must remember that every oil has different properties. Some of them are cooling, some heating, and others resonate with us in various parts of our bodies. For instance, 1,8 cineole, also known as eucalyptol, is a widely available chemical in eucalyptus and rosemary with a known cooling effect. Additionally, the chemical menthol causes the cold receptors of TRPM8 in the skin and is responsible for the cool sensation. Peppermint has a freshening effect that partially contains essential oils because of its high content of menthol, so much so that many experts suggest working with hydrosol to avoid safety issues (especially in children).

As the oil cools, some can produce heat. High fats in phenols, which contain chemicals such as carvacrol, eugenol, and thymol, are known to be hot. The oils should be used carefully and include oregano, thyme, cinnamon leaf, and cloves. Many warming oils include yarrow, sweet marjoram, ginger, basil, and black pepper. Knowing whether the oil points to the female yin or masculine yang energy helps the ground or opens specific chakras that can provide extra support.

Combine Oils

Synergy is quite significant. Although oils are individually potent, when you combine the aromatic molecules of different oils, it allows them to work together and give you greater benefits than their individual effects. If you look at it from a holistic perspective, you can try blending three to five different oils at the very least. It will allow you to have a core of the harmonizer, enhancer, and blender. When you blend oils that have chemical components that complement each other, it gives heightened effects. For example, blending ho-wood, rosewood, and Spanish marjoram, which all contain a high percentage of linalool, a monoterpene alcohol, would make a good synergy for sleep and deep relaxation.

Know The Facts

Although it is not realistic to expect one to know each and everything

there is about all the different oil chemotypes and potential contraindications, you can easily make do by remembering two pieces of the necessary information: *source and price!* Let your first clue be packaging. While there is no regulatory body scientifically evaluating and certifying how pure essential oils are, there is another way to tell. On essential oil bottles, the Latin binomial will always be written by small high-quality suppliers.

The Latin name is crucial because there are many species of some specific plant families, for example, lavender. In fact, the plant called eucalyptus has over 250 species; only eight are commonly used in aromatherapy. As a key to understanding the environmental factors that affect chemical constituents and aroma, one must know where the oil is from. For instance, lavender (*Lavandula angustifolia*) from France is considered superior to lavender grown in other countries, like Bulgaria.

Be Wary Of Cheap Oils And Gimmicky Claims

Unfortunately, the event has been used for unethical behavior as the major players of the company are pushing green prices at lower levels, sometimes withholding profits. For older oil spills (e.g., cheaper essential oil is added and falsely labeled as lavender lavandin, or synthetic oil is labeled as wild harvest), it is important to know about the price of essential oils - especially crude, pure, and rare. For instance, rose, jasmine, and sandalwood for sale in ½-ounce and 1-ounce sizes should raise eyebrows. One layer of rose otto retails for \$ 400 or more!

Think Beyond The Oil

Making your brand all-natural? There is so much more to it than just essential oils. Many DIY aromatherapy recipes also require carrier oils and fats, which are quite essential to consider. The products have a shelf life with many important citrus oranges lasting only a year when stored in the refrigerator (in fact, most essential oils are great when cool!). Most common carrier oils are best used within six months to a year after purchase. Recognizing product expiration can help you avoid safety issues, such as skin sensitivity, and save you from wasting valuable ingredients from a damaged batch. Also, when buying and using oils, be aware of their use. Gels are quite quick to absorb through teeth, but direct breaths and bruises can work well, depending on your purpose.

Practical Uses Of Essential Oils

Once you have chosen which essential oil you want or plan to use, you should know the different practical ways in which you can employ them:

Massage

Massage is an essential foundation when practicing aromatherapy. The combination of the blends depends on the chakra you aim to focus on. You must ensure that you add five drops of the essential oil to 10 ml of the chosen carrier oil.

The flow of your hands should be gentle on the body and refrain from applying any form of deep strokes. The aim should be to keep a light touch similar to that of a Swedish massage and maintain long sweeping strokes. This form of massage relaxes the individual, balances the blood circulation, and smooths the lymphatic flow in the body. Allow yourself to pay extra attention to the part of the body that you find needs special healing. Specific areas that would typically require particular attention include hands, feet, and head, releasing away any negative energy. A brisk movement in these areas at the end of each stroke would be beneficial.

Lastly, give the individual some strokes without touching the body. Then hover your hands slowly over the body, sensing for any cold, hot, troubled, or blocked areas. Massage with long, upward sweeping strokes from the feet to the head. Conclude with grounding the individual by holding their feet for a few minutes to gently bring them back to reality.

Ritual Baths

Prepare for your bath beforehand by choosing the appropriate quiet time. Ensure the lights are dim and light candles that help soothe the surrounding are for you. Make sure to use a tablespoon of dispersing bath oil with your choice of 3-5 drops of the essential oil chakra blends. Ensure they are mixed well before entering the bath. The ritual bath is to clear any blockage in your chakras using the essential oil. Hence, the time inside the bath should not be utilized for washing. Lay in the water for 15 to 20 minutes. Allow the blends to clear any bad experiences you have or any external aura that you have surrounded yourself with before this bath.

Oil Burners

Place a dish of water on an oil burner and add five to ten drops of the chakra blend essential oil. Make sure it is alight for approximately 15 to 30 minutes. Ensure not to leave it unattended and keep away from any flammable objects and fumes. Do not let the dish run out of water. If using an electric burner instead of the traditional one, place ten or more drops atop the vaporizer before use.

Inhaling

Inhaling essential oil directly is not the best way for many people, especially if they have breathing problems. Make sure to place a few drops on a piece of cloth or handkerchief and breathe from it. It is best before meditation or any form of manifestation, affirmation, and visualization.

Using Essential Oils To Balance Each Of The Seven Chakras

Every Chakra center is assumed to govern its own expression of spiritual, associated bodily, and emotional energy. However, they are all linked and in tune with one another. When one or more of the chakras is under or over-expressing its associated energy, the mind, body, and spirit become unbalanced. To promote balanced chakra functioning, the effect of aromatic plant essential oils on the mind, body, and spirit can be used while practicing aromatherapy. The basic idea is that one would apply essential oils that are activating to energize sluggish chakra function or calming oils to quieten overactive ones. Good candidates for maintaining the support of well-regulated chakras are balancing oils. Combining calming and activating oils can give an overall balancing and supportive benefit to the chakras.

Root Chakra

A great way to balance the root chakra is a foot massage, which will regulate one's sense of stability and groundedness. A sluggish root chakra can be activated by nutmeg. On the other hand, patchouli and vetiver can calm an overactive one. You should choose a balancing essential oil like bergamot to help maintain a Root Chakra that functions smoothly.

Sacral Chakra

Sensuality is influenced by the Sacral Chakra through a lower back

massage. Ylang-ylang and neroli calm an overactive Sacral Chakra while cardamom essential oil awakens a dormant sacral chakra. To maintain a well-functioning Sacral Chakra, look to sandalwood and sweet orange.

Solar Plexus Chakra

The functioning of the Solar Plexus Chakra that influences one's gut instincts can be controlled by a gentle tummy massage. Activate the solar plexus by applying juniper berry and eucalyptus to it and vetiver or helichrysum to calm it. Good balancing oils to apply to an already well-expressed Solar Plexus Chakra are grapefruit and lemon.

Heart Chakra

The sensory center of Heart Chakra benefits from the exquisite aromatic oils used in the chest bone or the massage in the central back area. Palmarosa essential oil will open the Heart Chakra, while lavender and marjoram will calm it. Try regular use of geranium essential oil to keep your Heart Chakra functioning.

Throat Chakra

Body spray applied to areas of the chest and neck is an effective way of influencing the functioning of the throat chakra that affects your expression and communication. Turn to essential oils to open up the sluggish chakra and Roman chamomile to calm down. Coriander seeds are a moderate oil to maintain an effective Throat Chakra.

Third Eye Chakra

Vision, an awareness that supports the Third Eye Chakra, can be influenced by the ointments applied to the forehead or easily absorbed through the air. Rosemary essential oil will activate the third sleeper chakra, while German chamomile stabilizes and monitors this vision chakra. Frankincense or sandalwood are great choices to keep your Third Eye Chakra clear and balanced.

Crown Chakra

The compartmentalization used in the air space around you is the best way to measure the Crown Chakra that holds the space above the crown of your head. The aromatic lavender clarifies the active chakra that works well, while

neroli or vanilla has a calming effect. Look for incense fragrances to maintain an effective Crown Chakra.

Side Effects

Essential oils, although quite natural, do have potential side effects and risks. Here are some of the significant ones:

- The safest way to use essential oils is by inhaling them. There are quite a few potential side effects of breathing in essential oil. They include headache, nausea, burning of eyes and throat, shortness of breath, or cough. While inhaling may be a way to cure headaches, inhaling an excessive amount is likely to cause it. Typically, once the scent is no longer detectable, the side effects resolve.

- Irritation and burning: Always dilute oils with a carrier oil before applying it to the skin. Use a small amount to a tiny area of skin first to test for any reactions. The reactions can be anything from contact dermatitis to burns and skin irritation.

- Photosensitivity may be increased by some oils, which, in turn, may put a person at a higher risk of sunburn. This is generally caused by citrus oils like lemon, grapefruit, lime, and tangerine. It is advised that a person stays out of the sun for 12 hours after applying any of these oils to the skin.

- Ingestion of essential oils is not always safe and also depends on the oil. The FDA has approved many essential oils as the ingredients in fragrances and food that are generally labeled regarded as safe (GRAS). However, some oils can be toxic and only ingested under medical supervision. Be careful when ingesting essential oils and avoid swallowing in large amounts.

- Avoid using the essential oils near your genitals, mucous membranes, or eyes. In case you do get some oil in your eyes or a mucous membrane, you can dilute it with a carrier oil.

- Like any other health supplement, essential oils may interact with prescription medications when one takes them internally. Make sure you check with your pharmacist or doctor before combining any medicine with essential oils.

The bottom line is that everything comes with its benefits and side effects.

It is up to us to use them to our advantage. Essential oils are incredibly beneficial when used correctly, so make sure you take all the precautions.

Chapter 6: Crystal Healing

“Only in quiet waters things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world.”—Hans Margolius

Among the different methods of alternative medicine, crystal healing plays a vital role. In this technique, semiprecious stones and crystals, such as quartz, opals, or amethysts are used. People who use this technique have witnessed the healing powers of these crystals. They range from bringing peace of mind to fighting depression, and so on. In ancient forms of medicine, they were used by priests to align the body chakras.

Why And How Are Crystals So Powerful?

This is the part where science intersects with mysticism. Crystals are not like essential oils that can be extracted from plants. They are not made in factories. They are millions of years old that were forged when the earliest part of earth’s formation took place. An exciting way to think of crystals is that they are like a database of timeless knowledge. They retain all the information they have ever been exposed to. The thing about crystals is that they tend to absorb information – be it a pattern of weather or some ancient ceremony they experienced. Anyone who comes into contact with the crystal gets it.

Under a scientific light, crystals have the lowest amount of entropy, making them the most orderly structure existing in nature. Their structure is unique, ultimately helping them respond to the inputs of different energies around them. This is why they emit specific vibratory frequencies through oscillation. Everything about them, from the frequencies they emit to the way they are balanced and to their ability to store a tremendous amount of information, makes them crucial in modern technologies. If you did not already know, this is why they are a part of TVs, cell phones, computers, and so on.

Since the dawn of time for burial rites, healing rituals, and divination practices, people have been attracted to crystals. Our ancestors intuitively knew that when they wore crystals, the human electromagnetic field would interact with the energies the stones possessed, which would consequently bring energetic changes. People are drawn back to vortexes (from which

energy enters the earth or comes from the plane of the earth), such as Stonehenge and Sedona, because these ancient and powerful magical stones occupy more than just powerful ley lines, making them, in effect, a powerful portal or place of power. People prefer to wear diamonds as a symbol of uniting two people together (diamonds are the most invisible natural thing in the world) and decorate royal crowns with crystals.

How Do They Work?

Healing stones and crystals have specific frequency and vibration, which comes from their molecular composition. These vibrations and energies, due to the way they move and react, work in putting us in a better mood. They uplift our mind and health considerably, often similar to how aromatherapy and essential oils work. Crystals act like magnets and absorb all the negative energies and welcome fresh and positive vibes.

Since crystals are naturally extracted, the energies of the moon, sun, and oceans (all healing energies) are harnessed by them, ultimately improving our state. When you hold or place any crystal over your body, the body's chakras interact with it, which promotes mental and physical wellness. Moreover, it can even improve concentration and creativity when used in a specific way and promote physical and emotional cleansing.

Crystals maximize the already-existing healing abilities within us. Due to this warm feeling of comfort, when a crystal is placed on your body, it helps you connect better and feel much more at ease. In fact, you can also match the misaligned energy levels within yourself by balancing crystals.

Color Therapy

Color therapy is the most basic form of crystal healing – one which uses the vibrational frequency of colors to engender rebalancing and change within the body. During color therapy, the client is asked to wear clothing of specific colors or sit in a darkened room with a lightbox, bathing in a particular color of light for a certain amount of time. The basis of color therapy are chakras and their corresponding colors.

When we talk about crystal healing, it works in similar ways. The crystals are chosen based on their colors and correspondence with the Chakra system. Let me explain this better through an example: let's assume a person has

some intestinal problems. The location of one's intestine is around the Sacral Chakra, whose corresponding color is orange. Thus, a crystal called carnelian, which is orange in color, may be used to treat the problem.

Crystal Vibration

While color frequency is a form of vibration, crystals vibrate on their own too. It surprises many people when they feel a tingling sensation in their hands when they hold crystals. In most solid substances, the molecular arrangement is entirely randomized, which means they are free to move around one another. Individual molecules and crystal atoms are pulled together as tightly as possible during formation, in part because of the strong magnetic field and also because of the intense, deep pressure within the earth that surrounds most of them during formation. Because there is no space that can be wasted, the molecules organize themselves into direct geometric patterns known as 'crystal lattices.'

These patterns govern the crystal structure that they will eventually develop. It also means that the molecules cannot move freely, and as a result, they tremble in their places. The vibrational frequency can be measured as the exact number of spectra per second. Some crystals, such as quartz family members, have piezoelectricity, a quality that allows the electrical reaction to pass through the crystal in the form of pre-determined movements. This makes quartz useful for making silicon chips on computers and helps maintain accurate clocks. Therefore, clear quartz is used in the treatment of crystal transfer and direct force. In terms of healing, it means that stimulating energy can absorb energy or direct and increase healing power.

Powerful Healing Crystals And Their Properties

There are a countless number of crystals with different healing properties. Of course, I cannot enlist every single one of them. However, I will expound on a few different types of crystals that you can use and describe their properties.

Selenite: The Master

This mineral is the only healing crystal that does not require any charging; more so, it can be used to recharge and cleanse other crystals. Found in

ancient evaporated salt lakes and seas, it is the most abundant crystal of all and can be found from Mexico to Brazil and beyond.

Metaphysical healing properties: Selenite is a channel through which one can reach the highest level of consciousness and everything infinite – the universe, spirit guides, and intuition. It can bring the spirit world to earth and remind us where we came from and where we will eventually go.

Physical healing properties: While it is already quite clear through its name, it is known for its masterful healing properties. There is barely anything that selenite cannot be used for. If you meditate on an outcome that you desire while carrying this crystal, it can help bring not only inner peace but great healing with it.

Moonstone: The Stabilizer

Deeply connected with women and the moon, moonstone is a beautiful stone to gracefully create harmony within and strengthen understanding. It was the stone of deities in ancient India and is considered sacred and regal.

Metaphysical healing properties: Moonstone can open up other worlds, even the vast universe. It can also be used to combat materialism and manipulate the ego.

Physical healing properties: Moonstone can be used to help the pituitary gland and the digestive system. It can aid in obesity, water retention, hormonal problems, and menstrual problems.

Aventurine: Opportunity Stone

Known for increasing luck, prosperity, and abundance, aventurine is a great stone that you can take with you if you plan to gamble in Las Vegas. A variety of quartz, this stone attracts good luck and aids in the successful use of new opportunities.

Metaphysical healing properties: Associated with the Heart Chakra, aventurine can create a feeling of elegance and remaining emotionally calm. It balances mental, physical, and emotional bodies while also proving balance.

Physical healing properties: Aventurine supports the heart, blood, and circulatory system. It can help speed up recovery from injury, illness, or

surgery.

Crystal Quartz: Spirit Stone

Almost the most well-known, crystal quartz is seen as a window of light in the imagery world.

Metaphysical healing properties: This specific crystal contains all the obvious colors and can be used to enhance desires, prayers, and the transcendence from the spirit world to the physical world. Meditate on crystal quartz and crystal “programming” for your required purposes. After that, you can wear or carry your crystal to increase your vibration and enhance the manifestation of your desires.

Physical healing properties: Crystal quartz is an excellent healer and is thought to stimulate the immune system and blood circulation. It also increases the flow of qi energy to the body.

Citrine: Financial Stone

The type of quartz whose golden hue of space is related to its connection with money, gold, and wealth.

Metaphysical healing properties: Carry this stone to a bank or cash-flow business meetings, or on your desk and stare at it while you work. Citrine can help you attract more wealth, financial security, and resilience.

Physical healing properties: Citrine is known to stimulate the body and help with digestion and nausea. It can also be used to strengthen nerve implants, helping the brain fire faster and more efficiently.

Agate: The Stone Of Internal Stability

This versatile stone can be found in almost all colors with seemingly endless varieties. From the obvious to the braided and bold color, the agates encompass our inner world and all its provinces.

Metaphysical healing properties: Agate enhances self-awareness, strengthens the aura (in all its colors), transforms negative energy, and is also a powerful spiritual element. Use this stone to fight anger, emotional instability, and lack of self-confidence.

Physical healing properties: Known to improve mental function by

improving mindfulness, agate is a great stone to use before crucial tests. It helps in writing and collecting thoughts when communicating with loved ones, where we desire transparency.

Tourmaline: Grounding Stone

Selected talisman for protection, tourmaline is used as a magic shield to lower your energy and fight the intrusion of unpleasant substances into your energy field. Long used by witches and shamans, tourmaline can be found on all continents.

Metaphysical healing properties: Although tourmaline is dark as night, it can be used to block negative energy, lift your movement, and bring you into the light. Darkness absorbs light, as this stone acts as a sponge for harmful or dark energy.

Physical healing properties: Use tourmaline to relieve joint pain and help repair the spine. It can also be used to strengthen the body's immune system, heart, and adrenal glands. It reduces stress and relieves tension.

Rose Quartz: The Stone Of Love

This beautiful pink quartz goes with the heart and expresses boundless love for yourself, others, and the entire planet.

Metaphysical healing properties: A beautiful stone to invite love, to help give love, and to attract your soul, rose quartz is all about the heart. Wear or carry quartz to make yourself open to finding love when you're single and deepen your love when you're already in a relationship. Rose quartz also opens you up to self-love.

Physical healing properties: Built around the heart chakra, rose quartz is used for deep emotional healing and release. It has been known to improve blood circulation and lower blood pressure. It can also be used to alleviate palpitations or skip beats and relieve tension.

Turquoise: A Stone of Protection

Believed to be the oldest known human stone, turquoise has been deemed invaluable by monks, shamans, kings, witches, and the like. Known as a symbol of wisdom, turquoise is common in almost all ancient cultures and

has long been known as a protective stone.

Metaphysical healing properties: Turquoise strengthens the meridians in the body and supports the feeling of meditation. Due to its blue hue, it is also compatible with Throat Chakra, which supports clear communication. Treat the turquoise with you as a talisman for protection, and it will deliver the old wisdom that helps you.

Physical healing properties: To help with problems with the brain, neck, ears, and throat, turquoise surely helps. It is strongly associated with the brain area, making it a good stone for clearing blockages and supporting healthy circulation throughout the body.

Fluorite: Positivity Stone

This crystal is probably one of the lowest in quality but also the strongest in functionality. This stone is known for measuring the negative energy and low vibrations from your space or body and creating a space for light to shine. Available in a number of different colors, fluorite is genuinely a magical crystal.

Metaphysical healing properties: Used to protect the auric, fluorite increases your movement, organizes negative energy, and calms a chaotic mind. Rainbow fluorite is well-known for mental toughness and promotes accurate psychic connections.

Physical healing properties: This powerful stone can be used in your study to clear your mind and sharpen your focus. It can also be used to relieve inflammation in the body, relieve cold symptoms, and can cool mucous membranes.

Lapis Lazuli: The Truth Stone

This is a beautiful blue crystal which is one of the most ancient, vibrant, and sought-after stones on earth. For a long time, it has been associated with luxury and royalty with celestial properties that assist people in physical reality with good judgment and wisdom.

Metaphysical healing properties: This crystal aids clear communication and ease of expression of ideas by activating the ethereal upper chakras and empowering the Throat Chakra. It is an intriguing stone that promotes truth

and inner observation by assisting in the representation and discovery of the spirit realm.

Physical healing properties: The power of this stone can be used to help heal and support the larynx, throat, and vocal cords. Additionally, as it has strong ties with the brain, it is also believed to ease Attention Deficit Disorder (ADD) by helping the mind let go of unneeded thoughts and focus easily.

Jade: Dream Stone

This stone can be found in many different colors all around the world. Its color is dictated by the region it is found in. It has been revered in all cultures, continents, and for millennia (and it has been in modern times) for physical and symbolic healing. It is one of the most commonly used crystals known to man.

Metaphysical healing properties: Jade represents the beauty of positions and purposes. This stone is also connected to the heart and helps us to accept the truth, express love (and to love ourselves and others), and help find shamanic realms in a dream lesson.

Physical healing properties: With its association with the heart, jade is good for filtering toxins and cleansing the whole body with blood. It can also be used to relieve joint pain and speed up the recovery process after surgery.

Amethyst: Manifestation Stone

This is one of the most common New Age rocks, along with selenite and crystal quartz. Amethysts can be found in every corner of the world.

Metaphysical healing properties: Link to your heart's desires and the purpose of your life with amethyst. This powerful crystal is associated with the higher chakras, helping to bring the ethereal space to the visible plane. It includes fulfilling our earthly dreams.

Physical healing properties: Use amethyst to boost the sympathetic nervous system. It balances hormones, reduces headaches, reduces neck tension, and can help with insomnia. Put an amethyst under your pillow at night for deep sleep and relaxation, with you being ready for creativity and manifestation.

Kyanite: Strength Stone

Kyanite helps the mind to create ways that were not there before, especially relating to development and meditation. It does not accumulate bad energy, so it does not need to be cleaned and is actually used to clean other stones and gaps.

The down-to-earth type of blue kyanite is associated with the sky and is therefore soft and supportive of the natural senses.

Metaphysical healing properties: Psychic abilities can be enhanced with kyanite as it deepens meditation and opens channels in the spirit realm. It can also be used to help those who are desiring change.

Physical healing properties: Kyanite helps heal a sore throat and improves communication. It can also be used to relieve headaches and eye pain when using a computer. It relieves tension during meetings.

Opal: The Eye Stone

This bright and colorful stone seems to glow when looking at it. It is associated with the eye as it is more pleasing to look at, and with the Third Eye Chakra.

Opal embodies hope, happiness, appreciation, and a general sense of well-being. There are more than ten types of opal, all from different parts of the world, with different structures.

Metaphysical healing properties: Opal acts as a prism of the whole aura and brings the entire mirror of light to spiritual bodies and energies. It can enhance the dynamic energy of the soul that is not quite visible to other stones. Use opal to awaken magical and mystical properties. It also works as a vehicle for contacting ancient spiritual sites.

Physical healing properties: As an incident stone, opal can be used to help support eye health and improve vision. It can stimulate memory and stabilize neurotransmitter interference.

The bottom line is that crystals have been used by humans for a long time. They have magical and healing properties, and they are not just pretty decoration pieces. They have been used to treat nausea, cancer-related symptoms, stress, dementia symptoms, low self-esteem and confidence, insomnia, and many other things over the years. While there are many people

who may say that is the “placebo effect” that makes a person believe crystals work, that is far from the truth. Crystals genuinely contain healing powers, and everyone should use them!

Chapter 7: Practical Uses Of Crystal Healing

Should there be a quote here?

In the previous chapter, we expounded upon what crystal healing is, how it is so powerful, how they work, and different types of crystals. Having established the fundamentals of crystal healing, here is a brief guide to help with your crystal search.

1. Call Upon The Right Crystal For You.

Ask the Universe about the crystal that will work best for you. Open and accept any crystal that comes your way, and do not indulge in too many ideas or preconceived notions.

2. See How You Can React To Any Stones.

Take your non-dominant hand and pass it over the crystals, waiting to see if you feel a lowkey “tug” from one of the stones. This is the Universe connecting with you.

3. Try With Stones With Different “Properties.”

Another popular way to choose a crystal is to look at the crystal of what you want to heal. An excellent place to start with this is looking for a crystal part of the body or Chakra that you think needs more love. Here is a brief guide to the seven chakras to get some advantage of choosing a crystal:

- Root Chakra (perineum, the base of the spine): protection, security, and comfort in your area.
- Sacral Chakra (lower abdomen, sacrum): abundance, strength, sex, and courage.
- Solar Plexus Chakra (waist, solar plexus, lower ribs): child-inner awakening, loneliness, pleasure, happiness, ego, and will.
- Heart Chakra (heart, chest): love, self-love, acceptance, empathy for self, and others.

- Throat Chakra (throat): communication, self-confidence, and conveying divine details.
- Third Eye Chakra (third eye, between eyebrows): comprehension, meditation ability, mental purity, and clarity.
- Crown Chakra (above the head): This is the whole collection of chakras, and that is where we ascend to make contact with the surface.

When you walk into a store, you can ask to see some chakra stones for guidance. Also, if you learn that a certain stone works with a particular chakra, it is best to place that stone on its corresponding body part. (For example, a second chakra stone placed on the lower abdomen is perfect).

Like everything else, rocks and minerals that we call ‘chakra stones’ vibrate in their own unique manner. The same is true of our bodies and internal organs. When we come in contact with certain crystals, many energy objects can occur. Here are some of the best things:

- The use of chakra crystal stones for treatment is a form of alternative medicine.
- Each stone is given a different structure based on what the observers have observed over time. For example, black is one of the colors connected to the root chakra because Black Onyx is believed to cool and strengthen this energy center.
- This process is simple and involves pressing stones against your body, allowing them to eliminate emotional closure and promote clarity.
- Like hundreds of thousands of people around the world, you can make this a part of your self-care process.

The key is to make sure you choose the right chakra stones for the area that needs treatment.

How To Choose The Right Chakra Stones?

Root Chakra Stones

The root chakra is the center of ‘survival’ and includes the most healing

stories at the crossroads of management, doubt, and deprivation. It is not uncommon to see a person feeling ‘zoned out’ or unsafe when the root chakra is blocked. Physically, it may appear as constipation or tiredness. Anxiety and financial stress may also be present. If the root chakra is overworked, you may find yourself supporting others or giving in to materialism. Chakra stones can help balance the root chakra, usually red or black in color. Some of the ones I like are Black Tourmaline, Hematite, and Red Jasper.

Black Tourmaline

Black tourmaline is the ultimate protection stone. One of the issues is that the Root Chakra does not balance the negative energy from others. Black Tourmaline acts like a shield or force field, blocking all inanimate or unpleasant objects. If you have a lot of negative people around you who try to steal your light, I suggest this stone. It also protects against accidents. So, if you are stubborn or prone to “bad luck,” this stone can help you change your vibration.

Hematite

Looking for turning negative energy into positivity? Hematite is the answer! Using our internal yin-yang magnetic fields, Hematite stimulates concentration and improves memory. Many people believe that Hematite helps you to have a better mindset. So, if you need to improve your problem-solving skills, use this crystal.

Red Jasper

Jasper has been used medicinally since ancient times, known as the Stone of Endurance. Red Jasper, like all other jaspers, binds to the Earth and strengthens the energy of the physical body. Lethargy, low levels of activity, low energy, and the need for continuous intensity can all be solved by using Red Jasper stone to balance the Root Chakra.

It works for all the lower three chakras, so you can use it to balance the Sacral and Solar Plexus Chakras as well. Other benefits of this stone are:

- It improves total endurance.
- It helps a person to remember past lives.
- It stimulates adrenaline.

- It helps to show creativity.

The use of Red Jasper in healing practices will help build a solid foundation so that you can put yourself on the path that feels right to you without fear or anxiety.

Sacral Chakra Stones

The Sacral Chakra is an ‘emotional body’ and is quickly suppressed by fear, especially the fear of death. As it is represented by water, the sacral center is about flow and flexibility. When the Sacral Chakra is not balanced, you may feel disconnected from others and yourself. Low back pain, birth defects, and kidney problems may also arise. If this area is overused, you may find yourself experiencing addiction or dependence, lack of creativity, or even low libido. You may also struggle with self-esteem or emotions and disorders, such as ‘depression’ or ‘bipolar disorder.’ They can occur when this power center is not treated correctly. Chakra stones can help balance the root chakra, usually orange in color.

Orange Carnelian

This is quite a useful chakra since it balances the active and inactive chakra centers. It can be challenging to determine which one, so it is a “cure-all” must have in your collection of crystals and stones. As an ancient stone, Carnelian was used to protect the dead on their way to the afterlife, but I see it as a stone of courage. Emotional trauma, fear, and emotional pain are all eliminated by Orange Carnelian as it balances your chakras, and family ties are strengthened. Want to start a new lifestyle? This chakra stone can connect you with the power to do so. Depending on the condition of the body, Carnelian can treat problems with lower back pain, arthritis, and depression. It can speed up bone healing and improve vitamin absorption. It can also be used to treat Root Chakra problems.

Tiger’s Eye

The history of Tiger’s Eye is fascinating as this brown gold quartz has been used for many purposes. Roman soldiers designated it as amulets and talismans, and the Egyptians used it to make ‘eyes’ on idols because they believed that the stone knew everything. Today, people use it to measure the second Chakra and bring sharpness to inner vision and complete mental

focus. It also reinforces mood swings and allows us to make decisions without being overwhelmed by fear and anxiety. Willpower and the purpose of life are supported by the use of this stone as it grows confidence and a desire to win.

Solar Plexus Chakra Stones

Many things can block your solar plexus, but most of all, it is caused by authoritative parents, spouses, employers, bullying, or some other forms of abuse. This includes mental and emotional abuse. These pains weaken our self-esteem, diminish our strength, and block the third Chakra. The result is low self-esteem, a tendency to procrastinate, or even stubbornness/judgment. Stomach problems and neurological problems may be necessary to 'control everything.' If you find that you are always under stress, and your 'fight or flight' response is easily triggered, you may need to adjust this Chakra. Tiger's eye can be used for this Chakra, so if you buy it with a power center number, you can use it for three. Other than that, I recommend Yellow Citrine.

Yellow Citrine

This yellow Quartz is a transparent crystal that can indicate healing in many areas, including relationships. Any purpose focused on using this crystal will immediately appear. Yellow Citrine is treated by heating Amethyst, so all the properties contained in that crystal are enhanced in Citrine. It also removes anger and promotes happiness. Therefore, when faced with strong emotions, this crystal can help make things smoother. The same is true of digestive problems. Yellow Citrine's greatest power is the visualization and creativity it allows. It will help you to become more confident in your abilities and get rid of all the negative energy from the body and the environment.

Heart Chakra Stones

The Beatles say, 'all we need is love,' and when it comes to the heart chakra, this can be true. It has been known as the house of unity and love for thousands of years now.

When our heart chakras are open and flowing, love increases. When they are blocked or overworked, jealousy, self-pity, abuse, loneliness, need, unforgiveness, and insecurity build up their bad heads. Unsurprisingly, these

negative forces can cause problems for the human heart and circulatory system. Fortunately, we can balance it. There are many chakra stones and particles that can be used to find love and support the flow of happiness. Two of the most magical are Rhodonite and Emerald.

Rhodonite

Most of the stones and crystals on the face, similar to the healthy heart chakra, are green in color. Rhodonite is different, but don't let its deception of pink and black hue get to you. It is best known for its ability to arouse two strong emotions: boundless love and forgiveness. When these feelings appear in the body, any blockages have no choice but to disappear. It also helps to free us from fear and other negative feelings that prevent us from fully loving others and damage our relationships. If you have a problem with someone you love, carry Rhodonite with you and watch things change.

Emerald

Even if you don't know anything about gemstones, you've undoubtedly heard of Emerald. For at least 6,000 years, people have been selling and buying Emeralds, using them for many different purposes. It radiates the bright green rays of energy. The intense vibration of this stone can open your heart's Chakra and clear any obstruction. Since it is one of the most important stones of Chakra, Emeralds are more expensive than others, but they are worth it. You might consider an Emerald necklace for healing the heart at all times.

Throat Chakra Stones

If the Throat Chakra is blocked, it may be unable for a person to speak for their own self. When such a thing happens, it must be balanced quickly, especially if a person feels that they have lost the ability to communicate freely and get their creative juices flowing. Some chakra stones and crystals can help a person open their larynx and find their voice again. Azurite and Aquamarine are two of the most popular stones for this chakra.

Aquamarine

This stone is known for its breathtaking blue color, but it is also a Reiki healing helper and a powerful stone. The most significant power it has is that

it can enhance communication while bringing calming, smooth energy that will align all the energies within your body. Therefore, if you wish to ward off illness while all your energy centers, this stone is your go-to guide!

Azurite

This stone is also blue in color, full of healing properties. If you wish to remove the communication barrier you have been facing, you should use this. Before you know it, you will be back to your original state of joy.

Third Eye Chakra Stones

As you already know, this chakra is a person's intuition center. If it is not clear and clean, you cannot live your life to your highest potential. For most, if not all people, this chakra is blocked, which is the core reason we often forget the purpose of our lives or find ourselves unhappy. These things already exist within us. We know why we are here and how to make ourselves happy, we have only forgotten it. All we have to do is tap into our intuition and rediscover ourselves. There are several chakra stones that can help with this process, two of the most important being Azurite (mentioned above) and Charoite.

Charoite

Charoite is incredibly beautiful, also called the dream stone. It helps a person intertwine reality and dreams. The dreams we have are connected to our higher selves and subconscious minds. If you place this stone under your pillow, it will not only heal your third eye chakra but also allow you to see intuitive dreams. Additionally, this stone is also interlinked with social justice. Hence, if you wish to find the courage to do the right thing despite everyone else's opinion, you can wear this stone.

Crown Chakra Stones

If a person wishes to connect to a higher power, their Crown Chakra must be clean and clear. To grow spiritually, one should work on opening this chakra. Otherwise, they will always feel that they are misunderstood, need attention and approval from everyone, and remain wholly disconnected from their soul.

Quartz And Howlite

For crown blockages, Quartz is especially useful even though it is quite an all-rounder. There are many different types of Quartz, and any of them can be used for its healing powers. Another benefit of this stone is that it will not just focus on one chakra, but it will help balance all of them. Howlite is its partner in crime. Together, they are like Batman and Robin. Howlite has the ability to clear a person's mind of any and every negative thought, helping them grow spiritually. You can use this combination as a part of meditation or even add them in your bath for realizing an overall healing experience.

Crystals And Their Different Sizes

Most crystals have an electromagnetic energy field around them. It's sort of like a magnet; the larger the magnet, the more powerful it is. For the most part, metaphysical energy has similar rules, with a few exceptions. If a person is energy sensitive, and they get close enough to a large crystal, they will feel the increased power radiating from it. Similarly, if one goes inside a crystal shop, they will feel the energy because of its overwhelmingness. This shows how there is abundant power in a crystal collection.

Small But Mighty Crystals

Having said that, there are some crystals that may be small in size but are very powerful; they are sometimes known as 'high vibration' crystals. Gem quality crystals or stones that have a high grade often have stronger energy, too. So, you can have a small quality ruby that is a ring, which will be as powerful as Ruby Tumble Stone at a lower level.

“Increasing the crystal size increases the power, but if there is a strong power, you may not need a larger size.”

All crystals are different, but usually, a larger crystal will have more strength than a small one of the same mineral. Now without all this, there is no need to start buying only large crystals or investing in expensive quality stones. Crystal Healing is all that is needed. Large crystals with energy tones can be quite powerful for your needs. Different sizes are usually fit for various purposes. Here is my guide on where the smaller crystal is most suitable and where the larger crystal should be used.

Small To Medium Crystal Uses

Small Crystal Points, Gemstones, and Polished and Tumbled Stones are a perfect size and suitable for personal use. You can use them to carry with you or wear as a piece of jewelry. If you need crystal structures all day long, just wear them as jewelry or carry them in your pocket. You should keep them inside your aura where they work best. If you feel like you need that much energy, look for great ways or wear over that stone. You can also use small stones to make Crystal Grids or make Chakra Healing structures.

Large Crystal Uses

Large centerpieces of crystals, clusters, sculptures, and refined stones are ideal for your home space and for creating a sacred space. You can benefit from their power by placing them near you in your spare time or in the room where you wish to put their energy. They can also be used for altars and large crystal grids. The central crystal point or crystal wand can be used as a crystal healing tool or during meditation.

Crystal Healing Wands

From ancient times, crystal wands have been traditionally used as a healing tool by shamans, healers, and metaphysicians. Some suggest that crystal wands were used by the inhabitants of the ancient civilization of Lemuria and the healers of Atlantis. Crystal wands are a popular healing tool for modern healers. They are excellent healing tools that perform chakra balance, emotional healing, and spiritual growth. Crystal wands purify, protect, regenerate, and use the human energy field. They can be helpful in feng shui in defining space and natural blessings. Crystal wands can be used to create sacred spaces for meditation, healing, and spiritual activity.

Crystal wands come in many different shapes and sizes, and they are made of a variety of stones, crystals, and minerals. The healing vibrations of each crystal will have a different effect on the physical body, aura, and chakras. Crystal wands are incredibly helpful in scanning the aura and chakras to detect, clean, and cool blockages. They can focus and direct energy firmly with their tips. They can also be used to treat a whole body or aura or only direct energy on a specific area of the body or a particular chakra. You can choose a crystal wand that you can use for one particular purpose or choose a wand made from lists and tools that will suit your dynamic energy and

purpose.

Crystal Healing wands gather with direct energy. The formation of the crystal wand causes the stone or crystal to direct its cooling power, as the point of the wand focuses the crystal energy on specific areas of the body or etheric field. They can be used effectively in combination with healing methods, such as massage, physical activity, or Reiki. Making the body bend with a crystal wand helps to reduce weight loss and relieve body tension. The powerful healing properties of the crystal can be obtained by beneficially massaging with a particular wand. The smooth, round wands are surrounded by at least one end of the great cooling tools, as they soften and cool and will not crack or cause discomfort. Demonstrated wands are excellent crystal tools that you can use in reflexology and in making point rendering. Natural laser crystals emit concentrated energy and can be used to identify and clear the emotional fields of careless cuts through confusion and clothing. They can also remove strong hooks. Moreover, they are useful tools for meditation, brain surgery, crystal grids healing, and crystal body alignment.

Using A Wand

Crystal wands are powerful but easy to “work with.” Please handle your Crystal wand with awareness and for the purpose of using your smart and intelligent crystal ‘tool’ and have respect for the best healing process. Before using your crystal wand, you may wish to spend some time with it to get used to its strengths and keep up with it. By allowing yourself to be in touch with your crystal wand, you get a powerful rapport and empathy. The better you know your crystal wand, the better it will work with you to build amazing alliances.

Hold your crystal wand while you meditate and feel its shape, texture, and weight. Visualize a typical crystal wand for any patterns or color changes you may have. The possibilities are endless. Listen to your understanding and connect with the powerful vibration of the crystals. Try your Crystal wand the way you want. There is no right or wrong way to work with a crystal wand. Enjoy!

The healing power of your crystal wand is greatly enhanced when it is intentionally designed. It is the power of the individual that increases the power of the wand, so it is a good idea to plan your crystal wand for its intended purpose. Your wand should be easy to accept and organize if you

choose a stone with its own healing properties that best fit your goals.

Scanner To Detect And Heal Blockages With A Crystal Wand

You can use your crystal wand in the same way as using a crystal specimen. Your right hand (“giving” hand) holds the crystal wand directly above the body part or area you wish to scan without touching the body part or area. Slowly move the crystal wand all over the body in the right direction. Pause where your chakras are and other areas that may have caught your attention. As you do this, pay attention to any areas where the crystal wand feels different. Be careful. Is the crystal wand moving fast? What is the temperature of the crystal wand? Is it hot or cold? Does the crystal wand feel heavy? Does the crystal wand move freely? When you have finished scanning the aura, go back to other places that will respond to the wand. Where a strong force difference occurs is an indication that there may be blocks in the auric field or chakras.

Transfer Energy With Your Crystal Wand

You can use your crystal wand to find the sticky energy coming out of the affected areas. It is not really necessary to touch the body with your wand. Hold it over the affected area with the point away from the healed area. To start and move energy, you can use your crystal wand to draw a circle or air circulation over the affected area on the opposite side. As you do this, you may want to see with your mind the crystal emitting what you can hold – emotions, indifference, fear, pain, and exhaustion through crystals, and then a pointed form emerges. Use your feelings. You may say healing words, discuss the “problem,” offer prayers, repeat the purpose of healing, or simply hold the space as the energy is released and reassembled.

Sometimes you may feel like the energy is too overwhelming. Your crystal wand can help you ground, realign, and balance erratic energies. Simply hold and point it where the affected area is. To balance and calm the energy, you may also draw circles with your wand above the affected area in a clockwise direction. While you are doing this, visualize the crystal’s vibration calming and soothing your overactive energies. Energy does not disappear into thin air. You must redirect and recycle it when it gets

excessive. Your crystal wand will provide a bridge for you to transfer and direct that energy.

Crystal Spheres

Crystal spheres are powerful tools, radiating consistency and positivity. Historically, this field has been a noble and sacred one. All points are the same distance from the center, making it a pure world of unity, integrity, and perfection. The formation of crystal spheres allows energy to shine in all directions at the same time, making them a good choice for many purposes. Crystals have great healing power. The shape of the crystal changes its frequency: the more equal the presence in the crystal, the higher the frequency. As sectors become more efficient, crystal spheres emit high-energy healing forces that can be used in a variety of situations.

Conflict Resolution

Combining the power of crystal spheres by placing one in common areas can be helpful for resolving potential conflicts. This creates a calm atmosphere and helps neutralize negative emotions. Crystals like Rose Quartz, Selenite, Black Tourmaline, and Lapis Lazuli are ready.

Feng Shui

Crystal grids used in conjunction with Feng Shui buildings can bring love when placed in the southwest direction. They bring personal growth when placed in the northeast direction. They propagate creativity and the center of unity when placed in the west. Try to place crystal spheres according to what your home space needs to achieve balance.

At Work

Put a crystal sphere at work to capture and focus on uninterrupted or undetected forces and use them to maximize company productivity. These appointments can increase luck, cash flow, and mental clarity. Crystals suitable for the work environment are Citrine, Amethyst, Selenite, Fluorite, and Clear Quartz.

Meditation

You are a conduit of universal energy, and the crystals have the power to amplify the expression within you. They do not need channels and can increase the frequency of your energy. Carrying crystal spheres in your hands or introducing them to the crystal grid during your meditation practice can greatly enhance your ability to go more in-depth into meditation and get the highest benefits. You must try it. However, be aware of the level of understanding you gain after such a practice.

Stress Relief And Self Massage

Crystal spheres are an ideal form of self-massage and reflexology, so take advantage of that opportunity to wrap your tight muscles where you hold onto tension and pressure. Using a certain amount of light pressure and using the rolling spheres over the areas where your body is held helps to make you double in level and strength. Clear Quartz is ideal for this because it is a Master Healer and can withstand washing with water afterward.

Pyramids

We live in a world where there is no escape from tension and stress, and they are a huge part of our lives. These problems are caused due to many factors, including a lack of positivity and a sense of purpose. Sleep pills and muscle stimulants have entered millions of homes as a way to easily escape mental disorders. However, there is something better – your subconscious mind, incomprehensible or inaccessible as you might think.

It is only our thought process that calms us down or distracts us. To address all of these problems, all we have to do is turn the confusing situation into a peaceful approach using pyramid therapy performed under a geometric structure. It is made up of four equal triangles of the same size at the base of the square how it formed in that square. It is one of the most powerful tools for healing your chakras and harmonizing your mind, body, and soul. The power of the pyramid is considered to be spiritual or personal. This energy is said to preserve food, preserve the sharpness of the razor blade, improve health, arouse sexual desire, and cause other amazing results.

The concept of the pyramid is said to have originated in many parts of the world, but Egypt is at the top of this list when it comes to the mysteries and mysteries that surround it. The chakras are the seven points in the human

body that revolve around a life force, also known as prana.

They are arranged directly in the center of the body near the spine. If the chakras are unbalanced - not properly aligned or blocked – they can affect physical and mental health. Spiritual progress is associated with good chakra health. The pyramid has special properties for analyzing any type of cosmic rays that fall from the bottom of its coil in which this distorted cosmic radiation, with the help of the Earth's magnetic field, forms a new bio-energy field. Second, as the pyramid defines all the rays that fall at its edges through the ground on all four sides, the inner center of the Pyramid remains inactive and safe. It is surrounded by a bio-energy field on all sides, which helps to store materials and objects in the pyramid for a long time. The pyramids have a strong ionization effect on the body. Negative ions promote oxygen in the human body, and thus, promote well-being. Meditation at the bottom of the pyramid or just using the panel at the bottom of the Pyramid helps align the seven chakras of the body.

Many people experience feelings ranging from calm to loud thunder during their meditation inside the pyramids. Most individuals, who have tried to meditate on the neck of the pyramid, describe themselves as feeling their entire body is at rest, followed by the closure of unnecessary external and irrational thoughts, and finally experiencing a changing state of consciousness that allows them to focus on deeper inner levels.

Crystal Grids

A crystal grid is a powerful energy tool that you can use to combine the strength of many types of crystals. Depending on the crystals you choose and the way you plan, the power of the grid will move something different from your environment and your spirit. Crystals are usually arranged in a geometric shape, but making a crystal grid can create the precise way that you want. Crystal gridding can be used for anything you wish for. If you want to publish a book, help create peace in the workplace, or raise some money to pay your bills on time, try the grid. I personally like using the crystal grid because you can explore many different layouts and find what suits you best. I remember when my mother had surgery, I made a grid for her because I could not be with her in the operating room. I set up a grid with a combination of crystals in a certain formation that would send vibrational energy to her constantly 24 hours a day, as long as it was there.

Home Grid

In your home, you can create a grid that separates a specific room or the entire home. Consider placing stones at every corner and connecting them firmly with the crystal to the table in the center. Together, place a grid in each corner or center of the room. If there is a room in the middle of your house, try to put a grid there when creating your home grid, state exactly what you want in your home to induce the spiritual connection. Your thoughts will create an empowered and safe experience for the soul that will work as an open-minded oasis. Maybe you want it to be a healing and continuously invigorating energy. The way you build words will generate energy from the grid you create.

There is no wrong way to do it unless you don't have a purpose and put the crystals without believing in them. Crystals need to be organized with the most powerful force in the universe, your thoughts! Place a grid or grid where you can see it to remind you of what your home power is designed to do for you and others. The written object should remain in the center of the grid under the center crystal. To bring high energy to your home, set a pure motive for energy. High energy can only add to the stress, so you want to make sure you are managing that energy well. For instance, you could write a motive like this, 'If anyone comes to my house with a raised power, they should see what is in harmony with the purpose of their soul.'

Attracting Abundance

Once you have an idea of what you are going to manifest, we will use your intention to create a higher power for this. Excite yourself by visualizing the situation you intend to manifest. It is a visualization where everything else is gone. Then write in the present tense that you have it and paste it in the center of the grid. For example, you could write, "I'm hooked up to the pipeline, and money comes to me easily."

You can be more direct and write something like, "Today is the best day of my life, and I have my dream job, which is..." Fill in the blanks there. Speaking of abundance, your vibration is EVERYTHING. When you are in a state of great power, and you feel the love coming out of your power, you will attract good things all the time. The grid will help you in your space by creating the direction of your psyche that, in turn, creates the space of the

universe that begins to fill right there.

Side Effects Of Using Crystals

When I started working with crystals and using them, I used to get really nauseous. I always had this huge question mark as to why I felt that way. Now when I look back, I realize it was because my chakras were not balanced, and I needed to balance them before I worked with crystals. My Solar Plexus Chakra was blocked, and I needed to realign it. So, I applied lavender oil and worked with Reiki to bring it back to normal once I realized it.

The Take-Away

Crystals can be used in many different ways by everyone. When it comes to creating grids, a person can do it with little knowledge. However, if they want to unlock their true potential and actually be able to reach that higher power, clearing out negative energies, they will need to study a little bit and understand how they work. It's similar to planting flowers. If you wish to plant one flower, you can go ahead and do it. But to actually have a whole garden, you will need to learn everything about gardening. Every activity requires gathering some knowledge if you wish to perfect it.

Chapter 8: Reiki Healing

“Reiki is the best vibration for helping someone to relax well and deeply. Relaxation is key to human health and recovery because it initiates our natural and innate healing abilities. It is when we are truly relaxed that true healing can take place.”-Chyna Honey

In the early 20th Century, Dr. Mikao Usui founded the predominant form of Reiki practiced globally today. While Reiki does not cure any disease or illness directly, people use it to improve their general well-being and manage their symptoms better. Reiki is a form of energy healing in which a person’s hands are placed either lightly touching the body or just off the body, as in “laying of hands.” When a Reiki session is taking place, the practitioner’s aim is to transmit Universal Life Energy to the client. The goal is to help speed up healing, reduce pain, create deep relaxation, and decrease any other symptoms one may be experiencing.

Reiki is a spiritual healing technique that has Japanese origins. The word Reiki comes from a Japanese word (Rei), meaning “Universal Life,” and (Ki) meaning “Power.” Reiki is not affiliated with any particular religion or denomination. It is a subtle and effective form of energy work using spiritually directed energy.

History Of Reiki

The Founder

Reiki was founded by Dr. Mikao Usui, who also goes by the name of Usui Sensei. He was born in 1865 to a wealthy Buddhist family. As a child, he studied in a Buddhist monastery where he learned swordsmanship, martial arts, and the Japanese form of Chi Kung. He always had a keen interest in psychology, medicine, and theology. It was this very interest that led him to search for a way to heal not just himself but also others. He desired to find a healing method that had no ties to any religion, so it could be used by people from all walks of life. Throughout his life, Dr. Mikao traveled, studying healing systems of all types. Ultimately, he became a Buddhist monk.

In the early 1920s, Usui did a 21-day practice on Mount Karuma, and for 21 days, all he did was pray, meditate, and fast. On the morning of the 21st day, he underwent an experience that would alter his life forever. He saw

witnessed ancient Sanskrit symbols that aided in the development of this 'healing system' he had been trying so hard to create. This is how Usui Reiki was born. Following his spiritual awakening, he established a clinic in Kyoto for healing and teaching. Soon, he became well known for his healing practice.

Further Development Of Reiki

Mikao Usui founded his first Reiki clinic and school in Tokyo in 1922. Before his death, Dr. Usui taught many Reiki kings to ensure that his plan would never be forgotten. Among them was Dr. Chujiro Hayashi, a former military officer who founded the Reiki Clinic in Tokyo.

Dr. Hayashi is considered to have developed the Usui Reiki program by adding hand positions to properly cover the body. He also changed and adjusted the attunement process. Using his improved program, Dr. Hayashi trained other Reiki Masters, including a woman named Hawayo Takata. Mrs. Takata was a Japanese-American woman who went to Dr. Hayashi for treatment. Upon learning the whole process herself, Mrs. Takata left for the United States and introduced Reiki here.

Spread Of Reiki To The West

Once Mrs. Takata had learned Reiki One and Two, she started practicing it when she came back to the United States and eventually became a Reiki Master. Much of this happened near the beginning of World War II. As she wanted to spread her system of healing to others, she altered some parts of the Reiki practice and started using it to heal others.

How Does It Work?

Reiki is the life force that flows through all living things. Reiki practitioners understand that everyone has the power to connect with their healing powers and use them to strengthen themselves and help others. It is believed that the "Ki" of a person or force should be strong and flow freely. When this occurs, the human body and mind are in good health. The life force responds to thoughts and feelings. It is disturbed when we accept – either consciously or unconsciously – negative thoughts or feelings about us. Negativity clings to the energy field and causes disruption in the flow of life energy. This reduces the vital functions of organs and cells of the physical

body.

The clients that I have worked with have always reported feeling quite calm post-session. Over the next few days, they start to notice changes. In situations they would have normally gotten stressed, they can see through a clearer lens and actually process issues without getting stressed out. The experience in its entirety is different for every person. For instance, I treated a family member, and she actually felt the energy as she would wake up feeling different a couple of times. I was also working on people who had stomach issues, and after the healing process, their problems cleared up. So, the benefits of this type of healing are quite distinctive. It works on three levels: spiritual, emotional, and physical.

Reiki heals by flowing to the affected parts of the energy field and charging them with positive energy. It increases the vibration level of the energy field inside and outside the body, especially where negative thoughts and feelings are attached. This causes negative energy to split and fall. In doing so, Reiki cleanses and heals energy pathways, thus allowing the life force to move in a healthy and natural way. There are five core types of Reiki, which are briefly described below.

How I Perform Reiki

I perform my treatments in two ways; one is in person, and the other is over distance.

In-Person Treatments

When I am performing this healing process in person, I have the client lay down on a massage table on their back then I hover over their body. I scan their body, starting from their head, and then channel universal energy into their body. That is inherently what a Reiki technique is, to begin with – just channeling energy into different parts of the client's bodies through your own (practitioner's) hands. I tend to work on the seven major chakras. However, I also work on the legs, or if there is a specific area where the client is having problems, I will address that. The treatment merely evolves this one process of channeling energy, hovering over the body, or gently touching it, putting the positive life force energy with your hands.

Distance Treatments

When it comes to distance treatments, the process is a little different, but not a lot. I have a stuffed bear with a little house and a yoga mat for it too. When doing the process, I lay the bear on the mat and did everything exactly as I would, had the client been with me in person. So, the bear acts as the client over here, but the healing takes place on their body. Although the entire process sounds a bit eerie, the thing about Reiki healing is that there is no negativity interlinked to it. There can never be! Reiki is all about positive energy, so nobody can ever misuse it. In fact, the best thing about it is that it is a two-way process in the sense that since the practitioner transfers the energy onto the client, they get its benefit too. For instance, if the practitioner is having a bad day, and they are healing the client, Reiki will heal the practitioner before it goes into the client.

Types Of Reiki

Jikiden Reiki

Unlike Western Reiki, Jikiden Reiki has its roots in Usui Sensei's Reiki and has remained quite traditional. While they could be called spiritual healing methods, the treatments are mostly physical. To practice Jikiden or Usui (or all) Reiki therapies, Reiki practitioners refer to 'light rays and light' in all parts of their bodies, especially their hands, that energy is directed and transmitted to the recipient, without any physical contact.

When a trained Reiki physician transmits energy to 'radiation,' other physical indicators of minor ailments such as toothache, it should take only a few minutes to slow down and relax. Severe pain, bruising, cuts, burns, stabbings, headaches, back injuries, and recovery from surgery can be greatly reduced with Reiki treatments. They can help speed up recovery after surgery, procedures, and accidents. The purpose of this is that the power is taken out of the hands of counselors into the client's body to reduce, eliminate, or at least reduce physical pain and heal the affected area. Reiki can also help heal the emotional and psychological pain a person may be experiencing.

Benefits Of Jikiden Reiki

- It speeds up the treatment of injuries even after surgical procedures.

- It does not interfere with one's faith.
- It is gentle, soft, and non-abrasive.
- It helps with the healing/removal of bad habits and mental cleansing process, e.g., self-discipline, fast food, alcohol, drugs, sugar, etc.
- Jikiden Reiki helps to soothe and control addiction or get rid of it altogether. This often depends on the individual who is dealing with addiction and other involved physical and psychological factors.

“Jikiden Reiki is very effective in treating physical weakness or mental health problems, including trauma.”-Jikiden Reiki Booklet, Copyright, 2010, Tadao Yamaguchi Jikiden Reiki

Karuna Reiki

The word ‘Karuna’ in Sanskrit can be translated to “Compassionate Action,” and it usually means any action taken to end another’s suffering. Karuna’s Reiki program was developed by William L. Rand, and the symbols used during the Reiki conference were organized by several Reiki Masters, including Marcy Miller, Kellie-Ray Marine, Pat Courtney, Catherine Mills Bellamont, and Marla Abraham. William used symbols and found them to be valuable, but he felt that they were more powerful than they had been before. He meditated on them and was guided to develop the process of reuniting and calling it the new Karuna Reiki program.

Karuna Reiki energy has a focused approach and works with all the energy bodies at the same time. Those who receive attunement/acclimatization (or begin to practice Reiki) from their Reiki instructor after earning a Reiki degree often report their experiences with their directors, Angels, and Higher Self, and feel the presence of these healing beings.

Benefits Of Karuna Reiki

- Gentle and non-aggressive, it's fun.
- Heals patterns that are unconscious.

- Helps to control sleep patterns (insomnia).
- Help with panic, fatigue, and muscle aches.
- It helps to show your intentions.
- Pulls negative energy or block away from the body and relieve pain.
- Reduces and eliminates emotional pain.
- It is used in intensive treatment, removing emotional pain.
- It does not interfere with one's faith.
- Treatment at the cellular level of the body.
- Heals past trauma.
- Heals communication.
- Heals interdependence.
- It heals relationships and helps to develop them.
- It helps a person to be more mindful and calm.
- It helps to disrupt denial patterns.
- It helps to accept your imperfect parts.
- Improves reading ability and clarity of mind.

Lightarian Reiki

Lightarian Reiki is an extended form of Usui and Karuna Reiki. It is a form of Reiki practiced by the Reiki Masters who wish to continue their spiritual journey and want to take their healing to a higher level than that experienced by Usui and Karuna Reiki. Lightarian Reiki was inspired by the Buddha, the Ascended Master. It uses vibrational bands with great power to establish the most powerful Reiki connection.

Reiki has eight vibrating bands. The first band is taken by Usui Reiki while the second band is taken by Karuna Reiki. The remaining six bands are occupied by Lightarian Reiki. In these six sections, levels I and II are given together. They are followed by the acquisition of each of the following two levels, level III and IV. Similarly, levels V and VI are provided together. As each group progresses, a unique vibrational band is installed that allows the

cooling process to accelerate. You must wait 30 days for the new power to be consolidated and eliminated. Lightarian Reiki enhances your communication with the Ascended Master. Not only this, but you will also benefit yourself through your healing for others. This is done with high vibration levels as you step on the continuous vibration belts. Buddha's intentions were to equip himself to keep the process of meeting and dating simple. This is the reason why there are no new symptoms associated with this type of Reiki. As well as the treatment itself, Lightarian Reiki allows you to bring high levels of energy to your customers, which is why they speed up their cooling process. The benefits of Lightarian Reiki are listed below:

- With the continuation of vibration levels, you gain a higher level of healing on a personal level.
- Effective and fast healing for clients as healing frequencies expand.
- Increased awareness and sensitivity that help to develop spiritual gifts.

Sekehem Or Seichim Reiki

The “Seichim” or “Sekehem” healing energy is capable of accelerating your spiritual growth and opening the channels of communication with your superiors and ‘All That Is,’ Cosmic Universe, and The Origin of Souls. There is no other power system compared to this high vibration power operating at deep levels. Sekehem or Seichim Reiki encourages you to take responsibility for your health, healing, and growth, both personally and spiritually. Therefore, it helps you achieve your full purpose and soul. It answers, “Why am I here? ... How can I help others?” It allows you to share your unique gift with the world.

Benefits Of Egyptian Sekhem Or Seichim Reiki

- Rapid physical, emotional, and spiritual healing.
- Accelerating the infinite process of spiritual development and enlightenment.
- To help reflect our goals.
- Increase our inner vision and the ability to ‘see’ power.

- Enrich our sense of life by bringing us fully into what we are.
- Increased understanding of who we are and our relationships with other people.
- A powerful and deep opening of the heart to find love, all love.
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Western Reiki

“Most (99%) of Reiki currently in Japan are Resizedized Reiki. However, Reiki’s medical art actually originated in Japan and spread around the world.” -Jikiden Reiki Kenkyukai Tadao Yamaguchi Manual 2010

When Reiki was relocated to Japan, the interested ones traveled to North America to study. Usui Reiki Ryoho Gakkai is an organization founded by Mikao Usui Sensei, founder of Reiki. The organization, until recently, was virtually unknown worldwide due to its decision to remain a closed party. Survivors of Chujiro Hayashi Sensei (outstanding Usui Sensei student) include Ms. Hanyika Takata, a Japanese American from Hawaii, who became a student of Hayashi Sensei after Reiki made her miraculously recover from a terminal illness. She is believed to have brought Reiki to the West.

Benefits Of Western Reiki

- Acceptance by you.
- Assistance during childbirth and childbirth by reducing pain and discomfort.
- It helps to transform the human soul from the physical life to the afterlife.
- Knowledge of thoughts and feelings of the flesh.
- The information is made possible from hidden emotions that bring them to the face for healing.
- Kurras Measurements or Points Power is found in the body.
- It is associated with Allopathic (Western Medicine), Homeopathic medicine, Chinese, and Ayurvedic Medicine, and other forms of spiritual healing.
- It does not interfere with a person’s faith (non-denominational).

- It is excellent for the removal of pain and discomfort associated with minor injuries, such as burns, insect pain, physical discomfort, etc.
- Gentle and non-aggressive, it's fun.
- It offers natural pain relief.
- It promotes deep rest and levels of sleep disturbance, i.e., relief from insomnia. Insomnia can be caused by medical conditions, mental and emotional problems, poor or disturbed sleep patterns, drugs, and/or biological factors.
- Promoting the health and well-being of physical, spiritual, mental, and spiritual bodies.
- Great for students preparing for exams by reducing anxiety and fear.
- It is safe for humans, animals, and plants.
- It is safe for all ages and both men and women.
- Safe during pregnancy, postpartum, during breastfeeding, the sick, and the elderly.
- It speeds up the recovery process after surgery, illness, and childbirth.
- Reduces Stress
- It is easily accessible.

While there are also other types of Reiki, like Rainbow Reiki and Kundalini Reiki, the aforementioned are the five main types. There are typically three levels of Reiki training, too. Every level encircles around “attunement,” which is an empowerment ceremony, education, and practice.

Three Levels Of Reiki

Attunement makes Reiki different from other methods of healing touch and energy activity. The festival, called Reiju (Ray-joo) in Japanese, is performed by the king of Reiki at each stage to open and expand the power channels of the student's body, allowing the universal energy, also known as Qi / Chi / Ki, to flow freely and deeply through them. It often clears

blockages from the body and can lead to significant energy changes within a person. Many will experience a great deal of growth on their own, following their grants. You can think of the reunion process as a transfer of power. The king transfers power to the student, who will use it for the rest of his life.

People often wonder how the practitioner gets those healing powers to begin with. There are three different levels to it. On the most basic level, you are supposed to call out to the Reiki. Some people say the Reiki Om. Other people will say a prayer to activate it. Some will call out to the archangels to assist the healing – the bottom line is that everyone has their own ways. I just call out the Reiki, and it comes to me. With that being said, if the client I am dealing with is Catholic, Christian, or Jewish, I may say a prayer to align with their spiritual beliefs. I basically just tailor it according to the client I am dealing with and their religious beliefs to make them feel more comfortable. Here is a detailed breakdown of the three levels of Reiki and each of the attunements:

First Degree - Reiki One (Shoden)

The first degree of Reiki is a gentle yet life-altering introduction that changes Reiki energy. Usui taught his students how to heal themselves from this first level, and Reiki One is based on it as much as he intended. Students receive four ‘attunements’ by the Reiki Master, which harmonizes the student with the power of the Reiki and gives them the opportunity to pass the Reiki channel to themselves and to family and friends.

In this first phase of learning, students are introduced to precepts and encouraged to live by them. They are also shown some exercises that include energy, which they are asked to do on a daily basis. The body’s energy centers, called chakras, are introduced, and their importance in the healing process is taught at this level.

The practice of mindfulness is also taught at this stage because this part of teaching is quite significant for the student’s continued development. The first degree is taught for more than two days, during which the student will be able to get comfortable and confident with Reiki and treat their family and friends. Reiki One is the beginning of many positive changes for each student, as they begin to heal their lives on many levels. Those who may wish to improve further can do so by learning the next level of Reiki, appropriately leaving a minimum of three months between levels.

Second Degree – Reiki Two (Okuden)

The second level of Reiki is considered to be the level of a Practitioner in the West. At this level of teaching, students earn two more ‘attunements’ with Reiki Master, after which they increase their vibration to a higher level. The power is now focused on self-improvement and healing, and on treating other people, such as Reiki Practitioner.

Depth of Chakras (energy centers) is taught, and students are shown how to feel the difference in energy. This allows them to examine a person’s body before treatment. Reiki symbols are introduced, and students are shown how to use them, increasing their focus and purpose while performing any treatment. Additionally, students are also taught how to use symbols and what the different symbols represent. Generally, they are kind of a secret, you do not publicly share those symbols.

Students are encouraged at this level to start using Reiki and rely more on their understanding and the purpose of treatment. Reiki energy knows what it does and where it should go, so students are taught that it is much easier to use it when they have left to work at the right level. Distance healing is also taught at this level, and students are encouraged to use this healing approach to improve their lives and benefit the planet and all its inhabitants.

As Reiki Two is considered to be a masterpiece in the West, students are also shown how to start a Reiki practice. This includes teaching them how to take good records from customers, apply the best listening and empathetic skills, and how to use and store this information. Integrity and confidentiality are quite essential to any Reiki practitioner, and this is taught within this level. Some covered areas are purchasing any necessary equipment, insurance, and advertising. Students are also taught the importance of keeping themselves spiritually and physically healthy.

Third Degree - Reiki Third / Master (Shinpiden)

The third level of Reiki makes the student a Reiki Master over a long period. This degree is usually taught in two parts, the first is when the student becomes the Master of Reiki, and the second is where the student learns to teach Reiki, thus becoming the Reiki Master Teacher. This time the students are attuned to ‘Master’s level,’ which is very powerful and beautiful to achieve. This, in turn, elevates the student’s vibration ability to a much higher

level and enhances Reiki's previously learned skills. Students are taught Master's marks, which can be used in the process of integrating others if the student decides they would like to teach. Meditation, as a practice, is well taught at this level, as well as extra strength exercises. This level is incredibly great by deepening the understanding of the power of the Reiki – that you pay more attention to the conscience – to develop intuition continuously and work intentionally.

To become a Reiki Master teacher, the perception of Reiki classes taught is essential, as well as building a strong understanding of teaching and learning styles.

Becoming a Reiki Master is one of the first steps in the process of spiritual advancement. The power of Reiki allows for continuous personal growth and empowerment, which strengthens and improves your health regularly. At this level, the power continues to increase, and learning becomes a profound experience.

5 Health Benefits Of Reiki

1. Relieves Pain, Anxiety, And Fatigue

Reiki can help reduce pain and fatigue. A 2015^[42] study found that people undergoing cancer treatment who received Reiki for far longer than standard medical care had less back pain, anxiety, and fatigue. These rates were significantly lower than the control group, which received only medical attention. Participants had sessions of distant Reiki for 30 minutes for five days.

In another study conducted in 2015^[43], researchers looked at the effects of Reiki on women, following cesarean delivery. They found that Reiki significantly reduced the pain, anxiety, and respiratory rate of women within 1-2 days after giving birth. The demand and the number of analgesic pain killers were also reduced. A 2018^[44] study compared the use of Reiki in physiotherapy to relieve low back pain in people with herniated discs. Both Reiki and physiotherapy are effective, but Reiki offers faster treatment in some cases.

2. Treats Depression

Reiki therapy may be used as part of a treatment plan to help alleviate

depression. In a small study in 2010^[45], researchers looked at the effects of Reiki on older adults experiencing pain, depression, and anxiety. Participants reported improvements in their physical, emotional, and spiritual well-being. They also report additional feelings of relaxation, increased curiosity, and improved levels of self-care.

3. Enhances Quality Of Life

The positive effects of Reiki can increase your overall well-being. Researchers in a small study in 2016^[46] found that Reiki helped improve the quality of life of women with cancer. Women who have done Reiki show improvement in their sleep patterns, confidence, and stress levels. They notice a sense of calm, inner peace, and relaxation.

4. Mood Booster

Reiki can help improve your mood by relieving anxiety and depression. According to the results of a 2011 study^[47], people who had Reiki felt a significant improvement in their mood compared to people who did not have it. Participants in the study who had six 30-minute sessions over a two- to eight-week period showed an improvement in their mood.

5. It Can Improve Other Symptoms And Conditions

Reiki may also be used for treatment:

- Headache
- Tension
- Insomnia
- Nausea

In all honesty, I know and understand why people often hesitate when it comes to holistic healing methods because, in the world we live in, we are sort of attuned to believe in things that come with hard-proof. We trust medicines because there is this whole science behind why and how it works, but when it comes to spiritual methods of healing, it makes people stop and question. People cannot simply fathom the fact that they can be healed without any machine or physical tools being held over them. It's a hard pill for them to swallow that some essential oils or crystals can genuinely help

them.

We have become like robots because technology has overtaken our brains so much that we forget that we are beings with spirits. More so, we are used to instant gratification. Our lives are so fast-paced that if we do not see instant results, we don't think it's working. When it comes to these holistic healing methods, there are times when they don't show results instantly. We start thinking it's not working because in our world, popping an Advil equals headache gone. People prefer popping pills at the risk of all the side effects they come with, instead of healing naturally.

With that being said, it really is nobody's fault because the world has become one where everything is at our fingertips. You go on Amazon and place an order that arrives in two days, so we really have this 'quick-fix' mindset going on. That is why we do not want to spend the time to fix the root cause because the world has become so disposable. What we want is always one click away from us.

That is why people would rather pop pills than take a deep look into where the issue is emerging from, not realizing that it can sometimes be emotional or spiritual. We do not want to spend two months in Reiki healing to remove the issue from its root because that requires commitment. So, we prefer taking a pill for headaches for the rest of our lives over that.

The pharmaceutical industry is massive, and it makes millions of dollars. People get addicted to different types of medications on a greater level, and pharmaceutical companies make a lot of money out of it. Understandably, they do their absolute most to ridicule holistic healing methods, making them sound sketchy based on the fact that there is no 'real healing' happening, or it is all a 'placebo effect.' They know that if people actually realized how powerful these healing methods are, they would not want to pop another pill.

The fact of the matter is that some of these drugs, instead of healing, actually make the patient worse. I know many people who had cancer, but they did not die of the disease. Instead, it was the treatments that were offered to them that brought them to their grave. Pharmaceutical companies make a lot of money from cancer because medications and treatments are expensive. They do not want to find the cure because there is so much financial gain they are currently getting. The truth is that it is our fault that the world has come to this state today. It is because we paid those thousands of dollars for

treatments that they keep taking advantage, it is essentially a free ride for them.

Instead of studying and researching natural remedies, doctors get mad at you if you even mention an alternate medication, completely dismissing the whole idea. They do their absolute best to dismiss the entire idea of using an alternative healing method from the patient's mind. When you actually think about it, you will realize how many of these holistic healing methods are not even covered by medical insurance but all the other medicines, sure! This is our fault because we fell into their trap, and this is a monopoly that is internationally played. People hear brand names and put all their eggs in one basket. A person is much more likely to trust a Xanax for sound sleep than they are to trust an essential oil.

All of these medicines have done nothing but shortened our life spans, and nobody dares to raise awareness or use their voice to preach people. Everyone is just following the masses, whether it's the culture or the norm, we all just follow it – no questions asked. It is high time that people educate themselves and open their eyes to see what the world has become.

To conclude, Reiki is full of positive benefits for a person's overall well-being. Natural ways of healing are always a better option. However, one must remember that Reiki is a complementary therapy, so it should be used with a conventional treatment plan. When it comes to serious illnesses, people should look at all possible treatments and not take a reductionist approach.

Chapter 9: Practical Uses Of Reiki Healing

One of the best things about energy healing is how you can use these different healing methods on their own. Moreover, you can even use a combination of various ways to make the healing process even more robust. Reiki can be used alongside crystals and essential oils. In the previous chapter, we explored how there are different types and levels of Reiki. Additionally, we also learned about the countless health benefits that it gives us. Now we will discuss how Reiki can be practically used in different aspects of our lives.

Gardening

Reiki can be used for many activities in your garden, such as Reiki-ing your seeds before planting. You can Reiki your planting soil and your plants regularly to help them grow. You can also Reiki water before watering your plants. As you sit and relax in our garden or with your indoor plants, think about them and send them Reiki. This will give you a way to feel their energy and know on an energetic level what it is like to be a plant. This change in your attitude can be quite refreshing and create high levels of art and mental clarity.

Healing Your Home

Reiki can be used to clear negative energy in the rooms of your home. To do this, enter the room you wish to heal, use the power symbol if you have one, and send Reiki to the corners and center of the room, as well as to the walls and ceiling. This will make a big difference in how you feel in the room. It will be healthy and invite others. You will be able to relax comfortably and have a better time with your guests. If you work on a project in the room, you will produce, create, and work effectively on all kinds of projects. The process can really improve the quality of your parties, meetings, and social gatherings. It will also work wonders for your Reiki/Meditation room. As you give Reiki to the room, you let the room know how much you love it. Most people spend a lot of time in their homes, so it is crucial that you take care of your energy at home.

Cooking, Baking, And Dining

Reiki can be used as an additional ingredient in any recipe. While stirring the pot, soup, or other cooking food on the stove, think of Reiki and aim for it to flow from your hand under the spoon to the soup or whatever you stir. When mixing cake, making a pie's crust, or bread crumbs, think about Reiki and allow it to get into the ingredients. This will add extra life force to the food and increase the pleasure for those who eat it. When eating dinner, remember to include Reiki in your meal before starting. This will improve the taste and prepare your stomach and digestive system for food, improving digestion and increasing the absorption of nutrients.

Relationships

Relationships are an essential part of life. Research has shown that the quality of our relationships is directly related to our overall health. When our relationships are healthy, we become healthy, too. People who are more connected to their family or have a network of friends, they can trust and share with their own lives and have lower risks of heart disease, cancer, diabetes, and other life-threatening illnesses than those who do not like it. Because of this, it is quite vital to spend time building a close relationship with them.

Reiki is an excellent tool for this. If you have friends or family members you would like to be near, send Reiki using a remote symbol, and also add a mental/emotional symbol. This will strengthen the positive energy that goes between you and your friends or family members and create an open trust and a welcoming acceptance between you and them. If there is a feeling that they may be open to the idea, let them know that you would like to send them Reiki just to help them and get their agreement.

However, it is not necessary to get permission for this as Reiki respects the free will of others, and if you send it to someone who does not want it, Reiki's power will not affect them. However, if they want it, it will help you indirectly get benefit from them. If you post Reiki this way, you may feel what you are doing and know if they don't want you, and if so, they will be able to stop you posting. If this happens, try someone else until you find friends or family members who accept the Reiki you are sending. Remember that when you send Reiki to someone else, it will treat you as well. So, using Reiki in this way always provides double benefits!

Fertility, Pregnancy, And Childbirth

Women suffering from childbirth defects have used Reiki to increase their fertility and pregnancy chance. This is most effective when both husband and wife have Reiki and give it to each other daily during pregnancy. It creates a sense of trust, love, and support among the prospective parents, thus creating a more conducive and inviting environment for the child to be born in. This has a positive effect on the mood of the baby during pregnancy.

Once the baby is conceived, Reiki can be used throughout pregnancy to add to the health and well-being of the mother and baby. It mainly creates a positive feeling of love that nurtures the unborn child. During the delivery, the husband can add emotional support and provide Reiki that will reduce or eliminate pain, help the whole body function more easily, and add some energy that will help the mother give birth.

Sunburn, Insect Bites, And Poison Ivy

Sunburn can be treated with hands placed on opposite sides of a sunburned area. Either Reiki hands can be used some distance away from the burn or by a sign that can be used far away from a few meters or more. Usually, Reiki will produce a cooling effect when treating sunburn and reduce pain and help with the sunburn to cool down to a lesser degree.

Insect bites quickly respond to Reiki. These include mosquitoes, bees, horns, and wasp stings, and other bug bites. Just apply Reiki over the affected area until the pain and swelling pass or are reduced. If a person is allergic to insect bites or has many of them, and the condition seems severe, consider getting medical help at the same time as Reiki is used.

Ivy poisoning can be painful and often serious, depending on how bad it is. Apply Reiki in the same way as when treating sunburn. It is also recommended for general treatment focused on the adrenals, kidneys, liver, and upper chest.

Sports And Exercise Injuries

Sprains, pains, and strained muscles respond quickly to Reiki when it is used immediately. This is because the injury is new, and the injury pattern has not had a chance to spread throughout the body system or isn't active yet.

The important thing is that you get its effects right away. As you can imagine, Reiki can be quite helpful to athletes who experience minor injuries while engaging in their sport. Usually, Self-Reiki can be added, which will allow the athlete to continue in the sport or continue leading a healthy life.

Computers And Electronics

If you have a problem with your computer, printer, fax machine, or any other electronic device, try giving Reiki. I have received many reports from people who have tried everything to fix their equipment and have not received any results until they used Reiki.

Parking Spaces

Pray and send Reiki forward to the parking lot, requesting that a parking space be located in a convenient location. Reiki has a fantastic way to guide you and others to make this happen. Reiki also takes the stress of the process to help you feel calm and relaxed.

Reading And Learning

To improve the comprehension and retention of the information you read, take a few minutes to offer Reiki for a book or on an internet page that contains the information. Use mental/emotional gestures and energy if you have them. This will reduce the stress within the part of your brain responsible for comprehension and memory and allow them to work more smoothly. This process will also make the information interesting and enjoyable to read.

Creativity And Solving Problems

If you are working on a creative project or are responsible for finding solutions to problems or difficulties, assign Reiki to the project or situation. You will find your mind open to new levels of knowledge that contain better ideas and ways to deal with what you are working on. You can always call Reiki to help you with your work, such as producing an online newsletter, writing a new book, developing class books, or solving a host of problems and challenges that are part of your Reiki. Rehearsing is also just part of everyday life. Remember, happy and successful people are not problem-free

people. They are people who have learned to solve problems in good and effective ways.

These are just some of the many ways Reiki can be used to improve the quality of your life. I suggest that you often read this article often and always remember to use Reiki whenever you need help or want something to work better.

Reiki And The Chakras

During a regular Reiki session, the practitioner follows some of the most common hand positioners in an effort to cover all seven chakras and all major organs. A typical Reiki session starts at the head and moves down. The six major energy centers that are traditionally considered to be the most important are: Crown, Third Eye, Throat, Heart, Solar Plexus, Sacral, and Root. They are found along the cavity of the body in contact with the spinal cord.

Chakras are found in the double etheric twins of the physical body, one layer away from the level of the physical body. They are capable of converting energy, bringing Ki from Earth and Heavens into the human body. It is the bridge between the physical being and the non-physical being. The human chakras are located in a straight line down the center of the body, front and back. Each hand position is held anywhere from two to five minutes or more. At this point, the practitioner merely allows the force to come out, and his hands enter the client. There is no physical contact required during a traditional Reiki session.

The crown is located slightly above the head. It is physically associated with the pineal gland. The crown is a place of understanding of spiritual indicators and includes the ability to plan. The third eye has been found above and between the eyes of the flesh and is associated with the pituitary gland. This is the chakra of the understanding of the mind and the understanding of the oneness of nature. It is the center of women's power and represents the true creation of man, in physical healing, the crown and brain, eyes, and central nervous system.

The Throat Chakra is found at the base of the neck and is associated with the thyroid and parathyroid glands. Its function is to communicate physically and mentally. Emotions are expressed at this level, and wisdom is also

present here. Problems include sore throat, panic, thyroid issues, and throat cancer. Below the heart, behind the chest and sternum, and physically connected to the heart organ, are the thymus gland. Emotions come from the heart, as do universal love and affection for others. Heartache (and physical heart conditions) are common in modern society. Most of us need heart and emotional therapy.

Below the heart and between the lower ribs are the Solar Plexus. This is the center of energy and the place where energy travels through the body reaches. Its physical connections are with pancreatic glands, liver, and energy issues and levels. Solar Plexus infections include digestive problems, alcohol misuse, and eating disorders.

The Sacral Chakra is a scar for men (cleansing) and the uterus for women, which also has the function of cleansing itself. It is located a few inches below the navel. The first impressions and old emotional images are kept in this center, and it is also the center of sexual energy. Healing in this chakra includes recovery from past trauma and also includes sexual or reproductive issues.

The Root Chakra, often associated with the adrenal gland, is located below the genital area. It is known in the East as the Gate to Life and Death. It is the site of birth and rebirth. This is the center of survival, the power to find more in the world. Root Center treatment includes the basic issues of adequate food, shelter, and clothing, the demand for life or death, the placement of the earth, and life on earth.

Tips On Improving Your Reiki Session

Let Reiki Do The Healing

Reiki encourages healing to take place, with practitioners working as vessels where energy flows. When practitioners become overly vested in the results of treating a close friend or family member, they should not forget that Reiki is in control. Like the wise healing power, the Reiki precisely knows where to go, what to do, and how to do it.

Get Rid Of Selfishness

If you are doing Reiki in a selfish way or for a selfish reason, and your only goal is to get money or to gain control or prominence, the Reiki will be less successful. If you are positive, you will have more time to seek help from

your spiritual guides, angels, and high-level advocates who can help in some way with customers and your general practice. Go back to your goal, making sure it has a solid spiritual foundation, and these superior sources of help will be readily available to help in any way they can.

Practice Self-Care

Keeping the power of the Reiki strong, your spiritual purpose and indifference to your heart go a long way in enhancing any Reiki practice, as long as you remember to take care of other aspects of Being. This can be done with adequate sleep, a healthy diet, moderate load, and time to engage in other activities, such as meditation, yoga, exercise, and, most importantly, a daily dose of gratitude.

5 Things To Do After A Reiki Session

During Reiki treatment, toxins stored in body tissues are usually released. While the release of stored toxins is a good thing and will eventually improve the treatment of the body, the side effects can also be devastating. Once the toxins are removed, they re-enter the immune system and need to be cleared. As the body works to eliminate these toxins, other symptoms, such as pain, may appear. Headache, nausea, pain, or general fatigue are common after a Reiki detoxification session.

After Reiki treatment, it is crucial to listen to your body's indications. Take your time, and take care of yourself! Here are five simple and effective self-care tips that can help your body after a Reiki treatment.

Drink Plenty Of Water

Help your body get rid of toxins after a Reiki cooling session easily and effortlessly; just drink a glass of water. Drinking water will help to flush out the released toxins by removing them from the body. Feeling thirsty after Reiki treatment is healthy. Your body is letting you know that it is working hard to get rid of unwanted toxins.

Go Outside For A Walk

If you experience a burst of energy or discomfort after your Reiki treatment, your body may be indicating that it requires physical activity to aid its healing process. Choose to exercise kindly, such as walking. Post-Reiki

therapy is a great time to get yourself in shape and enjoy a refreshing walk.

Take A Little Nap

If your Reiki time has left you feeling tired and asleep, listen to your body. Get the rest your body needs and allow the healing power to carry on.

Write In A Journal

A person's feelings and emotions can run deep after a treatment session. The opening and releasing of energy created during a Reiki session can be seen in many ways, including the resurgence of suppressed thoughts and feelings. Journaling your thoughts and emotions can help you to come to terms with them. It is also important to share your feelings and emotions post-session with your practitioner so they can help heal those traumas and wounds.

Stretch Your Body

Mild stretching is always a good way to detoxify energy buildup. After a Reiki session, stretching is beneficial because it can help release the energy that will be produced during your treatment.

Chapter 10: Other Holistic Healing Practices

"All healing is first a healing of the heart."-Carl Townsend

While the main focus of this book is healing through Reiki, essential oils, and crystals, many other holistic healing practices also exist. In this chapter, we will explore some of them.

1. Meditation

The human mind is almost always flooded with thoughts. When a person meditates, it helps them clear their mind of unwanted thoughts and learn to be more focused and mindful. Many people, when they hear the word meditation, believe that they must go to an ashram in India and repeat that “*eat, love, pray*” mantra to themselves. However, that is far from reality.

To meditate, all you have to do is take a few minutes out of your day and sit by yourself. Close your eyes, listen to the pattern of your breathing and focus on it. When I talk to my clients about meditating, they often tell me how their mind is full of thoughts they cannot seem to dismiss. That in itself is one of the biggest misconceptions. Think of your brain like a cell phone. Your brain has quite a lot of internal functions ongoing at all times, many of them that you are often unaware of, just like those of a phone. It’s only when you open a phone up that you realize all the background processes that take place. The truth is, whether you are using your phone or not, those processes keep going on. Similarly, whether you are consciously thinking about something or avoiding it, the body’s background processes are always fired up. Thus, when you try to meditate, you tend to force yourself to do something your body is not wired to do.

The truth is that meditation is not about dismissing your thoughts. It is more about listening to the ones that are more significant. For instance, let’s say you get a notification on your phone from CNN, but you do not want to read it, so you take a glance and swipe it away. Similarly, when you are meditating and a thought you do not want to deal with pops up in your mind, you simply acknowledge it and push it out. If you are a person like me, you probably have 15-20 thoughts running into each other as though they are in a

traffic jam – but these are thought vehicles. The key is to question yourself as soon as a thought occurs in your mind. Ask yourself why these thoughts are going through your head.

Let's say you are meditating, and suddenly, your brain reminds you that you needed to pick up asparagus. Now, do you really need to be thinking about that while you are meditating? No, right? Treat those unwanted thoughts like caged birds that you are setting free. The main purpose of meditation is to understand your body and what is going on with it, so if the next thought that comes into your mind is that your leg is hurting, you don't swipe it away or dismiss that. Take a moment to ponder over it and understand that your body is sending you a signal. You must realize that you cannot shut your mind off and treat thoughts like shouts out in the void. You only have to pick the thoughts that will enable you to dive more in-depth into yourself and dismiss the ones that do not matter.

I do not look at meditation as the absence of all thoughts. I look at it as a personal guide within yourself. I believe it means using your thoughts to help you get to the root cause of your problems. The truth is that it is often so loud inside our heads that we cannot focus on the essential things. There are so many things your body is always telling you. You often get so tangled up in the chaos, in the noise, that you lose sight of what matters. When you are meditating, you have to let go of the noise. You get to sit down and truly listen to what your body is trying to tell you in a relaxed, comfortable environment. Additionally, you can even play some soft music in the background to help you connect with your thoughts and dismiss the ones you want to, as need be. Meditation has quite a lot of health benefits apart from only assisting a person in clearing their mind, which can be seen through a variety of studies that have taken place over the years—a few of which I will mention below.

Reduces Stress

One of the most common reasons people try meditation, to begin with, is its ability to reduce stress. A study^[48] that included over 3,500 adults showed that to be true. Generally, physical and mental stress can cause an increase in cortisol (stress hormone) levels. Consequently, inflammation-promoting chemicals called cytokines are produced, which can promote depression and anxiety, disrupt sleep, contribute to fatigue and cloudy thinking, and increase

a person's blood pressure. A study^[49] conducted over eight weeks on a meditation style called "mindfulness meditation" showed a reduction in the inflammation response caused by stress. Additionally, another study^[50] conducted on over 1,300 adults also showed that meditation decreases stress. In fact, the effect was strongest in individuals who had the highest levels of stress.

Controls Anxiety

Naturally, if the levels of stress are low, so is anxiety. For instance, in the eight-week study of mindfulness meditation, participants' anxiety levels showed a reduction. The study also reduced symptoms of anxiety disorders, such as social anxiety, paranoid thoughts, phobias, panic attacks, and obsessive-compulsive behaviors. A follow-up study^[51] on eighteen volunteers was conducted three years later. The results concluded that most volunteers had continued to meditate regularly and were thus able to maintain lower anxiety levels in the long term. A larger study^[52] was done on 2,466 participants, and it showed that anxiety levels could be reduced through a variety of meditation strategies.

Promotes Emotional Health

Some forms of meditation can help a person improve their outlook on life. Two studies^[53] conducted on mindfulness meditation found a decrease in depression in over 4,600 adults. Cytokines can affect a person's mood and ultimately lead to depression. A review of different studies^[54] suggests that depression may be reduced by meditation as it decreases the production of cytokines.

Enhances Self-Awareness

There are some forms of meditation that help you grow into your best self and develop a stronger understanding of yourself. For instance, self-inquiry meditation specifically aims to help a person develop a deeper understanding of themselves and how they relate to people around them. Other forms^[55] teach them how to be more self-aware and recognize thoughts that may be self-defeating or harmful. The entire idea is that the more aware you are of your thought habits, the easier it becomes to steer them in more constructive patterns.

Helps Control Pain

The perception of pain that we have is interlinked to our state of mind. Therefore, it can be elevated in stressful conditions. For instance, there was a study^[56] that used functional MRI techniques to observe the brain activity of participants as they experienced a painful stimulus. Some participants underwent four days of mindfulness meditation training, while others formed the control group. The former showed increased activity in the brain centers known to control pain and also reported less sensitivity to pain. A study conducted on a larger scale looked at how habitual meditation affects 3,500 participants. The results found that meditation and decreased complaints of chronic or intermittent pain were interlinked.

2. Qigong

Qigong, sometimes called Chi-Kung (also called chee-gung), is the study and practice of developing vital life force through various techniques, including:

- Respiratory techniques
- Posture
- Meditation
- Guided imagery

Qi means “breathing” or “breath” and is considered a “vital force” – or life force. Qigongists believe that this vital life-force enters and penetrates the entire Universe. It corresponds to the Greek “pneuma,” Sanskrit “prana,” or the Western medical concept of “bioelectricity.” Gong means “work” or “effort,” and a person’s commitment puts you in any practice or skill that requires time, patience, and repetition to be complete. Through study, that person aims to improve the ability to use Qi to improve self-medication, disease prevention, and increase longevity. There are two types of Qigong practices:

- Wai Dan (External Elixir) incorporates physical movement and concentration.
- Nei Dan (Internal Elixir) incorporates the mindset of sitting, meditating, and guided imagery or visualizing.

There are many styles and styles of Qigong. However, they all fall into one of three main categories:

- Medical Qigong to heal yourself and others
- Martial Qigong for physical prowess
- Spiritual Qigong for enlightenment

In general, all Qigong practitioners incorporate exercise and techniques from all three categories, the only difference being the focus.

Medical Qigong

This is the most popular of these three categories. It is the oldest of the four branches of Traditional Chinese Medicine and has a strong base from which acupuncture, herbal medicine, and Chinese massage (tui na) are derived. Qigong thus shares the fundamental theories of Traditional Chinese Medicine and uses the same methods of diagnosis and treatment.

There are two types of Qigong treatment:

Self-Healing Qigong, where people perform Qigong activities to improve their health, prevent disease, and cope with illness.

External Qigong or Qi Emission, where Qigong practitioners release Qi for the purpose of healing others. In addition to prescribing Qi therapy, a good Qigong practitioner often prescribes certain tests designed to help control Qi. Patients incorporate these Qigong tests into their daily routines and receive periodically from a Qigong therapist/doctor.

Martial Qigong

This type of Qigong focuses on physical appearance. Martial Qigong practitioners can break bricks, bend metal wires, place sharp objects in dangerous parts of the body without damaging the skin, or absorb the physical impact of baseball bat hits. Martial Qigong experts can demonstrate physical strength that is considered impossible in modern science.

Spiritual Qigong

This type of Qigong uses mantras, mudras (hand positions), sitting meditation, and prayers for enlightenment. These practices are strongly

influenced by Buddhism, Taoism, and Confucianism. Spiritual Qigong teaches counseling and leads to self-awareness, peace, and harmony with nature and self-love. Spiritualists train their Qi to a much deeper level, working with many internal bodily functions. They practice controlling their body, mind, and spirit, with the goal of escaping from the cycle of rebirth.

Health Benefits

All living things produce a bioelectric field. It is believed that the Qigong therapist can recognize these categories and their inequalities. Qigong's goal is to correct the inequalities accumulated over a lifetime. Symptoms include deep emotions (depression, anger, anxiety, depression, sadness, etc.), trauma or injury, improper diet, excessive sexual indulgence, and lack of exercise.

Qigongists believe that for the rest of our lives, Qi must flow smoothly like a river. In the presence of a block, Qi hardens and prevents other parts of the body from nourishment. When Qi flows too fast, it causes damage or fatigue to internal organs. Qigong practice helps balance this power. It fills deficiencies and removes excess energy. Practicing Qigong and receiving Qigong treatments activates acupuncture points, meridians, and organ systems, according to Traditional Chinese Medicine. Therefore, practicing and accepting Qigong is like receiving a powerful acupuncture treatment. Qigong may also be used similarly to other physical exercises to alleviate emotional stress.

3. Affirmations

To reprogram your subconscious mind to think in a more positive way, affirmations are used. It helps you manifest and attract what you want. When words of affirmation are accepted to be true by your subconscious mind, it aligns with your conscious mind. You achieve what you desire. It's much more than just writing "I love myself" on your bathroom mirror and reading it to yourself every day. It is more about being able to use your universal life energy for positive outcomes. In some ways, it is similar to the law of attraction, except it is not that intense.

Affirmations are about creating your own statements about what you want in life, and then every single day, affirming those notes. There are hundreds and thousands of different affirmations one can use, but it is mostly about picking the ones that stick with you. There are five affirmations that Reiki

practitioners use:

“Just for today, I will live in a state of gratitude.”

This is the first affirmation that shows the student’s attention to the need to continually count his or her blessings instead of lamenting everything he or she has not experienced in life. This awareness brings a sense of fulfillment in life and creates a real environment for plurality. It connects everyone to a hidden treasure in mind and evokes a sense of wonder. It makes the practitioner humble, strengthens and calms his mind, and strengthens his determination in the face of adversity. A good way to start is to maintain a grateful attitude while doing Reiki to others. This prevents the ego from strengthening itself. Each session should be regarded as an opportunity for service, and every action should be regarded as an opportunity to repay the debt with the benefit provided by nature.

“Just for today, I will not worry.”

This is the second of the affirmations. Worry is a sign of fear that our desires may never be fulfilled. It is a sign that shows that the ego is a rival and will not tolerate the loss of face. Anxiety then begins to influence everything. It deprives a person of sleep, deprives him of food, distorts his facial expressions, and severely stresses him and those around him. It’s a declaration of distrust in the universal.

When there is a commitment to get rid of anxiety in your mind, you take our first step to empowerment. It is your job to discover what that is and bring it about. It is an attitude in which you will take appropriate action for a particular task, but you will not focus on your action’s consequences. You will develop a mental state in which action and not consequences are important — a state of mind in which you will trust the universe to decide what is the best and most appropriate outcome of a given action. This will help you to see the small barriers to life as challenges presented to you by the universe. It will stress help you develop an impartial view of events in your life.

“Just for today, I won’t be angry.”

This is the third of the five affirmations. Anger is a function of the ego and should be seen as such. The degraded ego meets with anger. Resisting the anger will make you persist, and it should be ideally deleted. This assurance is a sign of your desire to get rid of anger and its process, the ego. When

tempers flare up within you, take a moment to analyze the situation. What causes this anger in you? Has a particular desire – expressed or unlearned – been interrupted by someone else’s event or action? If so, check whether this desire is appropriate. How was your wish viewed by someone else? Does the failure of the desire in some way make you worse than you really are? Does it change your outlook on life?

“Just for today, I will do my job honestly.”

This affirmation is a natural guarantee of all of the above. To be honest, it is to accept our limitations and use our strength to the best of our ability. This rejuvenation establishes your connection with yourself and allows you to pass on an idea that you are trying to skip. It includes unreliable ideas and personal pride. It will bring you deep satisfaction and acceptance as you are. This will be reflected in your health status and will help you live your life by thanking and tolerating others’ weaknesses. This awareness will ease your anger and curb your tendency to worry about the consequences of your dishonest bragging rights.

“Just for today, I will show love and respect to all living beings.”

This confirmation is intended to promote in Reiki practitioner a sense of unity and life throughout the planet and elsewhere in the Universe. By affirming that you will spend the day giving and spreading the love that permeates the roots of existence itself, you explain the purpose of life, of nature. You understand that everybody is deserving of love, ultimately radiating positive energy.

The thing about affirmations is that you must incorporate them into your daily life. Set a reminder to say them the first thing in the morning, or as you are driving to work, or have them written on the lock screen of your phone, and so on. The main idea is to ensure they are a part of your life. Perhaps, the first few days or weeks will be a struggle. Eventually, you will get used to them. Then again, it’s the same for any hobby you are trying to develop. You only have to give it time and practice and have the willingness to do it. As long as you believe that it will work and stay persistent, you will see its positive effects in your life.

4. Yoga

Yoga is an ancient practice of health and well-being. Thousands of years

ago, when yoga was first adopted and practiced, people lived by physical activity on demand. There were no cars, washing machines, microwave ovens, or plumbing systems. The daily routine provided the people with all the exercise they needed. It was within this physically demanding world that yoga began, not to give people more physical exercise, but as a healing program with special emphasis on the mind.

Today, most people refer to yoga only through âsana, the physical exercise of yoga. However, âsana is only one of many tools used to treat the individual. These tools address all aspects of the human system: body, breath, mind, personality, and emotions.

There are four basic principles that underpin the teachings and practices of yoga healing:

1. The human system is a holistic entity. It is made up of different sizes that are integrated with each other. The health or illness of one condition affects another.
2. Each person is different. For this reason, individual problems should be addressed in a way that addresses the individual needs of that individual. There is no “one-size-fits-all” pill in yoga.
3. Yoga empowers you. The teacher can give guidance and give healing practice, but it is up to the student to do that practice. Unlike other methods of healing, such as surgery or massage, in yoga, the student is empowered and needs to participate in his or her treatment.
4. The state and quality of a person’s mind are essential in treatment. If the person has a positive attitude, the healing takes place quite quickly. If a person’s attitude is bad, healing may take longer.

The yogic path to perfect well-being, therefore, is fully integrated and clear to the individual. Yoga does not treat particular illnesses. As mentioned earlier, it affects the individual and the whole human system: the physical body, the mind, the personality, and the emotions. There are many benefits of yoga. Here are a few of them.

High Blood Pressure

The relaxation and exercise parts of yoga play a significant role in the treatment and prevention of high blood pressure (hypertension). Yogic breathing and relaxation techniques have been found to lower blood pressure and reduce the need for high blood pressure in people with high blood pressure. In a study^[57] of 20 patients with high blood pressure who used biofeedback and yoga techniques, five were able to entirely stop their blood pressure medication, five others were able to significantly reduce the amount of medication they were taking, and another four had lower blood pressure than before in a three-month study.

Pain Management

Yoga is believed to reduce pain by helping the brain's pain center to control the gateway control system found in the spinal cord and the secretion of natural painkillers in the body. Breathing exercises used in yoga can also reduce pain. Because tissues tend to relax when you exhale, increasing the breathing time can help produce relaxation and reduce tension. Breathing information helps to achieve calmness, shortness of breath, and aids in relaxation and pain management. Yoga infusion techniques for relaxation and meditation can also help reduce pain. Part of the effectiveness of yoga in reducing pain is due to its focus on self-awareness. It can have a protective effect and allow for early prevention measures.

Back Pain

Back pain is the most common reason for seeking additional medical aid. Yoga has been continually used to treat and prevent back pain by strengthening muscles and improving flexibility. Both intense and prolonged stress can lead to muscle tension and relieve back problems. Many yoga ingredients help relieve back pain:

- * Asanas (Postures) - Muscle extensions are gently stretched by movements that increase flexibility.

- * Pranayama (Breathing Exercise) - Breathing patterns can affect the spine in a variety of ways, such as rib movement and changes in pressure within the chest and abdomen. Breathing can help relax the muscles.

- * Relaxation and Meditation - Relaxation provides healing for the body. Simulation techniques can also be used. For instance, thinking about the movement before it is actually done makes it easier to move tired tissue.

Self-Awareness

Yoga also strives to increase self-awareness at all levels of body and mind. This allows people to take the early action, such as adjusting the posture when tension begins. Practicing yoga can give those who suffer from chronic pain a practical tool to deal with their pain and combat feelings of exhaustion and depression.

Mental Performance

The most common method of yoga is to breathe through one nostril at a time. Electroencephalogram (EEG) studies of brain implants have shown that breathing in such a pattern successfully increases activity on the opposite side of the brain. Some experts suggest that regular breathing with one nostril may help to improve communication between the left side and the brain. Some studies suggest that this brain-enhancing activity is associated with better performance and suggests that yoga can promote mental performance. For example, a study of 23 men found that breathing through one nostril resulted in better performance of functions related to the other side of the brain.

5. Herbs

In ancient times, there were three main medicinal herb traditions.

Western, Based On Greek And Roman Sources

The Greeks and Romans say that four humors enter the body and that water and its balance are detrimental to health. Each fluid – blood, black bile, yellow bile, and phlegm – was associated with one of the four related natural elements, respectively, air, earth, fire, and water. Greek and Roman civilizations passed on this medical concept to Europe, where it continued during the Middle Ages. It only began to be accepted in Europe during the Renaissance.

Back in the days of the Roman Empire, the only medicines available were herbs or other natural remedies. Nevertheless, patients could seek medical attention, and health care often began with home remedies. They treated family members and servants with decorations, such as vinegar or antifungal wine. Egg yolk, mixed with poppy juice, was a form of “cooling” dye. Roman surgeons used opium (morphine) and henbane (scopolamine) seeds as painkillers.

Of course, the concept of sickness has changed over the centuries. While the Greek physician Galen used the Buckthorn (*Rhamnus frangula*) in the second century to protect patients from witches and demons, today, Buckthorn is widely used as a starting point. So, while the use may have changed, many remedies still work. For instance, Hippocrates used anise to treat a cough.

Ayurvedic From India

Ayurvedic medicine, or Ayurveda, is a holistic method of treatment that began in India in about 1,500 BC. It emphasizes that the well-being of each individual is a result of the natural balance and that illness occurs when there is inequality. Herbs, foods, and natural remedies are used to restore balance.

Traditional Chinese Medicine (Tcm)

Dating back 2,000 to 3,000 years, TCM is based on the belief that your health is the result of a constant struggle between opposing forces (yin and yang). When this energy is balanced, you feel better. If they don't work, you feel sick. Remedies are designed to rejuvenate the body. They include, among other things, herbal remedies (moxibustion) and medicines. The U.S. Medical Library holds nearly 2,000 records of Chinese medical technology. There are many different herbs that are used for their healing properties. A few of them are mentioned below:

Chamomile

Considered by some to be a cure-all, chamomile is commonly used in the U.S. as an anxiolytic. It alters anxiety and produces relaxation. It is used in Europe to heal wounds and reduce inflammation. Chamomile is used either as a tea or used as a compress and is considered safe by the FDA. Chamomile may interfere with the body's use of certain drugs, resulting in a higher dose for some people. As with any medication, talk to your healthcare provider before taking it.

Echinacea

Echinacea is used to treat or prevent colds, flu, and infections, as well as wounds. More than 25 published studies looked at how well Echinacea worked to prevent or shorten the cold season, but none of them were perfect. A 2014 study compared Echinacea with a placebo for colds. The results

found that Echinacea has no effect on the cold. Some studies^[58] have shown that long-term use can affect the immune system. It should not be used with medicines that can cause liver problems. People may become allergic to Echinacea, who have allergies with the daisy family, which includes ragweed, chrysanthemums, marigolds, and daisies.

Feverfew

Feverfew was traditionally used to treat epilepsy but is now widely used to prevent migraines and treat arthritis. Some studies have shown that certain feverfew preparations can prevent migraines. Its side effects include mouth sores and indigestion. People who suddenly stop taking feverfew for migraines may face some symptoms. Feverfew should not be used with non-steroidal anti-inflammatory drugs, as they can change the effectiveness of feverfew. It should not be used with warfarin or other anticoagulant medications.

Holistic healing methods are not limited to the methods I have talked about in this chapter or throughout the book, as there are countless other methods, too. The bottom line is that there are many preventative measures you can take through practicing, like yoga or meditation. The goal remains to maintain optimal health in the least invasive manner.

Chapter 11: Essential Oil And Crystals

“There are many different oils that have a beneficial effect on your mind.”

-Amy Leigh Mercree

Have you ever heard of the word “synergy”? It is said that when two or more substances come together to produce a combined result, it is always greater than the sum of their different effects. In this context, synergy is an appropriate term to describe how crystals and essential oils work together to support our bodies, mind, and a general sense of well-being. Our dynamic body systems can be seen in different ways or patterns. Our thoughts, feelings, and emotions are also connected to this energy and have their own destiny.

When these patterns start to work in a balanced tone, it helps us achieve better health. Your energy patterns can be disrupted by many things (mainstream media, alcohol, apathy) that can ultimately disrupt your health and lead to headaches, migraines, and serious illnesses. Crystals are said to be the strongest source of energy in the world, which is why they are so popular with those who want to restore balance and produce unity in their bodies and spirits. The divine power of crystals combined with the healing properties of essential oils is a powerful combination.

While some of its power remains undisputed, experts have suggested that this enchanted duo offers many benefits. It has been proven that essential oils and crystals work together to create a healing feeling. The result is a level of awareness that can help you cope with health problems while remaining calm, carefree, and productive. How do they do it? Essential oils and crystals form a healthy union by rejuvenating your mind, body, and spirit on two different levels. In a visual and artificial way, their stunning colors and enchanting aroma transform the dynamic energy and aura of your space.

How To Use Essential Crystals & Essential Oils

There are different ways of using essential oils and crystals together. Crystal Healing is most effective when your crystals are stored in a visible place. You want to keep them somewhere that you pass by often, so you will always be reminded of the power of love that they bring. Many crystal users love to wear them as decorative jewelry, such as necklaces, earrings, and

bracelets. Others choose the easiest way and keep a few in their pocket or purse. The types of crystals you choose can affect how you want to utilize them with strong, invigorating energy. Overall, crystals produce a healing effect that gives a good effect when kept close so that its movement is not absorbed by the body.

While both crystals and essential oils have their own benefits, if you know how to pair the two, you stand to gain the most out of your treatment. Like the work of yoga and meditation in the same line, healing crystals and aromatherapy work together to improve energy levels. Properly tailored, they can also enhance each other's ability or help you reach your goal in a better way. If you are a beginner, you can try experimenting with oils and crystals to see what works for you. Alternatively, you can seek help from a healer to balance your strengths and keep the pressure away. If the sole purpose of looking for a relaxing remedy like crystal healing is to achieve peace and tranquility, you can try using a cleanser like amethyst and blend it with essential oils like lavender. While amethyst has powerful properties that are known to relax, lavender has long been used as a stress reliever. You can also try using chamomile oil, which can withstand stress levels and instill a sense of calm. It also helps you sleep because of its cooling and relaxing properties.

As these treatments promote good energy and promote a sense of peace, you can also try adding a yellow crystalline substance, such as lime, orange, or ylang-ylang. These elements work diligently to increase oxytocin and dopamine levels in the body and clear the blockages. It creates a vibrant and beautiful environment around you, which can be very helpful on days when you need good choices.

On the other hand, some people also rely on the power of healing to protect them or those around them from transmitting evil or cleaning up evil auras. Black tourmaline has been widely used and suggested to remove toxins, absorb negative energy, and release positive energy. If you would like to increase its potency, adding a few drops of essential oils, such as a spice or sage, can help you stay safe. They also carry powerful anti-depressant and anti-inflammatory properties that can cure problems and bring peace and unity. It can serve as a protective force against negativity. You can also make essential crystal oils and give yourself a meditation massage for busy, tiresome days.

A few ways you can test out crystals and essential oils together are listed

below:

Lava Stones

Volcanic Lava Rocks are perfect for using your essential oils because of their beautiful natural structure. In its natural state, Lava will absorb oil, giving off a slight odor throughout your day. These can be worn in the form of jewelry or carried as stones.

Moqui Marbles

Moqui Marbles, like the Lava Stones, absorb oil really well. Although they may not look like Lava Rock, the rocky surface of Moqui acts like a sponge for your favorite essential oils.

Using essential oils in Moqui Marble will take you to a peaceful state of mind while the stones ground your aura to the earth. Apply oil to Moqui Marble jewelry or stones.

Basalt Rocks

Basalt stones are ones you encounter when you go for a hot stone massage. Their smooth surfaces are ready to draw the oil reservoirs needed. Basalt rocks are ideal for heat, oil, and muscle use. If you have someone to rub your back with these tension reduction tools, the effects are all the better! Otherwise, sleep over them and enjoy their effects.

Raw Calcite

Rough Calcite stones can be used to do aromatherapy. Make sure the stone is not a natural waxy one. Choose a light, grainy calcite, throw in your favorite oil, and look at the glowing stone with its newfound slickness. It will return to normal when the oil starts to wear off.

Cage & Locket Pendants

Cage jewelry and locket pendants are perfect for getting your healing treasure. Next to your crystals, you can add essential oil pads and strips with positive affirmations, too.

Facial Roller Wands

They offer a great way to apply your oil gently to your facial routine.

Roller wands can be used to moisturize your skin with essential oils. If the oil is too strong, dilute it with your favorite face minerals, such as coconut or jojoba. Remember to always clean the rollers during use to avoid clogging your sensitive pores.

Leather Jewelry

Leather will absorb essential oils like porous stones. A drop of oil will go a long way on an unwaxed leather cord. Keep in mind that the leather will darken and may get permanent stains, so if you are unsure, start by checking the small area on the back.

The stones and jewelry mentioned above can become aerial diffusers for essential oils. All you have to do is rub good quality essential oils with your finger, q-tip, or cloth. Before wearing or using them in healing, let them soak and dry. Depending on how big the crystal is and how much you handle it, the scent can last anywhere from an hour to a few days.

How Will Your Crystals React To The Oil?

If you use one of the above methods, you should feel safe using essential oils with your crystals. However, since these are organic stones, you will never know what kind of natural veins and craters they have. Keep in mind that external influences, such as oil, can interfere with the formation of this stone. Essential oils will also cause the crystals to darken slightly, but this often fades as the oil evaporates. Over time, crystals can become smooth, especially if you use stones on the body. For example, if you hold Marqui's Marbles in your hands to support or rub green Calcite for relief, the stones will wear down over time.

Different Combinations To Try

Relieve Stress And Relax

Crystal/oil combo: Pair an amethyst crystal with lavender or chamomile oil.

Amethyst is a peaceful and relaxing crystal. When paired with the essential oils of lavender and chamomile, its cooling properties increase, and your winding down session becomes even stronger. Do some soothing relaxation meditation using amethyst while diffusing lavender or chamomile

aromatherapy, or get yourself a crystal-infused body oil to calm you down.

Increase Your Self-Confidence

Crystal/oil combo: Pair a quartz rose crystal with bergamot essential oil.

We can all use the love from time to time, and a little crystal and oil combination can really help. Use quartz with bergamot to increase your self-confidence and self-esteem. Rose quartz is a beautiful crystal for cultivating gentleness, love, and empathy around you, and pairing it with a bright, creative citrusy bergamot will give you instant confidence. Sprinkle your rose quartz with bergamot and store it in your bag or pocket.

Manifest Abundance And Money

Crystal/oil combo: Pair pyrite with cardamom, cinnamon, or clove essential oil.

The shiny gold pyrite (a stone with hundreds of vibes) perfectly pairs with the spicy and hot energy of these zesty warming oils. While Pyrite helps you attract money and wealth, these essential oils lead you and make you walk on the path to success. Use this combination in conjunction with a growing candle ritual, or bring this extra energy into your workspace by placing pyrite on your desk and sprinkle cardamom, cinnamon, or clove oil while you work.

Attracting Positive Vibes

Crystal/oil combo: Pair crystal citrine with grapefruit, orange, or lime essential oil

Yellow as the sun, citrine is a power-boosting crystal, and paired with strong orange grapes, lemons, and orange oil, it will help attract large posters. Like a stone of joy and light, the high energy vibe of Citrine is compounded by the essential oils of citrus, which strengthens the energy and increases its manifestation. Use citrus-based oil instead of perfumes on days when you can use an extra dose of sunlight.

Eliminate Negativity

Crystal/oil combo: Pair black tourmaline crystal with sage or frankincense essential oils.

By pairing a powerhouse stone that transmutes negativity, like black

tourmaline with spiritual oil, you have acquired a powerful tool for cleansing the house. Black tourmaline absorbs negative energy, which helps protect your energy. When combined with the removal of essential oils, such as sage and frankincense, the immune system is enhanced. This compound prevents and removes bad vibes. Use a protective ointment oil to anoint yourself on days when the vibes feel off-putting. Also, if you do self-protection rituals, remember to clean your crystals before working with them, especially those that absorb negative energy.

Connect With Your Higher Self

Crystal/oil combo: Pair clear quartz with clary sage essential oil.

Clear Quartz is the ultimate stone for increasing any power you work with and can be quite helpful if you are trying to connect with your inner intelligence, spirituality, and the divine feminine nature. Use quartz with clary sage to increase third eye energy, intelligence, and align your monthly cycles. Try putting one drop of clary sage oil on your forehead between your eyes and do a third eye meditation while holding a quartz crystal.

Get Yourself Grounded

Crystal/oil combo: Pair hematite crystal with sandalwood or cedarwood

Sometimes, we must get out of our heads and establish ourselves in the world around us. This powerful crystal and oil combo can help bring you down to earth. The energy derived from the earth's essential oil creates a heavy, weighty force captured by Hematite. This combination roots you into the Earth on all levels of your being. Bring your hematite crystal and your favorite Woodsy oil bottle on a nature trip with you to help you soothe with the healing power of nature. Hold the crystal in the palm of your hand and smell the oil with deep inhales to enjoy aromatherapy benefits as you walk and meditate.

A LIST OF CRYSTALS AND THEIR OIL PAIRINGS^[59]

AMETHYST: It is a good overall stone and can be used for protection, balance, and help with confidence | Oil Pairings: clove, cypress, frankincense, sandalwood

AMAZONITE: Courage and truth, dispels negative energy, worry, and

fear | Oil Pairings: bergamot, geranium, orange, juniper, spruce, clove

APATITE: Motivation, energy, goals, growth | Oil Pairings: peppermint, orange, myrrh, nutmeg, grapefruit

AQUAMARINE: Courage, calms the mind, useful for closure, promotes self-expression | Oil Pairings: clove, ginger, helichrysum, chamomile, lavender

BLUE CALCITE: Restores balance, the stone of trust and communication | Oil Pairings: lavender, geranium, frankincense, vetiver, basil

CITRINE:: Success, abundance, creativity, power | Oil Pairings: sandalwood, frankincense, orange, clove, ginger, patchouli

CHRYSOCOLLA: Communication, teaching stone, encourages compassion, peace, and forgiveness | Oil Pairings: basil, lavender, tangerine, ylang-ylang, helichrysum, sandalwood

EMERALD: Enhances unity, promotes friendship, calming effect, brings positive actions | Oil Pairings: lavender, rose, cedarwood, patchouli, jasmine

EMERALD CALCITE: supportive during times of change, peaceful stone | Oil Pairings: tangerine, ylang-ylang, patchouli, blue tansy

GARNET: Positive stone, uplifting, inspires love and devotion | Oil Pairings: frankincense, lemon, orange, jasmine, ylang-ylang

HERKIMER DIAMOND: Allows appreciation of inner self, healing of all types | Oil Pairings: frankincense, clove, sage, lemon, tea tree

LABRADORITE: Mental sharpness, inspiration, lets you see many possibilities at once | Oil Pairings: peppermint, basil, lemon, neroli

LAPIZ LAZULI: wisdom, good judgment, desire for knowledge, the stone of truth | Oil Pairings: spruce, jasmine, frankincense, lime, basil

ORANGE KYANITE: creativity, optimism, encourages playfulness of our inner child, self-esteem | Oil Pairings: basil, grapefruit, tangerine, jasmine, lavender, orange, geranium

PERIDOT: overcoming fear resentment helps move forward, manifest abundance in life | Oil Pairings: cinnamon, cypress, bergamot, patchouli, jasmine

PINK LEMURIAN (quartz): Unconditional love, spiritual awareness,

female energy, meditation, connection with angels | Oil Pairings: ylang-ylang, bergamot, sage, lavender

PINK OPAL: stone of renewal, calming, emotional balance | Oil Pairings: frankincense, sandalwood, juniper, lavender, orange

PYRITE: protective, creativity, energizes, leadership | Oil Pairings: peppermint, clove, frankincense, grapefruit

RAINBOW MOONSTONE: A calming stone that assists in change and brings insight | Oil Pairings: rose, cypress, lavender, vetiver, bergamot

RHODOLITE (a variety of Garnet): A warm and trusting stone stimulates contemplation, inspiration, and intuition | Oil Pairings: rosemary, tangerine, cedarwood, spruce, coriander

ROSE QUARTZ: The ultimate love & relationship stone | Oil Pairings: ylang-ylang, lavender, jasmine, rose, bergamot

RUBY: Energy, love stone, increases concentration & motivation | Oil Pairings: cinnamon, ylang-ylang, rose, ginger, peppermint

SAPPHIRE: focus, love, and commitment bring joy and restores balance in body | Oil Pairings: lavender, ylang-ylang, orange, bergamot, vetiver, peppermint

SUNSTONE: leadership, joyful stone, inspires nurturing of self | Oil Pairings: orange, frankincense, neroli, clove, myrrh

TANGERINE QUARTZ: May help let go of the past, emotional grounding, soothing, and may boost creative energy | Oil Pairings: tangerine, frankincense, fir, patchouli, neroli, chamomile

TANZANITE: meditation, connecting mind and heart, helps communication | Oil Pairings: sandalwood, frankincense, chamomile, geranium, rose, lavender

TOPAZ: stone of love and good fortune, confidence, goals, joyful | Oil Pairings: jasmine, sandalwood, orange, rosemary, bergamot

TOURMALINE: promotes understanding of self, attracts inspiration, compassion | Oil Pairings: fir, geranium, bergamot, hyssop, myrrh, orange

TURQUOISE: protective stone, promotes calming, and creative problem solving | Oil Pairings: clove, cypress, Palo Santo, fennel, frankincense, rosemary

The bottom line is that while crystals have the power to heal on their own, as do essential oils, together they give healing a whole new meaning. There are countless ways you can explore their usage together and reap the combined and enhanced benefits. Remember, what works for one person may not work for another because we all radiate our unique set of energies. Keeping that in mind, get exploring what suits your energy best and have fun. Happy healing!

Chapter 12: Essential Oil And Reiki

“It doesn’t get much greener than essential oils: when used correctly, they are among Mother Nature’s most potent remedies.” -Amy Leigh Mercree

Essential oils with aromatherapy form an effective independent practice in itself. Combining it with Reiki can be powerful, offering out of this world experience. When we detect a different odor, it has an immediate effect. Our nostrils have undergone millions of years of evolution to warn us or show us when something is safe.

When we smell something and dislike its odor, the off-putting repelling reaction is not accidental. It is nature’s way of protecting us. When we feel something that makes us sick or depressed, the chances are it’s toxic, and once taken, it can make us sick. Our bodies are fine-tuned in that way to keep us safe. The body also knows when something smells good. Thus, it creates endorphins in response to positively affect our mood. That is why when we smell something pleasant like lavender, it affects our nerves and activates the limbic system to let us know that this is safe and desirable. This, in turn, gives us the physical response of peace and serenity.

Pairing Essential Oils With Chakras

Crown Chakra: use *palo santo* or *frankincense* by applying it to the top of your head.

Third Eye Chakra: use *rosemary* or *lavender* by applying it between the eyebrows.

Throat Chakra: use *lemon* or *roman chamomile* by applying it to the throat area.

Heart Chakra: use *rose* or *jasmine* by applying it to the chest area, over the heart.

Solar Plexus Chakra: use *ginger* or *basil* by applying it between the navel and the rib cage.

Sacral Chakra: use *patchouli* or *ylang-ylang* by applying it slightly below the naval.

Root Chakra: use *cypress* or *sandalwood* by applying to the soles of your

feet.

There are many different ways you can combine Reiki healing and essential oils to unblock the energy channels that flow between your chakras. Many essential oils can be used in Reiki treatments to obtain various benefits. A few popular and effective essential oils used in Reiki treatments are enlisted below.

1. Use Of Lavender In Reiki

This fragrant oil works amazingly well for the fifth chakra (throat chakra) and is represented by blue or green colors. If blocked, it can cause problems with communication and expressing yourself. Lavender oil encourages relaxation and calmness, which helps the mind to be at ease. The fifth chakra represents the throat, esophagus, shoulders, neck, and arms. The open and balanced chakra of the throat will make it easier to identify and communicate with others. The fifth chakra, if closed, will make you fear the world and put you on the path of withdrawing from society and people.

2. Use Of Sandalwood In Reiki

There are countless benefits of using sandalwood essential oil for energy healing. Its healing effects exert on all of our chakras, bringing them all in balance. It can align us with our intuitive abilities and helps us change the lens through which we look at life. It makes us look from a more loving perspective, which helps to appease and focus our minds. Through this focus, we get more clarity and can listen to our “gut feeling,” heart’s desire. It enables us to make healthy choices for ourselves.

3. Use Of Lime In Reiki

This oil works well with the seventh chakra (Crown) and is represented by the violet color. It represents self-awareness, self-love, and divine connection. It is associated with the pineal gland, pituitary gland, cerebral cortex, and cerebrum. Lime is a cleanser not just on a physical level but also on a mental level. It helps a person steer away from negative thoughts and promotes clarity. The Crown Chakra connects you to the outside world. It also helps you gather new knowledge and keeps your mind open to the possibilities of nature and the world around you. It enables you to open up the energy and rely on the divine spirit to guide you to lasting satisfaction and self-

awareness. Symptoms of restricted or unbalanced chakra are adapting to the material world instead of the spiritual world, isolation, anger, and a sense of isolation from the world around you.

4. Use Of Patchouli In Reiki

The first chakra (Root Chakra) is located in the lower part of the spine and is represented by a red color. The balanced Root Chakra will give you the strength to stay grounded in providing stability, peace, prosperity, physical health, a sense of security, a sense of belonging, and being able to live in the present (mindfulness). If the Root Chakra is limited or blocked, your body is currently trapped in a moment rather than embark on a continuous journey. It leads to fear, disgust, hatred, and anger toward your body. Other problems can involve poor relationships, money problems, and reliance on external influences rather than independence. By combining Reiki and patchouli, the Root Chakra can be brought back to balance, giving you a sense of personal sovereignty and a grounded approach to life with those around you.

5. Use Of Neroli In Reiki

It stimulates the second (Sacral) chakra located in the lower abdomen and is represented by the orange color. It represents vitality, self-satisfaction, and sexual orientation. It is associated with the sacral vertebra and genitals. It also affects blood circulation, urinary function, and fertility. Balancing the Sacral Chakra gives you the energy to enjoy life, and it enables you to embrace happiness and happiness. It also helps with emotional intelligence, sexual satisfaction, love, and the ability to adapt to the changing world in which we live. A blocked or restricted chakra can lead to sexual frustration, inability to form close relationships, loss of interest in the sexual experience, toxic relationships, and a negative self-image.

6. Use Of Rosewood In Reiki

Rosewood has a pleasing aroma that can uplift and strengthen a person's emotions. It has affected over six out of the seven chakras.

First Chakra - Root Chakra: Rosewood essential oil is found in a tree with deep roots in the earth. This oil helps by connecting our bodies with spirits and nature. This allows us to build and adapt to the energies of the earth.

Second Chakra - Sacral Chakra: Rosewood helps with menstrual and

other irregular cramps. Rosewood is also one of the oils that help us release energy when we connect with others. It is an essential part of the balance of the sacral chakra.

Third Chakra - Solar Plexus: Rosewood is one of the most powerful oils that support the creation of a beautiful self-healing image. The oil also helps us connect with our gut feelings for higher wisdom and realize our natural wisdom.

Fourth Chakra - Heart Chakra: Rosewood helps us measure our love for ourselves and others.

Seventh Chakra - Crown Chakra: Rosewood helps with meditation and brings a higher frequency. This helps us quieten the noise in our minds and be more mindful.

7. Use Of Pine In Reiki

It stimulates the third chakra (Solar Plexus) represented by the color yellow and controls the relationship you have with yourself. The Solar Plexus Chakra, when balanced, helps you understand your abilities and power, allowing you to use them to do good. It also helps you get inspired by other people without feeling envious of their achievements. If the heart chakra is blocked or unbalanced, it may lead you to become a people-pleaser, have anxiety, suffer from stomach problems, and let go of your dreams because it brings your self-esteem to the ground. When you combine pine and Reiki, this balance can be restored.

8. Use Of Helichrysum In Reiki

Essential oils will make it easier for you to uncover past traumatic events. It allows you to feel more secure and free from the fear of remembering painful past experiences. Use this essential oil to work through overwhelming emotions, like grief, buried in the depths of the subconscious from past events.

9. Use Of Bergamot In Reiki

It is used to calm the mind and help with anxiety. It has a light citrus scent, also known to stimulate the senses and relieve stress. It can be used as a mild antiseptic and nasal decongestant if inhaled.

10. Use Of Frankincense In Reiki

Some time ago, this essential oil was considered more valuable than gold. It was hard to come by, and it was very expensive. It is considered a powerful aromatherapy oil. It has solid surfaces and is often used for people suffering from serious health problems.

There are hundreds of essential oils, and each comes with countless benefits. When you combine Reiki and essential oils, you can take your healing process to another level. They go together quite well, and Reiki practitioners often use essential oils for aromatherapy during Reiki sessions. All you have to do is find the essential oils that you like the most and use them to open your chakras. The best thing about this healing is that it is holistic. Moreover, there are countless possibilities you can explore and experience.

Chapter 13: Crystals And Reiki

“Everything in this universe is a vibration, including you.”

A combination of crystals and Reiki is called Crystal Reiki. In this, crystals are used with healing energies to help stimulate self-healing mechanisms of the body, spirit, and mind. We already know that crystals have incredible healing powers of their own, as does Reiki. However, when they are intertwined, you can achieve more significant benefits.

The human body contains hundreds of locations where the energy centers are located. When we combine the energy from crystals with Reiki, it uses the frequencies of the earth to amplify the power of Reiki energy. Through the infusion of these powerful vibrations with the consciousness of Reiki energy, targeted healing is possible, producing better effects.

Pairing Different Crystals To Open Chakras

There are many crystals you can align with your chakras and use them to obtain the best results from this healing process.

Sodalite And Amethyst

This powerful duo is one for the mind and emotions. Sodalite eliminates confusion by clearing the mind and developing logical thinking. It helps with communication and aligns you with your feelings. Amethyst helps to remove blockages and negative energy and aligns you with your Crown Chakra – the place from where you get ideas. Use this pair to develop creativity, work, game performance, or communication.

Turquoise And Jade

Pairing these two stones together will help to heal. Turquoise protects, supports, and can attract relationships and friendships. Jade is a refreshing stone and attracts positivity. Jade helps a person open their Heart Chakra by resonating with it and makes you capable of loving unconditionally. Wear these together to find a daily dose of worldly love and attract people and uplifting situations.

Rhodonite And Rose Quartz

This heart-based pair will attract the most healing love to your life. It heals your heart and connects the relationship you have. These stones are a powerful place to attract love. Rhodonite is a stone of great love, a sense of balance, and Heart Chakra while promoting peace in the end. Rose Quartz, also a stone of the heart, is focused on self-love, compassion, and harmony. Bring peace to yourself and your relationship with these stones. They help you clear your Heart Chakra of blockages.

Red Jasper And Onyx

When put together, these stones become a powerful protective shield. Red Jasper gives you strength and protection while supporting your feelings, while Onyx helps you remember your strengths and find challenging times easily. When you wear them together, you will be strengthened in the hardships of life, and you will be able to walk in it with patience and strength.

Different stones have different healing properties, which is why their energy can be focused on unblocking different chakras accordingly. I will enlist the seven chakras with crystals that compliment them below, so you can combine them with Reiki accordingly.

1st Chakra

Base, Root

Located: At the base of the spine

Colors: Red, Black

Energy focus: Stability, grounding, physical energy, will, security.

Stones:

Hematite

Black Obsidian

Black Tourmaline

Red Zincite

Garnet

Spinel

Smoky Quartz

Zircon

2nd Chakra

Sacral

Located: Below the navel

Colors: Orange, Blue-Green

Energy focus: Creativity, healing, sexuality and reproduction, desire, emotion, intuition.

Stones:

Orange Calcite

Vanadinite

Carnelian

Blue-green Turquoise

Blue-green Fluorite

Copper

Imperial Topaz

3rd Chakra

Solar Plexus

Located: At solar plexus, below the breast bone

Color: Yellow

Energy focus: Intellect, ambition, personal power, protective.

Stones:

Citrine

Amber

Yellow Jasper

Golden Calcite

Yellow Apatite

Gold Tiger eye

4th Chakra

Heart

Located: In the center of the chest

Colors: Pink, Green

Energy focus: Love, compassion, universal consciousness, emotional balance.

Stones:

Rose Quartz

Cobaltian Calcite

Pink Danburite

Lepidolite

Rosasite

Vesuvianite

Pink/Rubellite Tourmaline

Watermelon Tourmaline

Green Aventurine

Malachite

Jade

5th Chakra

Throat

Located: At the neck above the collar bone

Color: Blue

Energy focus: Communication center, expression, divine guidance.

Stones:

Sodalite

Blue Calcite

Blue Kyanite

Chrysocolla

Celestite

Blue Chalcedony

Angelite

Blue Turquoise

Amazonite

Aquamarine

6th Chakra

Third Eye

Location: Centered above eyebrows, at the medulla

Color: Indigo

Energy focus: Spiritual awareness, psychic power, intuition, light.

Stones:

Lapis Lazuli

Azurite

Tanzanite

7th Chakra

Crown

Located: At the top of the head

Color: Violet, Golden-White

Energy focus: Enlightenment, cosmic consciousness, energy, perfection.

Stones:

Amethyst

Apophyllite

Herkimer Diamond

Quartz Crystal

White Hemimorphite

White Calcite

White Topaz

White Danburite

White Howlite

Selenite

Chapter 14: The Combination Of Three

If there is one thing you probably know by now, it is that there are countless ways of healing your body through essential oils, crystals, and Reiki, among other holistic healing methods. We have explored the possibilities of using each of the three methods on their own and also in pairs of two – both of which give great healing benefits. However, what if I told you that you could take your healing session to the optimal level by combining not any two, but all three of them *together*? Read that again!

I am not just talking about using essential oils during a Reiki or crystal healing session or the other way around. I am also talking about using all three methods together in a single healing session and achieving the best results. Through the combination of the three, you not only open your chakras but also leave your body in a much more relaxed state. It is a great way to get out of your everyday stress and chaos and understand your body by catering to its needs.

There are countless crystals in the world, each having its unique properties. We also know that there are seven major chakras in our bodies – the energy healing points. Additionally, every essential oil comes with its own effect. When we bring these things together, we must ensure that they complement one another. What I mean by that is we need to pick a crystal for a specific chakra and enlist the essential oils that balance it while complementing the crystal at the same time. I have provided below a list of specific crystals for each chakra with their essential oil pairing. You can devise your own if you wish to, or follow through with this to get the most out of your combined healing session.

1. Garnet (Root Chakra)

Deep red in color, Garnets are often associated with passion, protection, strength, and inspiring courage. According to magic, the Garnets are believed to be useful in connection with spiritual deception, vampires, or evil spirits. Garnet has historically been used for protection and security (by the Crusaders) or to accompany the Anglo-Saxons into the afterlife. Garnet is a stone of positivity. It promotes love, commitment, devotion, and passion.

OIL PAIRING IDEAS FOR GARNET: Jasmine, Ylang-Ylang,

Frankincense, Orange, Lemon, Lavender, Bergamot, and Cinnamon Bark.

Root Chakra

As the first of the chakras, the root chakra is considered to be the most closely related to your physical strength. You end up being grounded and connected to others close to you.

Essential Oils for Root Chakra:

Angelica Root, Benzoin, Cedarwood, Frankincense, Myrrh, Patchouli, Vetiver.

2. Carnelian (Sacral Chakra)

A Carnelian with a bright orange color was called the 'sunset' by the ancient Egyptians, who engraved the hieroglyph belt representing the Isis' girdle on stone fragments. Combined with Isis' fertile menstrual blood, it is often used to help improve fertility, PMS, menstrual symptoms, and other women's issues. Carnelian can stimulate the body and mind. It also helps restore motivation and promote intelligence.

CARNELIAN OIL PAIRING IDEAS: Wintergreen, Peppermint, Tangerine, Clary Sage.

Sacral Chakra

The second chakra is the second chakra and is closely related to emotional and artistic balance.

Essential Oils for Sacral Chakra:

Bergamot, Cardamom, Clary Sage, Neroli, Orange, Patchouli, Rose, Sandalwood, Ylang-Ylang.

3. Citrine (Solar Plexus Chakra)

Citrine is said to contain strong sunlight, so wear this stone to take your place in the sun. This stone is conjectured to have wealth or the power that brings good luck. It can help to promote happiness, curiosity, confidence, or healing wisdom, and increase wealth and prosperity. Citrine encourages positive emotions within and enlightens your vision. As a creative stone, it is

also used to increase concentration, creativity, and memory.

OIL PAIRING IDEAS FOR CITRINE: Sandalwood, grapefruit, and Orange.

Solar Plexus / Navel Chakra

Located above the navel, the solar plexus (third chakra) is associated with the color yellow and dominates your will power, confidence, and feeling.

Essential Oils for Oil Solar Plexus Chakra:

Black Pepper, Cedarwood, Cinnamon, Clove, Coriander, Cypress, Geranium, Ginger, Grapefruit, Juniper, Lemongrass, Mandarin, Peppermint, Petitgrain, Rosemary, Sandalwood, Spearmint, Vetiver, Ylang-Ylang.

4. (A) GREEN AVENTURINE (HEART CHAKRA – OPTION 1)

Aventurine is believed to be the luckiest of all crystals. In magic, it is considered a ‘fairy treasure.’ It is believed to help with written work and other skills, increase focus, and help reduce cohesion. It is also believed that it is a refreshing stone that can help with stress. The crystal has a beautiful opaque green color.

OIL PAIRING IDEAS FOR AVENTURINE: Spearmint, Bergamot, Lavender, Ylang-Ylang, Chamomile.

5. (B) ROSE QUARTZ (HEART CHAKRA - OPTION 2)

The Pale Pink Rose Quartz is known as the ‘heart stone’ – a stone of ultimate love and relationship. It has been used as a symbol of love since the beginning of the sixth century BC. It is also called the ‘mothering’ crystal, which helps to heal depression or help in times of need. It is also used to help relieve stress and frustration, as well as reduce anxiety.

OIL PAIRING IDEAS FOR ROSE QUARTZ: Jasmine, Ylang-Ylang, Lavender, Rose, Bergamot, Patchouli.

Heart Chakra

The heart chakra fills our lives with compassion, love, and goodness. Green Aventurine or Rose Quartz may be used to heal and open this Chakra.

Essential Oils of the Heart Chakra:

Bergamot, Cypress, Geranium, Jasmine, Lavender, Lemon, Mandarin, Melissa, Neroli, Orange, Rose, Sandalwood, Tangerine, Ylang-Ylang.

6. Lapis Lazuli (Throat Chakra)

Lapis Lazuli has a rich royal blue color, sometimes with flecks that are gold-colored. It was one of the first gemstones to be used for jewelry. Its mining dates back to 6,000 years. It is a stone of truth and spiritual faithfulness known as the ‘career stone.’ It is often used to attract promotions and help with communication. Lapis can bring wisdom and truth, good judgment, intuition, and a desire for more knowledge.

OIL PAIRING IDEAS FOR LAPIS LAZULI: Jasmine, Lime, Frankincense, Basil, Peppermint.

Throat Chakra

Fifth of the chakras, the throat chakra is the basic source of emotions and speech, the controlling intelligence, and your ability to communicate clearly and effectively.

Essential Oils for balancing Throat Chakra:

Basil, Bergamot, Chamomile (English or Roman), Cypress, Peppermint, Spearmint.

7. Amethyst (Third Eye Chakra)

Purple toned amethyst is used to seek spiritual guidance. It is a very spiritual stone believed to have great spiritual vibrations, and it is said to enhance the world of meditation, visualizations, and spiritual awareness. It can also help to relieve stress and promote happiness. Amethyst is also known as the ‘guarding stone’ that can be used for healing, protection, and balance, as well as a sense of confidence. It is believed to help with headaches and fatigue and promote good dreams. Try using it with Lavender, Chamomile, Cedarwood, or Sleep Blend to get a moisturizing combination before bed.

OIL PAIRING IDEAS FOR AMETHYST: Sandalwood, Frankincense, Cypress, Lavender, Clove; Sleep inducing oils, such as Lavender, Chamomile, Cedarwood, or a pre-made Sleep Blend.

Third Eye Chakra

The 6th Chakra, also known as the third eye chakra, is the home of your intuition. Using third eye chakra stones allows you to touch your own intellect and work energy lying within yourself.

Essential Oil Ideas for Balancing the Third Eye Chakra:

Angelica Root, Bay, Clary Sage, Cypress, Frankincense, Helichrysum, Juniper, Marjoram, Patchouli, Rosemary, Sandalwood.

8. Clear Rock Quartz (Crown Chakra)

The clear rock quartz is colorless and glassy, shiny in light, and sometimes with natural textures throughout. Its use has been found in almost all cultures and ages of history, where it is generally believed to contain pure life force. Clear Quartz is known as the main healer, which is believed to cool the body and provide energy, amplifying any power or purpose.

OIL PAIRING IDEAS FOR ROCK QUARTZ: Peppermint; pairs with any essential oil.

Crown Chakra

Located above the head, the Crown Chakra is the seventh chakra. The Crown Chakra gives us access to higher levels of awareness.

Essential Oils for Eating the Chakra Crown:

Cedarwood, Frankincense, Gurjun, Helichrysum, Jasmine, Lavender, Myrrh, Neroli, Rose, Rosewood, Sandalwood.

There are various ways you can pair these together, mainly through using the right combination of essential oils and crystals during a Reiki session. At the end of the day, your body is unique in its own way. We all radiate different energies – what may work for one person may not work for another. Thus, go ahead and explore what works best for you. Which crystals your energies are more drawn toward and which essential oils you like best are found through some experimentation. I can only guide you toward different

ideas, but finding the right fit for yourself is your job. Happy healing!

Chapter 15: Conclusion

Above anything, I hope you enjoyed learning about holistic healing and its three specific branches I chose to expound over throughout this book. The fact of the matter is that it can be easy for a person to get a little skeptical about combining the three methods, considering they may seem like three entirely different modalities. You might start thinking about how far-fetched it seems or how they might not work together at all.

I have personally incorporated a combination of these three healing methods in my life and saw the results first-hand. I'm not preaching you something that I read off the internet or heard about through some mythical story. I'm talking from experience. I have seen how these energies work in unfathomable ways. Even in the practice that I run, I work with my clients by combining these three practices, and now I want you to take advantage of it, too.

What I love most about these healing methods is how flexible they are. You can use them on their own, in pairs of two, and even combine the three together for the greatest benefits. Moreover, it is not something that's too tricky or complicated – in other words, it's not rocket science. Learning about these modalities is quite easy and can be understood by any and everyone.

The world we live in has conditioned us to need instant gratification and swift results. We want everything in our life to happen fast. We have grown to become impatient individuals. The cost of that is obviously the fact that we hate waiting. The one thing holistic healing methods require more than anything else is patience. Thus, before you dive into this realm of healing, I want you to take an oath of patience.

“Great things take time; that is why seeds persevere through rocks and dirt to bloom.”-Matshona Dhliwayo

These methods are proven to work, and they do so for thousands and millions of people globally. Just take a minute to think about it – would they really still exist if they never showed results? Never helped a soul? There is a reason people throughout history and even today are reaping benefits from these methods; *they work*. The difference between these two is that when it comes to holistic healing, we don't only listen to the pain signals of our body and hush them through a pill. We silence the other noises out and focus on

those pain signals, connecting with them, and understanding them. When you understand where the problem lies, you can ultimately eliminate it entirely.

Holistic healing does not only treat your body like a combination of cells and organs. It looks at other aspects like our energies and helps us balance their flow within our bodies. Of course, like everything else, it comes with side effects if it is not used properly. It is exactly why I encourage you to explore your options and use combinations that suit your body best. At the end of the day, this is your healing journey, and only you can understand your body better than anyone else.

Having said that, I want you to know that I am not a licensed doctor. Therefore, if anything is reacting in a way that you feel is not right, you should go seek the opinion of a professional doctor and put their word above mine. These are natural remedies using substances extracted from the earth. Think of it this way – one workout session will not flatten your belly or give you a buff body. However, if you stay consistent and continue working out every day, you will eventually see the results. Similarly, holistic healing requires consistency and patience.

The thing about over the counter pills is that somewhere down the lane, they have damaging effects on our bodies. It is known that it can cause damage to your liver and kidneys and even cause a heart attack or stroke. We often do not think about these side effects when we mindlessly pop a pill every time we need to silence our bodies' pain receptors.

To conclude, my heartfelt message to you is one that stems from a good place. I may not know you, but I want what is best for you as every single person in this world matters; every single life matters. I know that we have become desensitized to a lot of things because of this influx of information always fed to us. Today, I want you to take a step and re-evaluate the way you treat your body. This body that has supported you ever since you were born, the one that has helped you push through deadlines by pulling all-nighters, and the one that has not given up on you regardless of how much you neglect its needs. I believe we all need to tune-in with our bodies and listen to the melody inside us and follow it.

You are an incredible human being, and there is so much potential within you. If you believe that you cannot reach your highest potential or that you are struck by an illness that is getting the best of you, maybe it's time for you

to look at the situation under an entirely different lens. Stop thinking short-term. Consider a long-term healing journey with much fewer risks of side effects. Put away those bottles of quick fixes for pain and heal your body through the elements it is made of. It may take a while until you see the results, but they will be there. Just give it a chance – explore what suits you best, tune in with your energies, and see the magic kick in!

The Healing Trio

POWERFUL HOLISTIC HEALING DONE RIGHT

About The Book

As technology advances, our reliance on it to facilitate our way of life increases. This reliance has now increased to such a point that we are unable to function properly without the intervention of technology. The greatest change that technology has brought forth is in the medical industry, where our reliance has negated or downright made obsolete the ancient, healthy, and extremely effective methods that humans have used for generations. To introduce those methods to the limelight again, the author Steven George explains the holistic healing methods of Reiki, Essential Oils, and Crystal Healing that are extremely efficient in helping to restore and enhance your health.

About The Author

Steven George is an entrepreneur, author, and holistic healer. As a reiki master, certified crystal healer, and certified essential oil specialist, he is an inspirational personality that thrives off of helping people flourish. Hailing inspiration from the world around him, he has always been inspired by the amazing powers of holistic healing causing him to pursue his education on those topics especially. He now aims to distribute his knowledge and wisdom to the masses with the publishing of this book.

STEVEN GEORGE



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