

HEALING WITH CRYSTALS

Precious stones have been thought of as objects that can aid in healing by a variety of cultures. The Hopi Native Americans of Arizona use quartz crystals for divination, including locating sources of pain or disease in the body. The Hopi also traditionally use crystals for other forms of divination, as prisms to direct sunlight towards medicine bowls, and in other forms of ritual, such as imbuing the strength and toughness of the crystal into one's heart.

In one method, the practitioner places crystals on different parts of the body, often corresponding to energy centres or chakras; or else the practitioner places crystals around the body in an attempt to construct an energy grid, which is purported to surround the client with healing energy - Wikipedia

TIP: Match crystal colour with associated energy centre/chakra colour



PRIMAL
Remedies

PRIMAL **BEGINNERS SET**

Remedies

Clear Quartz - Crown - Place at top of head

The most powerful healer & amplifier, excellent for blockages. Works on all levels of self. Aids memory, excellent to program & store information.

Amethyst -Third Eye - Place between brows

Strong healing and cleansing powers. Helps to overcome addictions and blockages of all kinds. Aids sleep. Dispels all negative emotions and brings positive responses.

Sodalite -Throat- Place at throat

Unites logic with intuition. Stimulates pineal gland & third eye. Installs a drive for truth so you can remain true to self. Stimulates trust & inter-dependence. Eliminates mental confusion, calming the mind, allowing old mental conditioning to go, leaving space for new insights. Calms panic attacks releases negative emotions of guilt, fear, control issues.

Aventurine - Heart - Place at chest centre

Stone of prosperity. Defuses negative situation to positive. Reinforces leadership & decisiveness. Stabilises ones mind stimulates creativity. Calms anger and irritation so you can live from your heart. Promotes sense of well being

Citrine - Solar Plexus - place below diaphragm/upper belly

Stone of Abundance. Powerful cleanser and regenerator, energizing, creative, opens intuition. Teaches how to manifest prosperity, all that is good and how to share. Helps to go with the flow. Overcome fear.

Orange Calcite - Sacral - Place at lower belly

Removes stagnant energy. Combats laziness and gives encouragement to move on. Good for clearing the mind and unblocking old thoughts. Enhances a deep state of relaxation and meditation. Expands your energy and sense of self

Black Tourmaline - Root - Place at tail bone or pubic bone

Cleanses, purifies and forms a protective shield around the body. It has a strong connection to the Devic Kingdom, good for plants & gardens. Keeps pests at bay. Buried, it promotes growth. Banishes feelings of being a victim, Attracts inspiration compassion and prosperity. Powerful mental healer, releases tension, removes blockages.

Charge your crystals by placing in sun, salt water, moonlight or on a Selenite Charging Plate