

## CHAPTER 1

## CRYSTAL-THERAPY BASICS

THE HISTORY OF CRYSTAL THERAPY  
AND ATLANTIS

The use of crystals for healing purposes can be traced back in history to many ancient civilizations.

Egyptians used to bury their dead with quartz crystals placed on the lower (possibly on the lower chakra), and they wore amulets carved or decorated with stones such as lapis lazuli, carnelian, and turquoise. They also used crystals as incense, grinding stones

such as galena into powders that they used as eye shadow—not a healthy cosmetic, as galena contains lead!

In China, jade was historically used to make death masks, musical instruments, and jewelry, and jade is still highly valued

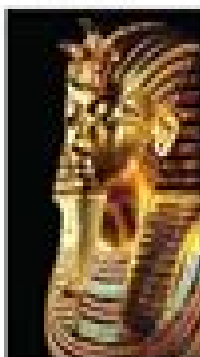
there today. It was also considered to have healing properties and thought to be able to cure kidney stones. Chinese medicine incorporated crystals in the needles used in acupuncture.

The ancient Greeks believed that clear quartz remained solid because, buried deep in the earth, it had been frozen for so long that it would never melt. Many crystals' names come from the Greek. They made drinking cups and amulets out of amethyst—the Greek word *amethystos* means “not drunken.”

The ancient Ayurvedic system of healing, which originated in India over two thousand years ago, is linked with the Hindu Veda scriptures, which document specific crystals



Lord Krishna, as mentioned in the book of Vedas



Nefertiti's mask is decorated with crystals including lapis lazuli, quartz, amethyst, carnelian, and turquoise



Patient surrounded by crystal grid

## WHAT IS CRYSTAL HEALING?

Crystal therapy, in the modern-day sense, is much more than wearing amulet jewelry, incorporating crystals into artifacts of power, or grinding them into powders to be ingested. Today, true crystal therapy is practiced as the placing of crystals on or around the body. Where the crystals are placed will determine whether they will work on the aura that surrounds the body,

on specific chakras, or even on acupuncture or meridian points. I believe that crystals act as batteries that can recharge, rebalance, energize, or unblock the variable life-force energy that permeates the physical body via the subtle-energy system. Many people, whether self-taught or professionally trained, begin to work with crystals by balancing chakras. This technique is explained in chapter 3.

So, how do they work? The honest answer is that no one really knows, although I believe that we are very near to quantum physics explaining the answer. Nikola Tesla was a Croatian inventor who for a short time worked with Thomas Edison in the United States. His inventions were ahead of their time, and whilst he was alive he never really got recognition for his work. Tesla was working in the early 1890s with the theory that everything has a frequency and vibration, and this is accepted by quantum physics today.



Nikola Tesla

# Uncle Festers Guide

**Fester (Uncle.)**



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literary messenger ,1836      **John F. Kennedy** Ian James Bickerton,2019-09-04 John F Kennedy A Reference Guide to His Life and Works cover all aspects of his life and work Despite his short tenure in office Kennedy shaped the domestic and international direction of the nation for decades to come He is remembered domestically for the hope and encouragement he instilled in the struggle for civil rights his support for the freedom riders and for equality for women Abroad his memory lives in his handling of the Cold War against an aggressive Soviet Union and such events as the Berlin crisis and Wall his intervention in the Vietnam War the invasion of Cuba and Bay of Pigs disaster the Cuban Missile crisis and the beginnings of space exploration all of which tested the young relatively inexperienced leader Includes a detailed chronology detailing John F Kennedy s life family and work The A to Z section includes family members his handling of the Cold War and such events as the Berlin crisis and Wall his intervention in the Vietnam War the invasion of Cuba and Bay of Pigs disaster the Cuban Missile crisis and the beginnings of space exploration The bibliography includes a list of publications concerning his life and work The index thoroughly cross references the chronological and encyclopedic entries      *Southern Literary Messenger* ,1835

*What If Jesus Was Serious?* Skye Jethani,2020-06-02 Daily Devotions for People Who Hate Daily Devotions Let s face it A lot of Christian resources can feel cheesy out of touch and a little boring But when Skye Jethani started doodling and writing up some of his thoughts about God his Twitter and email list blew up What If Jesus Was Serious is a compilation of all new reflections and hand drawn doodles from Skye He takes a look at some of Jesus most demanding teachings in the Sermon on the Mount and pushes us to ask whether we re really hearing what Christ is saying The visual component of the book makes it memorable and enjoyable to read and Skye s incisive reflections make it worthwhile for any Christian If you ve traditionally been dissatisfied with Christian devotional resources but love to learn about Jesus and think deeply this book was written for you      *Congressional Record* United States. Congress,1973

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