

## Crystal Healing Owen Sound

Crystal Healing Owen Sound - The method of utilizing gemstones and crystals is called crystal healing. These stones are aids to be able to help heal, protect and energize the mind and physical body. Crystal healing has been around for centuries. It has its roots in Ancient Egypt and there is proof that India and China have been utilizing crystals in several healing rituals for over 5000 years. Nowadays, crystal healing is regarded as an alternative medicine methods but its origins show it was part of various regular health treatments in the past.

Crystals are thought by many to benefit people on a lot of levels. It is thought that crystals can affect the vibrational patterns of the patient's surrounding energy fields and auras, hence balancing the the body and mind. Gems are believed to have their own energy vibrations and their energy could be used to a person's electromagnetic system for augmentation. Crystal therapy aims to transfer the energy contained in gemstones to a person who is in need of that same type of energy.

People who use crystal healing enjoy the benefits of the stones by wearing the gems close to their body, or in a pocket close to the heart. A lot of crystal healers would rub gemstones on the patient or utilize them directly on chakra points which are the energy centers of the body. Making use of the gemstones on the chakras helps in order to facilitate the healing, cleansing and stabilizing of energy emanating from each chakra. Gemstones in the corresponding colors of blue, green indigo, violet, red, orange and yellow can be positioned near their matching colored chakra. The stones can likewise be situated near or onto whichever chakra which would benefit from the healing properties of a certain stone.

Crystals could be used in some conditions to restore or rebalance natural energy flows. The circumstances can be to try to discourage negative attitudes, habits and various factors that work to impede their natural everyday functioning. Putting on metal is greatly discouraged while partaking in crystal healing. It is believed that metal acts as an energy stopper. Metal surrounding gemstones is believed by some to be particularly detrimental since it disrupts the energy flow coming from the gemstone. Due to this, people who prefer to wear gemstones as part of their crystal therapy often acquire jewelry along with gemstones which are not set in gold or silver.

An essential factor in a gemstone's effectiveness is the condition of the stones. The more pure and higher quality the gemstone, the more healing properties it is thought to contain. Therefore, stones which have been irradiated or dyed may have less healing potential as they have been synthetically processed, manufactured or damaged. The color, shape and size of the crystals also have a part in their healing properties.

Believers and advocates of crystal healing reported lowered mental and physical stress levels, together with better health and spiritual refinement. Moreover, particular crystals are usually utilized to be able to cure certain illnesses. Traditionally, every gemstone utilized in crystal therapy is known for specific healing properties attributed to it and is used depending upon a patient's needs.

The majority of practitioners recommend that the gemstones be energized and cleansed prior to a session of healing starts. Gemstone can be washed in water, after that set out in the sunlight or moonlight. Some individuals utilize sound to push away whatever negative energy contained inside the stones. Making a pure sound with chiming a bell or using a gong near the stones promotes the renewal of energy within the stones and makes them ready for a new patient to use.

There are some methods in advanced crystal healing where gemstones can be made into wands. These wands are utilized to carry out a kind of "psychic surgery" which helps redirect positive energy, remedy illness and remove blockage. It is vital to note that though some people have found results after participating in psychic surgery, it is inadvisable to replace crystal healing for primary medical care. Crystal healing is better considered as a supplemental source of care for individuals who desire improved health, vitality and energy.