

How and Why Healing Crystals And Colour Therapy Work Perfectly Together

Each colour contains qualities and strengths that are amplified by the power of the crystal. Colours are absorbed through the skin and the optic nerves. Psychically they are assimilated into the human energy field via the seven chakras, and from there they go to wherever specific colour strengths are needed in the body or mind.

When using Healing Crystals we recommend using a pair of crystals, one to draw out pain or remove blockages and one to infuse the system with healing light. You can any shape that is comfortable. The following pairs are our recommended combinations:

Clear Quartz and Amethyst are all-purpose Healing Crystals, excellent for routine cleansing and energising.

Turquoise and Rose Quartz help an overloaded system or a person who is under pressure.

Amber and Blue Coral/Blue Chalcedony are deep Healing Crystals and restore natural immunity.

Purple Fluorite and Nephrite Jade are for Healing over a long period, chronic conditions or those difficult to diagnose and treat.

Red Jasper and Celestine/Angelite are useful to balance, strengthen and harmonise body and mind.

Tiger's Eye and Banded Agate soothe and empower very nervous or emotional patients or those in crisis.

Blue Lace Agate and Pink Mangano Calcite are excellent for Healing the very young, the very old or those extremely ill or in intense pain.

Use each pair by holding the more active Healing Crystal (the first listed) in your power hand (the one you write with) and the other in your receptive hand. Simultaneously move your Healing Crystal clockwise and the receptive crystal anticlockwise over any pain or discomfort. Work two inches away from the body, slowly spiralling up and down, constantly moving the Healing Crystals. You may find that Healing words emerge spontaneously. The Healing Crystals may stop over a chakra energy centre and move much faster as they balance or unblock it. When you find yourself slowing, the healing is complete.

Using Divination can help you to determine the right course of action in a particular situation. In modern Divination we consult the god or goddess within, the wise part of ourselves that is not bound by the limitations of time. This part of ourselves can reach the universal store of knowledge, so that we are not bound by our conscious mind and our preferred method is to use Healing Crystals for Colour Therapy.

The selection occurs through the process of psychokinetic, the ability of the mind to move matter, in this case our hand, to select one Colour Therapy Crystal rather than another so that it answers our questions. Healing Crystals are a very powerful form of Colour Therapy, because not only do the Colours and the individual crystal type have certain core meanings, but also when we hold the crystal we have selected unconsciously, information from it floods our minds. This knowledge is transmitted through our fingertips in the form of words, sensations of heat or cold, feelings of reassurance or sudden doubt about a planned course of action, as well as rich visual images in our mind.

You can use as few as eleven Healing Crystals, one for each of the main Colour Therapy colours: White, Purple, Blue (light or dark), Green, Pink, Yellow, Orange, Red, Brown, Grey and Black. Use crystals of similar size, shape and smoothness; round or oval tumbled stones about the size of a medium coin are ideal. Keep the crystals for Colour Therapy in a drawstring bag (or place them in this bag prior to divination).

About the Author

For more resources about [Colour Therapy](#) or especially about [Healing Crystals](#) please review our website <http://www.goodvibrationscrystals.com>

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