



CRYSTAL HEALING

Working with Stones for Personal Wellbeing

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Why Crystal Healing — And Why Now?

Working with crystals for healing purposes isn't new, but it certainly has become more mainstream in more recent years. Children are drawn to gemstones and adults are learning from them, following in the footsteps of the young ones in their lives.

As you learn more about the importance of taking care of yourself – body, mind, and spirit – you will open up to the vast ways that exist in which you can do so. From eating mindfully to mindfully living, there is a shift taking place, and working with gemstones is part of this process.

Consider for a moment the amount of energy you exert each day to navigate the stresses of daily life. This is not insignificant. From home and work life to addressing the complexities of living in the twenty first century, things can get a bit unpredictable.

Body – Mind – Spirit. Each aspect of life calls you to notice where things are going smoothly and where course adjustments (small or big) appear. Your body needs your attention, as do your thoughts and emotions that run rampant. And, then there is your spirit with its invitation to slow down and rest.

Healing with gemstones and crystals, be they fancy and stunning, or not, support and help you nurture the physical, emotional, mental, and spiritual parts of your life. As you work with them, the Stone Spirits will guide you into deeper ways of embracing your own ability to heal.

Keep in mind, there is nothing magical about stones; however, there is mystery in crystal healing. As you work with gemstones and crystals closely and quietly, and take your time doing so, you will discover just as the ancient ones have for millennia, that the Stone Spirits have something to teach.

Are you ready?



Demystifying Crystal Healing

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

Nikola Tesla

To understand the ways in which crystals and gemstones support healing, it is important to understand that the vibrations contained within them resonate with the body's own vibrations.

The minerals of which gemstones are comprised are the same minerals that are found in the cells and organs of the body.

The frequencies of crystals can help to harmonize and balance the frequency on the body, which in turn helps to balance the physical, emotional, and mental aspects of the body.



“ Crystals are living beings at the beginning of creation.

- Nikola Tesla

4 WAYS CRYSTALS CAN HELP US HEAL

GROUND

Gemstones can help reestablish a sense of connectedness with the earth's magnetic frequency, helping one feel more grounded and centered.

CALM

The nervous system and emotions calm and ease with the soothing support of gemstones, resulting in greater rest and relaxation.

CLEAR

Cluttered thoughts can shift with the help of gemstones, as they help to clear the mind and aid in balancing brain activity.

INSPIRE

Crystals and stones can help one attain high states of awareness when worked with as part of one's spiritual practice.

How Stones Heal

"Our souls should be like a transparent crystal through which God can be perceived." — Hildegard of Bingen



The energy of a specific crystal and your energetic needs, be they physical, emotional, mental or spiritual, are important aspects to consider when choosing gemstones for healing. There are a number of ways that gemstones can be used to support healing.

One way is by placing stones and crystals on the body in specific formations. These are also known as crystal layouts or arrays, and can range from a few stones to many. Another way is to hold a gemstone during meditation, allowing yourself to pay attention to what comes into your awareness, then journaling what you discover.

Wearing or carrying gemstones, as well as slipping one into your pillow case at night, are wonderful ways in which you can immerse yourself in the stone's vibrational frequency over a number of hours.

Regardless of which method you use, working intentionally with gemstones and crystals is an effective and powerful way to bring healing into your life.

Gemstones and the Elements

WATER

Water Element stones are crystals and gemstones that resonate with the energetic frequency of Water. They are very helpful in supporting emotional healing. They affect the ebb and flow of energy blocks and imbalances in our physical and emotional bodies that may hold us back from experiencing a full and balanced life.

Earth Element stones are crystals and gemstones that resonate with the magnetic frequency of the earth. They are very helpful in supporting healing of the physical body, as well as helping one to heal situations related to grounding, balance, a sense of safety, security and stability.

EARTH

WIND

Wind Element stones are crystals and gemstones that resonate with the energetic frequency of Wind. They are very helpful in the supporting, clearing, and balancing of brain and mental energies. Wind is balanced in our body when we experience insight, clarity of thought, and a calm and relaxed mental state. Imbalanced Wind Element energy results in disorganized and cluttered thoughts and having difficulty with concentration.

Fire Element stones are crystals and gemstones that resonate with the powerful frequency of Fire. They are very helpful in promoting motivation and creativity, burning away that which interferes with our ability to manifest and express our personal power and integrity in positive ways.

FIRE

STORM

Storm Element stones are crystals and gemstones that resonate with the energetic frequency of Storm. Storm is not an Element, per se, as much as it is an event that occurs when Earth, Water, Fire and Wind are in dynamic balance. Storm Element stones are very helpful in supporting both a deep connection to the earth and a connection to spiritual energies, resulting in powerful healing and transformation.

A Stone For Every Situation



Physical Healing

Physical health refers to the state of your physical body and how well it is operating. The body's ability to experience balance influences one's emotional, mental, and spiritual health. Gemstones that support physical healing include Red Jasper, Black Tourmaline, Dragon Stone Jasper, Pyrite, Shungite, and Hematite.



Emotional Healing

Emotional health is about how we think and feel. It is about our sense of wellbeing, our ability to cope with life events and how we acknowledge our own emotions as well as those of others. Gemstones that support emotional healing include Lepidolite, Chrysocolla, Rose Quartz, Amazonite, and Chrysoprase.



Mental Healing

Mental health is a state of well-being in which an individual realizes their own abilities and potential, is able to cope with the normal stresses of life, can work productively, and is able to contribute to their community. Gemstones that support mental healing and wellbeing include Orange Calcite, Lapis Lazuli, Sodalite, Common and Natural Citrine, and Fluorite.



Spiritual Healing

Spiritual health creates meaning in life and is a dimension of human wellness that integrates physical, emotional, and mental health. Spiritual wellness provides us with systems of faith, beliefs, values, ethics, principles and morals. Gemstones that support spiritual healing include Clear Quartz, Tibetan Quartz, Kyanite, Amethyst and, Indigo Gabbro.



Top 15 Healing Gemstones

With the vast amount of stones available, it may be hard to know just where to start. Yet, one of the first things you will want to do when working with crystals and gemstones for healing purposes is to build your own personal **Crystal Healing Toolkit** for your own self-care.

Below you will find a list of my **Top 15 Healing Gemstones**, along with the Element with which they resonate. This list includes three stones for each Elemental group to help you get a sense of how to combine the healing properties of the crystals and stones with the Elements to best support your healing needs.

Click on each gemstones below to learn more about their specific healing properties. You will also find addition to information on the following pages.



EARTH

Shungite

Black Tourmaline

Ruby

FIRE

Carnelian

Tiger's Eye

Malachite

WATER

Rose Quartz

Lepidolite

Blue Lace Agate

WIND

Amethyst

Fluorite

Lapis Lazuli

STORM

Clear Quartz

Indigo Gabbro

Blue Kyanite

My suggestion is to start with these stones and build your own **Crystal Healing Toolkit** to expand your knowledge and experience. Working with gemstones and crystals that resonate with a specific Element can be an ideal way to address the healing needs that are arising within you. There is no right or wrong way to work with stones. Just go ahead and get started!

Top 15 Healing Gemstones

EARTH ELEMENT STONES



Ruby stimulates life-force (chi) energy throughout the body. It promotes courage, passion, strength, enthusiasm, adventurousness, and protectiveness. Ruby is powerful for stimulating the root chakra and bring additional vitality into one's being.

Shungite believed to be around 2 billion years old, is a very powerful, ancient healing stone that detoxifies your body by absorbing and eliminating any negative or health hazardous energies. Shungite can be used for EMF (electro-magnetic field) protection.



Black Tourmaline offers purification and psychic protection. It helps keep the energy field clear of imbalance, even in the presence of destructive energies. It acts to protect one's energy field from attachments and energetic debris, elevates one's consciousness, and is an excellent stone for gridding spaces, rooms and even an entire home.

FIRE ELEMENT STONES

Carnelian increases energy, personal power, creativity and compassion. It enhances attunement with one's inner self, opens the heart, and aligns the physical and etheric bodies. A powerful physical healer, it aids in tissue regeneration, energizes blood, supports kidneys, lungs, liver, gallbladder and pancreas, and protects against fear, envy, and rage.



Malachite supports enlightened leadership, creativity, confidence, and protection, which helps one to heal the heart. It is one of the most important stones for protection from negative energies. It draws unneeded energies out of the body and energy field. This strengthens the energy field, screening out negative energies.

Tiger's Eye supports harmony, balance and strength. It helps to release fear and anxiety, and promotes protection, clear thinking, personal empowerment and integrity. It synthesizes the energies of Sun and Earth, and offers grounding and centering. It enhances personal power, will, self-confidence, and balances masculine/feminine energy polarities.



WATER ELEMENT STONES



Lepidolite has strong relaxing, balancing and calming properties. It clears blocked energy in all chakras, releasing negative thoughts/emotions. It is a stone of calm, trust, acceptance and transformation. It engenders and enhances self-love, patience, and optimism.

Rose Quartz is a stone of love, gentleness, emotional healing, release of stress, and uniting with the Divine. It clears the emotional body, helping to dissolve one's boundaries of isolation and mistrust. It brings peacefulness and calm to relationships, allows release of stored anger, jealousy, fear, guilt, and enhances self-confidence and creativity.



Blue Lace Agate has strong healing properties and helps to support one's ability to communicate thoughts and feelings. It is a soothing and nurturing stone that offers calmness, peace of mind and emotional support. It helps to bring a sense of quietude and tranquility to the mind.

Top 15 Healing Gemstones

WIND ELEMENT STONES



Fluorite clears the atmosphere of confusion, cluttered thoughts and negativity, helping one to think clearly. It is a highly protective and stabilizing stone, useful for grounding and harmonizing spiritual energy. Fluorite organizes chaotic energy through its electromagnetic capacities. It absorbs stuck energy in the energy field. It encourages and sustains the ideal of health, intellect and emotional wellbeing.

Lapis Lazuli supports inner vision, truthful communication, and royal virtues. It is a stone of self-knowledge and reflection. It activates the psychic centers at the brow chakra, allowing one to develop enhanced intuition and access to spiritual guidance. It is helpful with alternate and past-life exploration.



Amethyst provides a clear connection between the earth plane and other worlds. It opens and activates the crown chakra, aligns the energy bodies, and balances mental, physical, and spiritual energies. It increases the magnitude of energy and intention sent and returned. It brings in and maintains a sense of calm and peacefulness.

STORM ELEMENT STONES

Clear Quartz connects to all of the physical and upper transpersonal chakras. It opens, clears and activates the chakra system and aligns one's energy field. It has a multi-dimensional frequency and can amplify the energy of other crystals. It supports general healing, promoting health and wellbeing.



Blue Kyanite has the amazing ability to bring all of the chakras into alignment. It supports healing of the body and aids the development of spiritual and psychic awareness. It calms the mind and allows one to shift into the restful and relaxing state. Kyanite does not retain lower energy vibrations .



Indigo Gabbro has a strong and very high vibrational frequency. Its powerful balancing and centering properties assist in absorbing, cleansing and transmuting unhelpful energy patterns and blocks. It resonates with a blend of both masculine & feminine energies, bringing together the known and unknown aspects of ourselves. It is a powerful and transformational healing stone.



Of course, my **Top 15 Gemstones** are only a start! Keep exploring and learning about what other crystals and stones can teach you, what healing properties they offer, and how they can impact body, mind, and spirit health. To explore other healing gemstones, visit my **Online Shop**. Learn more about the stones you already have, and become introduced to new crystals and gemstones too!

Creating a Crystal Self-Healing Practice

YOU HAVE YOUR STONES — NOW WHAT?



WEAR OR CARRY

Select a stone to work with - just one - and spend the day (or night) with it. Tuck it in a pocket or set in next to you, but keep it close. Work intentionally with one stone at a time. Journal and reflect upon your experience.

HOLD DURING MEDITATION

Select a stone to meditate with and allow it to rest in your hand. Set an intention, rest your mind, and notice what arises for you. Journal and reflect upon your experience.

LAYOUTS AND ARRAYS

Select gemstones with properties that support your healing needs. Place the gemstones on and around your body and rest for 15-30 minutes. Journal and reflect upon your experience.

Working with gemstones and crystals for healing doesn't need to be complicated. Less is more. Ready to learn more? Check out my Crystal Healing classes and Crystal Healer Certification Program at the **Center for Crystal and Healing Studies.**



Mary Jo Feely is the Director of the Center for Crystal and Healing Studies, and owner of 4th Dimension Healing, a private healing practice in Stillwater, Minnesota. Mary Jo has a passion for healing and wellness. She works with clients and students, helping them deepen their own ability to heal themselves, and expand their healing gifts as they learn to help others to do the same. Mary Jo offers in-person, virtual and self-paced online courses. Topics include: Usui Reiki, Crystal Healing, Energy Healing, Meditation, Spiritual Development, and Self-Care.

Mary Jo is a registered nurse of over 43 years, accredited and certified Healing Touch Practitioner, Usui Reiki Master/Teacher, Certified Crystal Healer, Healing Touch Spiritual Ministry Healing Practitioner, and mystic. She has been working in the Energy Healing field since 2003 and has studied and received extensive training in Healing Touch, Usui Reiki, Back Chakra Activation, Hara and Crystal Healing, Essential Oils, and Christian, Tibetan Buddhist, and Hindu meditation practices. Mary Jo also offers healer mentoring and is available for seminars, workshops and retreats.



4th Dimension Healing
Energy Healing • Classes • Gemstones

About Mary Jo Feely

Mary Jo is a member of:

- American Holistic Nurses Association
- Healing Touch Program, Inc.
- Healing Touch Professional Association
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