



USES OF CRYSTALS

Every object in the universe has its own importance and use. The usage may be important or ordinary, depending upon the nature and quality of the object. Even the stones, which are found in abundance have proven their usefulness in many ways. The early man initially used them for hunting and making weapons. He then started building houses with stones. This was an important factor in the evolution and advancement of human civilization. As time passed, man came across some special and precious stones, which had many mysterious powers and energies. Crystals have helped man to interpret the ancient history and things of the remotest past. Crystals can be used in meditation, healing and other practices to develop intuition.

Crystals are used all over the globe in different ways. Few of the common uses are discussed as under:-

(1) JEWELLERY

Crystals and stones can be carried or worn as jewellery to ornament one's person as also to help maintain mental clarity, emotional stability and physical balance. Carrying stone is one of the most effective way of utilizing their healing force.

Necklaces worn close to the chest stimulate heart Chakra points



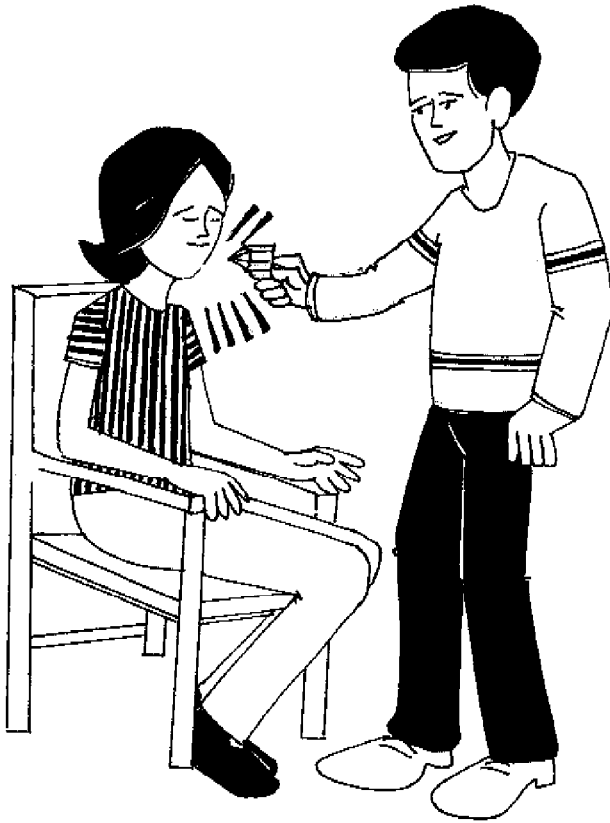
in order to activate greater love and compassion. Worn on earlobes they stimulate reflex points that affect other parts of the body. Rubies and deep red stones were worn on the navel by dancers to enhance their sex appeal. Crowns of sacred gemstones were worn by kings and emperors, which helped

them in governing people justly and wisely. These and many more uses of crystals in jewellery was popular among different civilizations all over the globe which believed that their energies blend with human electromagnetic area, and the reflection of their frequencies through their colours serve to dissipate and neutralize psychic and emotional stress.

In addition to cosmetic beauty, it is also possible to create jewellery that consciously utilizes the healing properties and the special gifts, stones have to offer. These uniquely designed creations then become personal power pieces that will assist the wearer to attain certain state of awareness or achieve specific goals.

(2) HEALING

If it is not feasible to wear or carry a crystal as specified for healing,



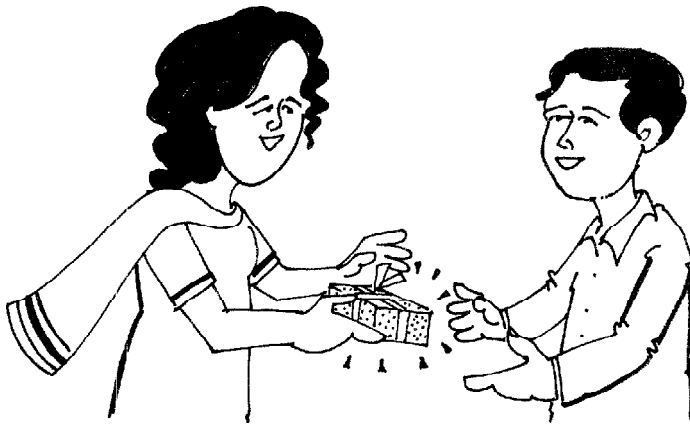
one may try other remedies like crystalline water, vibrational force or colour frequency of the stones. These remedies are prepared easily and economically. The time involved also is not much.

The best stones used in remedies are the multi-coloured quartz family: Clear, Amethyst, Rose, Citrine and Smoky. These

quartz respond favourably to light and colour which are essential for effective application of crystal remedies.

(3) GIFTS

Crystals and stones make one of the most specific gifts to be made. When given in love they become forever “love crystals” and

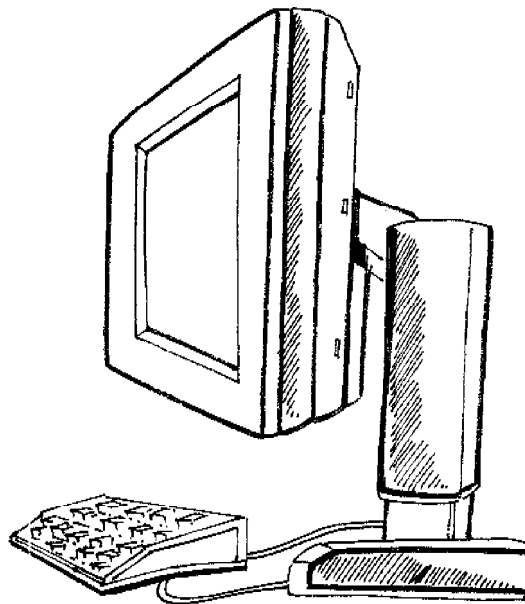


symbols of that special caring. They can still be used as healing crystals. Indeed they have been charged with the very force of healing. Crystals, with their beauty and charm

do have an emotional advantage with human beings.

(4) TECHNOLOGY

Crystals play an important role in Technological enhancement as well. The synthetic silicon chip is cut and pierced with the help of the sharp edge of a diamond. The discovery of crystalline silicon chip is a unique and one of the most important discoveries of the last century. The role of crystal in the scientific advancement is

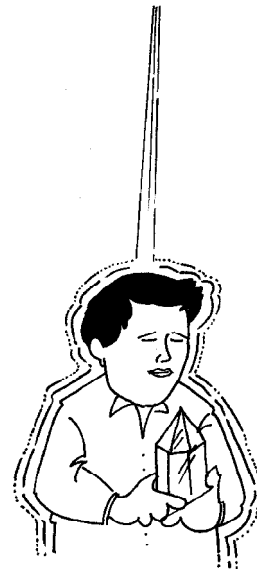




therefore of immense value. Crystal based industries have opened newer avenues of employment and development. Crystals have made it possible to change huge machineries into compact ones. Most of the items of machinery are easily available and are cheaper too.

(5) SPIRITUAL DEVELOPMENT BY CRYSTALS

Any healing stone or crystal can be held and used as a meditation partner by absorbing its specific properties. These crystals may be used for mental focussing and can serve as symbolic concentration objects. They may be placed on the body chakras (energy centers) for balance and clarity.

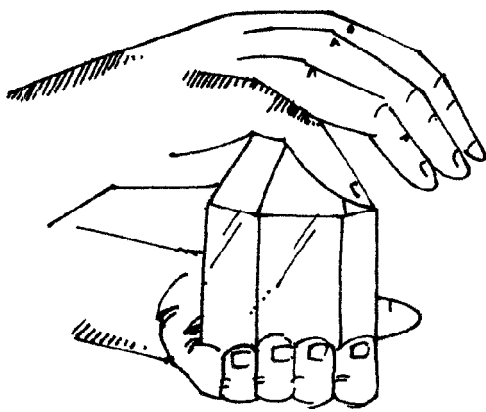


You may find a crystal that specifically proves its advantage in deepening and strengthening meditation. The reality of crystal energy can be thoroughly experienced.

(6) PROGRAMMING

For any meditative result, a clear quartz can be programmed by projecting a thought into it and holding it during meditation. For example – if a person is experiencing anxiety about an interview or an

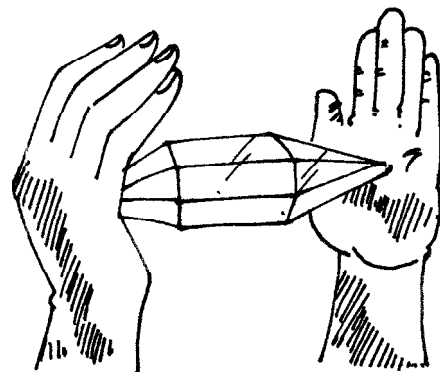
examination, he should hold the terminated point of a clear quartz



upto the third eye center and visualize himself as being calm, secure, confident and spontaneously flowing through the situation. One should project this thought form onto the crystal and then sit quietly, holding the crystal. He mentally reaffirms to

himself the positive reality he has created. Soon he will experience the created programme and be relieved of his anxiety in a few minutes. The crystal will act as helper and friend and will project the programmed vision back to the person again and again till he starts feeling better. Besides this, one can also send messages to his loved ones through crystal meditation and programming. Attaining mental steadiness, solutions to problematic situation etc. are other ways of using programming.

A person may experience harmony and peace within himself and all living beings. He will simply blend into a cosmic resonance and continue to pulsate in a state of being one with the universe.



(7) THERAPY

Every living being suffers from a number of physical and mental disorders. Man has developed a number of remedies and care for these disorders. As a cure or remedy, crystals are used in the following forms:

- (A) Crystalline Ash (by burning crystals)
- (B) Crystalline Water (water charged by crystals)
- (C) Powdered Crystals (by grinding them)



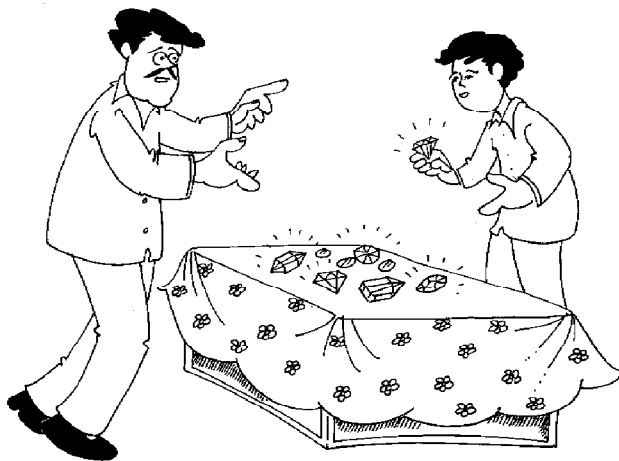
Crystals are used for preparation of drugs and medicines both in the Indian system of Medicine "Ayurveda" and the Greek system

"Hikmat". Though crystals are used in both the systems, the methods of uses are different.

In Ayurveda crystals are used in medicine in two forms the ashes (Bhasma), and the Powder (Pishti). For Bhasma, the crystals are turned into ash by burying them at a very high temperature. This bhasma is used both as oral medicine as well as for external application. For obtaining their powdered form, the crystals are ground in a grinder.

In Hikmat however the concept of Bhasma is not there, as the Greeks feel that burning a crystal destroys a number of its effective molecular elements.

(8) FUTURE PREDICTIONS



The use of crystals for predicting future happenings in a person's life is popular even today. People predict one's future by gazing at a crystal or by activating themselves by holding the crystals close to their head.

The commonly used crystal for this purpose is quartz.

(9) VAASTU

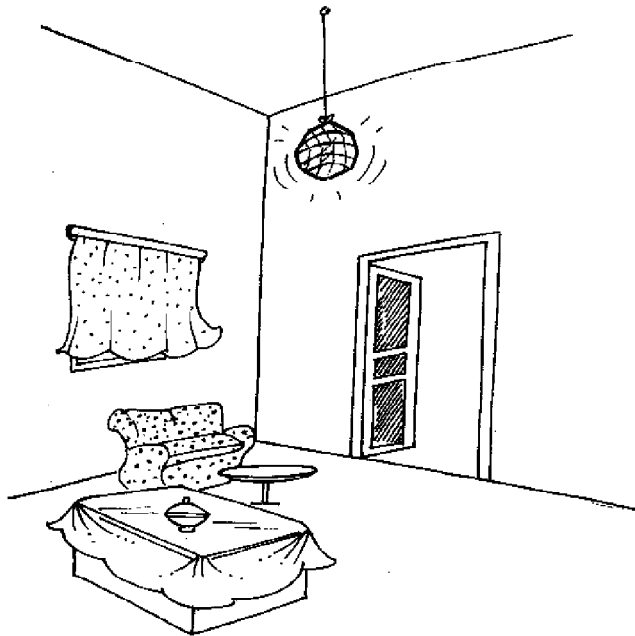
The Indian architectural science “Vaastu” suggests use of crystals in many ways. Vaastu acknowledges the powers and energies of crystals and presents them for advantageous use in every type of building both during the construction as well as after the completion of



construction. To begin with, grounding and placing “Pancha Ratnas”, (the five gems), is a prominent ritual at the very initial stage of construction. Grains of five precious and auspicious Ratnas are grounded in the South Eastern quarters of the proposed building before

commencing construction, offering homage and praying for the well being of the owner and users of the building. Crystals are also used by placing them in the house as per their specific characteristics like Ruby which works as an insecticide and keeps the house safe from germs and insects. Black Tourmaline placed at the main entrance of a house prevents entry of any evil spirit. Nine precious gems representing the nine planets are used for different results on the house and its inmates/users.

(10) FENG-SHUI



Besides “Vaastu” crystals are significant in “Feng Shui” also, which is the Chinese science, on the art of placement of things in a house. Thus, Feng Shui, meaning “Wind and Water”, conveys the ancient Chinese principles of harmonising man and nature. This brings about

good health, good fortune and prosperity. To energize a home or a



room, crystals are placed in the South-West, North-West quarters or the centre. Clear crystals suspended from a window infuse a room with revitalized, healthy energy called “Chi”

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