

The Healing Powers of Gemstones and Crystals

By Diane DelPiano, R.N., CNHP, RMT

Gemstones and crystals have aided humans in healing illnesses and attaining wisdom for centuries. Their use is documented in many sources throughout history: 5,000 year old Chinese medicine texts; 400 B.C Indian Ayurvedic writings; ancient drawings in the tombs of Egypt's pharaohs; and in the Christian Bible where they are referenced over 200 times! Also recorded is their use among shamans of indigenous cultures around the world who used gemstones and crystals to diagnose as well as treat illnesses.

The oldest legends and lore involving healing with crystals lead us back to the ancient continent of Atlantis where it is supposed that the inhabitants of this evolved, scientifically advanced civilization used crystals to channel and harness the cosmic forces. Crystals were purportedly used as beacons of light that served as telepathic communicators. It is believed by some that the compiled knowledge of the wise men and women of Atlantis are preserved in "record keeper crystals" – forms of quartz crystals that are marked by one or more small triangles (trigons).

In the Biblical book of Exodus, reference is made to a divinely inspired breastplate encrusted with twelve jewels that endowed Moses' brother Aaron with the power of God. "And thou shalt set in it settings of stones, even four rows of stones: the first row shall be a sardius, a topaz, and a carbuncle : this shall be the first row. The second row shall be an emerald, a sapphire, and a diamond. And the third row a ligure, an agate, and an amethyst. And the fourth row a beryl, an onyx, and a jasper: they shall be set in gold in their inclosing"...

A condensed version of the healing properties and uses for some of the stones mentioned above, as well as a few favorites are as follows:

Amethyst, commonly used for heightened spiritual awareness, wisdom and connection to the Divine source.

Sapphires are said to be helpful in boosting the immune system, calming overactive body systems and treating disorders of the blood.

Rose quartz is considered the "love stone" opening one to love and acceptance of self and others.

Carnelian has been used to promote fertility, aid digestion and to inspire courage and creativity.

Apache Tears has been found useful in healing grief.

Sodalite is said to protect against the negative effects of chemotherapy and harmful electro magnetic frequencies such as microwaves, etc. It also has been found to be useful in strengthening the power of the mind.

Clear quartz is considered a classic. It amplifies the qualities of all stones and opens energy centers on the body that are associated with various endocrine glands and organs for healing.

Hematite is used for grounding and repelling the negative effects of circumstances that surround us.

Angelite is a favorite of many, it has a peaceful energy that is calming, joyous and soothing. Aids spiritual communication, and helps unblock meridians. In general its action is balancing and healing to the body, mind, spirit and emotions

As we examine the roles that gemstones and crystals played in human history, or observe the valuable parts they play in our contemporary lives, their power and potential cannot be overstated. Today, with the rapid advancement of technology, crystals are being used to transmit and magnify energies in many ways. Ruby crystals are being used in lasers for microscopic surgery. Quartz crystals are used in ultrasound devices, in watches and in memory chips for computers. Quartz is also used in electrical equipment for modifying, transmitting and storing energy. On an esoteric level, gemstones and crystals have been and still are used in meditation to develop intuition and to learn from higher senses.

In the healing realm, crystal/gemstone therapy is a modality that works directly with the light, color, beauty and perfect geometric forms that the mineral kingdom provides in order to assist us in balancing all aspects of our being. Just as we feel transformed and revitalized when we walk through one of the magnificent stone caverns or gorges here in our beautiful Finger Lakes Region, utilizing various crystals and gemstones specific to their metaphysical properties can bring us balance and healing on many levels.

Placing specific gemstones or crystals on the body while incorporating a therapeutic touch modality such as Reiki or even simply visualizing the clearing of imbalances has the capacity to influence the physical, mental, emotional and spiritual aspects of our lives. A person feels lighter, clearer, more balanced and dis-ease gives way to good health. Individuals may feel a shift in their being or more frequently an emotional release may occur. Additionally, a gentle, physical detoxification process that can last up to a week may occur after crystal/gemstone therapy. Regardless of what a person may experience in the process, the changes are always positive ones. The only requirement in utilizing crystal/gemstone therapy is that you allow yourself to experience the moment!

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