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Amethyst, Calcite, Opal,
Emerald, quartz, Sunstone,
topaz, zircon, Sardonyx, Ruby

crystal clear.



The mysterious healing powers of crystals have been known for centuries. But just how do they work? **Laura Greaves** reports.

Bunny Bedi once laughed at crystals as a healing tool - until a visit to India changed his mind, and his career. The former chef is now a crystal jewellery designer for his label, Made in Earth Creations. "I thought the idea of a stone helping a human was ridiculous, but after experiencing it, I do believe they help in their own special way."

Intuitive healer Karina Godwin agrees, saying crystals can be useful in treating or managing "almost any complaint", including stress, insomnia, digestive issues, and chronic pain. "If a crystal can run your wristwatch, then anything is possible," she says. "I know from personal experience that crystals work for me and my clients."

Crystal cures

Crystals - like everything on the planet - have their own, scientifically measurable, energetic value, called a frequency or vibration. Crystal healers believe that they amplify or realign the body's frequencies. "If a crystal's vibration is missing in the user's energy, the crystal and the person exchange energy until there is a balance between the two, providing healing," Godwin explains.

Crystals act as a powerful barrier to harmful effects of the barrage of electronic devices we're surrounded by.

Consciousness coach Joy Clarke says crystals are very useful in calming children and relieving emotional distress. "My daughter had aching knees and ankles at night. I would place small hematite and obsidian stones under a Band-Aid on her, or let her hold them, then guide her through meditation to focus on the stones, not on the pain." Natural therapist Marney Perna adds, "Amethyst clusters and clear or smoky quartz absorb electromagnetic radiation (EMR), so I encourage clients to have them around the house, especially near power outlets."

Crystals are used 'directly', meaning they are held, carried or placed on the body; 'indirectly' as a focus for meditation; or in essences or elixirs, where they are added to distilled water, then taken as drops under the tongue. Godwin says crystals work quickly, within five to 10 minutes. There is no limit to how often or for how long you can work with crystals. "Just bear in mind that the more you utilise their power, the less they have", warns metaphysical healer Aileen Bautista. "To recapture universal energy you need to 'recharge' them by leaving them in water, in the sun or, my personal favourite, under the light of a full moon."

Rocks in their head?

Of course, some still say that the idea of an inanimate gemstone possessing healing powers is preposterous. Clarke agrees crystals' benefits are "definitely" psychosomatic - but that doesn't make them any less powerful. "The mind plays the greatest role in healing, whether using crystals or Western medicine," she explains. "Our thoughts about a crystal will influence the body's response to it: we see our reality through the lens of our subjective perception." For Bunny Bedi, the power of nature cannot be denied. "The earth's elements are there to help you with what you need in life," he says. "If you have something that aids your mental or physical health, use it. This is about enhancing your inner self - your soul."

"Crystals helped me avoid surgery"

Sydney's Sharon Cavill faced surgery after suffering a broken orbital bone (the bone under my eye). "It was pushed back 6mm into my head, plus I'd lost all feeling on the right side of my face. I was told I needed a titanium plate implanted in my head. My surgeons had to wait for the swelling to go down, so in the meantime, I was meditating next to a table where my crystals 'live' when something inside told me to grab one, a long bar of selenite, which I held under my eye, pointing at my face. The power it emitted was intense, and I felt sensation in the numb part of my face. Then I tried the others, and felt different sensations from different crystals.

"Each day, more feeling returned. The surgeon decided not to operate, saying it would heal on its own. I'm a hypnotherapist and reiki practitioner, so I'm aware of energy healing, but this was a powerful new experience."



YOUR STARTER KIT

New to crystal healing?
Start with these special stones ...

- **Malachite:** Reveals subconscious blocks; reduces stress
- **Psilomelane:** Helps you analyse behaviour and emotions
- **Quartz:** Purifies, provides energy; strengthens other crystals
- **Amethyst:** Clears the mind; promotes courage and creativity

- **Amber:** Helps you find purpose; a barrier against negativity
- **Black obsidian:** Relieves fear, especially during intense change
- **Lilac kunzite:** Promotes maturity, forgiveness and balance
- **Hematite:** Amplifies intuition and spontaneity
- **Labradorite:** Boosts happiness and a sense of security