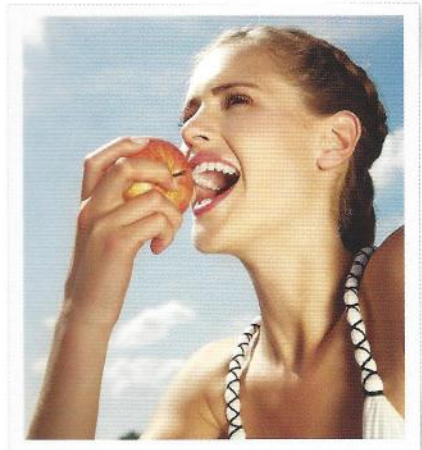


Good Health

December 2014 \$7.20 INC GST

HOW THE EXPERTS LOSE WEIGHT



Plus GUILT-FREE TREATS UNDER 600KJ

STRESS SIGNS



You shouldn't ignore



BETTER POSTURE TODAY!

- * KIESER
- * PILATES
- * ALEXANDER TECHNIQUE



ADVICE THERAPISTS give their friends

Medical cannabis

SHOULD IT BE LEGALISED?



Samantha Armytage

"I'm working towards balance and wellness"

Dr Oz
TAKE CHARGE OF YOUR HEALTH
+ 3 vital tests you must have

2014

MOST POSITIVE HEALTH NEWS

Plus THE BEST BEAUTY PRODUCTS of the year

8-PAGE ALLERGIES HEALTHBOOK



9 313006 005452

CRYSTAL

If you want to find love, earn more money or just create an abundance of happiness, then try using crystals – they just might change your life. By Charmaine Yabsley

Once upon a time, if you kept a crystal on your desk or beside your bed, you were labelled a hippy. Today they're considered a bit more mainstream and can help achieve wellbeing.

But how do they work? "Crystals – like everything on the planet – have their own energetic value, called a frequency or vibration, which can be scientifically measured," says Madonna Sky from Crystal Castle, near Byron Bay. "Crystal healers believe these gemstones can help to support us to heal and nurture ourselves."

You can use crystals by holding them in your hand or placing them on the body, either tucked into clothing or worn as jewellery; or in elixirs or essences, when mixed with distilled water and placed as drops under the tongue.

"You might find they create a bridge from one level of awareness to the next," says Sky. "They may help you clear blockages to your personal growth and encourage a deeper connection to your intuition and your heart."

"Whichever crystal you choose, they are enhanced by the clarity of your intention," says Sky. "By visualising positive outcomes and influences in your life, crystals may help to manifest these."

Here, we look at how to pick the best crystals for you.



SUCCESS

[Your go-to crystal]

LABRADORITE

"A labradorite crystal helps attract success in your life," says Karina Godwin, founder of the Flying Souls Institute of Healing. "Known as the crystal of magic and manifestation, it brings the impossible into the realm of possibility, literally making you a magnet for success."

◆ **How to use it:** Wear it as jewellery or place in on your desk or into your pocket or bra for accelerated results. Want to amplify its effects? "Add in a smoky quartz to soak up any negativity or thoughts of failure, inadequacy or criticism," says Godwin. "For even greater results, add a carnelian crystal, which is the stone of joy, to amplify and raise your vibration closer to the levels where you will easily attract success."

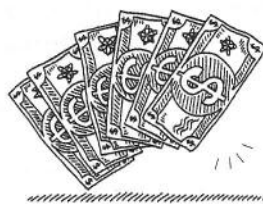
MONEY

[Your go-to crystal]

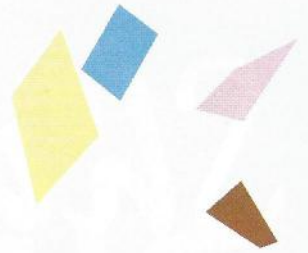
CITRINE

If you want to attract more cash into your life, then spend some on this money-maker. "Often people are very focused on money but it's really about having an 'abundance' mindset in general," says Michelle Marie McGrath, a crystal vibrational therapist. "The easiest way to increase the flow of abundance in your life, including money, is by expressing and feeling gratitude for what you already have."

◆ **How to use it:** "Each morning, vow that you are ready to receive the flow of abundance into your life," says McGrath. "Place the citrine stone in your wallet or pocket to have as a reminder throughout the day." McGrath suggests writing down your affirmation for more wealth and keep this with the crystal. If you'd like to use them decoratively, wear a citrine ring or pendant.



HEALING



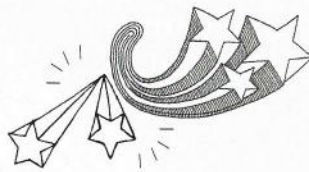
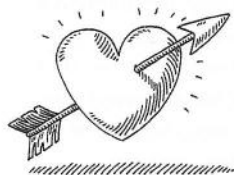
LOVE

[Your go-to crystal]

ROSE QUARTZ

"The heart is associated with two main colours: pink and green," says crystal healer Kerry Marsh. "Known as the 'love stone', rose quartz represents unconditional love and helps to open the heart to receive love."

◆ **How to use it:** Wear it as a pendant, so it hangs close to your heart. "Or even tuck a small piece into your bra," says Marsh. Or place a piece of rose quartz in the relationship corner of your bedroom – the far right-hand corner as you walk into the room – to attract love into your life. "This soft pink crystal may help you learn lessons of receiving and accepting love, both from yourself and others, and can dispel negative emotional states such as grief or despair."



ENERGY

[Your go-to crystal]

AMETHYST, CLEAR QUARTZ OR ROSE QUARTZ

"Either of these work well, as each have different vibrations," says Sandra Meehan, founder of House of Ra. "Clear quartz is my favourite energy booster as it has a very high vibrational frequency."

◆ **How to use:** "Hold the crystal in your hand or place them on your third eye, between your eyebrows," she advises. "Ask for an energy boost from the crystal. If you want to meditate holding the crystal, do so while requesting energy." Meehan says that you'll know when the crystal begins to work, as it will 'pulse' in your hand. "When it stops pulsing, let it go as it's finished its job."

CRYSTALS YOUR AT- A-GLANCE GUIDE

"There's no right or wrong crystal for you. The right crystal is one that you're drawn towards, one that you intuitively feel is yours," says Meehan, who uses crystals as part of her healing therapies.

[MALACHITE]

Relieves stress.

[AMETHYST] Promotes creativity and clears the mind.

[AMBER] Protects against negativity.

[CITRINE] Attracts wealth.

[BLACK OBSIDIAN] Helps reduce fear of change.

[LILAC KUNZITE]

Maturity and balance.

[HEMATITE] Increases confidence.

[LABRADORITE] Boosts happiness and a sense of security.

[SMOKY QUARTZ AND BLACK TOURMALINE]

Wards off negativity.

[FLUORITE CLUSTERS]

Reduce effects of computer use.

[ROSE QUARTZ] For love.

[LAPIS LAZULI] Helps to treat migraines.

[EMERALD] For liver detox and aids mental clarity.

[QUARTZ] 'Master healer' for any condition that balances and stimulates the immune system. ☺

HOW TO PREPARE YOUR CRYSTALS

Put them in a garden pot outside for two or three days. Ask for the crystal to be programmed for what you want it to do, then place it out at night to be recharged under a full moon. Clean it with cool fresh water or salt water, and place in the sunshine. You will probably have a favourite spot to store your crystals, or put them in your pocket or bag to keep them close to you.