

# Holistic Healing & Reiki By Sharon



## Foundation course in Crystal Healing



## **PRINCIPLES AND PRACTICE OF CRYSTAL HEALING.**

**Begin an exciting exploration into the powerful properties of Crystals.**

**Take charge of your health, knowing exactly which crystals to use and when?**

Welcome to the Foundation Crystal Healing Course. By enrolling on This course you have taken the first step in becoming a successful Crystal Healer.

You will be given a unique Student number when you receive this course, please do not lose this as you will be required to quote the number on all correspondence.

Whether you simply wish to apply what you learn for the benefit of yourself and close friends or colleagues, or perhaps become a professional Crystal Healer, this course will help you to achieve your goal.

On-line or postal tutorial help is available throughout this course. Please enter your name and Student number in the subject line. of e-mails and in the reference heading if postal.

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## HOW TO STUDY THIS COURSE

The Crystal Healing Course consists of twenty six elements. Each element is designed to introduce you to an aspect of Crystal Healing. When you have completed all the elements you will be able to help yourself and your friends benefit from Crystal Healing. You can also begin to proceed to turn this new knowledge into a career.

Simply reading this course will not make you a competent Crystal Healer. To get the most out of this course you will need to apply what you learn and proceed in a conscientious manner:

- Find a quiet place to study your course. Distractions will not be conducive to progress.
- Study the elements at a sensible pace, do not rush, take your time.
- Read each element carefully and make sure that you understand it before you move on to the next element.
- Make notes as you go along, underline any paragraphs and sentences which you feel you would like to remember.

These are very simple guidelines, but if you follow them then you are sure to get the maximum possible benefit from this course. Apply yourself and you will learn more and enjoy this Crystal Healing Course more than you ever expected.

When you have completed all the elements and you are confident that you understand them, move on to complete the questions which appear on the final pages. Some questions are very simple and will only require a little effort. Others require more effort and will therefore take longer to complete. After you have completed the question page and returned it to Holistic Healing & Reiki By Sharon (full details on back page) if you have achieved a pass (as I am confident you will) you will be sent a Certificate of completion.

This course is designed for the Student who is new to crystal healing as well as the practised Student who wishes to learn more. This Module in Crystal Healing has been written with the aim of allowing you to develop your own healing potential through an understanding of the energies of crystals and their physical and metaphysical properties and their application in healing.

## **SUBJECTS INCLUDED IN THIS COURSE:**

- What is Holistic Therapy
- An introduction to Codes of Conduct and Ethics for Crystal Healers
- Crystal Healing
- History of crystal healing
- How does Crystal Healing work?
- Choosing Crystals and Cleansing crystals
- Which Crystals to use
- Programming your Crystals
- Methods of Crystal Healing
- Laying on of Crystals
- Chakras
- Crystal Dowsing
- The Human Aura
  
- Meditation and attunement
- Crystal Elixir
- Crystals layouts
- Anatomy, Physiology and listening Skills
- First Aid
- Case studies
- Wholistic research
- Properties of Crystals
- Certification

## WHAT IS HOLISTIC THERAPY

Before we look at crystal healing let us look at holistic therapy as a whole. Holistic therapy does not preclude treating physical problems using known methodologies. The holistic approach, however, suggests that once the immediate physical problem has been addressed, the origins of the problem in the individual's emotional, mental, and spiritual life can be addressed. The general idea of holistic therapy is that an individual's emotions, attitudes, and lifestyle are principal contributors to their health, including tendency toward accidents and injuries and susceptibility to disease.

Holistic therapy also tends to assume that no two individuals are identical and that in spite of physical, emotional, mental, and spiritual similarities each will have differences that may require different therapeutic approaches.

Holistic therapy includes a wide variety of modalities, all of which are designed and are interchangeable with each other e.g. An aromatherapist may well use Chakra Therapy within their treatment. Common holistic therapies include the following: Aromatherapy, Crystal healing, Colour Healing, Spiritual Healing, Reiki, homeopathy, hypnotherapy, Visualisation and Reflexology. Holistic therapy is often called Vibrational Therapy because its approach to wellness emphasises the flow and vibration of energy throughout the Human Energy Field.

Most holistic therapists believe that all healing is essentially self-healing, that individuals have within them the resources required to promote their own health and well-being, and one of the goals of holistic therapy is to encourage individuals to become active participants in their own health process.

## **AN INTRODUCTION TO A FEW SAMPLES TAKEN FROM CODES OF CONDUCT AND ETHICS FOR PROFESSIONAL HOLISTIC HEALERS**

The Purpose of this sample of the Codes of Conduct and Ethics is intended to and practice that professional Crystal Healers are required to follow and gives guidance in relation to the practice of Crystal Healing on humans only. Crystal Healers are personally responsible for their treatments.

This means they are responsible for their own actions and omissions and have a duty of care to their clients, who are entitled to expect safe and competent treatments and also that they are bound by the laws of the United Kingdom.

### **Code of Conduct and Ethics**

#### ***Samples taken from Codes of Conduct and Ethics for Crystal Healers***

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#### **Crystal Healers must always:**

- Seek to improve their own knowledge and abilities.
- Be respectful and courteous to others.
- Take responsibility for the relationship they have with their Clients and ensure that the trust placed in them is upheld.
- Recognise their own limitations and seek help from those with greater skills and experience where required.

- Have a suitable standard of insurance protection to the level required by the C.H.A.
- Produce details of their professional identification and qualification when asked by a Client.
- Ascertain, whenever necessary, that Clients have sought medical advice and advising, where appropriate, that they do so.
- Be ready to cooperate with the medical profession
- Understand and act within the law as it relates to healing (for example, confidentiality; access to Clients ' records and data protection; consent to treatment; child protection; sexually transmitted diseases; infectious diseases; dentistry; midwifery; the sale of remedies, herbs, medicines, supplements oils etc.; and the treatment of animals).

### **Crystal Healers must Never:**

- Use titles or descriptions for themselves or their treatment that may mislead the public.
- Give or offer any other form of treatment or therapy in association with healing unless they are qualified and insured to do so and without first making it clear to the Client and obtaining the Clients specific consent.
- Give healing while medically or psychologically unfit to do so.
- Give healing as a Student or probationer healer without being accompanied by a qualified healer unless specifically they have been authorised to do so by their supervising trainer and the Client agrees to receive healing from a healer under training.
- Falsify documents or Client 's notes.
- Abuse or exploit a Client sexually, emotionally or in any other way whatsoever.
- Give healing when it is not safe or appropriate for the Client or the healer.
- Discriminate on the grounds of gender, race, religion, political persuasion, age or disability.

### **Before giving Healing Crystal Healers must:**

- Explain to a Client on a first visit how they give healing, how it is generally experienced and what the Client may expect with regard to consultations and fees.
- Ensure that the owner of an animal has given written confirmation that he/she has consulted a veterinary surgeon before giving healing to an animal and obtained their consent.
- Never Guarantee, promise, claim or imply a cure.

### **While giving Healing Crystal Healers must:**

- Behave with decorum and propriety, respecting the Client's wishes and common decency as to where and how they may or may not be touched.
- Respect the views and beliefs of the Client.
- Act in an appropriate manner when attending a Client in hospital or a hospice
- Have an additional adult present when giving healing to a child under 16.
- Crystal Healers must obtain the necessary permission, respecting the responsibility of the hospital or hospice for the Clients in their care, carrying identification, giving healing without fuss or interruption to ward staff and other Clients and not wearing clothing which gives the impression of being hospital staff).
- Never give healing to Clients without their specific consent.
- Never ask a Client to remove any clothing other than spectacles, coat, shoes or other incidental items.
- Never give a medical diagnosis to a Client.
- Never advise or recommend that a Client undergo a particular form of treatment (like an operation or course of drugs) or interfere with the medical advice or treatment which the Client is receiving.



## Conduct of the Crystal Healer in dealing with Clients

A Crystal Healer must always remember that: The welfare of their client is paramount. The relationship between them and their client is based on trust. They must take care to observe this trust and their record keeping should be legible, attributable and kept together with any clinical correspondence relevant to the case.

## CRYSTAL HEALING

In many ancient cultures the power of crystals, both precious and semiprecious, was considered an intimate part of the healing process and had also a central role in spiritual and religious practices aimed at developing spiritual and physical well-being.

The therapy is based on the theory that organs and cells of the body respond in particular ways to particular patterns of vibration. Each part of the body has a natural resonance and responds to vibrations in harmony with it. Dissonant vibrations, by contrast, have harmful results. Poor physical or emotional health affects the frequency at which cells and tissues of the body vibrate; Therapists restore and strengthen healthy frequencies by directing harmonious vibrations with the appropriate crystals.

## Why the need for Training?

It is not possible to train a person to be "I am a Healer" The healer is a channel for the healing energies. It is possible for an individual to transfer his or her own energies to a Client but this must be resisted at all times, Harry Edwards in his book "A guide to Spirit Healing" states: *"One cannot develop the gift of healing by study, as in other physical arts and sciences. The gift of healing cannot be confirmed by a degree, by ordination, or by the wearing of a white coat. It functions when those who have the faculty establish attunement with Gods Healing Ministers in spirit, who are, indeed, the intelligent administrators of this beneficial power."*

What wonderful words, but we are all governed by some necessary laws of the country in which we live. The word Training refers to the teaching of the underpinning knowledge that is required by an Association and the Law to allow you to become a Healer.

You must remember at all times that how you present yourself and your chosen vocation to others, will be reflected in the way that people will react to you. Remember at all times, the Attunement between the Healer and the Client is necessary in the transference of the ultimate healing energies.

Remember the development of your own spirituality, attunement and awareness, will not end at the completion of this course. Healing is a life long commitment but it will bring many wondrous moments into your life. Do not despair, remember the old saying “ Rome was not built in a day.” Everyone is on an individual path through life. All the tools that are required are already within you. All that is necessary is your willingness to explore, discover and be fulfilled.

### **The Law and Healing**

It is essential that you understand and act within the law as it relates to Healing. When you agree to provide healing to a Client, you are placing yourself in a position of trust and as such, you have a duty of care to the Client. This is irrespective of whether you have entered into a contract for payment for the healing act, or it is given without charge. Healing in this country is now legal and recognised by the Government, the General Medical Council and the Royal College of Veterinary Surgeons. Healers are now allowed to give Healing where needed i.e. Centres, their own homes and Client's homes and to work along side the Medical Profession.

Doctors can suggest or even prescribe healing as an alternative therapy; they may even have a healer attending their surgery on a regular basis. Doctors may even request expenses are paid. The Client may also request Healing themselves and the Doctor may agree to it, but unfortunately this depends on the individual Doctor, but if the Doctor agrees, the Doctor will remain responsible for any medical treatment the Client may need and you must stress this at all times. You must not contradict or interfere with the Doctor's diagnosis or decision regarding treatment because even if you are medically qualified to do so you could cause problems to the Client's health, as well as the possible legal implications involved. You may also attend a Client in a NHS Hospital provided they have requested you to attend, but you must first request permission from the person in charge of the ward and check that the Client's Doctor has been informed. You can also by Law treat animals with the owners written consent, provided that the veterinary surgeon has agreed. So as long as you are aware that you need to cooperate with and not undermine the Medical and Veterinary Professions and work within your Codes of Conduct and Ethics and are fully insured to do so, you can practice healing.

## **Personal Development**

Development is a very personal matter and the means of bringing it about will be determined mainly by yourself. You can only be guided intuitively by what you read and by what you are told. You will then make an assessment, through which you will arrive at a decision as to the course of your own development and how this can best be achieved. This will often be a matter of trial and error, as many experienced healers will tell you. You will need to be able to carry on as normal when conditions surrounding you are unsettling. You will need to be able to treat Client's who may have a long-standing illness, which may have caused them to withdraw into themselves, which has resulted in a loss of the will to carry on with life, they will build a wall around themselves, through which it may be difficult to penetrate. Although healing energies lay dormant in many people this does not disprove the presence of healing potential. Healing is your gift to administer. In general terms "the Healing" grows and develops within you through a deep concern for people, a sympathetic awareness of their conditions and a desire to help them attain health or a re-adjustment to their ailments.

## **Responsibility to Self**

A point to remember is that you and only you, are responsible for your actions, your thoughts and words, whether in the place of healing, or outside. Make sure that all you do is within the legal aspects and ethics, as given in the Codes of Conduct. Your dress, your behaviour, your attitudes, your application of healing are your responsibilities. Forget them and you let yourself down. Remember them and you can hold your own with anyone.

## **Responsibility to Client**

You should find the time to develop that, which is essential to your work. You have to find the time to be able to treat Client's at all reasonable hours, occasionally at all hours (at your discretion) or send Absent Healing. When people are in need of help they require it at that moment in time. Remember time is very important to the Client. You will need to be able to listen to a Client without showing that you have heard it all before. You must refrain from showing visible signs that you are bored. Remember the Client may be lonely and may never see anyone between your visits. The complexity of our nature makes it difficult to lay down any fixed rules and directions, so that two people who have never met before, can build up an attunement containing respect, confidence and trust. In the case of the healer and Client, a combination of those qualities is required.

Over many years you will have spent a large part of your life in contact with all kinds of people and you would have learned through tact, tolerance, discrimination and judgement to reach some level of understanding. Accordingly the nature of the person concerned will reflect on how we build an attunement. To this you will bring a contribution of personal concern and confidence.

The establishment of a healer-Client attunement, sounds involved, but it is not. The Client should by his or her own condition and circumstances try to be co-operative. If not, you should attempt to break down the barrier of natural tenseness and reserve, which any Client may have at first. You should then find that a good healer-Client attunement would follow. There may be a few cases in which this will not happen. You will quickly realise that here is a person with a conflicting personality. It may be the case that the Client finds that they cannot form an attunement with you. The extent of this should determine your own actions, i.e. the Client should be as diplomatically as possible offered the choice of another healer within the group, with no animosity shown by the healer.

## **Organisation of the healing area**

### **The Healing Centre or Room**

One of the first considerations in selecting premises for a healing centre if possible, should be easy access for Client's; steep steps should be avoided, so if possible a ground floor room is desirable, with clear access to other necessary facilities. If steps cannot be avoided, the use of a ramp should be considered. Your local council may help with the costs. If only one room is available then this should be arranged to ensure ease of movement. It is worth remembering that with only one room, you will need to be careful that you do not have too many Client's at any one time, as this could cause congestion and discomfort to healers and Client's alike. You may as an alternative, prefer an appointment system, giving plenty of space between individuals, as one person may require more than another.

### **The Waiting Room**

If you have the space, provision should be made for a waiting room for the comfort of Client's, remember they may have to wait some time. It is generally found that quiet relaxing background music is beneficial, as well as creating a condition conducive to harmonious and spiritual conditions. Books, leaflets and suitable magazines may also be of help. Altogether these additions may lessen the tendency of Client's to talk together, which can be a distraction to others.

## **The Healing Area**

It cannot be over-emphasised that the layout is very important. Whether the healing takes place in cubicles, or in a room where several healers are working, you should ensure that there is an atmosphere of peace, tranquillity and one that gives a feeling of reassurance.

There has been much discussion on creating the right atmosphere and gaining the Client's confidence. This is not easy to achieve in an atmosphere of activity and personal taste.

If the healing has to be given in one room, think about the provision of a portable screen, this will give the Client a feeling of privacy and contentment thus making the attunement between you and your Client easier. The main points to remember are that there should be space for you to work and move comfortably in. Cramped and crowded conditions are not conducive to healing. It will be left to you to decide if you want music in the healing room/area. You should remember that any music used should be that which lends itself to the attunement process.

## **The Reception Area**

Ideally this should be a separate room, or a segregated part of the healing room. This is the area where old and new Client's are welcomed and where details such as their name, address and other items are entered on the healing Consultation form and Record card.

## **The Furnishings and Decorations**

Wherever you decide your healing set up will be, space and finance will dictate what you require. You will not need to be too elaborate with your furnishings. The main criteria are that they look and are clean and comfortable. If you have a centre, then obviously you will need more than if you only have one room. If you have the facilities for cubicles then a healing couch, together with a couple of chairs should be within them. If you are restricted to one room a strong comfortable stool and a few comfortable chairs should do.

It is recommended that a secure desk, cabinet or case is available for confidential data that should be put aside away from the gaze of others. Your decor should be conducive to a relaxing atmosphere. You should avoid it looking like an operating theatre. Try to ensure if possible that the themes of any pictures or wall hangings are tranquil. There is no excuse for a centre or room to be untidy. Always be aware that the cleanliness/tidiness of the centre or room reflects upon you. Whilst fresh flowers enhance, please remember that some of your Client's might suffer from asthma, or other respiratory illnesses, so you may consider artificial flowers instead. But remember that artificial flowers harbour

dust that can also cause problems to some Client's, so need to be washed occasionally and with regard to lighting, you only need to ensure that both you and your Client's should be able to see what they are doing. So a form of lighting that whilst a little subdued, affords enough illumination to see obstacles is ideal.

You should be aware that some forms of coloured lighting might tend to put Client's on edge, rather than relaxing them. Also remember that lighted candles, scented or otherwise can affect an asthmatic person. Remember also that they can be a hazard.

### **Clothing**

You should remember that your tidiness will reflect on you. You may give the impression to the Client that you could not be bothered, this will not be conducive to your attunement with the Client.

You should wear comfortable clean clothes and shoes, you do not need to wear a suit *unless you wish to*, you may wish to wear a coat, light jacket or overall this will not add to your healing ability, it is nevertheless good hygiene, providing that they are kept freshly laundered. Many healers consider that they lend an air of efficiency and dignity. On the other hand, some Client's think that they give the impression of doctors, which, of course, you are not. If you wish to wear either for some reason you could give consideration to pastel shades, rather than the starkness of white.

### **General**

The contents of the above may not conform to your own ideas i.e. of what you have in mind. They are only guidelines of what we have found to be conducive to healer – Client relationships. You will learn more from your own experiences with Client's over time.

We believe that you are a professional and as such your Client's will expect you to present an outward air of confidence and professionalism.

### **The practice of Healing**

It is at all times important it is that you greet, interact and manage your Client correctly.

### **Hygiene**

Hygiene is very important you should always wash your hands before and after treatment. Washing the hands between treatments serves as a break from one Client to the next and this could mean a lot to the next

Client, especially if the last Client was found to have an infection or a skin problem. You should at the very least have your own bowl of water and, definitely, your own towel, (which should be freshly laundered.) Also a small bio safe hand spray (as used in your training sessions) may be useful for added protection.

### **Psychology of Greeting your Client**

It is of paramount importance how you greet your Client. Remember they may be very nervous so you should try to relax them. They may well have come to you as a last resort. You should welcome them, always be polite, considerate and show that you have a genuine concern for them. You should always ask them if they are comfortable and explain what you are about to do. It is also advisable to show no signs of rushing even if you are delayed.

### **Psychology of Suggestion**

Thought and suggestion are very powerful forces. They influence the spiritual, mental, emotional and physical levels of all living creatures. They can have a pronounced effect on the mind of your Client. So it follows that if you can induce into the Client's mind positive statements that the Client can believe and accept, then this can become self or auto suggestion.

You should try to give the impression that whilst healing is not a cure, there should hopefully be a level of improvement. You should be rational and honest, whatever you say must be within the bounds of possibility. You should remember that when the mind responds to suggestions, the effect will be, that the body will start to seek a harmony at all levels of being, which as we know is conducive to everyone's health. Thus you will treat all the levels of their being.

### **The Giving of clairvoyance**

You should remember that you are a channel through which the healing energies flow. You are receiving and passing on those energies to the Client. It follows therefore that there should not be any mental processes involved which could cause these energies to be blocked. So it follows that there should be no interference with this energy flow by the giving of clairvoyant readings, or messages. If you possess this gift, then it must be used separately from the healing session.

## **Massage and Manipulation**

You should not resort to massage or manipulation, even if you are qualified to do so, whilst you are giving healing. Unless you know precisely what you are doing, attempting to manipulate and massage damaged areas could cause further injury. If you ignore this fact you risk causing further and possibly irreparable damage. Neither treatments come under the definition of healing and you should also remember that you are not covered by any healing insurance should you resort to either massage or manipulation whilst administering healing.

## **HISTORY OF CRYSTAL HEALING**

The use of crystals as a healing source was believed to be a form of technology inherited from the culture of Atlantis, which was destroyed during the polar shift and magnetic reversal 12,000 years ago.

In the older Atlantean civilisation, crystals were said to be used quite extensively. The source of this information comes from psychics, who have described the Atlantean technology of crystal power.

Edgar Cayce, who mentioned it many times, gave one of the most detailed descriptions of the Atlantean use of a mysterious instrument called the Great Crystal. The crystal, he said, was housed in a special building oval in shape, with a dome that could be rolled back, exposing the Crystal to the light of the sun, moon and stars at the most favourable time. The interior of the building was lined with non-conducting material. The Crystal itself, the Tuaoi Stone, or Firestone, was huge in size, cylindrical in length and prismatic in shape, cut with six sides. Atop the crystal was a moveable capstone, used to both concentrate incoming rays of energy and to direct currents to various parts of the Atlantean countryside. It appears that the Crystal gathered solar, lunar, stellar, atmospheric and Earth energies as well as unknown elemental forces and concentrated these at a specific point, located between the top of the Crystal and the bottom of the capstone. The energy was used for various purposes. In the beginning it was used purely as a spiritual tool by initiates who could handle the great energy. The early Atlanteans were peaceful people. As they developed more physical material bodies, they used the crystal to rejuvenate their bodies and were able to live hundreds of years while maintaining a youthful appearance. Later the Great Crystal was put to other uses.

Currents of energy were transmitted throughout the land, like radio waves and powered by these, crafts and vehicles traversed the land,



through the sky and under the sea at the speed of sound.

By utilisation of other currents originating from the Great Crystal, the Atlanteans were also able to transmit over great distances the human voice and pictures, like modern television. In the same manner, even heat and light could be directed to specific buildings or open arenas, giving illumination and warmth by seemingly invisible means.

Some Native American Indians have relied very heavily upon crystals since the beginning of their history specifically the Cherokee. Every family had several in their home, placed where the sun's rays in the morning, noon and evening would catch the crystals. Before they got up in the morning, they would consult the morning crystal to see what their duties for the day were. Then, at various times during the day, they would check back again.

Every Indian wore crystals on their body, concealed from view. The exception to this were the two chiefs of the villages: the Red Chief (who managed affairs outside the village) and the White Chief (who was the counsellor/spiritual leader inside the village) These two people wore large crystals in plain view around their necks. If the Red Chief fell in battle, there was a warrior assigned to retrieve his crystal and bury it deep in the trunk of a tree where the enemy could not use its power. If there were no trees, he smashed the crystal into shards. The custom of baptising also came from the Cherokee.

They would place seven large crystals in a stream of running water and submerge the people for cleansing and purification. Also, the Catawba, another South-eastern Nation, used quartz crystals for their arrow heads and spear points. There is an article about the Catawba just posted at Innerspace under the section "Looking Back". The Navajo are users of crystals and during the recent attacks of the rat-carried virus on the reservations; the Navajo Medicine Man put out a call to all the people around the world to work with their crystals for protection and to drive the virus away. Obsidian was a prized material for arrowheads and spear points in the West and was a great trade item for those Natives who had access to it.

## HOW DOES CRYSTAL HEALING WORK?

Crystals have been used for healing since ancient times by many different cultures and in the last twenty odd years, there has been a great revival of this art. Crystals are highly powerful and effective tools for healing as they contain a number of special properties and interact with us in many different ways.

One of these properties is the unique vibration of each crystal. This is a result of its colour frequency, chemical composition, inner atomic structure and outer form. Not only does this property make a crystal indispensable in altering electromagnetic waves for medical machinery and quartz watches, but it can also modify 'healing energy'.

Another property of crystals is the distinct orderly structure, which enables them to absorb, reflect, transform, transmute, balance, direct, amplify, clear, focus etc. Energies.

Essentially, a crystal can adapt healing energy in any way imaginable. Since crystals and minerals make up most of the earth's crust and also reside within the human body, it can be said that, in a sense, we are all part of and living on a crystal.

## CHOOSING CRYSTALS

Like human beings that vibrate on their own individual frequency crystals and gemstones also 'vibrate' on their own individual frequency. We have all had the experience of meeting a perfect stranger and either liking that person immediately or feeling an antipathy towards them - without in any way being able to explain our feelings or emotions. It is said that to fall in love is a beautiful and wondrous experience it is the blending of two minds, two spirits and two physical bodies, both vibrating on the same frequency.

Crystals and gemstones should be chosen in the same way. It is important that the crystals and gemstones, which we choose and use should vibrate on a frequency as close as possible to that of our own. Individual methods of choosing crystals and gemstones may vary from person to person but would normally include: - (In the following paragraphs the word crystal also refers to gemstone)

- Close your eyes and quietly meditate for a few moments. Then open your eyes and pick up the first crystal to which your eye becomes naturally drawn.

- Run your hand (either your left or right hand depending upon which you prefer to use) over all the crystal available for selection. You will soon discover that one will cling to your hand as if it is covered with adhesive. This is your crystal.
- Intuitively you will 'know' which crystal you should choose and which is right for you. You may feel as if the crystal is vibrating and sense that the crystal is saying choose me I am yours. Or you might sense or even 'see' a strong crystalline light radiating from the crystal and attracting you like a magnet. Sometimes you will feel as if the crystals are actually choosing you!
- If you have experience in dowsing then you will be able to select the most appropriate crystal by using your dowsing techniques.
- Should you wish to choose a crystal for a friend, follow the same guidelines as if you were choosing a crystal for yourself but visualise, as strongly as possible, a picture of your friend within your mind's eye. With a little practice you will soon realise that it is very easy to select a crystal for any of your friends.

## **Crystal Configuration**

### **Rock crystal**

Rock crystal is particularly versatile and can be used for any healing purpose on all the chakras. Clear quartz, amethyst, and rose quartz are said to be the most important crystals used in healing. Quartz also occurs in many different configurations, which are believed to generate specific energy frequencies. The following are some of the most common ones:

### **Tabby**

Tabular Crystal is recognised as a flat crystal, usually with etching or notches (major striations) on one side. e.g. Herkimer Diamonds. Tabular crystals are used extensively for telepathic healing and communication. They are used in healing layouts as a bridge between two points, such as balancing energies between two chakras.

Tabbies are believed to turn up at important stages in our personal development when help is needed to cross to the next level of awareness.

### **Clusters**

These are two or more single-terminated quartz crystals sharing a common base representing a community of individual crystals on one

base. They enhance balance, harmony, co-operation and peace in groups, in the family, the surrounding environment and in other social and or business environments. These crystals are said to emit an intensified healing and cleansing vibration.

### **Crystal balls**

These are wonderful in that they send energy in all directions and are the most unified of all shapes. These shapes facilitate smoother communication in-group gatherings by rounding-off rough edges. Crystal balls have been used to purify and to fill the entire auric field when worn or held. Gazing into or meditating with a crystal ball helps you recall and release the past - and perhaps view your future. Also small balls are good for massaging.

### **Single terminators**

These are six-sided quartz crystals whose faces form an apex at one end. The other end is usually rough, where it has broken away from its source. Large single-terminators with a wide base, allowing them to stand, are called "generators". These are believed to represent the perfect geometric form through which universal energy can flow. The direction of the terminated point indicates energy flow. Smaller single terminators are used in layouts to concentrate and direct healing energy from one chakra to another.

### **Double terminators**

These crystals have pointed terminations at both ends. Double terminators represent the uniting of opposites positive and negative, yin and yang, life and death. They are recognised as simultaneous transmitters and receivers of energy and are used in healing layouts to unblock negative energy. In meditation they can symbolise the balance of spirit with matter.

### **Wands**

Crystal wands can be used for healing, directing energy, ritual and magic or massage. The single terminator ends are ideal for selfdevelopment and for generating a focus of the crystal energy and respond well to dedication or programming. Wands with one rounded end are also wonderful for use in massage.

## **Rainbow crystals**

Rainbows occur in both transparent and opaque crystals. They are caused by internal fractures, which interfere with white light, splitting it into seven colours of the spectrum. Rainbows symbolise life containing sadness and happiness. In healing, rainbow crystals are valuable for disappointment or depression. They bring light, they have the gift of joy and optimism. The presence of all colours in the rainbow makes them an excellent crystal for chakra work. Placed on the heart chakra the rainbow can help imbue joy. They are also very suitable for crystal dowsing pendulums.

## **CLEANSING CRYSTALS**

Having chosen your crystal it is now important that you cleanse it. Crystals often attract all kinds of energy vibrations both negative and positive. Remember that your crystal may have travelled many thousands of miles and been handled by many people before you received it. Therefore, your crystal may have acquired some negative energies. It will not come as a surprise to you therefore, that before you start to use your crystal, that it is very important that you remove all of these negative vibrations and energies and re-energise before you commence to use your crystal for healing purposes. This is to ensure that only the most natural and pure energies remain within your crystal. There are many cleansing/energising methods that can be used but we will only list four methods that we have found to work well. But, whichever method you use, it is always a matter of personal choice, sometimes dependent upon the amount of time which you have available to you.

- Those who believe in the spirit realms and their own healing guides usually use this method. Firstly hold your crystal in either your left or right hand (according to personal preference) and say something along the lines of: "I ask my healing guide to cleanse this crystal for me so that I may use it for healing. Also, allow this crystal to selfcleanse every time I select it for healing". As you say these words (mentally or orally) you should also be able to visualise the negative energies leaving your crystal and see the pure clean energies remaining. You can also use visualisation to cleanse crystals. Simply hold the crystal, focus on it and visualise a bright white light surrounding the crystal, followed by a beam of white light coming down through the crystal, taking away negative energy from within the crystal. Do this until you feel that the white light has flushed away the stored negative energies. The energy generated by you will be

transmitted to the crystal and this cleansing energy will do the job of clearing the crystal.

- Water is a universal cleanser so hold your crystal under cold or lukewarm water only. *Never use hot water!* Natural flowing or spring/mineral water is best but if this is not available water from the tap will do. Again, visualise the entire negative energies and 'vibrations' being washed away and only the natural and pure, energies remaining. When drying your crystal after cleansing in water it is best not to use a towel or cloth. *But if you need to re-use it again quickly, then, pieces of fluff free material kept for the purpose can be used.* If possible it is always preferable to allow your crystal to dry naturally - from the rays of the sun!
- The sun, of course, is always a very powerful energiser and should be used whenever possible. If, however, there is little or no sun around, then you should allow your crystal to dry as naturally as possible in the warmth of your home.
- Bury the crystal under the earth in your garden. It is said that our planet consists of about 30% quartz and the very strong and powerful earth's magnetic energy field will cleanse your crystal of all its negative energies very effectively.
- All crystals can be cleansed safely by placing them inside an Amethyst or Quartz Geode Cave for 24-48 hours. Simply place a few crystals inside the cave onto the crystal points. Both Amethyst and Quartz have the ability to absorb the energies contained within crystals, neutralise the energies and then release 'good' energy from the cluster back into the crystals being cleansed, so they can effectively cleanse and energise at the same time.

**Note:** Native Americans believe that it's not always necessary to energise crystals with any of the above methods because they will naturally energise themselves from our body's own energy field when they are picked up and handled, or rubbed between the palms of the hands. So this is another method you may want to consider. Feel free to do whatever you feel is best for you and your crystals, or you may wish to use one or all the above methods when energising your own crystals.

## Crystal Sensitivity

### Water sensitive crystals

Halite - water soluble

Selenite - water soluble

Lapis lazuli - porous, do not soak, dry after cleansing

Malachite - cool water only

Turquoise - do not soak

### Light sensitive crystals

Amethyst - may fade

Rose quartz - may fade

Turquoise - may dry out and fade

### Heat-sensitive crystals

Amethyst - may fade in gentle heat, become colourless in strong heat

Quartz - may fracture with sudden temperature changes

Lapis lazuli - avoid high heat

Malachite - avoid sudden temperature changes

Tourmaline - high heat alters colours

Crystals that can be easily damaged (scratched)

Metallic crystals

Celestite

Malachite

Rhodochrosite

Fluorite

Apatite

Lapis lazuli

Sodalite

Hematite

Moonstone

## WHICH CRYSTALS TO USE

Many crystals are said to be helpful with certain conditions or symptoms and to have so called traditional meanings. Lists of these, often found in books for the lay person, only serve as an initial general guideline and greatly oversimplify issues. Although different people can suffer from identical symptoms, the cause of these symptoms may vary considerably from person to person. The resulting disturbance in the auric field may therefore be of another nature. Equally, each person is unique and will need the appropriate crystals for their specific needs. This is why one cannot generalise concerning using crystals for healing. There are thousands of different minerals and crystals. Most healers

use around a hundred different varieties (at most) for healing. During a healing session, only a few of these will be applied. The energies of specific crystals may be calming, energising, purifying, grounding or uplifting. A crystal healer will first of all assess the exact nature of any blockages in a person's auric field and then choose crystals with the appropriate energy frequency to help restore harmony and balance.

## PROGRAMMING YOUR CRYSTALS

All crystals and gemstones will respond to your own personal will whether in word or in thought. By simply visualising the energy to be used in a specific way, so it will be. Yes! it really is that simple.

Crystals are normally programmed for the following purposes: -

- a) Meditation
- b) Healing
- c) Absent Healing

All over the world, thousands of people practice some form of meditation. Each of these people find peace and comfort in their own meditation methods. By simply holding a quartz crystal or an amethyst in your hand whilst partaking in whatever style of meditation you use for your own individual needs, you will enhance and magnify the depth of spirituality of your own personal meditative experience. The quartz crystal or amethyst will enable you to begin a new and beautiful journey within the as yet unfound depths of your soul. You will experience a new dimension into your practice of meditation.

## CRYSTAL HEALING

We will look at three methods of crystal healing.

**The first method** is where Crystals are used to balance the Chakras which are energy centres, regulating the flow of energy throughout our body. The correct functioning and balancing of the chakras reflects in our health and well being. Chakra Balancing involves using the natural powers of your crystals to re-align and balance the bodies energy centres (chakras). An experienced healer can by observation, intuition or dowsing, sense which of the chakras are out of balance and by careful placement of the correct crystal (see Chakra chart) they can realign the chakras thus restoring the bodies equilibrium. Begin with the root chakra and imagine energy rising from the base of the spine up through the crown of the head as you move upward. Visualise each chakra being energised and expanding in turn. We have covered chakras in a previous module. But here is just a quick re-cap. The word 'chakra' is derived from the Sanskrit word meaning wheel. This wheel of energy is continuously rotating. Clairvoyants perceive chakras as



wheels or flowers. The chakras begin at the base of the spine and finish over the top of the head. Though fixed in the central spinal column they are located on both the front and back of the body and work through it. Each chakra vibrates and rotates at different speeds. The root or first chakra rotates at the slowest speed, the crown or seventh chakra at the highest. Each chakra is stimulated by its own colour and a range of crystals. The chakra colours are of the rainbow, red, orange, yellow, green, blue, indigo and violet. The size and brightness of the wheels vary with individual development, physical condition, energy levels, disease, or stress. If the chakras are out of balance, or if the energies are blocked, the basic life force will be slowed down.

Your client may feel listless, tired, out of sorts, or depressed. Not only will physical bodily functions be affected and diseases manifest, but the mind may also be affected by negative attitudes. A constant balance between the chakras will promote health and a sense of well being. As already mentioned, any imbalances within any chakra may have profound effects upon either our physical or emotional bodies. You will be able to use your Crystals to re-balance all the chakra centres then the body will gradually return to normal.

The reason why crystals are powerful healing tools is because crystals respond to the electricity that is running through our body and if the energy is sluggish, the constant electrical vibrations of the crystals will help to harmonise, balance and stimulate these energies.

**The second method** is by using a Quartz Wand. Once you have chosen your quartz wand and cleansed it, you are ready to commence using it for healing purposes. At the beginning of the healing session you should hold your quartz wand in whichever hand feels right to you and then attune yourself to the inner energies of your quartz wand. Now direct the single terminated end of your quartz wand towards your client and gently move the crystal around the perimeter of the whole of their body in a clockwise direction. Whilst you are doing this visualise a bluish white light flowing from the point of your crystal wand and surrounding them. Direct the terminated end of the quartz wand towards that part of your clients body where you have been told, believe or have sensed it to be in need of healing. Visualising again that bluish white light flowing from the apex of your crystal, direct this light like a laser beam, to that part of your clients body where you know that healing is most needed. This strong bluish white becomes even more intense and the energy between the crystal wand and your client slowly begins to intensify. The crystal healing session itself may last as long as is required but you will become intuitively aware when the time is right to bring the session to an end. To finish the crystal healing treatment

session directing the single terminated end of your quartz wand towards your client, gently move the crystal around the perimeter of the whole of their body in an anti-clockwise direction. Whilst you are doing this visualise the bluish white light flowing from them to the point of your crystal wand. Then allow your client to relax for a while. **Note:** - For some time after the crystal healing session your client may often become very disorientated and it may take some considerable time before they balance themselves.

**The third method is** Absent / Distant Healing. Quartz crystals are often used very successfully in all forms of absent healing. Irrespective of the distance, crystal healing can prove effective. It is only really necessary to have the name of the person who wishes to receive absent healing. Absent Healing, using the unique power of crystals can work just on the name 'vibration' alone. All you have to do is to visualise the crystal energy within your crystal being projected towards your client, wherever they may live. Your crystal will then do the rest! However, if you have in your possession an actual photograph of your client, or if you have already met the person and therefore know what they look like, you can, as before, visualise the crystal energy within your crystal being projected towards your client. Your crystal will then do the rest. In addition it is very helpful after the absent healing session has been completed if you were to place your absent healing crystal on a photograph of your client this assists the amplification of the crystal energy which is being directed by the crystal towards them.

### **A Distant Healing Technique**

If you wish to send Distant Healing to another person, hold your quartz master crystal pointing from your heart chakra and visualise the recipient as clearly as you can. *(A photo or letter will allow you to link easier.)* Once that link has been made, concentrate on the desired result as strongly as you can and then project that image through your crystal to be received by the recipient for whom you are sending out healing.

You can also try this method *(you may be surprised at the results)* by forming a healing circle with a few other like minded friends who are interested in sending healing thoughts to those in need. Then all the members of the healing group should hold their quartz master crystals cupped in their hands in front of them. Then visualise the recipient as clearly as they can. *(A photo or letter will allow them to link easier.)* Once that link has been made ask them to concentrate on the desired result as strongly as they can and then project that image through your

crystal to be received by the recipient for whom they are sending out healing. Then each member of the healing circle should simultaneously send their love and healing thoughts to their quartz crystals and direct the crystals to pass on their healing energies to the recipient. You should find that all the people sitting in the circle receive a considerable amount of healing energy and feel very much better as a result of all the healing energies flowing around the group.

### **Distant Healing Configuration**

The subject of configurations is vast. There are many forms and functions of crystal configurations which can serve many requirements. A configuration or grid is a pattern of crystals laid out in a very specific sequence to create a desired energetic response or effect. The energetic properties alter from one layout to another and depend on which direction the crystals are pointing. The simplest of these and probably the most versatile is known as the 'Star of David', and uses seven single terminated clear quartz crystals, six crystals are laid out in a grid which, when linked by imaginary lines, form a six-pointed star shape. Place the crystals in a Star of David pattern with all points facing in towards the centre. In the centre of the star place a photo or piece of paper with the recipients name on. You then activate the grid by linking all the crystals with the seventh, Master crystal. You do this by pointing your Master crystal at the topmost point and then moving in a clockwise direction take in all the remaining points in the pattern returning back at the topmost point, thereby completing the link.

Then place the Master crystal in the centre of the star and then concentrating on the Master crystal as strongly as you can, send your love and healing thoughts to your master crystal. Then direct the Master crystal to energise throughout the grid and send the energy to be received by the recipient for whom you are sending out healing.

The configuration is now activated and will remain active until one crystal has been removed from the pattern. *(if a crystal accidentally gets knocked out of alignment, the configuration will need to be linked again).*

Please note that small crystals will function just as well as larger ones. What you have created is a vortex of energy, with the base of the vortex reaching deep into the crystal grid, and the top extending well into the sky. This vortex of energy will be received by the recipient.

There is a twofold action with this vortex. Firstly any inharmonious energy that is drawn in from the recipient, will immediately be caught up in the vortex and drawn down into the grid. The grid will then transmute and purify the inharmonious vibrations and create more favourable energies, which will then be returned to the recipient.

## Master Crystal

A clear Quartz wand is very suitable for a master crystal. Its properties are able to help you perform many different types of healing. Its internal structures are perfectly aligned allowing perfect vibration. Within is a perfect rainbow of all seven colours. Wands are able to channel healing energy directly through from base to point. Quartz is an energy amplifier and conductor and can be used to amplify body energy and also allows us to channel healing energy into our configuration or to increase the energies of other crystals.

## LAYING ON OF CRYSTALS

The technique of using crystals on your client's body for healing is called laying on of crystals. It is a powerful method of cleansing negative energy, clearing and balancing the chakras, effecting emotional release and bringing light and healing into all the aura bodies. Your cleansed crystals will move your client's vibrations into alignment. This will result in the balancing of energies in the chakras the Aura and turn disease into health. This may be done with clear Quartz crystals, Coloured crystals or a combination of both. The crystals may be used alone or with hands on healing (Reiki). Try to use crystals with colours that match each chakra's colour. To begin you will need your client to lay on their back on a couch or massage table, with pillows under their head and knees for comfort. Remembering to use only crystals that have been dedicated to positive energy and programmed for healing.

You may invite your spirit guides and helpers to join you if you wish. Start by placing a clear quartz crystal above their head and below their feet. In their right and left hand place a rose quartz crystal. Then using the chakra centres moving from the base to crown chakra, place the appropriate coloured gemstone for each centre. *Be sure to have your healing crystals laid out where you can reach them easily.*

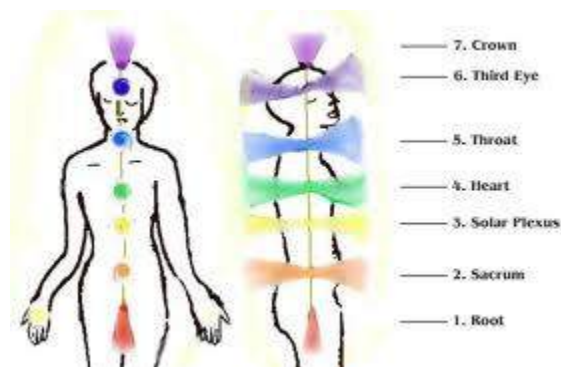
There may be crystals that you are drawn to for a particular reason, don't worry this is all right, just let yourself be intuitively guided, there are no real rules. You cannot do it wrong. If your client feels uncomfortable with a particular crystal remove it, the energy is not right for their needs. When all of the crystals are in place, you have two options. You can go to the head and begin hands on healing. Be sure to cover the crystals with your hands remembering that your hands should be a few inches above the crystals. While your hands are slowly covering each chakra over the crystal, visualise the bright colour of the crystal entering the chakra, making it appear bright, balanced, centred and healthy. Do this visualisation until you feel confident to move to the

next chakra. You may feel to flick your fingers to release any negative energy before going to the next centre. End with a complete brushing of the whole aura with both hands from head to toe.

The other option a healer has once the crystals are placed, is to sit beside the receiver and simply wait, allowing the gemstones and spiritual energies to do the healing. As your clients chakras and aura absorb and are balanced by the crystal energies, the crystals may begin to roll off one by one. *(Do not worry if this does not happen,)* When all the crystals are off, or you feel that the healing session is over you may remove the crystals. End with a complete brushing of the aura and allow the receiver to lie quietly without the crystals. Ask for feedback and discuss anything that you feel should be discussed. When the crystal healing session is over, you should pick up any crystals/stones that have fallen on the floor, for safety, before removing the ones that are still in place on the client, putting them all in a container to cleanse later. (For Hygiene purposes all crystals should be cleansed after each session).

The laying on of crystals for healing can be quite intense. There is often a major energy shift during this type of healing. More frequent emotional releases, past life and this life trauma openings and other transformative events. As the healer your role in this is to wait for the release to end and to be entirely non-judgmental. After a session, there may also be a physical detoxification process that can continue for up to a week. Remember to advise your client at the beginning that these changes may occur. Be aware of what is happening and again, allow it. The changes are always positive and are usually gentle.

## **THE SEVEN MAJOR CHAKRAS AND THEIR CRYSTALS, COLOURS & ENERGY**





## The Chakra Centres and their Colours

**Crown - Violet**

**Brow or Third eye - Indigo**

**Throat - Blue**

**Heart - Green**

**Solar Plexus - Yellow**

**Sacral or Navel - Orange**

**Base or Root - Red**

There are many crystals to use whilst healing. The list is very exhaustive so we have listed just four of the most common for each chakra.

### **First Chakra - Root**

- The root chakra is located at the base of the spine at the tailbone in the back and the pubic bone in the front. The crystals are Hematite, Calcite, Garnet and Black Tourmaline. The colours used for this chakra are Red and Black. This centre is the basis for: Stability, Grounding, Physical energy, Will and Security.

### **Second Chakra - Navel**

- The sacral chakra is located just below the navel and is rooted into the spine. The crystals are Carnelian, Orange Calcite, Blood stone and Tigers Eye. The colours used for this chakra are Orange and Blue-Green. This centre is the basis for: Sexuality, Creativity, Intuition, Healing and Self-worth.

### **Third Chakra - Solar Plexus**

- The third chakra is located two inches below the breastbone in the centre behind the stomach. The crystals are Citrine, Topaz, Amber and Yellow Calcite. The colour used for this chakra is Yellow. This centre is the basis of Personal power, Intellect, Ambition and Strength.

### **Fourth Chakra - Heart**

- The fourth chakra is located behind the breastbone in front and between the shoulder blades in the back. The crystals are Emerald, Jade, Dioptase and Green Aventurine. The colour used for this chakra is Green. This centre is the basis of Love, Compassion, Universal consciousness and Emotional balance.

### **Fifth Chakra - Throat**

- The fifth chakra is located in the neck above the collarbone at the lower neck. The crystals are Sodalite, Kyanite, Turquoise and Sapphire. The colour used for this chakra is Blue. This centre is the basis of Sound, Expression, Divine guidance and is the centre of Communication.

### **Sixth Chakra - Brow/Third eye**

- The sixth chakra is located above the physical eyes in the centre of the forehead. The crystals are Lapis Lazuli, Azurite, Angelite and Herkimer Diamond. The colour used for this chakra is Indigo. This centre is the basis for Psychic ability, Higher intuition and the Energies of Spirit and Light.

### **Seventh Chakra - Crown**

- The seventh chakra is located just behind the top of the skull. The crystals are Clear Quartz, Opal, Apophyllite and Amethyst. The colour used for this chakra is Violet. This centre is the basis for Spiritual enlightenment, Cosmic consciousness, Energy and Perfection.

## CRYSTAL DOWSING

### **Dowsing - brief history**

The ancient art of dowsing has been practised throughout millennia, although the names to identify it may have changed in different cultures and era's, the techniques have not.

In the 1940's French explorers stumbled upon a massive system of caves known as the tassili caves. Inside, many of the walls were covered with pre-historic paintings. Among the murals they found depictions of spacecraft and ET's.

There was also a very large painting of a dowser holding a forked branch searching for water with an admiring tribe of his people watching the proceedings. Upon carbon dating the paintings, they were found to be over 8000 years old.

A collection of ceramic pendulums can be found in the Cairo museum taken from tombs at least a thousand years old.

In China, there is an etching of Chinese Emperor Yu who ruled China 2500 years ago and in his hands he holds a rather bulky turn-pronged device that resembles a dowsing device.

There are passages in the bible that tell how Moses and his son Aaron used a rod to locate water.

King Nubucadnezzar of Babylon asked his diviners to select the best city for his armies to attack and was advised that Jerusalem was the best city and so began the long captivity of the Jewish people. (The Babylonian captivity of the Jews). From the Old Testament Hosea, a prophet of the day wrote about diviners consulting their pieces of wood that gave information.

Throughout history there are records of all manner of peoples practising dowsing. In the 17 and 1800's books on mining and engineering referred extensively to dowsing. In 1758, Bordlase referred to dowsing in his book "The Natural History of Cornwall". In Germany, dowsing was widely used in the mining industry to locate water and ore deposits.

### **How does dowsing work?**

There are countless theories on this - too many to go into here. All we know for sure is that the art of dowsing has been known and practised for thousands of years in many parts of the world. There are numerous



ways of dowsing but we will only talk about dowsing with a pendulum. Pendulum dowsing can be a powerful diagnostic aid for healers. It can be incorporated in many different therapies, i.e. In many holistic therapies it can be used as a means of selecting the most appropriate oils, crystals, colours etc for a specific ailment. With patience, practice and an open mind it will work for most people. It is reported that Thomas Edison was once asked, "what is Electricity?" he replied, "he didn't really know) but it is there; so let's use It.

### **Using a pendulum to enhance intuition**

The pendulum can be thought of as an extension of the intuition, since it is used to gain access to information that exists at the subconscious level of the inner being. It could be said that it strengthens or amplifies the intuition because it converts the subtleties of the intuition into a more obvious form of physical motion.

When you ask a question of the pendulum, it is said that it is your own intuition that answers it. The pendulum merely allows you to physically see what the intuition already knows. As an extension of the intuition, the pendulum can give you information from the same two sources as the intuition: from your own sub-conscious mind; and from your guidance, spirit, guardian angel or whatever is your particular understanding of the presence.

Because of how it operates, the pendulum can only answer questions that are phrased so that the answer is either a "yes" or a "no" for a clear cut answer

### **What to use as a pendulum!**

The pendulum you use can be made up from various objects tied to a string or chain, ideally about five to seven inches in length. You can make your own using a metal washer, a nut or small bolt, a small piece of lead, a small pebble etc or you can purchase one ready made from a shop in crystal or gemstone. You can also use the crystal wand you wear as a necklace on the same chain. Many dowsers prefer to use a quartz pendulum but this is not necessary. You may use any gemstone pendant. But whatever kind of pendulum you decide to use, it is important that before you begin your dowsing you spend a few minutes meditating and attuning with your Higher self.

After positioning yourself comfortably, try to relax and take in a few deep breaths - exhale fully and on the last exhale, try and empty your mind of any worrying thoughts.

Hold the string/chain between the finger and the thumb of one hand keeping your wrist steady and allowing the object to hang in a straight line, say out loud or in your mind quite clearly, which way you want it to swing for 'Yes' and 'No'. You may ask that it goes from north to south for 'Yes' and east to west for 'No' or anti-clockwise circle for 'No' and a clockwise circle for 'Yes' Use whatever method feels right for you! Asking for a 'Yes' or 'No' should cause the pendulum to begin swinging after a few moments. (For some it will respond at once). Practice and an open mind will improve your results. You will also be able to influence the motion by your thoughts or intention.

So you must learn to keep your mind neutral, to get an accurate answer to your question, which should be kept simple to gain a 'Yes' or a 'No' response. With many dowsers the pendulum will swing in a clockwise circle for 'Yes' and in an anti-clockwise circle for 'No'. But it is very important to make absolutely certain which way your pendulum is going to swing before you start dowsing You need to go through this 'routine' before every new dowsing session because, it is possible, on rare occasions, that your pendulum will reverse its normal directions.

For your dowsing sessions try to use a peacefully quiet room far away from electrical equipment such as televisions and computers, as electromagnetic 'disturbances', or 'energy fields', may unduly influence the answers received from the pendulum.

### **Now you are ready to begin.**

Remember only ask your pendulum questions that can be answered with a 'Yes' or 'No'. At first, this can prove very difficult as few questions may definitively be answered that precisely. But with a little practice you will become adept at knowing how to phrase your questions for maximum accuracy. Your inner emotional state of mind and being may also affect the answers which you receive, thus it is best to try and remain as detached as possible from the dowsing which you are doing. With some questions you may find that the pendulum refuses to move in any direction. This most often occurs when it is inappropriate for you to know the answer - after all there are some things which you just have to work out for yourself.

Do not trivialise the use of your pendulum. For example, asking the pendulum whether you should go to your local supermarket today, or wait until tomorrow, is a total waste of your pendulum's energies - and yours too!

Use your pendulum wisely and it will soon become one of your most trusted - and reliable – friends.

Crystal Healers often use pendulums for detecting blockages within the chakras of their clients. As the pendulum is passed over and slightly above each chakra in turn, it will begin to swing clockwise or anticlockwise - thus indicating that healing is necessary for this chakra. And once the healing session has been concluded, the Crystal Healer will use the pendulum once more to see whether the blockage has now been removed.

### **Things to remember**

Keep your pendulum in a safe and special place to help maintain your vibration on, in and through the pendulum.

It is better if you don't allow other people to handle your pendulum. You want to keep it as much in tune with your vibration as possible. (If you do let other people handle your pendulum; the worst that can happen is that you may have to re-establish the Yes/No response.)

The number one reason for an inaccurate pendulum reading is vague and faulty wording of the question.

The number two reason is your psychological state, the thoughts, emotions, feelings, images, desires, hopes, wishes etc. that vibrate in and through your psyche. These things can influence the answer.

The third source of pendulum inaccuracy is lack of patience. Approach the pendulum one-day at a time. Watch, wait, see and try again. Inaccuracy occurs until you are able to concentrate and hold your attention steady during the time you are working with your pendulum.

In the beginning there is a tendency to consult the pendulum every time you have to make a decision. At that point the pendulum stops being a tool for cultivating intuitive perception and starts becoming a mentalemotional spiritual crutch. Do not depend on it to the exclusion of your own common sense. The pendulum is not designed to predict the future. This is because future events are not set in stone, but are determined by people's free will. It is only possible to predict the future to the extent that you know what future choices people are most likely to

want to make. A pendulum can help you predict future events only to the extent that you yourself understand what the possibilities are. In other words, it can help you select among the possibilities you are already aware of, but when other people's choices are part of the possibilities, freewill comes in and increases the variables to the extent that it becomes impossible to predict what people will choose to do. Use the pendulum wisely to develop awareness, perception and intuition. These skills of consciousness are within and only need to be brought out through repeated use. The pendulum is only one way to help bring them out.

### **CRYSTAL ELIXIR**

A Crystal Elixir is mineral water into which a crystal has been placed and has left the signature of its health-giving vibrations. Crystal elixirs are similar to flower essences in that they are made so they contain the essence of the crystals or gemstones used. The most important thing about making elixirs from crystals is to make sure that the stone you are using is not water-soluble and does not contain mercury, arsenic, copper, or other toxic substances. The safest way to determine if the stone you are about to use is not suitable for elixir preparation is to look in a really good mineral guide to find out what the stone's physical properties are. A basic method of producing such an Elixir is to place a specially tuned crystal in a clear container of mineral or spring water and to leave it to absorb the rays of the Sun and Moon for at least 24 hours. The resulting energised water is said to taste sweeter and fresher than the water normally would. Crystal Elixirs are prepared from natural crystals and each elixir contains the pure essence of the crystal itself thus combining energy and colour in the form of a liquid. It is said that these elixirs have no harmful side effects.

Crystal Elixirs work upon the subtle energies of the body at all levels. The vibrations and energies of each crystal are channelled into the elixir, which can then be used to treat many health conditions. You may then use up to ten drops under the tongue of the pure essence at least four times daily. Or you may mix the elixir with a glass of pure water with a mix of 25% elixir 75% water. Once a crystal elixir has been taken, it is said to follow a specific path through both the physical and subtle bodies. It is recommended that the elixir be taken for three to four weeks at a time. If the elixir is taken for a specific ailment and the symptoms persist you should consult your doctor. Response rate can vary from the first few minutes to many

weeks, depending upon the persons 'sensitivity'. Various practices, such as meditation and creative visualisation, whilst not essential, can positively influence the effects of the elixir.

All gem elixirs are said to be self-adjusting, so they are said to be safe. If there is cause for any doubt, lessen the dosage or refrain from taking it altogether. Some people will say that you can preserve the elixir by the use of Alcohol, Glycerine or Cider vinegar. We do not recommend this procedure. The elixir used should be pure, kept in a cool place and used within 72hrs of it's manufacture.

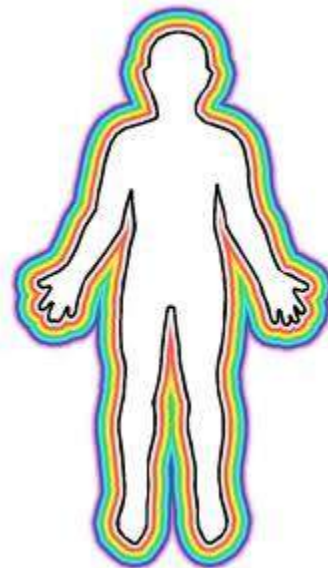
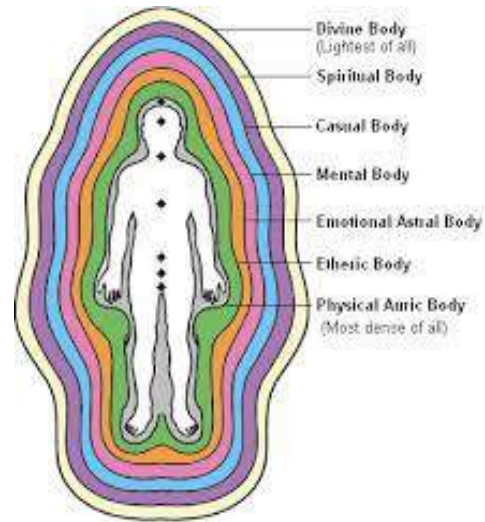
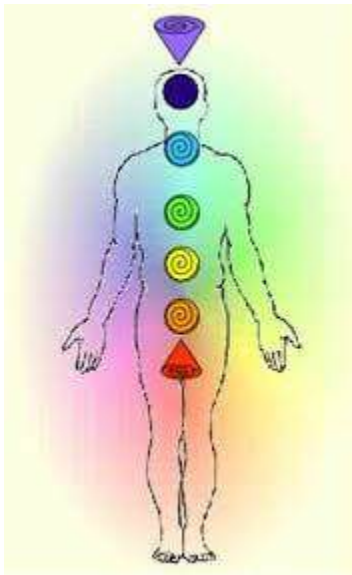
**Important:**

**Note:** Do not use Brittle or Unstable crystals, gems or stones and ensure that all other crystals are well cleaned. Also remember that this is an Intuitive Art; Remain Open to Inspiration!

As a Crystal Healer you will have learned to understand your clients need for a certain crystal. Your clients crystal preferences can also tell you a good deal about your client and can indicate where there may be an imbalance which can indicate a potential problem; whether emotional, physical, mental or spiritual and also give you indications of personality issues which may need to be addressed. The emotional, physical, mental and spiritual aspects make up the whole person and really one cannot be isolated from the other. Your first consultation with your client will normally be longer than subsequent visits, since time has to be allowed for taking your clients details, for the purposes of proper records, and for full discussion of the reason for the visit. You will then be in a position to assess the appropriate course of the treatment and discuss the different methods available. You should also explain to your client how crystals can be used in every day life. Explaining that Crystal Healing is totally holistic and non-invasive and that crystals can be a part of their everyday life, All you need to do is to heighten their awareness of the energy of crystals and how they can transform their lives.

## The Human Aura

The Webster's New World Dictionary states that an Aura is an invisible emanation or vapour or a particular atmosphere or quality that seems to arise from and surround a person or thing. The following information should give you an understanding of the Aura's. Although you may think that aura's and Chakras are two separate objects or manifestations, Chakras are a part of an aura and each interpenetrates the other. Chakras are the means through which a physical body communicates with it's aura and vice-versa. We refer to the Human Aura, but it must be realised that all living things have an aura.



### **Can the Aura be seen through our human eyes?**

Yes! There are some individuals who can naturally see the aura, others have trained themselves to see it. It is possible for anyone to train their sight to see the aura. But in seeing the aura, there must be the ability to define what is seen and also a good understanding of the interpretation of colours and what they mean. Colour is a subject on it's own and needs time and effort to study the subject. We often do not realise the effect colour has upon our lives and the use we make of colour without realising it. Let us think of the human eye and realise that in each one there are approximately 137 million receptors (sensory nerve endings), divided into 7 million cones and 130 million rods. The cones provide us with day vision and it is these cones that are involved with colour vision. The rods become sensitive as light is reduced and it is through these rods that we can see in darker conditions. When we lower the light, these rods become coated with a substance called Rhodopsin or Visual Purple. Rhodopsin or Visual Purple is a Magenta Red, extremely sensitive to light and fades out fairly quickly as light touches the rods. As a low light returns to the eye, the Rhodopsin or Visual Purple readjusts itself. It is therefore with this kind of vision, with a low light, that the rods see the aura.

### **What are the Aura Levels?**

The Aura is comprised of individual and interrelated bodies of consciousness and layers of Etheric energy. The four subtle bodies of consciousness that defines our personality are, our perception, our direction in life and our soul's expression. They are known as: The Etheric Body, The Emotional Body, The Mental Body, The Spiritual Body. The Aura also has seven distinct layers of energy that are intimately connected to what is known as the Chakra System, which is located along the spine. Essentially, the difference between an auric layer and an auric body is that an auric body is a body of consciousness and awareness. An Auric Layer is the representation of the Chakra interacting in the aura

## The Four Subtle Bodies

### 1. The Spiritual Body.

The Spiritual Body is a body of consciousness associated with your true spiritual path and direction in life. It is your highest potential and reflects your ability to manifest your soul's true potential here on earth. The essence of your soul's reality is the expression "to be" and this ultimately is the reason for your existence. Also known as the Causal Body, the Spiritual Body has the highest energy of all of the auric bodies. Depending on the development of your spiritual nature, this body can emanate up to three feet from your physical body. It appears as a whitish glow and contains your true spiritual essence. "Causal consciousness deals with the essence of a subject while the mental level studies the subject's detail. The causal body deals with the essence of substance and the true causes behind the illusion of appearance. The causal plane is a world of realities that deals with essence and the underlying nature of things in question. Healing at this level is more powerful than the mental body

### 2. The Mental Body

Your Spiritual body is the blueprint to your spiritual potential. However, it requires the creation of patterns of energy for this potential to be expressed and experienced. These patterns of energy are stored in your mental body as thoughts, both conscious and subconscious. The patterns stored within your mental body creates the character framework for the soul to project it's personality. It manifests and expresses concrete intellect through the mental body. Your Mental Body appears as a golden yellow light radiating out and around your head and shoulders and extends around the whole body. It expands and becomes brighter when you are concentrating on mental processes. Extending up to twelve inches from your body, the mental body filtrates thoughts down to your emotional body which reacts to your thoughts, with an emotional association, be it love, fear, happiness, anger and so on. A balanced mental body will provide you with clarity and direction.

### 3. The Emotional/Astral Body

Your emotional body appears as coloured clouds in continual motion, reflecting the quality and intensity of your emotions. This is the part of you that likes to jump out in times of trauma and shock, to produce a feeling of emotional numbness, which will allow you to slowly integrate the knowledge of the shock in your own way.



The Emotional body, which is also known as the Astral body, is the seat of your emotions. It's the bridge between the mind and the physical body. Your emotional energy governs your fears and hopes, loves and pains etc. It governs the extent and nature of your personality upon the physical plane. The Emotional Body (Astral Body) is the projection of your longings, moods, feelings, appetites and fears. Your emotional self is the expression of your mental self. Your emotional body, is the expression of your mental body. Emotional blockages prevent the manifestation of clarity of thought and direction in your physical body. The energy of your emotional body impacts on your Etheric Body, which in turn impacts on your physical body.

#### **4. The Etheric Body**

Your Etheric Body appears as a bluish-grey colour or shadow, extending approximately one inch from your physical body. It is responsible for the transfer of life energy or vitality from the universal energy field to your physical body. Your Etheric Body is a body of Etheric or subtle matter, which furnishes the basic blue print for your physical body. Every cell in your physical body has an etheric counterpart. The Etheric Body also serves as a filtration system. Universal energy filters down through your Spiritual, Mental, Emotional and Etheric Body into your Physical Body. Your Etheric Body is the interface between your Physical body and other subtle bodies of the Aura. When the flow of this energy is disrupted, your Physical body is affected and if this imbalance is not corrected, illness and disease can manifest itself in your Physical Body.

There is a synergistic relationship between each subtle body of the aura. Symptoms are there in this layer, before you begin to complain of being ill. As illness or disease spreads, so damage is caused within the aura, the layers can become stretched or even a break or a hole will develop. Further progress into your Physical Body will have an effect upon and within your energy centres and from there, will come a further manifestation of symptoms.

#### **The Seven Layers of the Auric auras**

Starting from the surround of the physical body most people will only see the first three layers of the auric aura. This is often referred to as the Health Aura. When people begin to see the aura, they describe it as being of a grey-white-blue combination of colour - it may not be clear but rather hazy.

## 1. Etheric layer

The centre for this Aura Layer is the Root Chakra.

The first Etheric layer is closest to the physical body and fits like a second skin. It has a definite size and shape. Generally it extends from 1/4 of an inch to 2 inches from the body. Lines of energy are readily seen in this section of the aura since it is most closely linked to the physical body. It usually appears as a blue colour. The shade of blue relates to the condition and health of the physical body. Athletes have strong etheric auras of a deeper blue in shade. In the etheric aura you feel all the sensations, both pain and pleasure. Whenever there is pain, the flow of energy in that area of the etheric is erratic. The etheric aura tells us what is taking place at a very basic level of the person's life, for example: Is the outlook a progressive one? Are intuitions being followed? Is a positive approach being adopted? Again, this is the importance of knowing and understanding colour and that this plays a vital part in being able to read this aura. It may be of interest to you to know that when we talk about physical mediumship and the use of ectoplasm, that it is from the etheric aura that ectoplasm is drawn.

## 2. Emotional Layer

The centre for this Aura Layer is the Sacral Chakra.

The second Emotional layer deals with emotions, emotions with us and emotions we have for other people. This layer extends about 2 to 4 inches and although the form approximates the human shape, it is not as defined as the etheric layer. In fact, each layer becomes less and less structured as a physical person. This layer appears as rainbow coloured clouds. Positive feelings generally create bright colours in this layer, whereas negative feelings, generally create dark colours. Problems in this aura will eventually lead to problems in the first and third layers.

## 3. Mental Layer

The centre for this Aura Layer is the Solar Plexus Chakra.

The third Mental layer is the layer of thought and ideas. It extends about 4 to 8 inches from the physical body and is usually most visible around the head and shoulders as a yellowish light, especially when the mind is being focused. Thought forms appear as blobs, which may carry other colours if emotions are attached to the thoughts. The more active our thinking processes the brighter our mental aura becomes. The functions of the first three layers are identifiable by most people. They handle the way we interact energetically with the physical world.

However, beyond the lower bodies exist three higher bodies that handle the spiritual counterparts of the etheric, emotional and mental aspects of the spiritual world. In addition, they are linked by a bridge layer, which lies between the spiritual and physical realms. This is called the astral body/layer.

#### **4. Astral Layer**

The centre for this Aura Layer is the Heart Chakra.

The fourth Astral layer extends about 8 to 12 inches from the physical body. It is similar in appearance to the emotional body, the colours are brighter and rose-hued with the light of love. This layer marks the division between the physical layers and the higher layers. It is where we experience love, both personally and spiritually, the love for humanity.

#### **5. Etheric Template Layer**

The centre for this Aura Layer is the Throat Chakra.

The fifth Etheric Template layer is a copy of the physical body on a higher level. It extends about 12 to 24 inches from the physical body and appears as a blueprint like the negative of a photograph. The etheric template holds the etheric aura in place. This level is associated with a higher will, more connected with Divine Will. Here we create through word and thought and we must take responsibility for our actions.

#### **6. Celestial Layer**

The centre for this Aura Layer is the Brow Chakra.

The sixth Celestial layer is the Celestial body. It extends about 24 inches from the physical body and appears as pearly shimmering light of pastel colours. It is the emotional level on the spiritual plane. Through this layer we are able to commune with Spirit. It is the level of unconditional love and trust. It can be reached through meditation and other spiritual practices of a devotional nature. The celestial body carries our experience of spiritual love, the connection with and nurturance of all life.

#### **7. Ketheric Template Layer**

The centre for this Aura Layer is the Crown Chakra.

The seventh layer is the Ketheric Template. It extends to at least 3 feet from the physical body. This is the mental layer of the spiritual level.

Through this layer we can become one with the Spirit.

This is a template of fine threads of golden-silver light that surrounds, protects and holds the whole aura together. Although the least dense,

this is the strongest and most resilient level of the aura. The golden light that shimmers through the fine filaments at this level are an extension of the Divine Mind. This is the higher mind, the highest level of knowing and integrating our Spiritual Self with our Physical self. It is worth noting that at a certain point in our development, the causal body opens, allowing the light of the soul to enter. At this point, our life becomes soul-directed and the light body is created.

### Some Interpretations of Aura Colours

The following descriptions of the aura colours, gives you a general insight into interpretation of auras. Please be aware that not only the colours but also shapes and combinations of colours play an important role. The right side shows the male active energy while the left side indicates the female passive energy.

#### Red

**Positive Characteristics:** Red is the colour of energy and outer activity. It has to do with the spontaneous, real expression of power and life. Also you will have a strong grounding for your material needs in life. Beside the ability for you to stand with both feet firmly on the ground, there is also the theme of passion and sexuality. You will also have fast reactions.

**Negative Characteristics:** You could tend to lead your life in the fast lane. Too much activity can lead you to a situation where you don't reflect your impressions anymore and will only see the material side of life. It can lead to egotism, greed and impatience. Everything is done out of an impulse and only afterwards do you start to think about it.

#### Orange

**Positive Characteristics:** Orange is a colour of creativity, spontaneous activity, humour and joy. You love your independence, you always try to be an individual and emancipate from social systems. You will have deep insights and instinctive wisdom, which lead to empathy to their higher ideal. The life of orange people is never boring. They often experience strong changes in their life and they are quite open for changes and spontaneous decisions. Feelings, which are related to orange, are euphoria, deep excitement and being excited and a strong desire for freedom and independence. Often you will find the need to establish projects with other people and also the need to support them. Also, you will know how to observe the needs of others carefully.

**Negative Characteristics:** Your excitement can lead you into the contrary and it can result into irritating, uncalm excitement without you reaching your goal and inner peace. This can be seen as hysteria on the one hand and as depression on the other hand. Another theme could be the inability to decide and change and this might be compensated in a form of arrogance and trying to dominate others. In special situations it could happen that there are also shock or trauma experiences.

## **Yellow**

**Positive Characteristics:** Yellow represents acquired and learned knowledge and the intellect. Functions and exercises of the intellect are represented in yellow colours in the aura. Furthermore there is also a need for you to communicate, contact and encounter. You will find that information is perceived easily and without any effort. Your attention is strong and can be stimulated by many impressions. The colour yellow symbolises easiness and enjoying life, openness and joy.

**Negative Characteristics:** You will find that there can be a strong stimulation by outer impressions and this can lead to you being quite superficial, not having an aim and being diverted. You might observe action without any depth and you may be missing the ability to make decisions. Everything is always only just being started but there is no depth and no acceptance to really get involved, because, the next impression is distracting you away from concentrating and staying on one topic.

## **Green**

**Positive Characteristics:** Green is the colour of earth, nature, growth, fruit and self-acceptance. It deals with matters of balance, harmony and centering. You can achieve balance and steadiness in yourself. Security and connection with the earth can be supportive so that you are able to regenerate your own energies. So healing can arise in the exchange of energies. You will find that you are persistent, constant and industrious holding on to your own goals. This can lead you to wealth, money, property and land.

**Negative Characteristics:** Where your grounding is going into excess you can be greedy and jealous, envious and suffer from egotism. By strongly holding on to material values and egotism, you will be hindered when you try to expand your horizon over self-made boundaries and walls.

## **Blue**

**Positive Characteristics:** Blue is the colour of your feelings and emotional sensitivity. As somebody who can care for others and listen intuitively, you can focus yourself on your counterpart and will radiate calmness. When you radiate calmness and peace, you will seem to appear somewhat introverted or even a little bit cool. Your more positive Characteristics are that you are very kind and tender towards humans and animals. You can develop a strong inner affection and you also have a longing for emotional security and fidelity. Also, honesty and integrity can be imminent characteristics. You have the ability to communicate between conflicting parties diplomatically.

The colour blue is also the first step for the perception of information by higher senses.

**Negative Characteristics:** Your ability to express yourself is blocked and there can be a certain laziness. There is a strong need for harmonising, then unnecessary conflicts can be avoided.

## **Violet**

**Positive Characteristics:** You are a very sensitive and sensible human being who knows how to perceive the more subtle vibrations of things and people. Therefore spiritual matters like meditation or religious practice play a role in your life. You could be seen as somebody who is calm from the outside but you reach deep with your roots. You can develop an almost tender ability to feel the things you do. Your goal is to reach the immersion of contraries in ecstasy and contemplation. You have natural modesty. People like you bring heaven to earth. Mostly there is also a therapeutic and a healing ability available within you.

**Negative Characteristics:** You could have difficulties with the material and physical side of life in insisting on your personal wishes and rights. There can also be a tendency to flee from worldly matters and to daydream, this may be caused by addictions and unrealistic fantasies. You may also have an inclination to hide yourself.

## **Magenta**

**Positive Characteristics:** You will have a very high spiritual energy. This symbolises love, which you are willing to both give and share. This energy is an expression of godly love. This is not something that has nothing to do with worldly matters but it is spirituality with its roots in life. With this energy you have very good therapeutic abilities, since you are able to bring unconscious matters to consciousness for yourself and for other people, you have the ability to reflect on these matters and work with them.

**Negative Characteristics:** It may be difficult for you to find your own sense of life and to pursue it, since your power might get side-tracked by illusions and it will not be easy for you to provide the ground for the spiritual content in your life. If you don't have enough space and time for yourself you will get out of rhythm and you will not be able to digest all of the incoming impressions.

## **White**

**Positive Characteristics:** On the spiritual level, this colour indicates that you have a high energy level, which is directly linked with light and enlightenment. It symbolises the good, the perfection and the godly eternity. White in the aura therefore is always a sign of high-energy. On the personal level this influence shows itself by the need of emptiness and width and by your need to free yourself from obstacles and leave all possibilities open for yourself. In certain situations of life it can be a sign that you want to start over again.

**Negative Characteristics:** Your need of freedom can lead to flight. This can arise by blocking situations in your life from which you are trying to free yourself. But it can also lead to not having the courage to confront your own feelings.

This is as far as we go into your Introduction to the Human Aura. Our task has been to introduce you to a part of you "Your Human Rainbow".

## MEDITATION AND ATTUNEMENT

### Meditation

Meditation is deep thought, serious continuous contemplation. The aim is to quieten the mind, reduce and deal with irrelevant thoughts so that a connection can be made with your highest self. The reasons for meditation are that through moving towards a quieter mind you are better able to attune to the higher self and the source of the healing energy. Through practising meditation you can become more centred, balanced and harmonious at all levels of being, therefore, you become a clearer channel through which the energies can freely flow.

In the meditative state the left side of the brain becomes subdued and the right side of the brain is allowed to register inspiration and this enables you to use the natural intuitive ability that all people have. When this happens you are able to reach out to the spiritual aspect of the self and to link more closely in harmony with the universal energy. Spiritual understanding consequently grows.

Once the body is healthy you should be able to maintain this state by regular meditation and relaxation. The techniques of moving into meditation are numerous and must be set to suit the needs of the individual. They commonly include, mental repetition of a prayer, mantra, word or phrase. Listening to calm music. Control of, or listening to the breath, concentration on an object either visually or mentally. Through meditation, the body is able to relax and function and therefore in a better state *Here is a meditation technique for you to try. Music can be used for this, but silence is preferable. This meditation focuses on your breathing.*

Please follow these steps

- Become silent and sit comfortably.
- Ensure that your clothing is not restrictive
- Breathe gently and rhythmically and relax.
- Become sensitive to any problems or anything else on your mind.
- Realise they are not too important at this time.
- Face them, acknowledge them – And then release them.
- As you do this, be aware of calmness coming within you.
- Settle and relax
- Focus on your breathing
- Develop breath control – do not strain
- Breathe easily in through the nose to the count of five, hold to the count of five and breathe out to the count of ten through pursed lips. Repeat five times.
- Imagine that with every inhalation of breath, you take in serenity,



- Imagine that with every exhalation of breath you expel the stress and anxieties.
- You may wish to think of a journey to a particular place with pleasant memories.
- As you do this be aware of a feeling of healing. Acknowledge the peace and accept it is the spirit within, that brings it together, with strength for the mind to enrich the physical body.

The benefits of meditation are that you will receive direct experience of your calm, unbounded inner self. When you connect with your Inner Self you will tap into a deep pool of energy. This energy will nourish and enhance all levels of your life whether physical, emotional, mental or spiritual. Life should now appear more effortless and the world will, according to your perception, be a more pleasant and enjoyable place, simply because you have connected with your Inner Self. Recording and sharing experiences is helpful in assisting recall after meditation.

Grounding is important when undertaking any work of this nature to make good connection with the earth at the beginning, so that awareness can be expanded whilst the body is grounded. It is necessary to use a technique that will return the consciousness etc, to a state compatible with everyday living when the meditation session is complete. This can include, moving the feet, rubbing the hands, having a drink of water, or listening to some basic music.

### **Attunement**

It is assumed that, having decided to follow this course, you will have already reached a stage of partial development or attunement, or will be prepared to attain development or attunement. This development or attunement will consist of a number of factors, including spirituality, awareness, intuitiveness, attunement and sensitivity. It will embrace some, or all of these attributes.

From what has already been discussed you will understand that your function is to act as an intermediary between the healing energies and the client. You are not an active, only a passive instrument. You should understand how to attune yourself to the energies, the better the attunement the greater will be the energy flow. The general principle is that both you and the energy vibrate on the same frequency. Therefore, it is necessary for you to create a oneness with the healing energy. Your part in the healing act comes largely through attunement; the success of your treatments must reflect the measure of that attunement.

Reaching a state of attunement is a gradual process to which there is no set timetable.

Whilst you have the option of controlling your development as a channel for the healing influences, you must remember that there are other facets, which must be taken into consideration, as these will have a bearing upon your work. You should pay close attention to the method of attunement whilst, at the same time, trying to improve it, thus creating the best possible channel through which the healing influences can function.

This attunement process involves a mental withdrawing from earthly consciousness, so that the lower part of the mind is inactive, the consciousness being switched to a higher level, at this level you will obtain a contact, you will then become receptive to the energies. Whether your link is through a guide, or with the healing energy itself, does not matter. Having become attuned in this way, it is necessary for you to maintain the attunement whilst giving healing.

You should not intercede too intensely on behalf of the client and should avoid all emotional distress over the client's condition. This will only restrict the flow of the healing energy. This will make you try to use your own energies. (It must be stressed that this is not advisable, as you will drain yourself of your own energies.) Although you may not be aware of anything actually happening, you must remain mentally relaxed and be confident in the assurance that it is happening.

Attunement can be defined as a healing art and spiritual practice. Attunement consists primarily of healing techniques offered as a current passing through the hands of the healer. Attunement focuses on the endocrine glands, systems, organs and energy fields of the body. Attunement can be used as long-distance healing and often involves group work.

Attunement is also used as an alignment, a blending of the body, mind and emotions and the healing energies. The practice of attunement brings a sense of peace and relaxation to both healer and client.

Attunement is based on the flow of energy through the body; its aim is to increase the quality and flow of energy. As the energies begin to move freely the healing begins. The energy force is the source of healing and you are simply a channel. The forces of healing are already within you and are waiting to be released.

An essential part of the attuning exercise is the ability to link with the client. This link is on an emotional level.  
It is your ability to attune with the inner self of the client.

Once you have established attunement with a client, the breaking of that attunement when the treatment is over is another matter. Until that link is broken, a fresh link cannot always be created with the next client.

The washing of hands between treating client's can help to serve a useful purpose, apart from the obvious implications of hygiene; you may also like to take a drink of water or tea. Both are symbolic of the fact that contact has been broken, but you will still maintain your link with the healing energies. You can then move on to the next client.  
With experience and practice, the ability to move between the two becomes an accomplished technique.

## SOME SUGGESTED CHAKRA LAYOUTS

### Crystal Layouts and Grids

Laying crystals on or around your body quickly brings relief from dis-ease, you can also grid crystals to stimulate the immune system or to alleviate stress, You can protect yourself from geopathic stress or electromagnetic smog, or sharpen your memory. Remember to program your crystals before use.

#### **ALLEVIATING STRESS**

Relaxation is the best antidote to stress. Take eight Amethyst points and lay them around your body about a hand-span away, point inward. Place one between and slightly below your feet, one above your head, two level with your neck, two at your hips. And two at your ankles. Close your eyes and relax for at least ten minutes – twenty would be better. You can leave them in place overnight or position around your bed.

#### **STIMULATING THE IMMUNE SYSTEM**

Short treatment – Place Pink Smithsonite over your heart, Green Tourmaline over the thymus above the heart, and a Quartz point – above your head. Place eight Malachites around your body. Leave for fifteen to twenty minutes.  
Long Treatment – during sleep tape Green Tourmaline over your thymus Place Pink smithsonite at each corner of your bed and a piece under your pillow.

## Chakra Layout

Place a brown stone between and slightly beneath your feet for grounding, a red stone on base chakra, an orange stone below navel, a yellow stone on solar plexus, Pink or green stone on heart, Kunzite on higher heart, blue stone on throat, indigo stone on third eye, purple stone at crown, and white high-vibration stone above head.

## GRIDDING THE HOUSE

Place Black Tourmaline (for protection,geopathic stress or electromagnetic smog) Selenite (for protection and angelic guidance) or Sardonyx (guards against crime) at each corer of the house, or room. Where possible, place a large piece outside the front door.

## MEMORY LAYOUT

You will need two Citrine or Yellow Fluorite to strengthen memory, Green Calcite for mental clarity, Azurite for insight. Place yellow crystals either side of your head at ear level .place Green Calcite on top of your head and Azurite over the third eye. Leave in place for at least twenty minutes

There are many many different ways to use your stones on yourself or your client, just follow you intuition, if you do not have the stones suggested, just use another suitable stone..

There are many good books and much data on the internet to help guide you.

## An introduction to Anatomy and Physiology

**Anatomy** is the study of the structure and components of the human body. **Physiology** is the study of the processes, which go on inside the living organism. Since a process is *the method by which something is done*, physiology is actually a study of how and why all the parts of the human body work and how they relate to each other in the whole person. It was for example, only in the seventeenth century, that it was discovered what the heart actually did in the body. Until then, it was thought to be the centre for the emotions, whilst the brain was the centre of intellectual thoughts. However, William Harvey, a pioneering doctor, showed in 1661, that the heart is a pump and that it helps to circulate blood to arteries, then to veins and then back to itself. It was through such discoveries as the circulation of the blood that the whole study of physiology came into being. There are, however, some aspects, which still remain a mystery (in scientific terms), as the application of many complementary therapies proves.

## Why the need to understand Anatomy and Physiology?

Why do complementary practitioners need to know about anatomy and physiology? There are some very good reasons. If we are dealing with human bodies, then we must respect what we are treating and respect can only come with the underpinning knowledge about them. We don't generally need the in-depth knowledge of the orthodox profession, because normally we are looking at the Client as a whole, rather than concentrating on specific symptoms. However, we are looking to stimulate the body's natural healing abilities, rather than suppressing symptoms through the application of drugs. For example some therapies may do this directly, by stimulating nerve endings or meridians. Others such as healing, work by stimulating the Client's own natural healing energy. We should have an understanding of what it is we are treating and what the possible effects might be. In talking to the Client, the information we receive is often directly related to various parts of the body and their mal-function. In order to find out what we need to know about the Client and then analysing that, in order to determine the best treatment, we should have at least a basic knowledge of the body so that we can understand what we are dealing with and possibly avoid doing something which might make the Client's condition worse. In some cases, this knowledge will not be required, in others, it can make a major difference in leading us to an effective treatment. Another factor, which we cannot ignore, is that much of the criticism, which the orthodox profession makes about complementary practitioners, is that they do not know enough about the human body.

Obviously from their standpoint and with the many years of training they have to undergo, this is understandable. The complementary practitioner is trying to break down some of these barriers, so that we can work together more, but, in order to do so, we have to be able to communicate effectively in our interactions with them. Unfortunately, this can generally only be done at present through the use of their 'language', which does require the reasonable understanding of anatomy and physiology. In conclusion the study of anatomy and physiology does have it's place for complementary practitioners. This course should help you to readily obtain a good basic knowledge in a way that is both interesting and helpful.

## The Skeletal System

The Skeletal System is comprised of the bones and the strong ligamentous bands, which hold them together. The 206 bones, which form the structural framework of the body also serve to protect and support the delicate internal organs such as the brain, the heart and the lungs. The Skeleton is not a static group of bones. Each bone is a live organ, receiving a rich supply of blood and within the marrow cavities, the red and white blood corpuscles are constantly being formed. Bones serve as a storage area for minerals such as calcium and phosphorus. When the supply of these minerals within the blood is low, it will be withdrawn from the bones to replenish the supply. Bones are composed of tissue that may take one of two forms. Compact, or dense bone and spongy, or cancellous bone. Most bones contain both types. Compact bone is dense, hard and forms the protective exterior portion of all bones. Spongy bone is inside the compact bone and is very porous (full of tiny holes). Spongy bone occurs in most. The axial skeleton consists of bones that form the axis of the body and support and protect the organs of the head, neck and trunk, namely the skull, sternum, ribs and vertebral column. The appendicular skeleton, consists of bones that anchor the appendages (arms and legs) to the axial skeleton. The bones of the body fall into four general categories: long bones, short bones, flat bones and irregular bones.

### Long Bones

- Long bones are hard, dense bones that provide strength, structure and mobility (such as the femur or thigh bone). A long bone has a shaft and two ends. There are also bones in the fingers that are classified as "long bones," even though they are short in length. This is due to the shape of the bones, not the actual size. Long bones contain yellow bone marrow and red bone marrow (which produces blood cells).

### Short bones

- Short bones are cube-shaped, with length, width and height measurements approximately equal. They include the carpal bones (hands, wrist) and tarsal bones (feet, ankles).

### **Flat bones**

- Flat bones consist of a layer of spongy bone between two thin layers of compact bone. Their cross-section is flat, not rounded. Examples include the skull and ribs. Flat bones have marrow, but not a bone marrow cavity. They have broad surfaces for the protection of organs and attachment of muscles. They include the ribs, cranial bones, bones of shoulder girdle.

### **Irregular bones**

- Irregular bones are bones which do not belong to other categories because of their irregular shape. They are mainly composed of cancellous bone with a covering of compact bone. They include the vertebrae.

### **Blood cells**

- All the blood cells are produced in the bone marrow. All blood cells are derived from a single cell type - the stem cell that resides in the marrow and makes up only 1 in 10,000 of all marrow cells. The production of marrow/blood cells is highly regulated so that enough but not too many cells are produced. The cells are released from the marrow into the blood. Once the cells have aged and become less effective they are removed from the blood by the spleen.

### **Red Cells**

- These are stimulated to grow by several marrow growth factors the most important of which is erythropoietin a hormone secreted from the kidneys. Haemoglobin is produced by the red cells with 640 million molecules present in each cell. It is haemoglobin which gives blood its red colour but more importantly it carries the oxygen and carbon dioxide around the body. At the centre of the haemoglobin molecule is iron and therefore deficiency of iron rapidly leads to anaemia. A normal red cell survives about 120 days.

### **White Cells**

- These are stimulated to grow by many marrow growth factors, cells go through various stages of maturation within the bone marrow ultimately emerging as neutrophils which are then released into the blood. The average life of a neutrophil is only 24 - 36 hours.
- Their main role is to kill bacteria and fungi although they also have activity against herpes viruses. Antibodies which are produced from B-lymphocytes help them.

## The Spine

The Spine or Vertebral Column is the central system of articulated blocks, the Vertebrae, set one upon the other to form the pillar, which supports the trunk and the head and protects the Spinal Cord, which is inside the Vertebral Canal. The Vertebral Column is divided into the Cervical, Thoracic, Lumbar and Sacral Sections. The 12 paired Ribs, which form the Rib cage, arise on either side of each of the 12 Thoracic Vertebrae.

The two shoulder blades, the Scapulae, are connected to the Rib Cage by 2 collarbones, the Clavicles.

From the Scapulae hang the bones of the upper extremities, the upper arm (Humerus), the forearm (Ulna and Radius) and the bones of the Hand. At the lower end of the Spine, in the Sacral Section, are attached the two large flat bones which meet in front to form the Pelvis. The Pelvis provides a base for the attachment of the bones of the lower extremities, the upper leg (Femur), the knee-cap (Patella), the lower leg (Tibia and Fibula) and the bones of the Foot. Set at the top of the first cervical vertebra is the Skull, consisting of the several bones which make up the Cranial Cavity and the bones of the Face. The Spinal Cord enters the Cranial Cavity through an opening at the base of the Skull, the Foramen Magnum.

## The Muscular System

### The musculo-skeletal system

Bodily movement is carried out by the interaction of the muscular and skeletal systems. For this reason, they are often grouped together as the musculo-skeletal system. All muscles work in pairs to perform a task. One set of muscles contracts to exert force, while the other set of muscles relaxes. For example, the hamstring muscles, located at the back of the thigh, work with the quadriceps muscle group, in the front of the thigh.

When you want to bend your leg, the hamstring muscles contract and the quadriceps muscles relax. Conversely, when you want to straighten your leg, the quadriceps muscles contract and the hamstring muscles relax. The muscles vary extremely in their form. In the limbs, they are of considerable length, especially the more superficial ones; they surround the bones and constitute an important protection to the various joints. In the trunk, they are broad, flattened and expanded and assist in forming the walls of the trunk cavities.



## There are three types of Muscle:

### Voluntary Muscle

- Often called skeletal or striated (because of its stripes). It is attached to the skeleton and is controlled by conscious thought, which means that you need to think about contracting your muscles. It is very strong but gets fatigued (tired) easily. The Voluntary Striated Muscles cover the skeletal framework.
- They may either be attached directly to the bones or cartilages, or, their attachments may be prolonged through the Tendons that greatly influence the efficiency of the system. Many of the Voluntary Muscles are arranged in opposite pairs, so that one relaxes as the other contracts. This paired arrangement greatly improves the control and co-ordination of motions.
- Each Voluntary muscle is supplied by one or more nerves which not only stimulate the muscles to contract or relax, but also carry impulses from the muscle to the Spinal Cord and Brain, where the correlated and co-ordinated interactions of several groups of muscles, required for the performance of all skilled movements, are arranged.

### Involuntary Muscle

- Often called smooth muscle. It is found in the walls of the digestive system and blood vessels as well as in the iris of the eye. It is not as strong as voluntary muscle but it can sustain a continued contraction without getting tired. They carry out the wave-like contractions called peristaltic movements, which propel food through the Alimentary Tract. Involuntary Muscles also control the calibre of the blood vessels of the circulatory system and the bronchial tube's of the lungs. A circular Involuntary Muscle, the Iris Diaphragm, controls the amount of light, which is permitted to enter the eye, contracting automatically when the light is intense and relaxing when light is dim.

### Cardiac Muscle

Found only in the heart, cardiac muscle is special Firstly, it must be able to contract and relax repeatedly without getting fatigued. For this to happen it needs a very good supply of blood to bring it food and oxygen. Secondly, it is myogenic. This means that it has its own inbuilt rhythm of contraction and relaxation and does not need a nervous impulse to start the contraction as in the other types of muscle. The nerves, which lead to the heart only, control how fast it beats. Thirdly, when one muscle cell

contracts it makes its neighbouring cells contract. This makes a wave of contraction spread throughout the heart, a little like a row of dominoes falling one after the other.

The **diaphragm** is the major muscle for breathing (respiration). The diaphragm is located in the rib cage below the lungs. It is a dome shaped muscle that pulls / pushes air in and out of the lungs. 'Hiccups' are a spasm of the diaphragm.

**Intercostals** also aid respiration Inter- (between) Costals (ribs). Internal intercostals lift the ribs during respiration, whilst external intercostals draw the ribs together during expiration to lessen the volume of the rib cage and thoracic cavity to push air out of the lungs.

**Biceps** and **triceps** are antagonist (have the opposite functions). Triceps (with three 'heads') extend the forearm so it can be held straight, while biceps (two 'heads') flex the forearm and draw it up.

### **Muscle movements**

Most movements involve several skeletal muscles working together. Most skeletal muscles are arranged in opposing pairs at joints, for example one muscle tightens up while the other extends.

**Flexors** tighten to decrease the angle of a joint

**Extensors** relax to increase the angle of a joint

**Abductors** move a bone away from the midline

**Adductors** move a bone toward the midline

**Levators** make an upward movement

**Depressors** make a downward movement

**Supinators** turn the palm upwards or inwards

**Pronators** turn the palm downwards or outwards

**Sphincters** decrease the size of an opening

**Tensors** make part of the body more rigid

**Rotators** moves a bone around

### **Tendons.**

- Tendons are a tough flexible band of fibrous tissue. The tendon is the structure that connects the muscle to the bones.

### **Ligaments.**

- A ligament is a tough band of white, fibrous, slightly elastic tissue. This is an essential part of the skeletal joints; binding the bone ends together to prevent dislocation and excessive movement that might cause breakage. Ligaments also support many internal organs; including the uterus, the bladder, the liver and the diaphragm and helps in shaping and supporting the breasts. If a ligament is made up of several thick bands of fibrous branches, it is called a "collateral ligament."

### **Joints**

- A joint or place of articulation is formed where 2 or more bones come into close contact in the body and are attached to each other by ligaments or cartilage. Joints can be classified according to the degree and type of movement they allow. The following types of joints can be recognised:

#### **Fibrous (or Immovable) Joints.**

- These joints are firmly held together by a thin layer of strong connective tissue. There is no movement between the bones such as the sutures of the skull and the teeth in their sockets.

#### **Cartilaginous Joints.**

- Cartilaginous joints are joints where the articular surfaces of the bones forming the joints are attached to each other by means of white fibrocartilaginous discs and ligaments which allow only a limited degree of movement. Examples are the cartilaginous between the vertebrae, the cartilage in the symphysis, which binds the pubic bones together at the front of the pelvic girdle and the cartilage in the joint between the sacrum and the hip bone.

## The Nervous System

The Nervous System is best thought of as the electrical wiring and control panel of the human body. The Nerves are the wires, which carry electrical signals from the Sense Organs (Receptors), which are widely distributed inside as well as on the surface of the body. The nerves transmit these signals via a main trunk line and relay system the Spinal Cord, to a central control panel and switchboard, the Brain, In the brain the signals are registered, analysed and interpreted. The brain then sends out it's orders, also in the form of electrical impulses, through another set of nerves travelling via the same trunk line and relay system (Spinal Cord) to the muscles, organs or glands of the body, which must respond to the original stimulus.

There are two groups of Sense Organs (receptors), the General Sense Organs which are sensitive to touch, pain and temperature and the Special Sense Organs, which include. Sight, Taste, Smell and Sound. The nerves which carry the orders from the Brain are called the Effector Nerves and are also divided into two groups, the Motor Nerves, which transmit impulses to the muscles and the Visceral Nerves, which go to glands and internal organs.

The control panel and switchboard, the Brain, is organised into specialised centres. At the base of the Brain are located the centres responsible for the control of the vital junction necessary for life, respiration, heartbeat and temperature control. The functions of motor co-ordination, equilibrium and balance are controlled by the Cerebellum. The higher functions such as speech, skilled movements, memory and intelligence are carried out in the highly complex and integrated organisation of the Cerebrum.

## The Respiratory System

The Respiratory System, consists of the Larynx, Trachea, Bronchi and Lungs. It's function is to bring air into contact with the blood, in order that the oxygen of the air can be absorbed into the blood and the carbon dioxide, which is a waste product of the body, can be blown off.

The Larynx is the Voice Organ and is set at the top of the Windpipe, the Trachea. Sounds are produced by the vibration of elastic membranes, the Vocal Cords, which are supported inside this firm cartilage cylinder. The Trachea, Windpipe, is about four inches long. Like the Larynx, it's walls are made firm by rigid cartilage rings. The Trachea divides into the two main branches, the Bronchi, serving the right and left Lungs. Inside the Lungs, the Bronchi divide again and again, branching like the

limbs of a tree. The succeeding smaller branches extend out into the lung fields, carrying air and its oxygen into minute air sacs, the Alveoli, where the actual exchange of gases between the air and the blood takes place. These alveolar air sacs are extremely minute - about the size of pinheads - and each lung contains many millions of such sacs. The walls of these sacs consist of a very thin and delicate membrane surrounded by a network of minute blood vessels. The blood coming from the heart and entering this network, is rich in carbon dioxide and poor in oxygen. In the alveolar sacs carbon dioxide is removed from the blood and a fresh supply of oxygen is picked up.

The blood, now rich in oxygen, is returned to the heart, from which it is distributed to all parts of the body. The air- and blood-filled lungs have a sponge-like, elastic consistency. They are enclosed within the thoracic cavity above the Diaphragm.

The Diaphragm is a large flat muscle, which separates this cavity from the abdomen. The contraction and expansion of the lungs and the resulting movement of air, is accomplished by the contraction and relaxation of the muscles of the chest walls and the Diaphragm. The Pituitary, Adrenals, Thyroid, Parathyroid, Ovaries and Testes plus the insulin-producing portion of the Pancreas comprise the Endocrine System, these glands produce substances called hormones, which are secreted into the blood. These hormones act to regulate, integrate and co-ordinate a wide variety of chemical processes carried out by the other tissues and organs of the body.

The Pituitary Gland, is slightly larger than a pea and is located in a small depression at the base of the skull. It is composed of an anterior lobe and a posterior lobe. The hormones produced in the anterior lobe act to control the secretions of the other endocrine glands, the Adrenals, Thyroid, Ovaries and Testes and the insulin-producing portion of the Pancreas. The posterior lobe secretes hormones, which affect the heart and circulation, the kidneys and the uterus. Because of this wide range of actions and effects, the Pituitary has been termed the "Master Gland".

The Adrenals are two small triangular structures located above each kidney. They are divided into a central medulla, where the hormone adrenalin is made and an outer zone the cortex, where several vital hormones controlling salt and carbohydrate metabolism are produced.

The Thyroid Gland is located in front of and around the sides of the trachea, at the base of the neck. The hormones produced by the Thyroid affect the general level of activity of all the cells of the body, much as a thermostat might do, only on a chemical level.

There are four Parathyroid Glands, each about the size of a split pea, located in pairs, behind the Thyroid gland. The hormone produced by these glands, para-thormone, exercises control over the calcium and phosphorus of the body, maintaining the proper level of these minerals in the blood and in the bones.

Widely distributed through the substance of the Pancreas, are small collections of cells called Pancreatic Islets, where the hormone insulin is produced. Insulin is one of the main hormones, which regulate the metabolism of sugar in the body and control the amount of sugar in the blood.

The Ovaries in the female and the Testes in the male, are also endocrine glands, producing hormones, which regulate sexual development and reproduction.

The blood, which carries nutrients and oxygen to all the tissues of the body and carries waste products away from the tissues, is pumped by the Heart through a closed system of tubes comprised of the Arteries, the Capillaries and the Veins. The Arteries shown, carry blood away from the heart to the minute network of fine vessels in each of the organs and tissues, called the Capillaries. After flowing through these capillaries, the blood is collected in the Veins and returned to the heart. There are about 5 quarts of blood in the average adult.

The Heart is a hollow muscle divided into four chambers. Two receiving chambers, the Atria and two ejecting chambers, the Ventricles. The blood returning to the heart enters via two main veins (the Superior and Inferior Vena Cava) into the right atrium. It then flows into the right ventricle from which it is pumped out into the lungs, via the main Pulmonary Artery. After flowing through the capillaries of the lungs, the oxygenated blood returns, via the Pulmonary Veins, to the left side of the heart, entering the left atrium. From the left atrium, the blood flows into the left ventricle, which is the major muscle mass of the heart. The blood is ejected from the left ventricle under pressure, into the main artery of the body, the Aorta. The direction of flow through the chambers of the heart is controlled by four valves. the Tricuspid Valve, between the right atrium and ventricle, the Pulmonary Valve, at the base of the main Pulmonary Artery, the Mitral Valve, between the left atrium and ventricle and the Aortic Valve, at the base of the Aorta.

## The Lymphatic System

**Lymph:** The Bodies Defence System against Bacteria

The function of the Lymphatic System is to rid the body of waste products and purify the blood, which may be infected. Another function is to carry nutrients and oxygen round the body.

Lymph is a milky fluid similar to blood, it contains anti bodies (known as Lymphocytes) it's function is to kill off bacteria in the body.

The function of a lymph node (lymphatic gland) is to manufacture lymphocytes, (white cells) antibodies. Massage stimulates the lymphatic flow helping the elimination of waste and increasing oxygen in the tissues. The spleen is the largest Lymph Organ. It lies in the left hypochondriac region of the Abdominal Cavity. It is slightly oval in shape and of a rubbery consistency. It varies in size in different individuals. It is usually approx 12cm long 7 cm wide and 2.5cm thick and weighs about 200g. It manufactures Lymphocytes and breaks down Red Corpuscles. It can contain up to 350ml of blood.

When part of the Lymphatic System gets enlarged the spleen may also enlarge as the spleen is allied to the Lymphatic System.

## The Excretory System

The Urinary Excretory System is comprised of the two Kidneys and their Ureters, the Urinary Bladder and the Urethra. The function of this system is to remove waste products from the blood and at the same time, to conserve vital chemicals and body fluids and return them to the blood.

A great many intricate biochemical reactions are involved in this complex process. The Kidneys are two paired organs situated in the back of the abdominal cavity. They are richly supplied with blood, receiving about one-fifth the total output of the heart. In the course of a day, all the blood of the body passes through these organs over five hundred times.

The Kidneys continually process this blood, carefully screening out those substances which are waste products, (primarily urea and ammonia) and conserving those elements (salts, glucose, etc.) which must be retained. The mechanism by which this takes place is a combination of filtration and selective re-absorption.

Filtration occurs in thousands of microscopic capillary structures, the Glomeruli, located in the outer portions (the Cortex) of each Kidney. These filters hold back the blood cells and the blood proteins and permit the passage of fluids, salts and many chemicals. The volume of this initial filtrate is enormous, amounting to over 40 gallons in the course of one day.

Of this amount however, only a very small portion (1 to 2 quarts per day) is excreted as urine, containing the waste products. All the rest (over 39 gallons of water, containing the chemicals to be conserved) is re-absorbed in the network of fine tubules, which make up the Medullary Pyramids and returned to the circulation.

The urine passes out into the Pelvis of the Kidney and down to the Bladder via the Ureters. The Bladder is a distensible muscular sac, situated in front of the rectum. As urine collects in the bladder, this sac gradually distends. When filled, the Bladder muscle contracts and the urine is voided through the Urethra.

## The Digestive System

The Digestive System is comprised of the Alimentary Tract and its associated glandular structures, the Salivary Glands, the Liver and the Pancreas. Digestion is the chemical process by which the proteins, fats and carbohydrates of food are broken down into smaller chemical units, which are capable of being absorbed into the body.

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The Alimentary Tract from mouth to anal orifice is 30 feet in length. Starting with the Mouth, food proceeds into the Pharynx, Oesophagus, Stomach, Small Intestine, Large Intestine, Rectum and Anus. Special functions relating to digestion, absorption and excretion are carried out in each of these subdivisions.

While food is being chewed in the mouth, Saliva, the secretion of the Salivary Glands (Parotid, Submaxillary and Sublingual glands) is mixed with it and the process of digestion is started.



The muscular tubes. The Pharynx and Oesophagus then convey the food down to the Stomach, where acid and digestive enzymes are added and further mechanical mixing carried out. The partially digested food then moves into the Small Intestine.

In the first part of the Small Intestine, the Duodenum, further digestive enzymes coming from the Pancreas and the bile, which is made by the Liver are added. The bile contains chemicals, which are needed for the absorption of fats. The Gall Bladder is a small sac on the under surface of the liver where the bile is temporarily stored between meals. Digestion and absorption are slow and complex processes and the over twenty feet of Small Intestine (Duodenum, Jejunum and Ileum) permit these vital functions to be carried to completion, before the residue or waste material enters the Large Intestine.

In the Large Intestine, the fluid, which was mixed with the intestinal contents, is re-absorbed. The Large Intestine is five feet in length and is divided into the Caecum, Ascending Colon, Transverse Colon, Descending Colon and Sigmoid Colon.

The Appendix is a worm-like tubular outgrowth about 3 inches long arising from the Caecum. After the re-absorption of fluid has been completed, the final residue of faecal material passes into the Rectum. The Liver is the main chemical workshop of the body. Besides making the bile, the Liver performs hundreds of other complex and integrated biochemical processes required for the maintenance of life.

All of the food products absorbed through the wall of the small intestine are carried directly to the Liver by a separate blood system, the Portal Vein. In the Liver, these chemical substances are either used to make other chemical materials needed by the body (such as blood proteins), or are stored in such a way as to be available for later use.

## The Skin System

### Structure of the Skin

The skin is the largest, thickest and most complex epithelial tissue in the body and is an organ of heat regulation as well as one of protection. It has two parts, the horny outer epidermis and the soft inner dermis, in which are embedded hair follicles, sebaceous and sweat glands. In all people except albinos, brown granules of melanin are contained in the deepest cells of the epidermis. This pigment is made in special cells (melanoblasts) lying just below the epidermis. Melanoblasts are activated by ultra - violet light, producing freckles and tanning in light skins.

There are no blood vessels or nerve endings in the epidermis, but it's deeper layers are bathed in interstitial fluid from the dermis, which provides oxygen and nutrients and is drained away in lymph processes. The maintenance of a healthy epidermis depends upon three processes being synchronised.

Desquamation - the shedding of keratinised (dead) cells from the surface.

Effective keratinisation of the cells approaching the surface.

Continuous cell division in the deeper layers with newly formed cells being pushed to the surface.

Hairs grow upwards from the dermis and are continually shed and replaced, new hairs forming in old follicles. Attached to the follicles are strands of smooth muscle. When they contract they pull the hairs upright (trapping air and creating a heat insulating layer), causing what we term as gooseflesh.

Sebaceous glands open into hair follicles and lubricate the skin with their oily secretion, which is produced by the disintegration of the glandular cells. They are distinct from sweat glands, the watery secretion of which, evaporates on the surface, helping to cool the body. The dermis has many blood vessels and sweat glands especially, are richly supplied.

Stratum Spinosum, Stratum Germinativum or Basal layer, is a living layer where cell division takes place.

Stratum Germinativum is the deepest section of the epidermis and is in contact with the dermis, from which it derives its nutrient fluid from the capillary blood vessels. In the basal layer the development of new cells gradually replaces the older cells towards the surface.

The Stratum Spinosum Prickle Cell layer is often classed with the Germinativum, to form the basal layer. The Prickle Cells are well defined polygonal and the whole layer is in organic connection by means of the prickle-like threads, which join up the cells

The Stratum Granulosum - the thickness of this layer may vary from one to several cells depth and is thickest on the palms of the hands and the soles of the feet. The Stratum Granulosum cells are believed to be the first stage in the transformation of the epidermal cells into horny material, keratin.

Stratum Lucidum - this layer derives its name from its clear translucent appearance. It is only a few cells deep and lies between the outer horny layer and the inner granular layer. It is said that the stratum Lucidum is where the barrier zone controlling the transmission of water through the skin lies.

The Stratum Corneum is the superficial portion of the horny layer and contains mainly layers of dead flattened cells, which are constantly being shed.

The cells contain a fatty substance, which keeps them waterproof and helps to prevent the skin drying out and also helps prevent bacterial invasion, through the skin cracking.

The dermis layer contains elastic tissue, blood vessels, lymphatics, nerves, tactile corpuscles and hair follicles. It is totally different in structure than the epidermis. The dermis has a superficial papillary layer and a deep reticular layer. Around hair follicles, the papillary layer forms the connective tissue sheath.

Functions of the skin - the skin acts as a covering for the body and its main function is protection. Its other functions are - Heat Regulation and Elimination, Secretion, Absorption and Sensation.

Loss of body heat is mainly controlled by the blood supply and sweat glands of the skin. Body temperature is the main function of cutaneous

vessels. Sebaceous secretion, sebum and perspiration help keep the skin supple and intact.

The skin contains nerve endings, which make us aware of our surroundings. They act as a warning system to indicate heat, cold, pain, pressure and other external factors. The nerve receptors in the skin are located at different levels. Touch and Pain indicators are close to the surface and are involved with reaction to the hair follicles.

Pacinian corpuscles indicating pressure, lie deep in the skin so that a certain threshold of pressure would have to be reached before sensation is felt to a greater degree.

Cold indicators lie at varying depths beneath the surface and like other organised endings are accompanied by pain receptors.

## **An introduction to Listening Skills**

True listening is the giving of undivided attention, without any preconceptions, to what the person is saying, verbally and nonverbally. It means more than just hearing what a person says. *Hearing* captures the words a person speaks, while *listening* captures the meaning and the feeling that lie beneath those words. It often helps people to talk things through, examine their feelings and assess their options with someone else. Sometimes it is not appropriate for that person to be a friend or member of the family. It can be helpful to talk to someone trained in supporting those going through a difficult time. By doing this, they may feel better, resolve problems, come to terms with things that cannot be changed or perhaps, decide to make some changes in their life. Although we use listening skills more than any other communication skill, listening is rarely taught. Since the human brain works about four times as fast as the mouth, to listen effectively requires that you maintain a considerable amount of self-control and concentration. Active Listening means giving your Client you're full and undivided attention. Some people will tell you that this is not a natural attribute but an acquired skill. This is not always the case, as many Healers and Therapists are natural listeners and are genuinely concerned about the

health and well being of their Client's. Active Listening will prepare you for an empathic response to your Client. It is through the medium of active listening that you will be able to gather all the relevant information that can be related to your Client's problem and to their future goals. It also gives you the opportunity to listen for clues to your Client's emotional, intellectual and spiritual functioning. Active listening will also offer you the chance to assess your Client's personal energy level, through listening to the tone of your Client's voice. Often a Client who is depressed and therefore experiencing low energy levels, will speak in a monotonous flat tone.

Often a Client who is elated and therefore experiencing high energy level, can appear both excited and euphoric. A Client, who may be finding life distinctly both tedious and boring, may speak in a dull tone and appear listless. Therefore, we can appreciate the necessity of listening actively to the tone of a Client's presentation as well as to its content. You will find that active listening is very hard work and you will need to develop deep concentration. Sometimes you may 'hear' what the Client is saying, but are you really actively listening? This type of listening will also require you to use your powers of recall. When your Client leaves at the end of the session, then it is this recall that enables you to write down what your Client said during the counselling process. Giving time suggests that you are interested.

#### **Listening skills include:**

- Accepting your Client's for what they are and taking a nonjudgmental stance.
- Being concerned for your Client and wishing to become Professionally involved.
- Having the ability to be Client and allow the Client's to set their own pace.
- Being specific, confronting inconsistencies in your Client's story, asking specific questions and giving concrete statements.
- Being honest and responding in a manner which reflects your feelings.

## **Basic Interview Skills**

- Your initial interview with your Client is critical to all future progress. You will need to ensure that an Attunement is established between yourself and your Client at this first session. This session will set both you and your Client on track and will create a structure to which you can return as often as you wish. Here are a number of tasks that will be necessary in order for you to conduct your counselling sessions in both a humane and effective way. Empathise with your Client's emotional state and situation.
- Always promote positive thinking.
- Collect information that relates to your Client's problems.
- Provide your Client with information about the adverse effect on mind and body of negative thinking.
- Search for motivational links, which may assist in your Client's recovery.
- Create a mirror in which your Client's can objectively examine themselves and their lives.
- Provide your Client's with information, which may act in a supportive capacity.
- Serve as a surrogate ego to guide your Client's toward action.
- Always attempt to provide hope.

You should ensure that throughout the sessions that your Client's are aware of the three important qualities of an active listener i.e:

## **Empathic Understanding.**

- That is, understanding your Client's from their point of view and being with them in their own space.

## **Genuineness.**

- This is the ability to be open, consistent and real in your relationship with your Client's. You will need to be prepared to give them time and attention. You should not seek to patronise or manipulate them. Your Client's need to feel that you are a real person.

## Acceptance.

- You will need to be able to withhold judgement and criticism and give complete attention to your Client's in order that they feel valued for themselves.

These are the qualities that bring out the facilitative role of the listener. You are assisting your Client's by showing them genuine concern and not attempting to advise them. These qualities are communicated to your Client's by the manner in which you respond and appropriately question, clarify, guide, paraphrase and summarise throughout the course of the session. You may be already aware that these listening skills are standard in the training of many caring professionals and you may already be aware of their use. Skills in attending, questioning, clarifying, paraphrasing, guiding and summarising, are potent tools in the listeners repertoire and their correct use is essential in establishing a listener - Client relationship and should also be used as and when appropriate during the listening process.

## Attending

- All your senses must be alert at all times whilst listening. They must be focused on your Client's face, body and speech in order to evaluate and lead. You must put recent events in your own life aside, as you need to focus all your attention to your Client's. In order to assure your Client's that you are totally involved, you should:
  - Help your Client's to overcome their anxiety, simply by being attentive, courteous and civil.
  - Sit facing them directly, with your shoulders leaning slightly forward. If your Client is facing away from you or avoids eye contact, that is a probable indicator of their anxiety.
  - You need to present yourself in a warm but professional manner; your Client's are likely to indicate trust if they begin to look at you more directly.
  - Your eye contact should be maintained without giving the impression of staring. Since most facial energy is centred in the eyes, you must try to find a way of softening your glance without losing the impression of involvement.

- You must avoid distracting behaviour, such as tapping your fingers and shuffling your feet.
- You should be physically present so that your Client's will not feel alone.
- You must assure your Client's that all information you will be discussing is confidential and will not be shared with anyone without their written permission. When your Client's receive the message that you value them as who and what they are, they will hopefully show trust.

## Empathy

This is the identification with and understanding of another person's situation, feelings and motives. It is crucial to good listening. It is the term most often used to summarise the aspects of an emotionally intense relationship. Ultimately, it is a statement that the listener seems in tune with their Client's hidden thoughts and feelings. Empathy that is explicitly shared with the Client, has a more profound impact than that silently and privately experienced by the listener. Client's cannot read minds and often desperately need vivid assurance that they're with someone who understands. Empathy does not mean condoning all your Client's do, nor is exploitation, an inevitable consequence of empathy. Indeed, empathic listeners seem to have a deeper appreciation of what the Client feels and so seem far less likely to abuse. Showing the Client understanding gives that human a sense of dignity and helps begin the recovery of self-esteem.

What your Client needs when they feel the need to talk is often some genuine warmth. You should not adopt an attitude of aloof condescension. Whatever your approach, if it is not possible for you to feel and show empathy towards a particular Client, you should refer your Client to another healer. Without empathy and both the dignity and respect that it brings, listening becomes a cruel imitation of itself. Your Client's usually opt for healing after everything else has failed. They are often in deep ruts. Your Client's feeling of being stuck in a rut can be consummate. Whilst your Client may appear to be on the verge of losing control, their imbalance is often quite stable. They tend to cling to their problems. However unhappy their circumstances, you will need to remember that this resistance is rarely deliberate. It is like a drowning person, whose fear and desperate panic will make their rescue difficult. Your influence along with empathy and support will be required to get them moving again.



Remember, your first task is to establish a lasting relationship, to enable your Client to get a satisfactory grip on themselves. Delays in establishing an emotional bond may create an insurmountable lethargy later. Part of why listening works is that it is different from everyday life. Empathy cannot be faked. All humans have some profound bond of common experience. Empathy simply taps this reservoir. Some people say that with practice, it can be learned, but my own experience tells me that true empathy is a spiritual gift.

### **Express Empathy.**

As we have said before, empathy involves seeing the world through your Client's eyes, thinking about and feeling things as your Client does, sharing in your Client's experiences. The expression of empathy is critical. When your Client's feel that they are understood, they are more able to open up to their own experiences and share those experiences with others. Having Client's share their experiences with you in depth allows you to assess when and where they need support and what potential pitfalls may need focusing on in the changed planning process. Importantly, when Client's perceive empathy on a listener's part, they become more comfortable. The following tactics are particularly useful in the early stages of listening. They are based on the principles described in the previous element. Helping your Client's address their natural uncertainty is always a good starting point. These opening tactics ensure your support for your Client and also help your Client's explore their uncertainty in safe settings. The first four tactics, help your Client's explore their uncertainty and reasons for change. The fifth tactic is specific to motivational interviewing and integrates and guides the other four.

### **Ask open-ended Questions.**

- Asking open-ended questions will help you to understand your Client's point of view and elicits their feelings about given topics or situations. Open-ended questions will also facilitate discussion as they cannot be answered with a single word or phrase and do not require any particular response. They are a means to promote extra information. Open-ended questions will also encourage your Client's to do most of the talking. This will help you avoid making premature judgements and keep the communication moving forward.

### Listen Reflectively.

- Reflective listening is a basic requisite. It is a skill in which you will demonstrate that you have accurately heard and understood your Client's comments by restating their meaning. That is, you hazard a guess about what the Client intended to convey and express, this is a responsive statement, not a question. Remember that you need to have empathic understanding with your Client.

*Empathic understanding means understanding a person from his or her frame of reference.* What you are attempting to do is to reconstruct what the Client is thinking and feeling and to relay this understanding back to the Client.

- Reflective listening is a way of checking rather than assuming that you *know* what is meant". Reflective listening strengthens the empathic relationships between you and your Client's and encourages further exploration of their problems and feelings. For example, your Client may make a statement like: *"My mother is a real pain. She is always telling me what to do and won't allow me to do anything I want to do."* Using reflective listening you might respond by saying, "So you feel frustrated because you feel your mother treats you like a child instead of an adult." This will allow your Client to feel understood and open up even more about their feelings about being a teenager. Alternately, your Client may feel misunderstood and then try again to explain what they are thinking or feeling. This will also allow you to make sure that you understand your Clients problems and thinking.

- By re-stating or reflecting what your Client's have expressed, your Client's can then listen to what they have said in a new way. They hear their feelings and thoughts in a different voice and can look at their life through another's eyes.

- This form of communication is particularly appropriate for early stages of counselling. It can reduce the likelihood of resistance and will also encourage your Client's to keep talking, it clarifies exactly what your Client's mean and reinforces their motivation. This process has a tremendous amount of flexibility and you can use reflective listening to reinforce your Client's positive ideas.

### Grief and Bereavement.

We will not attempt to try and cover this subject in its entirety, as it is a specialised subject in its own right. What we will attempt to do is to furnish you with a basic insight into Grief and Bereavement Counselling.

## **Definition.**

### **Grief.**

- Grief is both a mental and emotional pain and something that causes great unhappiness.

### **Bereavement.**

- To leave deprived, desolate or alone, especially by death:

## **Introduction.**

Death and bereavement are natural. They happen to all of us. Surely we should be able to cope? However, people can feel both frightened and embarrassed by death and bereavement. Bereavement is probably the most painful loss we will have to cope with. Yet it is something we are often completely unprepared for. We rarely talk about death and bereavement. Our culture does not encourage people to grieve openly. Crying and other ways of expressing our distress are still seen as a sign of weakness. When we lose someone important to us we can be overwhelmed by our pain and distress. Our reactions can be very frightening. Often friends, neighbours and even other family members try to avoid the painful feelings by keeping quiet. This can leave bereaved people feeling alone and isolated in trying to deal with some of the most painful emotions they have ever had. Some of these feelings come as a complete surprise - anger, bitterness and guilt. These are quite normal reactions, often leaving people feeling overwhelmed and thinking they are losing control. The opportunity to share some of these feelings and emotions with someone who can understand and accept them can be an immense comfort and relief. It can help, perhaps, if we think of bereavement as a wound that needs time to heal. This healing process cannot be hurried and affects each of us differently. It is important that we remember that there is no right or wrong way of grieving for loss. We need to acknowledge our feelings and express them, as we wish, for grieving is itself part of recovery. We may also feel guilty about things we have done or not done for the deceased person. We may feel we could have visited them more, taken more notice of what they were saying or sorted out some quarrel or misunderstanding. We might even feel, in some indirect way, responsible for their death, although there is usually no need to feel guilty.

## What is Grief?

Grief is the normal and natural, though often painful, response to loss. The death of a loved one is the most common way we think of loss, but many other major changes in our lives can involve loss and therefore grief. Everyone experiences both loss and grief at some time in their lives. The more significant the loss, the more intense the grief is likely to be. Your Client's will experience and express grief differently. For example, one Client may withdraw and feel helpless, whilst another might be angry and want to take some action. Whatever the reaction, your Client will need the support of yourself and others. Your Client, however, may show signs of depression. In normal grief, the response is accepted as appropriate and normal by both the grieving person and those around them. In depression, the response readily conveys the notion that something is not right about what is going on. Client's who have experienced previous depressions are more likely to experience depression, rather than normal grief, at the time of a major loss. Depressed Client's much more frequently present the threat of suicide than does the grieving person. In normal grief, your Client may not show the marked lowering of self-esteem and the sense of worthlessness that may be of delusional proportions in melancholic depression and which may also give rise to suicidal attempts. As a Listener you will need to anticipate the possibility of a wide range of emotions and behaviours, accept your grieving Client's reactions and respond accordingly. Therefore, it is often useful for both you and your Client to have an understanding about the grieving process.

## The Process of Grief.

The process of grieving in response to a significant loss requires time, patience, courage and support. Your Client will likely experience many changes throughout the process. Both writers and counsellors have described these changes as an experience of shock, followed by a long process of suffering and finally a process of recovery. These processes along with stress management and obstacles are described below.

### Shock.

- Shock will often be your Client's initial reaction to their loss. Shock is their emotional protection from being too suddenly overwhelmed by their loss. Your Client may feel stunned, numb, or feel disbelief concerning their loss. Whilst in shock your Client may not be able to make even the simplest of decisions. Shock may last a matter of minutes, hours, or (in severely traumatic losses) for a longer period of time.

**Suffering.**

- Suffering is the period of grief during which your Client will gradually come to terms with their reality of the loss. The suffering process involves a wide range of feelings, thoughts and behaviours, as well as an overall sense of life seeming chaotic and disorganised. Some common features of suffering include.

**Sadness.**

- Sadness is perhaps the most common feeling you will find with your Client's. It often, but not necessarily manifests itself in crying. Reminders of their loss and its permanence often trigger sadness. Sadness may also become quite intense and your Client may experience both emptiness and despair.

**Anger.**

- Anger can be one of the most confusing feelings for your Client. Anger can be a normal response to your Client feeling powerless, frustrated, or even abandoned. Anger can also be a normal response to your Client feeling threatened; a significant loss can threaten your Client's basic beliefs about themselves and about their life in general. As a consequence, their anger may be directed at themselves, at God, at life in general, for the injustice and for others involved, or, in the case of death, at the deceased themselves for dying.

**Guilt.**

- Guilt and less extreme self-reproach are common reactions to things your Client did or failed to do before their loss. For example, many of your Client's may reproach themselves for hurtful things they have said, loving things they left unsaid, not having been kind enough when the chance was available and actions not taken that might have prevented the loss, etc.

**Anxiety.**

- Anxiety can range from mild insecurity to strong panic attacks; it can also be fleeting or persistent. Your Client may become anxious about their ability to take care of themselves following a loss. Also they may become concerned about the well being of other loved ones.

### **Physical.**

- Grief is often, accompanied by periods of fatigue, loss of motivation or desire for things that were once enjoyable, changes in sleeping and eating patterns, confusion, preoccupation and loss of concentration. Suffering may often be the most painful and protracted stage for your Client, but it is still necessary. For most of your Client's these many emotional and physical reactions are common symptoms that will stabilise and diminish with time as your Client's move through the grieving process.

### **Recovery.**

- The aim of grieving is not to eliminate all pain or memories of your Client's loss. Instead, the aim is to attempt to help reorganise your Client's life so that their loss is one important part of life rather than the centre. As their recovery takes place, your Client will be better able to accept their loss and resume a "normal life" and be able to re-invest time, attention, energy and emotion into other parts of their life.

- Their loss will still be felt, but it has become part of their more typical feelings and experiences. In shock, your Client's actions are mechanical. They do what they have to do. In suffering, their actions will be forced by conventions or by their own restlessness. But in recovery, your actions are by your own free choice.

### **The Management of Grief.**

- Your Client's should not be deprived of an opportunity to experience their grief. Grief can ultimately be a rewarding and nurturing process.

### **Postponing Grief.**

- You cannot postpone grief, for it will reach expression in some way. Allowing your Client to express their feelings should be encouraged. The more sustained the inhibition of feelings, the more intense they are likely to be when finally expressed. Counselling that places the emphasis on living through and talking about their loss may prevent your Client's depressive reactions or pathological mourning.

- Counselling should emphasise the present and recent past and the aim should be to help your Client deal with their loss,

rather than to aim at personality or character change. Within an atmosphere of trust and support, your Client's can be encouraged to express and explore both negative and positive feelings towards the deceased person. In order to work through their grief, your Client's may need to confront the perfect image the deceased retains. As with all challenges in counselling, this skill should only be used when your relationship is firmly established. It is not unusual for Client's to experience; feelings of relief for a death that occurred when it did and feelings of anger over having been abandoned by the deceased and other 'unacceptable' feelings, that seem inappropriate to the depth of feeling about the magnitude of their loss.

- In order for you to give the right kind of help to your bereaved Client's, it is essential you see things from their point of view and respect their feelings. If your Client's feel that you can understand and sympathise with them in the task they have set for themselves, then there is every chance that they will be able to express the feelings that are bursting within them.

### **Obstacles.**

- Grief is both misunderstood and neglected. Because responding to death is often awkward, uncomfortable, even frightening, your Client's may avoid having to deal with their grief. This can make their experience more lonely and unhappy than it might be otherwise. Additionally, society promotes many misconceptions about grief that may actually hinder your Client's recovery and growth. For example, many people believe it necessary to try to change how a grieving person is feeling and may do so by making statements such as, "You must be strong," "You have to get on with your life," or "It's good that they didn't have to suffer."
- Such clichés may help the one saying them but are rarely helpful to your Client. Society also promotes the misconception that it is not appropriate to show emotions except at the funeral and that recovery should be complete within six months. You must try to avoid these and other ways of minimising your Client's grief. Your Client's need to be encouraged to recover, in their own ways.

## STRESS

### **What is stress?**

Stress is our body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing, if their stress is in response to something emotional and there is no outlet for this extra energy and strength.

### **What Causes Stress?**

Many different things can cause stress -- from physical (such as fear of something dangerous) to emotional (such as worry over your family or job). Identifying what may be causing you stress is often the first step in learning how to better deal with your stress. Some of the most common sources of stress are:

#### **Personal stress.**

- In a home situation the following may cause stress. Bereavement, family illness, separation from a partner or family member, moving location and your children's behaviour or educational performance.

#### **Survival Stress.**

- You may have heard the phrase "fight or flight" before. This is a common response to danger in all people and animals. When you are afraid that someone or something may physically hurt you, your body naturally responds with a burst of energy so that you will be better able to survive the dangerous situation (fight) or escape it all together (flight).

#### **Internal Stress.**

- Have you ever caught yourself worrying about things you can do nothing about or worrying for no reason at all? This is internal stress and it is one of the most important kinds of stress to understand and manage. Internal stress is when people make themselves stressed. This often happens when we worry about things we can't control or put ourselves in situations we know will cause us stress. Some people become addicted to the kind of hurried, tense, lifestyle that results from being under stress. They even look for stressful situations and feel stress about things that aren't stressful.



### **Fatigue and Overwork.**

- This kind of stress builds up over a long time and can take a hard toll on your body. It can be caused by working too much or too hard at your job(s), school, or home. It can also be caused by not knowing how to manage your time well or how to take time out for rest and relaxation. This can be one of the hardest kinds of stress to avoid because many people feel this is out of their control.

### **FIRST AID GUIDELINES**

These Guidelines have been prepared by combining medical knowledge and expertise of the St John Ambulance, St Andrew's Ambulance Association and the British Red Cross Society. These Guidelines are to be used by you when faced with an emergency situation during their healing sessions. You are strongly advised to attend practical First Aid training to enhance the application of this guide from either the St John Ambulance, St Andrew's Ambulance Association or the British Red Cross Society.

### **HISTORY TAKING**

When the healer meets the Client on the first occasion, it is important that they ascertain the Client's past and present medical condition, in order to recognise those Clients who are more prone to acute situations and to be able to adapt their healing programme accordingly. i.e. *Making sure that a diabetic has eaten recently and therefore not prone to a hypoglycaemic attack during the healing session.*

A basic understanding of the conditions discussed below and the relevant orthodox treatment is encouraged.

### **FACING AN EMERGENCY**

When facing any emergency there are certain procedures which are required of the healer.

1. Stay calm but remember that prompt action is required.
2. Assess the priorities aided by your understanding of the cause of the emergency. Resuscitation is the first priority. If there is no pulse or breath call for help, e.g. Your local medical emergency number or call to people nearby and then start resuscitation techniques.
3. Decide what other help is needed and give clear instructions of the assistance required.
4. When there is no further risk to life, decide whether the Client should

still be seen in hospital or by their own doctor. It is important that you advise the Client to follow any acute situation with a medical assessment as soon as possible.

## RESUSCITATION

The most important factor for life to continue within the physical body is for oxygen from the lungs to reach the brain, via the blood stream. Without adequate oxygen the brain and other vital organs will die. In the case of the brain this can occur in only three minutes. It is therefore vitally important to ascertain the following information:

1. Is the Client conscious? (Do they respond to command or by calling their name?)
2. Is there an open airway? (Is the breathing quiet and easy?)
3. Is there adequate breathing? (Is the chest moving or can you hear or feel air coming from their mouth or nose?)
4. Is there adequate circulation? (Can you feel the carotid pulse in the neck?)

*If the answer to any of the questions is no, then it is vitally important to restore the function as quickly as possible.*

## OPENING THE AIRWAY

If the Client is unconscious then the breathing may sound noisy and be gasping. This may be due to several reasons. For instance, the lax tongue may have flopped back against the back of the throat, there may be vomit or food obstructing the air passage or the head may be too far forward on the chest leading to a narrowing of the airway. All these problems need to be resolved as soon as possible and the following steps need to be taken:

- 1, Kneel by side of Client.
2. Remove any obvious obstruction to the airway, e.g. food, loose dentures.

3. Lift chin forward with the index and middle fingers of one hand whilst pushing back the forehead with the other hand. In this way the tongue is lifted away from the airway and the airway is straightened. If there is any risk of head or neck injury, tilt the head very gently.

4. Check to see if the Client is breathing. Either watch the chest to see if it is rising and falling with respiration or place your ear against their nose and mouth to see if you can hear or feel the breath.

5. If the Client is now breathing quietly on their own, turn them over to the Recovery Position.

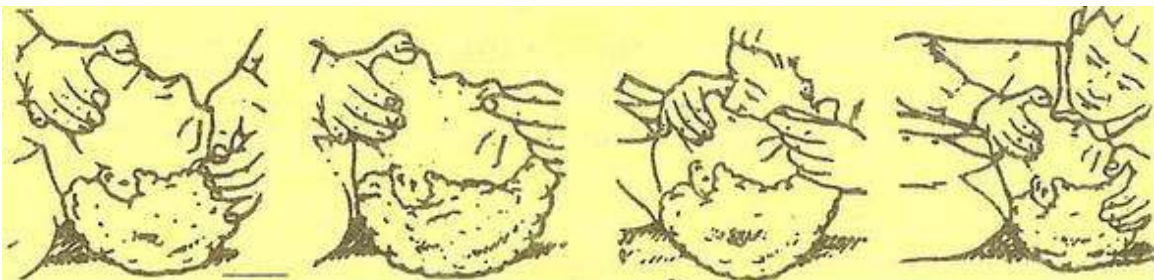
### ARTIFICIAL VENTILATION

If the Client does not breathe voluntarily then the body does not receive its oxygen and cannot rid itself of the waste products of respiration. They require assistance in the form of artificial respiration which is easier to carry out whilst the Client is lying on their back but can be done in any position.

If the Client has stopped breathing but there is a pulse, give 10 breaths, seek obvious help and then continue ventilation.

If there is no pulse and no breathing, seek immediate help and then start the ventilation and the chest compression.

### MOUTH TO MOUTH VENTILATION



This is the preferred type of ventilation and is possible in most cases which the healer may meet in their work. In small children and infants, the mouth and nose should be sealed by the operator's lips and the rate of breathing is 20 per minute.

1. Remove any obvious obstruction to the airway.
2. Lift the chin as described above, open the Client's mouth whilst pinching the nose with the hand holding the forehead. Seal your lips around their mouth.
3. Blow into the Client's mouth and hence into their lungs, watching to see if the chest rises with your breath.
4. Take your face away from the Client's and watch their chest muscles recoil, expelling the air.
5. Continue at a rate of 10 breaths per minute until the Client starts breathing on their own or until professional help arrives.
6. When breathing on their own and when circulation is adequate, place the Client in the recovery position. If there is no circulation, then the healer must perform Chest Compression.

## **CHEST COMPRESSION**

First it is important to ascertain whether the heart is functioning, for without this the oxygen from the lungs cannot be circulated. Chest compression should not be attempted if there is any sign of a heartbeat or pulse.

The best place to check the pulse is in the neck by feeling for the carotid pulse. This can be located by placing the finger tips alongside the voice box (near the Adam's apple and found at the lower limits of the trachea or windpipe). The pulse lies between this and the adjoining lateral muscle. Other pulses are less reliable.

1. Lie the Client on their back on a firm surface and kneel alongside, facing the chest and in line with the heart.
2. If there is no breath, give two breaths then find the bottom of the sternum (breastbone) where the rib margins meet. Two fingers breadth above this, place the heel of one hand along the line of the sternum, keeping the fingers off the ribs
3. Cover this hand with the heel of the other and interlock the fingers.
4. With your shoulders over the sternum and the arms straight, push down on the lower half of the sternum moving it about 1 1/2 to 2 inches for the average adult.

5. Keeping contact with the chest, release the pressure and repeat at the rate of 80 per minute (one and two and three etc.) until 15 compressions are complete.
6. Then go to the head and check the breathing. If there is still no natural breathing, give 2 breaths as shown above and then return to the chest for 15 more compressions.
7. Repeat this process, 2 breaths for every 15 compressions. Don't bother to check for a pulse unless there are obvious signs of change, continue the resuscitation until expert help arrives. If there are signs of return of breathing and pulse, place the Client in the recovery position and check their pulse and breathing every 3 minutes.
8. If there are two people present, after seeking help, the tasks can be divided converting to a pattern of 1 breath to every 5 chest compressions. There is no need to wait for the chest to deflate before continuing the chest compressions.
9. In the case of children only light pressure of one hand or even 2 fingers (in the case of babies) may be required.

## THE RECOVERY POSITION



The Client is placed in this position when they are seen to be breathing spontaneously and when blood circulation is restored. In this way the airway is kept open and fluids are allowed to drain freely from the mouth preventing such incidents as the inhalation of vomit. Assuming the Client is on their back, remove spectacles. .

1. Kneel alongside the Client opposite the chest.

2. Keeping the head straight, tilt the head to maintain the airway.
3. Straighten the legs. Place the arm nearest to you out at right angles, bending the elbow, with the palm uppermost.
4. Bring the arm which is furthest from you across the chest and hold the hand, palm outwards, against the Client's nearest cheek.
5. Now, with the other hand, grasp the thigh furthest away and pull the knee up, keeping the foot flat on the floor.
6. Keeping the hand pressed to the cheek, pull at the thigh and roll the Client towards you and onto their side.
7. Tilt the head back to keep the airway open.
8. Bend the upper leg at 90 degrees at hip and knee.
9. Go or wait for help ( if already called)

## **SPECIFIC EMERGENCIES**

### **UNCONSCIOUSNESS**

This occurs when for some reason there is a reduction in the normal activity of the brain. This means that the Client does not respond to normal external stimuli, such as touch, voice or pain and the deeper the level of unconsciousness the less likely the response. Causes include: Stroke, Epilepsy, (CVA) Cerebrovascular accident, Diabetes, Fainting, shock and Heart attack.

#### **Management**

1. Quickly ascertain whether the Client is conscious by speaking their name or by trying to rouse them with touch.
2. Check that the airway is open, that they are breathing spontaneously and that blood circulation is maintained. If not, act immediately in the fashion described above.
3. Place in the recovery position, (See page 5.) cover with a blanket and wait with them until they can be taken to hospital. *Do not try to give an unconscious person anything by mouth.*

## **FAINTING**

This occurs when there is a temporary reduction of blood supply to the brain due to causes such as pain, physical or emotional shock, lack of food or may occur in warm rooms where the Client is relatively inactive, i.e. during treatment.

There may be a prior warning with the Client complaining of feeling light-headed, becoming pale and the pulse becoming slow.

### **Management**

1. Assuming the Client to have collapsed unconscious, lay them on their back on the floor raising and supporting their legs.
2. Check there is plenty of fresh air, fan them if necessary.
3. When conscious again, sit them up gently. If they feel faint again, place their head between their legs.

## **HEART ATTACK (MYOCARDIAL INFARCTION, CORONARY THROMBOSIS)**

This occurs when there is lack of blood supply to part of the heart muscle. Depending on the area affected and the instability of the normal rhythm then the Client may suffer a cardiac arrest and become unconscious and require resuscitation. Act as described above.

In all cases the Client may complain of a crushing pain in the chest radiating to the neck and arm, feel dizzy and faint, become pale and grey, sweat profusely, have difficulty breathing, rapid weak irregular pulse and become partially or fully unconscious.

### **Management**

1. If the Client is still conscious, place them in the half sitting position supporting their back and with the knees bent to give added support. (There is least strain on the heart and lungs in this position). Move them as little as possible.
2. Telephone the emergency services and wait with the Client for help.
3. If the Client becomes unconscious check breathing and pulse and if necessary start resuscitation.

## ANGINA

In this condition, there is a reduction in blood supply to the heart muscle often during exercise but also with stress. The pain in the chest is often described as aching and radiates to the neck and arm. The Client may become pale and have difficulty breathing but they remain conscious.

### Management

1. Sit the Client down with support.
2. Ask if the Client carries treatment and if so, help them to take their medicines.
3. Seek medical help if the symptoms persist or if this is their first attack.

## HYPERVENTILATION

Here the Client's breathing becomes faster and more shallow leading to excessive loss of carbon dioxide and the subsequent alkalosis of the blood.

This usually occurs in response to anxiety or panic although the Client may not be aware of the trigger point. As the carbon dioxide is washed out, the Client may complain of dizziness, light-headedness, numbness and tingling around the lips and in the fingers, nausea, tightness of the chest and spasm of the muscles of the hands. All these symptoms may lead to further panic.

### Management

1. Sit the Client down and firmly but kindly tell them to take deep breaths and if available ask them to breathe in and out of a paper bag (here they will take back their own carbon dioxide).
2. Check that they are well grounded by placing your hands on their feet.
3. Stay with them until they feel calmer. Suggest that they seek help to understand the deeper issues behind their panic attacks.

## DIABETES

This is a condition where there is raised blood sugar either due to inadequate insulin levels produced by the pancreas or a reduction in the response by the cells to the insulin. The treatment is either for insulin to be given by injection or for the diabetes to be treated by diet and tablets. In either case the Client may carry their treatment or wear an alert



bracelet. If the blood sugar becomes too high the Client can become unconscious and die but it is unlikely that this will happen suddenly. It is more likely that the healer will come across the opposite problem, i.e. that the blood sugar has become too low (hypoglycaemia). This can occur when the Client has taken too much insulin or too little food or has undergone excessive exercise and can lead to unconsciousness and possible death. The Client may say they are feeling dizzy or faint and know their sugar levels are low. They may appear confused, disorientated as if drunk and even become aggressive. Sweating may occur as the Client turns pale and their breathing becomes rapid with a rapid pulse. Eventually they may become unconscious.

### **Management**

1. If they are conscious give them a sugary drink in order to raise their blood sugar and wait with them until they feel restored to normal. Advise them to see their doctor in case their treatment levels need changing.
2. If unconscious, do not give them anything by mouth but seek urgent medical help and carry out necessary procedures as described above.

### **CHOKING**

Choking is a blockage of the upper airway by food or other objects, preventing a person from breathing effectively. Choking can cause a simple coughing fit or complete blockage of the airway and lead to death. If an someone is choking, you may observe the following behaviours: Sudden inability to talk, clutching the throat, hand signals and panic, wheezing, coughing, passing out and turning blue: Cyanosis, a blue colouring to the skin, can be seen earliest around the face, lips, and fingernail beds. You may see this, but other critical choking signs would come first.

### **Management**

1. If the victim can talk this is a sign that the airway is not completely obstructed and that some air is getting through to the lungs. In this case it is best to leave the victim alone until they can dislodge the food or object themselves by coughing or throat clearing, or with their fingers.
2. If they cannot talk this probably means the airway is completely obstructed. It is essential to seek urgent medical help, but in the meantime one should try to dislodge the obstruction using a technique called the Heimlich manoeuvre:

3. The victim should be sitting or standing. Grasp the victim from behind with your hands around their waist. Make a fist with one hand and place the thumb side on the victim's abdomen, midway between the waist and the rib cage. Grasp the fist with your other hand and thrust forcefully inward and upward. Each new thrust should be a separate and distinct movement.

## **FAINTING**

Fainting is loss of consciousness caused by a temporary lack of oxygen to the brain. Known by the medical term "syncope," fainting may be preceded by dizziness, nausea, or a feeling of extreme weakness.

### **Management**

1. Most of the time, a person who faints, ends up lying on the floor. If this happens, the Client should be rolled onto his or her back. Because someone who faints often vomits.

2. You should attempt to keep the airway open. A person who is fainting should not be held upright or in a sitting position. These positions prevent blood flow to the brain and may bring on a seizure.

3. You should check the Client's breathing and pulse rate. The pulse may be weak and slow.

4. If there are no signs of breathing or heart rate, the problem is more serious than fainting, and cardiopulmonary resuscitation (CPR) must begin.

5. If breathing and pulse rates seem normal, the person's legs should be raised above the level of the head so that gravity can help the blood flow to the brain. Belts, collars or any other constrictive clothing should be loosened.

6. If the person does not regain consciousness within a minute or two after fainting, medical help should be summoned.

## **BURNS**

Burns are injuries to tissues caused by heat, friction, electricity, radiation, or chemicals. Burns are characterized by degree, based on the severity of the tissue damage.

A first-degree burn causes redness and swelling in the outermost layers of skin (epidermis).

A second-degree burn involves redness, swelling and blistering, and the damage may extend beneath the epidermis to deeper layers of skin (dermis).

A third-degree burn, also called a full-thickness burn, destroys the entire depth of skin, causing significant scarring. Damage also may extend to the underlying fat, muscle, or bone.

Burns may be caused by even a brief encounter with heat greater than 120°F (49°C). The source of this heat may be the sun (causing a sunburn), hot liquids, steam, fire, electricity, friction (causing rug burns and rope burns), and chemicals (causing a caustic burn upon contact). Signs of a burn are localized redness, swelling, and pain. A severe burn will also blister. The skin may also peel, appear white or charred, and feel numb. A burn may trigger a headache and fever. Extensive burns may induce shock, the symptoms of which are faintness, weakness, rapid pulse and breathing, pale and clammy skin, and bluish lips and fingernails.

### **Management**

1. If the burn is minor, it may be cleaned gently with soap and water. Blisters should not be broken.
2. If the skin of the burned area is unbroken and it is not likely to be further irritated by pressure or friction, the burn should be left exposed to the air to promote healing.
3. If the skin is broken or apt to be disturbed, the burned area should be coated lightly with an antibacterial ointment and covered with a sterile bandage.
4. Aspirin, acetaminophen (Tylenol), or ibuprofen (Advil) may be taken to ease pain and relieve inflammation.
5. If the burn is not minor, medical help should be summoned i.e. Call an ambulance.

### **EPILEPSY**

Epilepsy is where there is a disruption in the normal electrical impulses of the brain. There are several forms but the commonest type which the healer may come across is Major Epilepsy or Grand Mal.

Here the Client may have a warning or "aura" just prior to the fit. Then they collapse unconscious to the floor at first with all the muscles tight (tonus) they may appear blue (cyanosed) and then the muscles start to shake (clonus).

During this phase there may be biting of the tongue or loss of control over the bladder muscles. Following this they may be unconscious for a few minutes and then return to partial awareness feeling dazed and require sleep.

### **Management**

1. If they are falling to the ground, gently support them but do not stop them.
2. Clear the floor so that they can come to no harm, loosen clothes around their neck and if possible place something under their head.
3. Do not attempt to place anything between their teeth.
4. Allow the fit to continue to its end without interference.
5. When the convulsions cease, place them in the recovery position until they are fully conscious. Do not give them anything to drink until then.
6. Advise them to tell their doctor of the latest fit, but if fully recovered they may not need to seek immediate medical help.
7. If this is the first fit tell them to see their doctor as soon as possible. If the fits continue call the emergency services .

### **STROKE**

In this condition there is a sudden lack of blood supply to part of the brain which may lead to unconsciousness or loss of movement or sensation in part of the body, usually affecting one side. They may become confused and disorientated and have loss of control of normal bodily functions.

### **Management**

1. If unconscious treat as described above
2. If conscious, lie them down with their head turned to the side. Loosen tight clothing and do not give anything by mouth. Arrange urgent medical help.

### **ASTHMA**

In this condition the Client complains of difficulty in breathing and tightness in the chest due to spasm of the bronchial muscles. Attacks can occur at any time but may be triggered by changes in temperatures, stress, exercise or certain inhaled substances.

## Management

1. Keep the Client calm.
2. Advise them to sit slightly forward with plenty of fresh air.
3. If they carry medication such as an inhaler help them to use it.

**If symptoms persist, if this is the first attack, or if the condition of the Client deteriorates, then seek medical help.**

## CASE STUDIES

Whilst Healing has been practiced for literally thousands of years, not many case studies have been done. This is now changing and Healers are steadily seeing the need for studies to improve their own practices. Therefore we believe that labelling something as alternative does not mean it does not have to stand up to scientific scrutiny. However, if efficacy is demonstrated, the conventional medical community should be willing to accept such therapies and make them available to their Clients.

Doctors, who wish to refer to healers, and those arguing for NHS funding of healing, may feel more confident in doing so, when they can quote quality studies that "prove" its effectiveness. There are many challenges to designing and implementing good studies and we are committed to the belief that the effort is strongly justified.

Performing your own case studies is not as hard as you think. You also don't have to be an expert in the field. Numerous case studies are performed by Students every year and some of them have gone on to be published. Case studies provide a more bona fide foundation to know that what works on some Clients may not work on others and your case studies, when combined and analysed, can pin point what has the most likelihood of working. Bearing in mind that everyone is unique in their own special way. Once again, performing your own study is not prohibitively hard. It does take time however and bit of writer tenacity.

A study on a single person over time can prove fruitful, although one must remember the "what works for some might not work for all rule". A self-study with proper documentation along the way can also work out fine. The biggest consideration which needs to be made is what it is you want to try and improve! Secondly, is it tangible... can you measure it or properly document it?

A physical problem is always better than a mental one. We have seen examples of studies which have been based on “do you feel happier after smelling lemon” and the like. What defines happiness? How can one measure being happy? Such studies are also taken much less seriously in the health world because a good deal of mental health training is needed to process such data. It also allows people to lie and ruin your experiment. Studies based on physical changes such as lower blood pressure, clearer skin, better circulation, etc., are not only easier to perform but also have a better chance of being correct.

## **WRITTEN CASE STUDY GUIDELINES**

Follow these guidelines and base your report on them.

Please put your full name and date in block capitals on the top of each case study you carry out.

### **Consultation and Clients Personal Overview.**

Perform a consultation and write a summary of this to include:

- A description of your Clients general lifestyle.
- Your Clients expectations and motivation towards the treatment.
- Identification of problem areas.
- Your objectives in giving Healing to the Client.

### **Effectiveness of the Healing Session.**

- Explain how you evaluated the Healing.
- Was the Healing effective or non-effective in your opinion?
- Was the Healing effective or non-effective in your Clients opinion?

### **Describe the Aftercare Advice you Gave to the Client.**

### **Future Recommendations as Regards Further Healing Sessions.**

State your recommendations with regard to the:

- Frequency of Healing.

## **SUBSEQUENT HEALING SESSIONS**

**Feedback from the Client Since the Last Healing Session to include:**

- How has the Client been feeling?
- Was the aftercare advice followed?
- Any positive or negative effects encountered?
- Any problems encountered?

### **Alterations to your Healing Session Plan.**

Was any change made regarding:

- Duration of Healing.
- Frequency of Healing.

*Explain briefly your reasons if alterations were made.*

### **THE FINAL HEALING SESSION**

To include:

#### **Evaluation of the course of Healing Sessions**

- Was the course effective in part or in whole?
- Is there anything you would change?

#### **Future recommendations**

- Although this case study is concluded, what would you recommend if you were to continue giving Healing to your Client regarding frequency and advice?

### **WHOLISTIC RESEARCH**

There is a heightened interest in integrative care - the blending of complementary/ alternative medicine with conventional medical practice. On the one hand this is motivated by clients' demands for services that complement conventional medical care, and on the other hand by health care providers' awareness of economic opportunities and to a lesser extent by their awareness of the benefits of complementary therapies.

Wholistic Healing approaches empower clients to participate in their own health care. They enhance the integrity and the spirit of dignity in the healing encounter between clients and caregivers - who are increasingly under pressures of time and monetary constraints that are eroding their roles as carers. Complementary therapies introduce philosophies and methods of health care that promote whole-person care and acknowledge the place and needs of the caregiver in this process.

Wholistic therapies are potent interventions that can enhance health and help to treat many illnesses that conventional medicine has limited means to treat. Illnesses that can be helped include allergies; arthritis; asthma; heart disease; backaches, headaches, and other pains; irritable bowel syndromes; menopausal problems, urinary tract dysfunction's; neurological disorders (including post- traumatic brain disorders, such as cerebral palsy and strokes); cancers; AIDS; chronic fatigue syndrome; and many more.

Members of the public are rapidly learning the benefits of complementary therapies and are voting for them with their dollars in a big way. Several surveys in America have shown that just about as many dollars are paid (out of pocket) for complementary therapies as are paid (mostly out of insurance) for conventional medical care. Public pressure has been a major driving force in accelerating the pace of development of integrative care.

Members of the public are also choosing complementary therapists because they feel that doctors focus too much on their diseases and too little on themselves as people. Wholistic therapists spend 30-120 minutes per session with their clients compared to 10-30 minutes for visits to doctors. Conventional medicine focuses on your symptom and disease management of your medical or surgical problems, while wholistic therapies focus on you as the person who has the problems. CAM approaches provide whole-person care - addressing people rather than diseases, caring rather than curing, using all possible therapeutic modalities rather than a limited few, and empowering clients wherever possible to use self-care approaches and to be active participants in decisions regarding their health.

The very word client suggests a passive person who Cliently waits for treatment. Bernie Siegel proposes that we use the word *respart*, designating people with problems as responsible participants in their own care.

**Terminology** informs, guides, and shapes the actions of therapists and public. Particular attention to terminology will be given to clarifying new ways of conceptualising and approaching health care.

*Integrative Care*: Allopathic Medicine combining with CAM Therapies.

*Allopathic Medicine*: Conventional, Western medical care as provided in the average hospital, medical clinic, and private doctors' offices.

*Complementary Therapies*: Term for therapies such as acupuncture, chiropractic, homeopathy, massage, osteopathy, yoga and many more approaches. I prefer this term over the more frequently used *Alternative Therapies*. Complementary promotes collaboration of colleagues using allopathic and complementary therapy approaches, working as equals for the benefit of people needing help. This term is the essence of a both/ and approach to health care.

*Alternative Therapies*: Term most commonly used for what we are calling *Complementary Therapies*. Alternative suggests that people have to choose between types of therapies on an either/ or basis. I feel this term is divisive and promotes competition rather than collaboration.



The term is also used to denote methodologies transferred from the various complementary therapies and applied for symptom management within allopathic medical frameworks.

*Complementary/ Alternative Medicine (CAM):* Synonym for Complementary and Alternative Therapies.

*Wholistic Healing Approaches and Therapies:* Approaches that seek to bring people to a state of wholeness in body, emotions, mind, relationships (with other people and the environment), and spirit.

*Body-mind Therapies:* Approaches that assume that the mind, emotions, and body are an integral unit in health and illness.

*Spirit:*

That part in each of us that is known (and can only be known) intuitively, with an inner knowing that is immanent and transcends logic, that connects with the vast worlds of material nature and of noetic (beyond words), transpersonal/ Divine realities. The spiritual is invariably distorted when it is translated into words.

*Soul:* Term used by some to indicate an enduring aspect of life that survives physical death and incorporates the lessons the spirit learned into an enduring consciousness. (Others may reverse the meanings of *spirit* and *soul* as defined here.)

*Bodyspirit Therapies:* Approaches which assume that the soul and spirit incarnate for lessons in the school of physical life, and that illnesses, emotional difficulties, and relational challenges are such lessons.

- Wholistic Care addresses the person rather than merely treating their problems. These including body, emotions, mind, relationships, and spirit.
- Dis-ease is addressed along with disease.
- Health awareness and prevention of illness.
- Caring and curing are emphasised equally.
- The person who is the therapist is as important as the therapeutic modality used.
- The recipients of care are full participants in their own care and treatment

Wholistic care addresses the person who has the disease rather than

the disease the person has. Western medical practice has tended to specialise in treating various parts of people. Several factors have contributed to this trend: First, the overload of medical information makes it impossible for any one practitioner to master all. *Wholistic medicine addresses the whole person - body, emotions, mind, relationships (with other people and with the environment), and spirit,* assuming that each component may need attention individually but that each is intimately related with all of the others. Emotional or relational problems may bring about stress reactions in the body. Physical conditions may influence psychological states and alter relationships. Spiritual upliftment may make difficult emotional and physical problems more tolerable. We tacitly acknowledge this in our language, as the origins of the word heal are in the Germanic and Old English roots of *haelen*, "to make whole." Many complementary therapists practice within wholistic frames of reference. For instance, acupuncture assumes that proper balances in subtle energies within the body and diet are vital to health. Homoeopathic clinical histories may require two hours of explorations concerning a person's personality, stresses, lifestyle, family history, and relationships, in addition to very detailed explorations of symptoms, history of illnesses, immunisations, and more. A broad range of therapies views the body and psychological states as a unity, sometimes referring to this as the body-mind. These include Aromatherapy, Reflexology, Applied Kinesiology, Crystal Healing, Colour Healing, Therapeutic Touch, Spiritual Healing, and more. Some practitioners of these therapies also focus upon spiritual awareness in their interventions. Clients of many complementary therapists are often as pleased with the fact that someone has taken the time to listen to them as with any of the specific therapeutic interventions they receive.

*However, not all complementary therapists have a wholistic approach. Some apply various methodologies in a mechanistic manner, focusing primarily upon symptoms and not on the whole person.*

Self-care is strongly emphasised in wholistic treatment. Diet, abstention from harmful substances, exercise, relaxation, meditation and imagery exercises may be prescribed as essential aspects of treatment. *The role of the wholistic health care professional* is often that of a model, a counsellor and a companion in the journey of life -- as much as that of a therapist and advisor. When you bring a problem to a wholistic therapist, one of the first questions you may be asked is, "What do you think this symptom or illness is saying?" This often leads to a discussion of stress factors, dietary and lifestyle considerations, and support systems that you may be able to alter in order to improve your condition.

"Who is the pain in your neck?" or "What do you think your stomach is grumbling about?" may bring into focus some of the ways in which people feel about their stresses or unhealthy lifestyles. De-stressing is a major focus of wholistic care, both as a treatment and as a preventive health measure. Learning to deal with illness is another focus. Caring is emphasised more than curing. Although complementary therapies may add many options for treating illnesses, the wholistic approach emphasises caring for the person as the highest priority. The caring and counselling skills of the therapist are often as important as their knowledge and skills in their particular therapeutic modality. Death is accepted as a natural part of the life process. People are helped to understand and anticipate the process of dying, to make living wills in which they specify the measures they wish to have applied to themselves when their physical and mental health may be severely impaired. *The physical and psychological wellbeing of health carers* is of great importance in wholistic care because the carers are themselves instruments for enhancing the wellbeing of clients.

Wholistic carers believe that one of the most important ways of introducing wholistic approaches is to model for their clients that which they wish to teach. Wholistic carers often follow many of the self-care practices that they advocate, such as diet, exercise, and various ways of de-stressing. Wholistic care encourages carers to find peer support and supervision that enables them to de-stress from the burdens of clinical caring. De-stressing enables carers to be more available for their clients, to deal with the responsibilities and stresses of clinical care, to empathise with client's emotional distress, and to model for clients how to deal with problems. Wholistic care is much more a set of attitudes and ways of being than a set of methodologies. Those carers who have adopted CAM approaches usually find that their lives are substantially enriched and their ways of coping with stress are markedly enhanced. However, this approach may not appeal to every health care professional.

## **CONGRATULATIONS**

You have now completed the Crystal Healing Course.

If you wish to have a certificate of completion (not mandatory) you will be required to answer some questions.

Some of the questions are very simple and will only require a little effort. Others require more effort and will therefore take longer to complete. After you have completed the question page return it to the Holistic Healing & Reiki Centre (full details below) if you have achieved a pass (as I am confident you will) you will be sent your Certificate of completion.

Please ensure that you state clearly your name to be shown on the certificate.

Email [sands\\_sharon@yahoo.com](mailto:sands_sharon@yahoo.com)

website [www.reikibysharon.com](http://www.reikibysharon.com)

Holistic Healing & Reiki Centre  
papalouka 49a  
Rhodes Town  
Greece  
85100

## QUESTIONS

Name:.....

Student No:.....

1. What must the crystal healer obtain before they give any treatment.
2. Describe one method of selecting a healing crystal.
3. Describe one method of cleansing a healing crystal.
4. Name two reasons why you would program a crystal.
5. Name two methods of crystal healing.
6. Explain in your own words what is meant by the 'Laying on of Crystals'.
7. Name the seven major chakras.
8. What are the most commonly used crystals for the Heart chakra?
9. Give two examples of what you can use as a pendulum?
10. What is a crystal elixir?
11. What are the healing properties of the following crystals:-
  - Angelite
  - Carnelian
  - Sapphire
12. What is a double terminator crystal?
13. Submit 3 Case Studies