

The following guidelines for Crystal Healing has been kindly provided to us by [Henriette Maasdijk](#) who is a VHF (The Vibrational Healing Foundation) Founder as well as a full member of several healing organisations. She has taught throughout the UK and in Europe for many years, leading [Diploma courses](#) and [workshops](#) on crystal healing, advanced energy and development work, healing with flower remedies and flowers. She has done the Certificate of Education and is a qualified NVQ assessor. Henriette is of Dutch origin and speaks several languages fluently.

What Is Crystal Healing?

It is important to establish that crystal healers are first and foremost addressing the causes of ailments and not the symptoms. They are not permitted nor trained to diagnose physical ailments, which is why crystal healing is a complementary (to conventional medicine) therapy and not an alternative. Crystal healers do, however, assess the condition of the so called bio-magnetic field of a client before choosing appropriate crystals to help bring it back into balance and harmony. Since the state of the bio-magnetic field, relates to and influences the state of the physical body, this process will help activate and support the natural self-healing processes.

It may be of interest to note that this field, also known as the electro magnetic field, energy field or aura, has been discussed and contemplated within the realm of healing and philosophy for thousands of years. Our emotional, mental and spiritual make up is held within our aura and when we are healthy and well the energies flowing through it are clear and balanced. Any form of disharmony that we experience, however, can cause blockages or other disturbances in our energy field and when these are not addressed, they may eventually manifest as physical symptoms or illness. In more simple terms, one could say that the condition of our physical body is but the expression of our emotional, mental and spiritual states of being.

It is mainly because so few people can see this field with the naked eye, that healing is so often vilified as charlatanism, especially by those who have never experienced it. The old 'seeing is believing' is still very much in force, but just as it is now above question that the earth is round, it will become above question that we all have a subtle energy field and that there are various systems contained within this field. Science has, in fact, lately proven that it must exist around every physical body and organism, thereby helping, amongst other, to validate crystal & energy healing.

Apart from using crystals, a healer will channel healing energy into a client's aura in order to help activate, shape, focus or even amplify the crystalline energies that are being employed. Once again, since only clairvoyants can see this process with the naked eye, it is often considered as weird or bogus. Hopefully scientists or engineers are now not too far off in inventing a gadget that can show up these energies in order to provide some proof for those who need it. It must, however, be said that most people who have experienced crystal healing do feel it has a beneficial effect.

What Is Involved In The Training Of A Healer?

First of all, in our view, it takes much longer than a few weekends to become proficient in crystal healing to practitioner level. The theoretical knowledge concerning basic anatomy & physiology, in-depth subtle anatomy, clients care, code

of conduct & practice, basic scientific properties of crystals etc., is not all that demanding and can be easily learned and quickly integrated. It is, however, the practical experience, which includes having to be able to perceive subtle energy systems, assess their condition and then to apply the correct techniques and crystals, that takes time. This also includes understanding about the causes of disease, the ability to channel healing energies properly, the development of intuitive abilities and a fair amount of self-healing, growth and awareness. These subjects are not academic or scientific and are taught in a different manner than is possible in an ordinary school or college environment.

In our view the standard 180 hours of tutor led tuition is therefore just a bare minimum. This time translates into 14 weekends of tuition and is done over a period of at least two years. After successful completion, the crystal healer can indeed start to work responsibly, effectively and professionally. VHF is now also offering a third postgraduate year, in addition to other advanced courses. This because there is always more to learn and it must be stated that this form of healing work is indeed an ongoing journey of ever continuing growth and experience.

Most qualified healers start out working part-time and rarely do full time healing until they have acquired three or four years of experience. It may well come to pass that once crystal & energy healing are better understood and respected, the training will take at least four to five years.

Why Is Crystal Healing A Valuable Therapy If One Cannot State That It Cures Symptoms Directly?

Crystals have been used for healing since ancient times by many different cultures. As mentioned before, it is a holistic therapy, which means that the focus is on the individual as a whole, rather than on physical symptoms only. The aim of this therapy is to restore wholeness, balance and health on levels of emotions, mind and spirit, which will then obviously also ultimately affect the physical body and support the recovery of existing symptoms.

Crystal Healing often involves some form of change in a client's overall way of being. It may be through a relief of stress and tensions, through revitalisation, relaxation or establishing a greater amount of peace and harmony. Crystal Healing is also helpful in complementing most forms of allopathic medical practice. Apart from promoting 'wellness' and helping to prevent physical illness, it can be of use in the following circumstances:

- Both acute and chronic conditions
- Stress related conditions
- States of anxiety
- Pre-operative care
- Post-operative healing
- Care of the terminally ill
- Activate and support the natural self-healing processes within the individual client
- Support the recovery of existing symptoms.

Why We Do Not Make Statements Purporting That The Properties Of Certain Crystals Can Heal Specific Physical Symptoms.

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 layperson, only serve as an initial, general guideline, usually to describe their overall energy and these lists greatly over simplify issues. Although different people can suffer from identical conditions or symptoms, the cause of these symptoms often varies considerably from person to person and the disturbance in the auric field may be of a very different nature. Equally, each person is unique and will need the appropriate crystals for their specific and unique needs. This is why one cannot generalize concerning using crystals for healing. It is a specialized subject and we strongly advise that anyone who thinks of using them on others ensures they receive the appropriate training before doing so.

If a layperson is interested in crystals and would like to buy a crystal to wear or to meditate with, we advise that this person just uses their intuition and choose the one they like best. This is can, however, not be regarded as crystal healing! We have prepared a list of crystals and described their overall healing vibration, but this list is only for general interest and not meant to be a guide for buying crystals to help ease conditions!

Could Healers Use Crystals In Combination With Other Therapies?

Crystal healing can be combined with other forms of healing. We do however advise that any practitioner who thinks of doing this acquires the appropriate training. Crystals are powerful tools and used incorrectly they can have a negative effect. Equally, it is important that a client knows exactly what therapy they are receiving and can be secure in the knowledge that their practitioner is fully qualified in what they practice!

What To You Can Expect During A Crystal Healing Session.

You may be asked to remove your jewellery and to either sit on a chair or lie on a therapist's couch during the treatment, fully clothed (minus shoes). The healer will help you to relax and may then place some crystals on or around your body. You may experience a slight tingling or nothing at all. Changes will occur on subtle levels before manifesting in the physical. At times, existing issues may slightly intensify before being released This occurs usually within three days of a treatment and the healer will always explain to a client what to expect or do should this happen. Usually a session will not last more than one hour. When a condition is severe or deeply rooted, it may be necessary for a client to have several sessions in order to integrate the healing and the inevitable changes in stages.

How To Find A Practitioner.

There are many websites with listings of crystal & energy healers. Once you have found a healer it is perfectly acceptable to ask if they have a recognised qualification, if they are member of an umbrella organisation and if they adhere to a code of conduct. You could also ask them where they qualified, how long the training was and if their college belongs to an accredited umbrella organisation. No genuine and experienced practitioner will mind any such questions. A bona fide healer must also be able to explain to you in clear and understandable terms what crystal and energy healing is, how it works and what you may expect during a session. It is also a good idea to ask about charges before booking an appointment and how long a session lasts.