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# Preface

### Preface

This book actually started off as a database for my own healing studio, and not in my wildest dreams would I have ever thought it to turn into a book. When I started to practice as a Crystal Healer, I quickly discovered one problem – whenever a patient asked for the healing properties of a specific mineral, stone or crystal type or which one would be best to use for a specific health problem, I had to go through all my books to find a correct, comprehensive, and detailed answer. It is not that I suffer from a weak memory, but there are just too many minerals, stones and crystals and their physical and metaphysical healing properties to remember, and it started to bother me that my patient had to sit and wait until I had all the information together and written down. This, in my eyes, was not professional.

A general problem was that the one book contained stones which were missing in the other, the one provided less detailed information on healing than the other, and some were more specialized in metaphysical properties with the physical properties being rather neglected or the other way round; some minerals were missing in all books, and in the one I eventually found them, only its mineralogical data were given without any healing properties, which left me to research them on the Internet. These were the reasons for me to start a database that included all relevant data about a particular mineral, stone, or crystal type, which I could look up on the computer within just a few seconds. I split this database into two sections – one with the minerals, crystal type, and stones in alphabetical order, giving all the information about every single one, and another with the most common health problems, showing all the stones, crystal types, and minerals that would work with every single health condition. Next was to prepare labels with the healing property information for every stone to print out so that I had all data handy to add to the stone a patient chose. And to ensure I would not accidentally misidentify a stone I included photographs. I jokingly called it my Quickfinder.

I had no idea how quickly this database would grow and take on dimensions I would not have thought possible at this stage. When my teacher, mentor, and best friend Shanu (who later also became my co-author) saw what I was busy with, she said to me “You won’t really keep all this to yourself, will you? This is something not only every Healer, but also every collector would like to have. I think it’s worthy of being published as a book.”

That’s how it started and what you are viewing on your screen now is what it turned out to be. This is now the second edition of *The Crystal Healer’s and Mineral Collector’s Quickfinder*. The first edition was published in January 2008, and was named just *The Crystal Healer’s Quickfinder*. It had some 800 pages, most of which were in a poster format, which would have made printing it so expensive that it would have been out of most people’s reach. It was therefore turned into a CD-book. This format has now also been maintained for the 2nd edition, which is more than three times the original size, even though my publisher (who also happens to be my beloved husband) decided to change the text format and layout to a more common book-like style. I think it now looks even more attractive and is easier to read.

I have planned to make this an ongoing project. With so many new minerals, stones, and crystals being discovered worldwide literally every day, and taking into

## Preface

consideration that this edition again is therefore far from complete, there will be more editions with new minerals, stones, and crystals with new, additional as well as updated information to come, and that will be done much easier in disk format than on paper. Thirdly, paper is becoming ever more precious, and I am trying my little bit to help saving what is left of the world's forests (as befits a healer).

Well, that's the story of the Quickfinder, and I hope that it will be as useful to you as it is to me. I also hope that it will encourage the reader to become more deeply involved in the fascinating world of Crystal Healing and mineral collecting, and maybe even spark the wish to become a Healer. I would be honoured to meet some of my readers one day in person in one of my Crystal Healing or even Reiki classes.

Enjoy reading and learning, and Love and Light to all of you,

Elké  
in November 2011

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# **Introduction to, and History of, Healing Stones, Minerals, and Crystals**

## Introduction to, and History of, Minerals, Healing Stones and Crystals

Crystals are solid bodies with a geometrically regular shape. They were created as the Earth formed, and have continued to metamorphose as the planet itself changed. Crystals are the Earth's DNA, miniature storehouses holding the records of the planet's development over millions of years, and bearing the memory of the powerful forces that shaped it. Some crystals formed under great pressure, others grew in chambers underground, some grew in layers, and some "dripped" into their shape. Their growth habits created and modified their properties and the way in which they function. But no matter what shape they come in, their crystalline structure can absorb, conserve, focus, and emit energy.

Because of chemical impurities, radiation, earth and solar emissions, and the exact means of their formation, each mineral, stone, and crystal type has its own specific "fingerprint". A crystal is defined by its internal structure, an orderly, repetitive atomic latticework unique to its species, so that a smaller specimen of the same mineral species has exactly the same internal structure as its larger counterpart. Some species have several different external forms (growth habits) and colours, like Aragonite, which could make you think that they are all representing different species, but because of the identical internal structure they are all classified as Aragonite. Crystals and stones are formed out of an array of minerals, and while a number of them can be formed out of the same mineral or a combination thereof, each type crystallizes out differently. They are built from one of seven possible geometric forms – triangular, square, rectangular, hexagonal, rhomboidal, parallelogram-shaped, or trapezoid. These forms lock together in a number of potential crystal shapes that have generic names based on their internal geometry. The outer form of a crystal does not necessarily reflect its inner structure.

For thousands and thousands of years, humans have been fascinated by both the beauty and mystery of crystals, gemstones, and minerals. They have been worn as jewels and symbols of riches, power, and love, but their true powers lie in their indefinable properties that are believed to produce magickal or miraculous effects, avert evil, bring good fortune, protect body and soul, and heal all sorts of health conditions.

As far back as in antiquity, man thought that the fascinating shapes and formations of crystals held supernatural powers. Gemstones have also had their place in religion for thousands of years. The Bible talks about the "twelve stones" set in the breastplate of the High Priest, and refers to them as the symbol of the twelve tribes of Israel. Twelve stones are also mentioned in the Book of Revelations, referred to as the foundation stones of the wall of New Jerusalem. Most of these stones have been used in one form or another in churches, even before the inception of Christianity. Temples and places of worship are adorned with gemstones still today, like with Moonstone in India, Malachite and Azurite in Egypt, Agate in Italy, Jade in China, Rock Crystals (Quartz) in Japan, Turquoise in Persia (= Iran), and Amethyst all over Europe. Many of the beliefs surrounding gemstones are regarded in the scientifically influenced Western-thinking world as primarily of historic interest, while Eastern religions have kept a much greater appreciation and belief for, and in, them. The Chinese believe that all natural things have an animate spirit of their own, and for them, Jade is the symbol of the virtues of mercy, modesty, courage, justice, and wisdom. The Japanese regard rock crystals as a symbol of purity, patience, and perseverance.

## Introduction to, and History of, Healing Stones, Minerals, and Crystals

In our modern times, where tradition and religion seem less important, people have developed a much greater awareness of the importance of conserving the environment and all natural things therein, and spirituality in its many forms has become an alternative religion, which also explains the growing interest in natural healing and energy medicine. There are many different types of energy healing and medicine, like Reiki, Shiatsu, acupuncture, acupressure, aromatherapy, homeopathic remedies, TCM (Traditional Chinese Medicine), just to name a very few, and crystals and gemstones are very much part of it.

Countless magickal and medicinal properties have been attributed to gemstones and crystals, and although the healing properties of certain gemstones were recorded for the first time as early as in the ancient Egyptian epoch, it took until the days of the Romans that scholars like Pliny described gemstones as a form of medicine. Gemstones were used in many different ways for healing – at times it was thought that the mere presence of them was sufficient to effect a cure, at other times they were placed on the afflicted body part, and sometimes a stone was even ground to powder and taken orally.

Today, increasing numbers of people are looking for healing methods as an alternative to conventional Western medicine, and are rediscovering more traditional methods of “natural” medicine. Interestingly, these are also becoming more readily accepted even in the world of modern medicine. There seems to be little doubt today that the ability of the body to recover from illness has a lot to do with the mindset of the ill person, and therefore the healing power of positive thought is accepted by modern as well as alternative (traditional) practitioners. This also means that the belief or disbelief in the powers of a certain therapy indeed contributes to the cure (or failure thereof) of the illness.

On the other hand, there are still people who associate energy healing of all kinds with something “evil”, because they cannot explain where these healing powers come from, and consider a stone, whatever shape or colour, a dead item. Out of their not understanding, or because they are indoctrinated thus, they see alternative or traditional healers as people who practice “black magick”, have a pact with the devil, and must not be trusted. But why then is it that even the Bible talks about the holy stones given to us by God, and how can something be “evil” that is to the benefit of the health of humans and animals, and has been created by Him? Well, this is a question everybody has to find an answer to by themselves, but maybe a part of this answer lies in some words, which are often used in connection with Energy Healing. As an example, let me give you a brief lecture about the proper definition of the word “magick” – it means nothing else but to have the ability to raise your energy level and consciously direct this surplus energy to a certain purpose, like healing; this has nothing to do with hocus pocus (magic). In fact, everybody does this from time to time when we want to achieve a certain goal, perform exceptionally well in the job, a competition, or in sport. Most people then do it unconsciously, but they still do it. The only difference is that a healer has learned how to do this *consciously*. And when people say we are performing healing “rituals” because we use certain tools like crystals, let me tell you that a ritual is defined as something that is done repeatedly, and always in the same way. In actual fact, we all perform “rituals” on a daily basis by doing specific things all over again and always in the same manner or sequence – like brushing teeth. So, don’t let other people scare you off your path just because they construct a connection between simple words and meanings that do not really apply to them.

## Introduction to, and History of, Healing Stones, Minerals, and Crystals

But what is it that makes crystals, minerals and gemstones such powerful “healers”? Well, even the most sceptic critic will have to admit that all matter consists of energy, and because minerals are dense, their potential energy must be condensed, too. Humans, animals, plants, in fact everything in nature contains and consists of energy, which is referred to as Ki, Chi or Qi, meaning “Universal Life Force Energy” in Eastern languages. If we are willing to accept that watches can be driven by a piece of Quartz, that huge power stations are operated by small amounts of enriched Uranium, and that our computers are run by silicon chips (which are made of silica sand, in other words of Quartz), then we will also have to accept the possibility that minerals may well have powers (energies) that are beneficial to our health, although these may not be scientifically explained with the technology available today.

There is nothing supernatural about the healing powers of minerals and stones; it's just one of Mother Nature's secrets she hasn't fully revealed to us yet. This power (energy) is still misunderstood and therefore feared and questioned by many, because it not only heals the physical body but also the emotional, mental, and spiritual parts of our beings. They even have spiritual powers that can enable you to “see” and “travel” into dimensions that many people think don't exist. In many cases, one and the same healing power is attributed to a number of different minerals and stones, so that you could get the impression that just one is able to cure all diseases and health problems. In these cases, the duplication of healing powers stems from either the colour or the constitution shared by more than just one mineral or stone, which indicates the appropriateness for a particular disease besides of other healing abilities that might be unique for that individual stone or mineral.

Crystals have been used for thousands of years for healing. They work through resonance and vibration, and to gain the maximum benefit from Crystal Healing, you need both to be treated and taught by a qualified and experienced person. Some crystals or stones contain other specific minerals, metals or elements, which possess their own healing properties. In these cases, the crystal or stone has the combined healing abilities of the actual mineral and the included substance(s), e.g., Quartz with Chloride inclusions. That means that the full healing capability is also determined by the chemical composition of a mineral, stone or crystal. For instance, Copper (a native element) reduces swellings and inflammations, and Malachite has a high Copper content, which is responsible for its typical green colour, and aids the healing of aching joints and muscles. When wearing Malachite on the body in direct skin contact, the body can freely absorb minute amounts of Copper from it. In earlier times, Malachite was ground to a powder and sprinkled on open wounds to prevent infections or was even taken mixed with water as an internal elixir. Today, however, we know about the toxicity of Copper, and that it should not be used on open wounds or taken orally.

A bit farther up I mentioned that many people see minerals, stones, and crystals as dead items (and I have to confess that in the beginning, I was one of them). So, let me give you a short explanation why this is not entirely true. When you look at the way crystals grow, and this is already the first bit of evidence because dead things do not grow, you will find a distinct similarity to plants – they need soil (a substrate) to “anchor” their roots in and to absorb minerals (food), moisture, and other substances from it to be able to grow and survive; this substrate is called their

## Introduction to, and History of, Healing Stones, Minerals, and Crystals

“matrix” or “growth medium”. If you cut a flower off and put it in a vase, it will still survive for a while, but it loses its life-force energy quite quickly, because it needs more than just water to survive. With crystals, it’s a very similar scenario. They are also “rooted” in a “substrate”, which is the mother rock or matrix, and they receive from this matrix whatever they need to grow and to survive. When a crystal is broken off its matrix it is effectively “uprooted”, so to say, and like the flower in the vase it stops growing. In some cases, these crystals might still have enough strength to heal the wound that was caused by the uprooting, by growing thousands of very small crystals to cover and close it. Crystals like this are called Self-healed crystals, and they have particularly strong healing powers. However, unlike the cut flower the crystal does not die – it survives even without its matrix, and it maintains its healing energy.

A question I am asked very often is whether the energy of a tumbled or artificially shaped and polished crystal or gemstone is still as powerful as the energy of one that is attached to its matrix (so-called specimens, raw or rough stones and crystals). My personal belief is that the first mentioned ones still possess a very strong energy and work well in healing, and in many cases they are more practicable to use, but I feel that their energy is depleted faster, and that they therefore need to be cleansed and recharged more often (see chapter Crystal Care). That also explains why clusters (groups of crystals of the same species growing from the same base or matrix) need to be cleansed very rarely if ever and do not need to be charged at all. With some matrix still attached, the crystals also keep growing, but that happens at such a slow speed that a human lifetime is not long enough to notice it. One would indeed need highly sophisticated measuring tools to quantify their growth rate. Anyway, I personally love to have as many specimens and raw stones around me as possible, because I feel that they do not tire that quickly and can work for longer with a steady and strong energy output, because their energy is nurtured all the time through the matrix. Also, having turned my living room into a display room for hundreds of mineral specimens, I find that they appear to charge each other on a continuous basis – and every person in the room in the process.

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# **Crystals, Minerals and Healing Stones**

**The Quickfinder**

## **Crystal Selection**

The core chapter of this Quickfinder, “Crystals, Minerals and Healing Stones”, has been created to make it easier to find all relevant data for a specific mineral or stone. Here, a wide variety of minerals, stones, and crystals are listed in alphabetical order with colour photographs, their chemical compositions, crystallography, original sources, and chakra connections, their physical, emotional, mental, and spiritual healing properties, and other interesting and useful information about them. It also portrays some mineral species that are NOT suitable for healing, because knowing what to use is just as important as knowing what not to use. And lastly, it includes a few species whose uses in crystal healing have not yet been explored. Aside from their value for the collector, they are also an invitation to you to find out for yourself what they can do.

This chapter is complemented by the chapter “Which stone to use when”, which lists the most common and many more specific health problems and conditions (again in alphabetical order) with a selection of suitable minerals, stones, and crystals, and some information about aromatherapy oils that can also be used in conjunction with Crystal Healing.

Except for a few, most of the minerals, stones, and crystals are available through mineral and gemstone dealers, professional crystal healers, or from esoteric shops.

The Index enables you to access a database of all stones discussed in this book and their physical and metaphysical healing abilities, respectively, in the form of labels, which you can print out to accompany any mineral specimen, stone or crystal you might give or sell to your patients or customers.

## Amethyst



Polished tumblers with a natural point



Polished green Prasiolite/Black Tourmaline tumblers



Massive chunk



Close-up

## Amethyst



Deep Amethyst coloured cluster



Cluster of Amethyst with Cacoxenite inclusions



Close-ups of Cacoxenite inclusions



Cut and polished chunk of Brandberg Amethyst with Lepidocrocite inclusions

## Amethyst



Close-ups of Brandberg Amethyst with Lepidocrocite inclusions



Small cluster of very light coloured crystals



Two close-ups of Amethyst with unidentified black inclusions from the Skeleton Coast, Namibia



Rutilated Amethyst from Madagascar



Amethyst cluster from Uruguay

## Amethyst

### Stone description

A transparent to translucent, pale lavender to dark purple (very rarely green; Prasiolite) silicon oxide (variety of Quartz); streak colour white; hardness 7.

### Sources

Worldwide, but mainly Brazil; Britain; Canada; India; Mexico; Namibia; Siberia; South Africa; Sri Lanka; Uruguay; USA; Zambia; Zimbabwe.

### Responding Chakra(s)

Crown, brow, heart.

### Physical healing abilities

Combats ADD/ADHD, addictions and withdrawal symptoms, anxiety, arthritis, blood sugar imbalances, depressions, fibromyalgia, headaches, insomnia, mania, nightmares, pains, and sleep disorders;

boosts the hormone production;

beneficial to the bones/joints, blood/circulation, blood sugar balance, brain, digestion, ears, eyes, endocrine system, fatigue, heart, immune system, liver, nervous system, stomach, skin, teeth, and general healing;

protects.

**In animals**, it acts destressing, and treats grief, disorientation, fears, panic attacks, and separation anxiety.

### Emotional, mental, and spiritual healing abilities

Provides calm, balance, patience, and peace; beneficial in dealings with legal and money issues; heals personal losses and grief; opens the channels to telepathy, past life regression, clairvoyance, clairaudience, and communications; protects against physic attacks, thieves, and during travel; bestows stability; strengthens peacefulness; relieves stress; calms passion, emotional violence, and anger; combats dark psychic energies beneath buildings, and protects from technological pollutants putting strain on the eyes and mind; recharges other crystals with healing energy; helps children who suffer from nightmares; in elixir form, it helps children to relax and concentrate; **Violet-Lavender**: beneficial to the throat and heart chakras; its high energy vibration brings light and love to the environment;

**Chevron**: beneficial to the brow chakra; it possesses a powerful focused energy that dissipates and repels negativity, cleanses the Aura, and brings harmony to the organs;

**Prasiolite**: assists those who are ungrounded while stimulating those who are overly concerned with Earth matters; attunes one to the energy frequency of love; fosters compassion, self-acceptance, and self-honour.

**In animals**, it eases pain caused by the loss of a loved companion, calms hot-headed and wild temperaments, hyperactivity, and helps them recover from illness; protects cats and dogs from fleas.

## Amethyst

### Annotations

Named *amethystos* (Greek for "remedy against drunkenness") in the 13th century; formed by the presence of Manganese in Quartz, with the amount of ferric Iron determining the depth of the purple colouration. The Romans believed it would prevent intoxication when placed in a glass of wine; used by Neolithic people in Europe around 25.000 B.C. or even earlier. The country of growth influences the colour, e.g., Amethysts from Uruguay are medium to dark in colour and coloured through and through, while those from the Ural Mountains in Russia are very clear, dark and make for top-quality gemstones; Amethysts from Vera Cruz (Mexico) are the palest variety. Amethyst is the stone of St. Valentine and faithful lovers; Amethysta, a beautiful young woman, was turned by the virgin goddess of the hunt, Diana, into a gleaming gemstone to protect her from the attention of the wine god Bacchus. In the Christian church, Amethyst was the gem of purity, and associated with the bishops, and in Tibet, it is the stone of Buddha. In Northern Africa, it is considered a rain-stone. Associated crystals in healing are Rose Quartz, Moonstone, and Jade.

Birthstone December/January, January/February, and February/March - Zodiac Capricorn, Aquarius, Pisces.

Wear, hold or place as appropriate; place clusters and geodes in the environment; use single points for healing; in cases of insomnia and/or nightmares, place a point or tumbler under the pillow; elixir can be produced by the direct method, and is helpful to people who strongly resist any interference with their freedom of making their own decisions and plans. For animals, use elixir or tumbled stones.

**Do not use in cases of psychiatric conditions, paranoia or schizophrenia!**



Breathtakingly beautiful, water-clear Quartz tumbler with an Amethyst and two Smokey phantoms, and Lepidocrocite inclusions; from the Brandberg region of Namibia

## Amethyst



Amethyst geode from Brazil

## Lapis lazuli (Lazurite)



Polished tumbler



Massive chunk with Pyrite



Polished tumbler



Polished tumblers from Nepal



## Lapis lazuli (Lazurite)



Small chunk with Pyrite



Polished "Denim Lapis" from Chile



## **Lapis lazuli (Lazurite)**

### **Stone description**

A translucent to opaque, dark to azure-blue, sodium calcium aluminium silicate sulphate that forms octahedral crystals (sometimes with a violet tint) or compact masses with white Calcite and Pyrite inclusions, with a vitreous or dull lustre; streak colour light blue to colourless; hardness 5 to 6.

### **Sources**

Afghanistan; Angola; Austria; Brazil; Canada; Chile; Egypt; India; Italy; Madagascar; Pakistan; Russia; Sweden; Switzerland; USA.

### **Responding Chakra(s)**

Brow, throat.

### **Physical healing abilities**

Combats arthritis, cancer (never to be used during chemotherapy treatment), depression, epilepsy, fibromyalgia, headaches, pains, PMS symptoms, and respiratory problems, and sinusitis;

beneficial to the bones/joints, blood pressure, concentration, eyes, female reproductive organs, heart, immune system, larynx, nervous system, respiratory system, spleen, throat, thyroid gland function, and vocal cords; protects.

**In animals**, it aids the assimilation of vitamins and minerals, supports detoxing, treats depressions, low energy levels, and post-traumatic pain.

### **Emotional, mental, and spiritual healing abilities**

Promotes friendship and goodwill; guards against oppression and evil; as a stone of integrity and truth, it enhances wisdom, inner vision, and mental clarity; helps with depressions; enhances feelings of serenity and self-acceptance; brings success into relationships; highly protective.

**In animals**, it strengthens the Meridians and energy flow.

## **Lapis lazuli (Lazurite)**

### **Annotations**

Named Lazurite in the 14th century from "*lazaward*" or "*lazhuward*" (Arabic for azure, Persian for blue), and later *Lapis lazuli* (Latin for blue stone); first discovered for the West by Marco Polo in Afghanistan in 1271. It was the Royal stone in ancient Egypt (used since 3100 B.C.) and Jewish history, the stone of Royalty in ancient Sumeria, and in China it was already used at least 2500 years ago. It is actually not a mineral but a rock, as it is a complex aggregate composed of other minerals like Hauynite, Sodalite, and Noselite, with Calcite always and Pyrite often being present as well. "Swiss Lapis" has nothing to do with Lapis lazuli, but is a dyed Jasper. There is also a Denim Lapis, which is a pale, low-grade and inexpensive Lapis lazuli from Chile. It has the colour of denim fabric, which is caused by higher amounts of Calcium inclusions.

Birthstone November/December, Zodiac Sagittarius;

Chinese astrology: Ox.

Wear at or place on the throat or 3rd eye, or position above the diaphragm anywhere between the sternum and the top of the head; otherwise hold, wear or place as appropriate; produce elixir by the indirect method. For animals, use elixir or tumbled stones.

## Opal, Fire



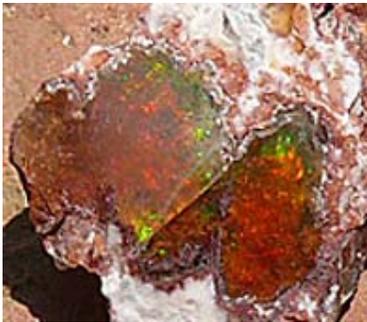
Reddish brown chunk



Close-up



Bright red chunk (both sides)



Another  
bright red  
chunk (both  
sides)

## Opal, Fire



Yellow-orange, cut and polished Fire Opals



Fire Opals from Australia



## Opal, Fire

### Stone description

A transparent to opaque, iridescent and fiery or vitreous yellow-orange to red, hydrous silicon oxide with the colour play and "fire" typical of Precious Opal; streak colour white; hardness 5.5. to 6.5.

### Sources

Australia; Britain; Canada; Honduras; Guatemala; Mexico; Peru; Slovakia; Turkey; USA.

### Responding Chakra(s)

Solar plexus, sacral, base.

### Physical healing abilities

Combats depressions and emphysema;  
beneficial to the abdomen, adrenal glands, blood (red blood cells and system) and circulation, eyes, lower back, nervous system, and sexuality;  
stimulates the triple-burner Meridian used in acupuncture/acupressure techniques.

### Emotional, mental, and spiritual healing abilities

Enhances the personal power; protects and amplifies energies; conducive to mystery, progress, change, and variety; assists the understanding forces of the esoteric; helps through stressful times, and adds energy to prevent burnout; brings hope for the future and faith in oneself.

### Annotations

See "Opal" for etymology and formation.

Fire Opal is named after its vivid play of colours that resembles the play of fire, and like Black Opal it is a Precious Opal.

Birthstone February/March, November/December, June/July, July/August, and September/October - Zodiac Pisces, Sagittarius, Leo, Libra, Cancer.

Wear, hold or place as appropriate; produce elixir by the direct or indirect method.

# **Energy Healing, what is it?**

## Energy Healing, what is it?

What is Energy Healing, and where does the energy used for healing come from? Is it the person, the healer, somebody who has a special ability, a gift that enables him to heal others, or is the healing energy something that comes from an external source?

Most healers agree that the ability to heal with energy is not a gift but an ability we are born with. Like intuition, it is part of our survival skills, a genetic imprint, and it is up to us to either ignore or nurture it. But where does this energy come from? Again, most healers agree that they are actually just kind of a tool through which this energy is channelled, and that the source of the energy is the Universal Life Force, also known as Qi, Ch'i or Ki. This means that healers are no "chosen" people, no magicians, aliens, or people possessing supernatural powers, they just have a very close relationship with Nature, a better understanding of Her powers, and have learnt how to absorb and use these powers (energies) to the benefit of others and themselves. They are just people who have decided to nurture what others have decided to ignore.

But how does energy work? When we talk of energy the first thing we think of is electricity, but there are many more "varieties" of energy. The term energy stems from the Greek language and actually describes "a power that can become real". On a physical level it was originally defined as "the ability of a body to do any kind of work", which was called potential energy. The kind of power that made things move (e.g., a driving car) was called kinetic energy. Robert Mayer discovered that this mechanic energy could be converted into heat, which created another kind of energy. Today, energy is defined as a measurable entity that can have different "appearances", but always has the same numerical value". Some of the better-known types of energy are electrical, magnetic and mass, thermal, light, and chemical energies, which can be transformed into other types of energy, like atomic energy, which can be used to produce heat energy, which can be used to produce electricity, which can be used to produce kinetic energy and so forth. Well, I admit that all this sounds very complicated, and is rather difficult to understand, but what it boils down to is that energy is something that can be seen, felt, and measured (in joule, kilowatt hours, volt, etc.), and sometimes even tasted (in the form of food). What I am trying to convey to you is the fact that energy is everywhere around us and within us. Our bodies actually consist of and produce energy; our brains send out electrical impulses that can be measured, the sun is pure life-energy, the moon, the oceans, wind, rain, snow, volcanic eruptions, thunder and lightning, the Earth, and its surrounding atmosphere down to the smallest atom, everything is nothing but energy, built and formed of this incredible Universal life force called Ki or Ch'i. Without this energy, nothing could exist on Earth.

Energy vibrates, and we talk of high and low energy vibrations, which refers to the frequency of the energy waves. As healers, we distinguish between pure energy and matter, meaning that anything physical has a much lower vibrational frequency than something that consists of pure energy. That means that the physical body of a human or animal has a lower range of vibrational frequencies than angelic beings or spiritual entities. Now remember the fact that the Aura acts as a protective shield for the body – the higher the frequency at which the Aura vibrates, the stronger our defence shield, and the stronger this outer defence shield, the stronger our internal

immune system will be. Stress, alcohol, drugs, medication, bad nutrition, negative thought patterns and beliefs, all can lower this vibration, and therefore weaken the Aura, whereas a healthy life style with little negative stress, full of happiness, and good nutrition can heighten the frequency of the Aura's vibration and make it stronger.

Everybody who works with energy for healing purposes has to make sure that their bodies and Auras are as healthy as possible to ensure best healing results. One has to take the best possible care for one's "tools", which are the crystals, stones, and one's own body, and one has to have the right intention – it is said that the Universal life force energy has an "intelligence" of its own, meaning that if the Healer's intent is pure, the energy will go where it is needed and aid the healing of the person/animal in need.

When we look at healing stones or crystals, we talk about colours that are associated with the chakras, and the energy vibration that corresponds with certain organs, body parts, chakras, and the four subtle bodies (etheric, mental, emotional, and spiritual body). What makes these stones and crystals work with a specific chakra, subtle body or parts of them is their energy vibration. We know that our bodies produce energy that can be measured; e.g., brain waves, and energy impulses coming from the nerves, but that's not all. Every single organ of the body vibrates energy on its own specific level, exactly like the stones and crystals do. But if an organ or part of our body becomes sick, its vibration level changes because the energy flow to or through the affected area is more or less blocked. This means that a stone or crystal with the same level of energy vibration as, let's say, the liver, can connect to this organ and establish a kind of communication with it to find out what's wrong. Used correctly, this stone will attune to the energy vibration of the corresponding organ and try to correct the organ's energy vibration level to what it should be. This now activates the built-in self-healing mechanism of the body. Yes, every living thing on Earth possesses this ability, and we know that from many animals and other forms of life (e.g., lizards that can regrow their tails when they have lost them to predators or through injury; salamanders can regrow almost perfect limbs; trees can regrow their bark even in cases of severe injuries, and so on). Humans also have this genetic ability to some extent, but with us living in a world where health is largely controlled and ruled by potent industries, our bodies have often simply forgotten how to make use of this ability. They have become lazy through the use of medication as a quick-fix for everything, and the side effects most medications have also often disable our bodies to start the self-healing process. This process is usually brought on by a change of the body's chemistry to take away what is not needed or even detrimental during the healing process, and to increase what is needed for healing.

In other words, these problems can be overcome with the corresponding energy vibration of a specific stone or crystal, and the self-healing process can be initiated. That also explains why certain stones correspond better or not so well with certain organs or body parts, because it is all a question of the correct energy vibration. In general, our bodies are able to relearn self-healing through energy healing of all types, and the more sensitive a person becomes to the vibration of energy, the faster the self-healing process sets in.

# **What are Zeolites?**

## What are Zeolites?

### What are Zeolites?

The Zeolites form a huge group of minerals with a particularly high water content, which form part of the group of Tectosilicates. They are hydrated aluminosilicates of Potassium, Sodium, and Calcium that can lose part or all of their water without changing their crystal structure. They are characterized by a particularly open crystal structure that allows them to absorb other compounds and exchange ions, which makes them valuable commercial purifiers and water softeners. Most of the Zeolites used today as water purifiers and softeners are synthetically produced whereas natural Zeolites are employed in more basic applications and when large volumes are needed.

In comparison with other Tectosilicates, Zeolites have a lower hardness and density, which is a result of their open structure. They are either colourless, white or have a rather pale colour, and they typically form needle-shaped, fibrous or cube-like crystals.

Zeolites are found as well-formed crystals that fill the cavities in basalts and other extrusive igneous rocks. Other minerals, which are often associated with Zeolites, are Andradite, Apophyllite, Calcite, Cavansite/Pentagonite, Prehnite, Epidote, Quartz, Pyrite, and Clay minerals.

The Zeolite group combines 7 mineral subgroups (families) with altogether 47 species, which are listed below. They are notoriously difficult to distinguish, and it often takes chemical analyses to tell the one from the other. What is important to know in general is that the members of a family often resemble each other more closely than any member of another family.

#### The Analcime Family:

- Analcime (Hydrated Sodium Aluminium Silicate)
- Bellbergite (Hydrated Potassium Barium Strontium Sodium Aluminium Silicate)
- Bikitaite (Hydrated Lithium Aluminium Silicate)
- Boggsite (Hydrated Calcium Sodium Aluminium Silicate)
- Brewsterite (Hydrated Strontium Barium Sodium Calcium Aluminium Silicate)
- Pollucite (Hydrated Caesium Sodium Aluminium Silicate)
- Wairakite (Hydrated Calcium Sodium Aluminium Silicate)

#### The Chabazite Family:

- Chabazite (Hydrated Calcium Aluminium Silicate)
- Cowlesite (Hydrated Calcium Aluminium Silicate)
- Dachiardite (Hydrated Calcium Sodium Potassium Aluminium Silicate)
- Edingtonite (Hydrated Barium Calcium Aluminium Silicate)
- Epistilbite (Hydrated Calcium Aluminium Silicate)
- Erionite (Hydrated Sodium Potassium Calcium Aluminium Silicate)
- Faujasite (Hydrated Sodium Calcium Magnesium Aluminium Silicate)
- Ferrierite (Hydrated Sodium Potassium Magnesium Calcium Aluminium Silicate)
- Willhendersonite (Hydrated Potassium Calcium Aluminium Silicate)

#### The Gismondine Family:

- Amicite (Hydrated Potassium Sodium Aluminium Silicate)
- Garronite (Hydrated Calcium Aluminium Silicate)

## What are Zeolites?

Gismondine (Hydrated Barium Calcium Aluminium Silicate)  
Gmelinite (Hydrated Sodium Calcium Aluminium Silicate)  
Gobbinsite (Hydrated Sodium Potassium Calcium Aluminium Silicate)  
Gonnardite (Hydrated Sodium Calcium Aluminium Silicate)  
Goosecreekite (Hydrated Calcium Aluminium Silicate)

### The Harmotome Family:

Harmotome (Hydrated Barium Potassium Aluminium Silicate)  
Phillipsite (Hydrated Potassium Sodium Calcium Aluminium Silicate)  
Wellsite (Hydrated Barium Calcium Potassium Aluminium Silicate)

### The Heulandite Family:

Clinoptilolite (Hydrated Sodium Potassium Calcium Aluminium Silicate)  
Heulandite (Hydrated Sodium Calcium Aluminium Silicate)  
Laumontite (Hydrated Calcium Aluminium Silicate)  
Levyne (Hydrated Calcium Sodium Potassium Aluminium Silicate)  
Mazzite (Hydrated Potassium Sodium Magnesium Calcium Aluminium Silicate)  
Merlinoite (Hydrated Potassium Sodium Calcium Barium Aluminium Silicate)  
Montesommaite (Hydrated Potassium Sodium Aluminium Silicate)  
Mordenite (Hydrated Sodium Potassium Calcium Aluminium Silicate)

### The Natrolite Family:

Mesolite (Hydrated Sodium Calcium Aluminium Silicate)  
Natrolite (Hydrated Sodium Aluminium Silicate)  
Offretite (Hydrated Calcium Potassium Magnesium Aluminium Silicate)  
Paranatrolite (Hydrated Sodium Aluminium Silicate)  
Paulingite (Hydrated Potassium Calcium Sodium Barium Aluminium Silicate)  
Perlialite (Hydrated Potassium Sodium Calcium Strontium Aluminium Silicate)  
Scolecite (Hydrated Calcium Aluminium Silicate)

### The Stilbite Family:

Barrerite (Hydrated Sodium Potassium Calcium Aluminium Silicate)  
Stilbite (Hydrated Sodium Calcium Aluminium Silicate)  
Stellerite (Hydrated Calcium Aluminium Silicate)  
Thomsonite (Hydrated Sodium Calcium Aluminium Silicate)  
Tschernichite (Hydrated Calcium Aluminium Silicate)  
Yugawaralite (Hydrated Calcium Aluminium Silicate)

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