

## Crystal Healing

by: Nancy Peel

Crystal Healing involves the "ancient art of laying on stones" which has been traced back to the lost civilization of Atlantis. Crystals are attuned to the cosmic force of the universe and as a result are able to channel extensive energy to anyone willing to tune in and receive. A Crystal Healing is an extremely powerful and unique experience. Crystals are unified vibrational centres that resonate with each person in an extraordinary way. Every type of crystal or stone is comprised of different properties and has unique magical energies and vibrations to share with the receiver for the purpose of healing and the elevation of consciousness. Crystal Healing addresses all levels of our beingness... physical, mental, emotional, and spiritual. With crystal layouts the aura can be cleansed, traumas released and an opportunity is created for you to embrace your truth and divinity.



In a session a clear intent is set which we arrive at through discussion. With that intent we attune to the energy and vibrations of the specific crystals placed on or around your chakras. I am then guided to channel energy to particular areas. The receiver, you, moves your breath to open and connect with your life force and the vibrations of the crystals. Once our breath is in flow, together we are led to the places in your system that require release and healing. Each session is tailored to your individual needs.

Sessions can embody a variety of layouts including Chakra Cleansing, Chakra Balancing, Processing, Purging, Inter-Dimensional Travel and Specific Power Layouts. The sessions are once again very gentle and yet extremely powerful in restoring and maintaining wellness of mind, body and spirit.

For those unfamiliar with the Chakra system essentially these are energy areas in our bodies that are associated with various organs, glands, planes of evolution, and consciousness. They allow for our life force to flow through us fully permitting us to connect with our true path, light and divinity. Our chakras can become blocked when we hold repressed mental and emotional experiences that prevent us from being fully in flow. Our chakras act almost like valves allowing for the energy to flow between each centre. When in balance an individual feels a oneness and a connectedness to themselves and the universe.

## **Benefits of Crystal Healing**

- Accelerated healing on all levels
- Restored balance & flow
- Move through & release blocks
- Open to vitality and wellness
- Increased clarity, awareness, creativity, energy & joy
- Connect with your divinity and your divine healer within
- Inner knowing, acceptance and love
- Cleanses aura & elevates consciousness