



## **COLOR CRYSTAL HEALING**

By Sandy Cee

For all my colour crystal healing treatments I have designed my own special crystal light box.

My crystal light box is a rectangular - or square - box with a hole in the center in which a small light bulb is placed.

Colour filters - or gels - are placed over the hole where the light shines up throughout the box. Clear quartz crystals are placed over the filters. When clear quartz crystals are used in this way they intensify and project those colour rays into the environment that may be used for healing and uplifting.

Light box crystals can either be flat based, single generator crystals or clusters. The main requirement to be accepted as a light box crystal is the capability of reflecting light from the base up through the entire crystal.

After a light box crystal has been used on the light box with a particular colour, and you wish to use it with another colour, it is always best to cleanse the crystal first.

For many thousands of years - from the days of Atlantis and beyond, to the present generation - colour and colour rays have been used for the purposes of healing.

Colour impinges upon our every waking moment and even penetrates into our dreams. There is colour in daylight, in the sky and in the landscape, in our skin, our hair and our eyes. Everywhere around us in our world, everything we use or wear or see is coloured.

What, then, is colour?

Many people have quite definitive ideas and feelings about colour. The love of colour springs from the individual's inner consciousness. Colour affects us emotionally, making things warm or cold, provocative or sympathetic, exciting or tranquil.

Colour enriches the world in which we live and our perception of it; a world without colour is almost unimaginable!

Some people are far more sensitive to colour than others; whilst some are attracted, even fascinated, and thrilled, by certain colours (usually at certain times), others may be repelled or seem quite unaffected by these very same 'vibrations'.

It is therefore quite apparent that colour exerts an extremely powerful influence upon all our minds and emotions. Colour is not a lifeless, static, phenomenon, as many people seem to think but, in reality, it is a vital force, a very strong power and influence over all our lives!

Colour is an important tool, though very few people see it as such, or think about how it may be 'managed'.

Colour consultants 'manage' colour when they are able to awaken interest and increase productivity with a thoughtful colour scheme for a factory or an office; create 'moods' with restaurant lighting schemes or making quiet diesel locomotives more visible at level crossings.

Colour management can include designing sleep-inducing colour schemes for bedrooms, or dressing children in colours that stand out against grey, brown or buff streets, and, in poor lighting conditions, reduces the risk of accidents in the street.

Some psychologists are even able to analyze individuals from the way they choose and use colour. Certainly the layman's use of colour tends to be intuitive and falls readily into patterns.

Colour is an interface between us and the world, although insufficient education in colour makes most people's handling of it something of a hit - and - miss affair.

Many people use colour very impressively in their dress, yet their homes may indicate neither taste nor courage. This happens when they do not understand colour. People dress once or twice a day, yet decorate, on average, bi-annually. Yet it is in the colour around them that most affects their moods and personality.

Knowledge, judgment and intuition, are all combined in the capable management of colour. It is a discipline, an art, a craft.

Among the many rewards of its mastery is a greater sensitivity to the medium of colour and increased satisfaction from its handling. Knowing how colours are named and standardized, how they change under different kinds of lighting, why they fade, and how they may be used to alter mood, line, form, shape and perspective. Understanding the optical effects of certain colour combinations and the psychological impact of coloured lighting.....all are essential if you are to succeed in making colour do what you want it to do!

There is an ancient and widespread faith in the healing power of colour and that this power can be used to heal 'imbalances' of both the mind and body.

How great, then, must be this power when combined with all the might and energy of the quartz crystal?

Gemstones seemingly filled with coloured light of a peculiarly mystical kind, have always been held in reverence and in olden times were ground and diluted, or dipped in water, to be used as remedies for all diseases. Yellow Beryl, for example, was used to cure jaundice; Bloodstones treated hemorrhages and disorders of the blood; the Prismatic Diamond was considered a cure - all, as is the Quartz crystal today.

About one hundred years ago, the association of colour and therapy, or even crystals and therapy, and most certainly the combination of colour, crystals and therapy was consigned by most conventional and mainstream medical practitioners to the "demi-monde" or bottom of their profession.

The theories of the vast majority of colour/crystal therapists are based on the aura, the emanations which many psychics claim to sense surrounding the human physical body.

Perfect health of the body and of the mind depend on a balance of auric colours, and also a balance of the inner centres of vital force - the chakras; and should a colour be missing or over dominant, the balance may be redressed by colour crystal healing.

Man has been colour conscious since the beginning of time itself, since the days of Noah, when the mists receded and the rainbow descended with its promise of beneficent. Colour laws and teachings were always present in the wisdom teachings of the prophets of old.

The famous psychic and seer, Edgar Cayce, when speaking in trance about one of his patients as having existed....."in Atlantean land - during the time when there was the creating of a high influence of radial activity from rays of the sun that were turned on crystals in the pits that made connections with internal influences of the earth".

And Cayce also speaks of ..... "machines used for obtaining power from the crystals". He also mentions those who were "among those that interpreted the messages received through the crystals" ..... and gives indications that there were Temples of healing in Atlantis similar to the ones constructed in Egypt.

In these Temples of Healing, the forces of colour and crystals were always used, not only to assist in worship, but also as an aid to healing. These Temples would have been orientated so that the sun shone through the roof (which would have been dome-shaped) in such a way that its light was broken up into seven prismatic colours and the sick were bathed in their special colour, which they needed at that specific time to restore their health.

The Egyptians assigned colours to man's bodies; red to the physical, yellow to the astro-mental and blue to the spiritual.

It would seem, therefore, that us human beings' reaction to colour has been the same for thousands and thousands of years!

Colour is everywhere, on all planes of existence, as vibrations are everywhere and colour is a manifestation of vibration. The Universal Light, the Sun, emanates vibratory streams of the life force in seven major rays.

Each individual is believed to incarnate into their own specific colour, which is the Major Ray, and this contains their very own individual tint or shade of degree of evolution.

Everybody also possesses three other rays, known as the Minor Rays, which are the soul colours. When in harmony, all these rays are in tune with each other and the individual will enjoy good health and abundant energy. When the Rays are not in harmony, energy levels will decrease and sickness will be present.

It is at this time that the living energy of both colour and crystals can be used to create, restore and renew. Every colour has positive and negative tones. Clear, strong tones of a colour in the aura indicate the positive qualities, application, force and will. Weak, faded or dull tones in the aura indicate lack of force and instability.

Some colours are warming; red, orange and yellow, some are cooling; blue, violet and magenta, whilst green is neutral; the middle or balancing colour.

The more light that a man attracts to himself, through spiritual living and high ideals, the more beautiful will be the colours of his aura. The highly evolved man will have only positive tones, properly balanced and controlled. He will appear to be surrounded by rays of light which will be soothing and healing to others.

In the aura of the less evolved man, the colours will be less pure and less luminous. In some the auric colours are clouded, dull and unpleasant to see - there may well be 'clouds' or 'flecks' or even 'holes' in the aura, and one can usually intuitively tell if the reasons for these imbalances are due to stress, illness, weakness or the taking of chemical drugs, or alcohol, or smoking, or poor nutrition.

Colour and crystals can be used in all healing, as a Universal Therapeutic Tool, upon all levels of metaphysical existence.

The seven major chakras, or energy centers, are all 'keyed' to the seven colours of the spectrum.

The sacral, or base, chakra affects the gonads and is associated with the colour red. The adrenal, or splenic chakra, affects the adrenal glands and is associated with the colour orange.

The solar plexus chakra is symbolized by the colour yellow and governs everything to do with the mind and concentration. The heart chakra is associated with the colours green and pink and affects one's emotional relationships.

The throat chakra is represented by the colour blue and affects the thyroid. The brow, or third eye, chakra is associated with the colour violet or purple and affects the pituitary gland whilst the crown chakra represents the pineal gland and is associated with the colour magenta or indigo.

Imbalances in any chakra or chakras will affect the whole being. Healing through colours and crystals can be applied in many different ways, either to a particular chakra area, or to the whole person.

There are two principle methods of applying colour crystal therapy; either by the application of colour to a part of, or the whole of, the body, with beams of light shining through coloured filters and magnified/amplified by the use of a light box quartz crystal; or by the use of gemstones according to their individual colours.

The first method requires the acquisition of a Crystal Light Box. These may be constructed if you should you be a do-it-yourselfer. The most practical form of Light Box is one that is small and easily portable. The bulb should preferably be full spectrum daylight blue, giving the same effect as natural daylight. On NO account should you ever use an ultra-violet bulb!

The Light Box itself should be constructed so that the light is reflected through the opening which can be either at the front or on top of the Light Box.

It is very important that your Light Box should be made in such a way that the filters or gels can be changed quietly and easily without disturbing the patient or burning the therapist.

The Light Box should be properly ventilated so that no appreciable amount of heat is felt by the patient; the object of the exercise is light, not heat!

Treatment will be made much easier if the Light Box can be mounted on a stand so that it can be easily tilted to various angles, or could be raised or lowered.

The most important parts of the Crystal Light Box are the filters and, if at all possible, only hand crafted stained glass should be used. These will have a density and vibration which cannot be manufactured artificially and, like any natural material from mother earth, can be cleansed and dedicated to your purpose and all traces of negativity removed.

The 'glow' of stained glass is as much the result of bubbles and impurities as anything else, as the light is not just admitted, but held, projecting a luminous, 'jewel-like', quality.

Each filter made from hand-crafted stained glass, no matter what colour it appears to be, will contain the entire spectrum of colours within it; and its properties are truly magic.....

The glaziers working with stained glass today are visionary artists on a grand scale; their raw material is daylight, the visible manifestation of God in creation, which they can translate with glass into vibrant colour.

Only five basic colours need be obtained - red, yellow, green, violet and blue - as the following colours can be created from these combinations:-

Red and Yellow	give Orange
Blue and Violet	give Indigo
Yellow and Green	give Lemon
Blue and Green	give Turquoise
Red and Violet	give Magenta
Magenta and Red	give Scarlet
Blue and Red	give Scarlet

For general colour crystal healing treatments, I would strongly recommend that you use an almost transparent quartz crystal. The crystal should be placed on top of the coloured filter so that the light can be projected towards the patient. As the light shines through the coloured filter it makes the crystal 'glow' and become illuminated with the colour of the filter which you have used.

I find that it is best to keep one 'special' quartz crystal - which I call my Light Box Crystal - for all my colour crystal healing treatments. I always cleanse this crystal between patients!

Your choice of which colour filter to use for which patient will be determined largely by your own personal observation of the patient and their 'symptoms'. Never, however, underestimate your own intuitive faculties as, quite often, for me at any rate, your own intuition is the most reliable guide you possess as to which colour to use.....

Most likely, though, you will have discovered that one or more of the chakra centers are out of balance and you will thus need to treat the most appropriate chakra or chakras in order to restore harmony back into the body.

For your guidance - and it should be used as 'guidance' only, not as a firm rule - I have found that the following colours and their 'properties' are helpful to me in certain treatments:-

**RED** - of all the colours this is the most powerful, and it should, therefore, be used very carefully and wisely. It is revitalizing, stimulating and arousing; it promotes inhalation and raises the blood pressure. It can be useful in treating chronic diseases, and helps with rheumatism and arthritis.

**ORANGE** - Beneficial to most of the metabolic system, it increases oxygen and so helps the lungs function properly. Also, it appears to draw boils and brings abscesses to a head. It is rejuvenating, but can also raise blood pressure.

**YELLOW** - Can stimulate the nervous system. Helps with mental illness and also stimulates the lymphatic glands. It may help with the treatment of arthritis by removing density deposits in the body.

**GREEN** - Just like red, this colour must be used most carefully. Although it is the ray of balance, over-use of this colour can promote the dissolving of virgin cell structure, and also the inverted cells. It stimulates the pituitary and raises the vibrations, and is very beneficial for minor cuts, sores and bruises. It is the colour to use in the treatment of cancer, but it must never be used on a lady who is pregnant.

**TURQUOISE** - Refreshing and cooling, turquoise is restful for the people suffering from their nerves and also helps treat inflammations. Also it is good for eczema.

**BLUE** - Of all the colours this is the most healing. This colour promotes exhalation and reduces blood pressure. It is the light of peace, relaxing the whole body, regulating the harmonious development of tissue and body structure. Removes headaches and migraines, and is also useful in cases of asthma. Aids sleep, reduces fear, soothes infections and inflammations, and relieves itches and burns.

**VIOLET** - In this colour we meet two worlds; the relaxing in the blue and the stimulating in the red. It is the colour of a consciousness balance - the colour of divinity, creativity and also stability. It will raise the self-valuation and self-esteem of the individual who has lost the sense of human beauty - and restores rhythm to the system.

**MAGENTA** - This colour draws man into spiritual awareness. It should be used only rarely and is a colour usually for the more spiritually mature person, or a person seeking to improve his / her Spiritual processes.

It is also very important to note that each colour also has an emotional/mental quality which should also be taken into account when treating your patient; as the psychological condition often affects the physical.

**Red is energy**

**Orange is joy**

**Yellow is detachment**

**Green is balance/equilibrium**

**Turquoise is immunity**

**Blue is relaxing**

**Violet is dignity/self-respect**

**Magenta is dissolving/letting go**

One extremely important colour which has not yet been mentioned is pink; this is the colour usually associated with love, with the emotions and, most particularly, with mother-love. The colour pink has a very calming effect on the emotional level and helps people suffering from emotional traumas or problems with their relationships.

Besides the Crystal Light Box the other method used in colour crystal healing is with the use of polished gemstones. Gemstones are used by some crystal healers in colour crystal healing treatments because they are pure in colour and are unmixed and unadulterated in effects. Also the rays are concentrated within the gemstone itself.

One theory accounting for their use - believed by the Hindus, Egyptians and throughout the East - is that the planets influence human behavior physically, psychologically, emotionally and spiritually. Since the gemstones possess the same rays as the planets, they represent the same influence as the planets, but not as forcefully!

The true colour of a gemstone is revealed by the use of the prism. For example, the rays of a diamond are seen as white by the naked eye, but are indigo when seen under the prism. Therefore, indigo is the true colour of the diamond.

The use of gemstones according to their particular colours can, on some occasions, become a little confusing, as many gemstones have been found to have healing properties which do not appear to correspond with the colour of that particular center in the body!

Although I may recommend that a patient wears or carries a particular stone around with them, my suggestion may have been made on the basis of its colour, or for its inherent healing properties - in some cases they may obviously match, but not necessarily so!

Take some of the green stones, for instance. The emerald is said to improve the intellect and memory and help cure insomnia. It is also associated with subtle body healing. Malachite helps treat asthma, toothache and irregular periods and improves one's eyesight. Peridot aids indigestion, heals hurt feelings, helps bruised eyes and repairs damaged relationships. Jade is mainly used for kidney complaints and bladder trouble. Aventurine is generally thought to be good for skin diseases and improves vitality.