



Hi and welcome to my first newsletter. Special thanks to the many people who have helped me get here, because without their support and belief, well, who knows...!

The energies or powers of these stones have been felt and used by the native people of our world for a long time. Some of the stones were considered too powerful for just anyone and the shaman or witchdoctor alone carried them in his medicine pouch. These were used for ceremonies and healings of a special nature. Nowadays they are available to us all, the stones are a part of our NOW reality.

The crystals and gemstones are here to help us evolve spiritually by restoring our belief in ourselves. They will not actually mend broken bones, cure disease or make you win a lottery, but they will assist you in maintaining a positive state of mind and/or restore your belief in yourself and thereby allow the body to take control of its own healing.

Each newsletter will have extra information of interest regarding crystals and gemstones. For those who know me personally, they understand that by being involved or participating, makes for more fun and learning – which I believe is part of what life is about. Please help me to help others, send any requests or questions for articles you would like covered. I value any suggestions that will make this newsletter more interesting, informative and helpful.

*Touching a crystal or gemstone stimulates the stone to release its energy – the energy is love (positive input). When you look into the stone you bring the vibration into your eyes (works on a soul level).*

#### **General Pain:**

Hold a quartz crystal in your hand pointing it away from you. Hold the crystal just above and over the area in pain with the point towards the pain area. Hold this position for approximately one minute, then turn the point away from the pain and with the bottom of crystal a little way above the skin, relax. As you breathe out imagine the pain leaving your body, going into and out of the crystal on the outward breath. If pain intensifies move the crystal away a little until it calms down, then bring it closer again. Do this until pain gone, or up to around five to ten minutes and rest. You can repeat this each fifteen minutes. Sometimes the pain appears to get worse coming to a sharp point just before release occurs. Remember, breathing deeply will assist you in releasing.

If you are using a Clear Quartz crystal, it can be beneficial to hold an Amethyst (purple) or Rose Quartz (pink) afterwards for short while. If by some chance the pain continues or intensifies, sit and relax with an Amethyst crystal in your right hand with the point facing away from you. If you are left-handed, use that hand instead. Wash your crystal under running water when finished.

Using the crystal you are directing energy to the affected area, thereby feeding energy to the cells instead of blocking the pain signal. The cells can now repair themselves and turn off the pain because that signal has no need to be sent to the brain - this is the natural healing way.



Please Note: *The stones are not meant to substitute any doctors prescribed medication for any condition I talk about – continue to take prescribed medication and use the stones having regular check ups with doctor to check dosage of medication and how to cut down when able to.*

In the next Newsletter, we will cover Headaches.

**Exercise:**

While holding an Amethyst crystal in whichever hand it is most comfortable, sit perfectly relaxed and breathe regularly just noticing your breathing for a few minutes. Analyse how you are feeling, how your shoulders feel and your body feels in general. Let your thoughts wander and do not hold onto them.

For the exercise, if you are right handed, hold the Amethyst in your right hand (if you are left handed, use your left hand). Gently rest one of the faces of the crystal (flat shiny sides at top) at the centre of your forehead, just above ridge of brows. Move the crystal face around until you find a comfortable spot (usually a very slight hollow) and breathe in and out regularly. Maintain this position and breathing for several minutes or as long as you wish. Notice any thoughts or feelings and note how or what your body is feeling. If any pressure starts in your head move crystal away a little, take three breaths and put back. When you have finished, put the Amethyst down and take three deep breaths in and out.

This is a good exercise to start the day off or just before you go to bed, to relax muscles and increase your awareness. It can assist you in reducing stress and aids in the retention of dream memory. This is ideal if you are having trouble getting into meditation.

Perhaps you could find a notebook and record your experiences as you do it each time. This exercise can be done by beginners and experienced people alike and will benefit you in many ways.

I hope you have gained some benefit from the above. It is a great pleasure that I can share information with you and look forward to the next edition of the Crystal Cat Newsletter.

Be well...  
Carol