



If you are reading this site for the first time, welcome.
If you are returning again, hello and thank you.

Thank you also to those that have contacted me and shared - your feedback is appreciated. Please remember do not hesitate to contact me for any comments, questions and/or your experiences so I can share them and we can help others on their path.

If you have participated in the exercises, I hope you have enjoyed your experiences and have gained on some level. Sometimes we do not notice an extreme change at the time but in hindsight later we see where subtle changes have taken place either in energy levels, attitude and or state of mind. Keep doing the exercises, adding the others as they are placed on this site.

This newsletter we will cover headaches:

Headaches come from various causes i.e. the stomach, tight shoulders and neck muscles, too much energy in the head or something deeper.

There are a few stones that can assist with this discomfort. Amethyst, Hematite (Iron Ore), Lapis Lazuli, Turquoise, Emerald and Apophyllite are suggested. In my experience, Amethyst has proved to be very successful but try each of them to find the right one for you. As we are all unique beings we discover that different things work for different people. Experiment and be open.

Amethyst is a very good stone for anyone undergoing stress of any sort. There are different ways that I have seen the Amethyst work. One, a person was holding the stone for about 5 minutes and noticed that the headache she had been dealing with for some days was gone. She had been holding an Amethyst egg. Maybe she had been resisting a change coming into her life and the stone helped her accept it on an energy level releasing the block and therefore the pain, we will never know.

Another way is to hold two tumbled stones or crystals at the temples for a period of time that you are comfortable. This will help control the pounding feeling. Just be relaxed and let the stones work. Do not try to force anything just let the Amethyst do what it does best, that is, absorbing the pain and then transforming it (release it).

Personally, I have not used Iron Ore but as this stone is very good for assisting oxygen circulate through the body with a positive effect on the bloodstream, I can see how it would benefit. Holding it to the temples will give a cooling effect and calm the pain.

Lapis Lazuli is excellent for balancing the right and left hand side of the brain and communication. It is also good for blood pressure, which sometimes can cause headaches. Always consult your Doctor if you feel that blood pressure is involved as well as using the Lapis. There are many ways of using the stones, do what you feel drawn to. Another way we can strengthen our intuition is by just doing and trusting. Holding, using at the temples, carrying around with you, meditating with them, taking them to bed with you. Always remember to wash your stones that you have used for a specific purpose under running water to cleanse and recharge them for their next task.



Turquoise is said to be helpful as well, although I have not used this. Because this stone is about communicating from the heart, a lot of emotional feeling and thoughts caught in the head may be released by spending time with this wonderful stone, thereby releasing the pressure build up. Along with being good for circulation by vitalising the blood, Turquoise also aids peace of mind – so if it is worry that is causing the headache, use Turquoise and maybe Amethyst together.

Emerald is good for the eyes and sometimes eye strain can cause headaches. So carrying, wearing or using emerald may assist you in this area.

Apophyllite can help calm a headache where a lot of energy has built up by opening the channels we have, to allow the thought forms we may have held in to flow more freely. It calms the mind and balances emotions, thereby getting us out of our head.

Another combination you can try is Amethyst with Rose Quartz and Citrine. Amethyst de-stresses, Rose Quartz calms and unwinds (draws out fear and anxiety) and Citrine helps detoxify. With this combination I would meditate, sleep or relax with the stones, remembering to wash them after. An experience that has been recounted to me is that when a person began using the stones for the first time, the stones seemed to become sticky. When the stones were washed under running water the sticky feeling went away. I leave it to you to experiment and perhaps experience for yourself.

Here is a little information that may assist you as well. I have been told that chewing and swallowing one Junket Tablet (available at supermarkets in the dessert section) when you feel a migraine coming on and one junket tablet half hour later can ease a migraine by calming the stomach.

Exercise:

This is a very simple exercise that will help unlock the spiritual/psychic centres in your head.

Select an Amethyst natural crystal that appeals to you. Hold it in one hand and sit in a relaxed, comfortable manner. Take three deep breaths and feel the Amethyst with your hand and mind.

Holding the Amethyst in your right hand, place one of the faces near crystal point to your forehead area. This can be held in centre of forehead, where there is a slight dip, or at a central point between the eyebrows above nose.

Stay relaxed and expect nothing just be aware of any sensations that you may experience. Hold this position for about 4-5 minutes or as long as you feel comfortable. Swap hands and do the same – see if there is any difference of sensations with each hand. An extension of this is to find the hand that you feel is the 'best' one and meditate in this position.



When you have experienced what it is like to hold the Amethyst at your forehead change the holding position to the back of your neck at base of skull and then near base of neck near shoulders. As you breathe in imagine the stone comes into you and on the out breathe imagine you go into the crystal.

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.

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