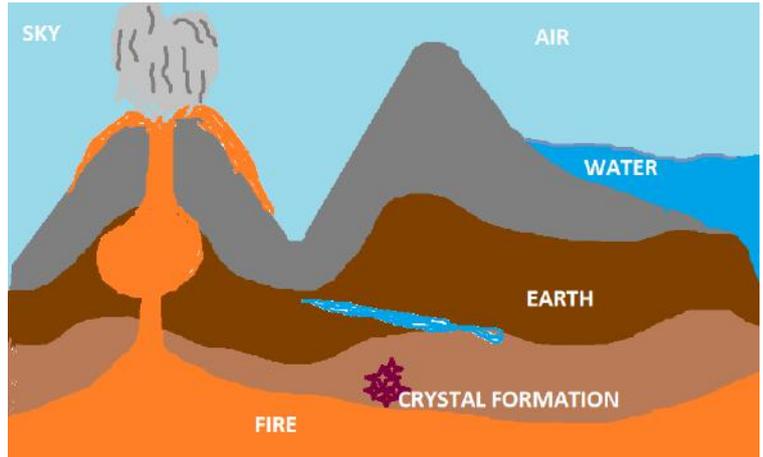


WHAT ARE CRYSTALS AND HOW DO THEY HELP IN HEALING?

FORMATION OF CRYSTALS

Crystals are substances created by natural forces, deep within the Earth's surface over millions of years. Crystals can be formed from lava or underground water or air bubbles that got trapped and became fossilized over time.

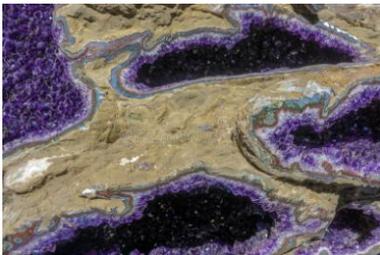
In terms of chemical composition, crystals are the most perfect naturally occurring substances (e.g. diamonds, rubies, etc.).



Quartz crystals, because of their perfect atomic structure have a special property called as piezo electricity which is used in watches to keep accurate time. Crystals are truly special substances and have wide applications in the industry.

CRYSTALS – RAW AND FINISHED

Amethyst Ore



Raw Amethyst

Amethyst Jewellery



Lapis Lazuli found in nature



Raw Lapis Lazuli from ore



HOW DO CRYSTALS HELP IN HEALING?

In the spiritual world, crystals are considered as highly powerful sources of healing energy. They contain the purest and most powerful vibrations of the five elements of nature, namely, Earth, Water, Fire, Air and Akash. The human body and mind is also composed of these five elements. Any stress/ disease can be traced down to an imbalance in one or more of these elements. For e.g. an imbalance in the fire element can cause acidity or digestive disorders in the body and too much anger/ irritability in the mind.

Because of the purity and power of their vibrations, crystals function like big, powerful magnets of natural energy.

When a small magnet is brought into the field of a big, powerful magnet, it automatically gets aligned as per the field of the big magnet. Similarly when we keep a crystal close to us for a period of time, the energy field of our mind automatically aligns itself with the powerful energy field of the crystal. As we get aligned with the frequency of nature, our breath gets into its natural rhythm, the heart slows down and the mind calms down. As we work with crystals over time our energy body starts vibrating more and more in its natural rhythm and automatically, health of the mind and body improve.