



Newsletter Spring 2006

### ***Happy spring to all of you!***

It's been a glorious spring with lots going on, including our oldest daughter's wedding! It was a beautiful and blessed event and she and her new husband were radiant! Now, with company gone, we can relax and resume "normal" life ...

The lush green leaves, abundant flowers and beckoning gardens all have us out there doing things we haven't done in a while – working, playing and enjoying the change of season. And if you're anything like me, you overdo. So I get a lot of questions about crystals for pain of various kinds, so thought I'd devote a newsletter to dealing with all kinds of pain from all sources. To the Chinese, pain signals an imbalance and while the crystals do not actually "relieve" pain in the Western medical sense, they do help to restore the balance, relax the body and allow healing on a very special level. So, I'm going to share with you some of my favorites and truly welcome any that you would like to share of your favorites!

Since migraines are something that seem to come up a lot, this is a good place to start. My all time favorite is black tourmaline. Migraines are triggered by a lot of things, but the result is the same – you head feels like it is going to explode and if ever there was pent up energy, this is it. Black tourmaline is awesome for grounding you and bringing you back into your body. Further, it is cooling to counteract the "heat" of the headache. As you work with it, you will feel the energy releasing in waves and often,

that's just enough. But, black tourmaline is best when you are just beginning to see the light effects – that's where it can help ward things off. Other good migraine crystals are diopase, sugilite (the dark ones with a lot of manganese) and lapis.

While we are on headaches, it's important to know what kind of headache. Stress headaches are better treated with amber or turquoise to "mellow" you out and bring you into a better state of balance. Infinite is another great one and the black or gray Infinite is best.

For general pain, there are a number of good crystals and you will have to experiment with a few to see which works best for you and when. Green Infinite is a great one to start with as well as Herkimer diamonds, magnetite and double-terminated quartz. I particularly like the little Herkimers as you can place them on tape and place over the hurting area. Arthritis pain is best addressed with earthier crystals like the brown Infinite, chiastolite, fluorite and obsidian.

Emotional pain is another aspect that will manifest into physical pain if left unattended, so treating the physical pain without considering the source is not a good idea. Using malachite, larimar, pink tourmaline, blue calcite or celestite with some of the other physical pain crystals is a great way to fully address the entire expression of pain. If you only treat the physical aspect, you will effectively be treating symptoms, not the core disease. Again, a little



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experimentation will show if malachite-Herkimer combinations are best or if you get better relief with black and pink tourmalines or any other combination.

Now, how you place the crystals is as important as what ones you choose. For migraines, I really like the crystal on my forehead – it just feels better! For emotional issues, I want to hold the crystal in my hand while I sleep. For general headaches, a black tourmaline and a lithium quartz in a warm bath are ideal and in fact, you can place pretty much any crystal in a warm bath to infuse the water. Water infusions for internal use are great as well; just place the crystal around a glass (use glass, not a plastic) container. Leave for about an hour and you will be amazed at how different the water tastes – sweet and “sparkly”. I like the “around the container method”, as opposed to the “in the container method”, as some crystals (like lapis and malachite) can have toxic effects if left for a long time and taken frequently. Around the outside ensures the vibration without the risk.

As a note, when you work with any crystal for pain, it is important to cleanse them after. Some will respond to a salt bath while others will appreciate soap and water with sunshine. Smudging with sage is another great cleanser. And don't forget your Self; pain produces a lot of toxins, so drinking plenty of pure spring water is essential.

As I said, there are loads of other crystals and some specifically have that

assignment. Recently, I had a shipment of actinolite in quartz. I was looking through them and had a pretty bad stress headache from the day. One, and only one, of the crystals whooshed it away! None of the others seemed to have that as its role. So bottom line, be aware and listen. When you hurt, honor those feelings and work with whatever crystal appeals to you.

Please let me know if you have questions and if you have any favorite “pain killer” crystal stories to share, I'd love to hear about them and will print in the next newsletter!

Meanwhile, there have been some new shipments from my favorite supplier, so look for amazing new Brazilian beauties over the next few months, including loads of starbrairies!

Have a beautiful rest of the spring!

*Jan*