

The Use of Quartz Crystals in Kinesiology

by Robert Alan Frost

Abstract. Quartz crystal has many useful applications in the art of healing. Crystals may be used to improve concentration, to prevent switching, to absorb negative energies, to trace meridians, and to stimulate acupuncture points. Crystals may be programmed with a chosen remedy or influence and carried for continuous application. Crystals may also be used to deliver the energy of a remedy into the body without the possible toxic effects of actual ingestion.

As crystals tend to gather, store, and give out whatever influences they receive, it is wise to cleanse and purify them before each use. The mental intention to cleanse and recharge them is the most important factor. Most any ritual applied with this intention is effective. One traditional method is to place the crystals in flowing water for some hours followed by sunlight. Squeezing the opposite long sides and shaking the old influences out of the crystal (three times for all six long sides) works well.

Double-ended quartz crystals (with pyramidal points on both ends) are especially powerful. One held in each hand (or in the gloves during activities such as driving a car) increases wakefulness and concentration and also helps to stabilize one's energies which helps prevent switching. One can learn to feel this effect. To do so, first sit quietly and access your inner state. Then hold a double-ender in each hand and notice the difference. Repeat the cycle a few times. Personal experience so gathered is worth more than verbal descriptions.

American Indian shaman use a quartz crystal with one especially large flat face on the pointed end (a "shovel") to draw negative or disease energies out of the body. They hold the crystal with the large face oriented toward the disturbed area and appear to suck with the mouth through the crystal as if it were a hollow tube. Often they then cough and spit out some foreign substance apparently sucked out or materialized in their mouth or throat. This is a primitive but sophisticated, parapsychological technique. The clever kinesiologist will find ways to apply portions of such ancient techniques.

Tracing the meridians (as taught in Touch for Health) with a crystal pointed at the meridian line provides an energy boost to this useful technique. Specific acupuncture points may be stimulated without needles using the point of a crystal.

Crystals may be programmed with a chosen influence and then carried. This provides also an excellent opportunity for the placebo effect. Although the crystal alone does have profound effects, do not disdain the chance to identify positive, desired changes with the crystal before it is given to the client. Then when the client looks at, feels, or thinks about the crystal, he will automatically think of the desired changes.

To program a crystal with a color, place a piece of transparent colored plastic (available from theater supply stores) upon the crystal and place both in a strong light. To program the crystal with a musical note, vibrate the crystal with the chosen tone. One good way to do this is to touch the base of a vibrating tuning fork to the crystal. The energy of chosen substances (medicines, essences, other gemstones, etc.) can be programmed into a crystal by placing a bit of the substance on the crystal and squeezing the crystal.

This may be quite convenient for the kinesiologist who wants to give something to the client but has only one sample which he wishes to keep. As with cleansing the intention to program the crystal is the most important factor. Stay quite focused while programming.

Placing a substance at one end of a crystal and pointing the other end at the client will produce the same effect as when the client holds the substance. This effect may be used

to aim the chosen substance's energy at a chosen site (for example, a chakra) during a treatment. A flower essence may be so oriented toward the place where you sit and work. This effect functions even at great distances from the crystal. However, the effect lasts only while the crystal is aimed at the person receiving its influence. Holding the chosen remedy and a crystal between the two hands, with the remedy in one palm and the crystal pointed from the remedy toward the other palm and the crystal pointed from the remedy toward the other palm, delivers the influence so that it lasts even when the remedy and crystal are put down.

These are only a few possible uses of crystals in kinesiology. Experiment with these and with your own ideas. Anyone sending data concerning their own findings will receive a report of our gathered findings. Send data to: Robert Frost, Hochstrasse 56, CH-4053 Basel, Switzerland.