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Naisha Ahsian
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Discernment:
The intuitive information shared in this magazine is derived from the subjective, personal experiences of the practitioners who have contributed it. The methods and information outlined in the articles may or may not work for you in the same way it has worked for them. Any intuitive, psychic or channelled information included here is the perspective of the contributor and does not necessarily represent the opinion or belief of those at Crystal Resonance Magazine or Crystalis Group, LLC.

Please take personal responsibility for your relationship with your stones and guides, and always use your personal discretion and your discernment to determine what is true for you.

Any information on the healing properties of stones and their uses are not intended to diagnose or treat any physical or psychiatric condition.

Crystals and stones are vibrational tools, and the information published herein is regarding the vibrational support of healing only.

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Issue 2: June Solstice 2013
Send in your contributions, ads and listings now for the next issue of Crystal Resonance Magazine!

Cover Photo & Photo this Page
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Model: Tiffany Cathcart
Namaste.

From my heart, that which is God within me, honors God within you. We are the same, and we are all simply facets upon a single crystal.

We are all teachers. We are all students. The paradigm of the healer hierarchy is now over, and it is time for us to roll up our sleeves and dig in together—sharing our knowledge, our experience and our joy in this amazing modality called Crystal Healing.

This was the guidance behind starting this magazine, and taking on the role of editor. It wasn’t as if I had nothing better to do—believe me! It’s time for us to come together—no matter what “crystal master” you’ve studied under— or if you’ve studied with none at all! We all have something to contribute to the knowledge banks of our chosen modality, and it is up to step up and share it with one another.

And, that is why I have created this magazine.

Everything you will read in this first issue of CRM has been contributed with heart-felt energy by crystal healers all over planet Earth. And that is something. Together, we are all parts of the whole. And, as we come to share, we come to understand exactly what that whole represents.

Namaste.
I always knew that we are drawn to certain crystals for a reason and one of my major attractions for the past one year is Tanzania which been sending me a “Major Calling” to work with and decode some of its mission. As I held a unique, one of a kind, big chunk of rough Tanzania (2.5 inches by 2.5 inches) to my Heart Chakra, I was guided to lay three more to my Throat, Third Eye, and Crown Chakras. I felt some heat around my Heart Chakra with the guided message “Heart being healed” which reflects that Tanzania is a powerful healer for removing blocked energy within the Heart Chakra.

Similar heat, but less intense than that around the Heart Chakra, has been felt in the Third Eye; which reflects Tanzania energy removing blockage within the Third Eye Chakra. I have felt tingling all over my scalp, signaling the activation of the Crown Chakra. The most amazing phenomenon occurred next, with a flow of energy shooting from the Crown all the way down to the Heart in a straight line, then arched out vertically to loop back to the Crown; which was an invitation from the Crown to reach the heart and ask for a union of Crown-Heart. Following the Crown invitation for union with the Heart, an immense energy shot from the heart; filling the Throat Chakra and then slowly passing up past the Third Eye, filling the whole skull and reaching the Crown. The energy was almost like filling a cup of water all the way up! It had a sense of nourishment. Once the process was done, I felt sheer joy, as if a sacred ritual had happened.

During the weeks following this healing session, the surprise was yet to come. I started to see the whole world from a new and different perspective. The mind kept being linked to the Heart, which stopped the mind from being over-analytical and judgmental, and other trivial issues that used to be lingering in my thoughts no longer mattered. I felt I was being always heart-centered. I started expressing myself with compassion and gentle loving energy as a result of the Heart Chakra being linked to the Throat Chakra, and I started seeing the world with compassion and loving energy as a result of the Heart Chakra being linked to the Third Eye Chakra. Unlike incidents from the past where I was shaken by rough circumstances, I started being anchored in the heart with a very calm energy. Indeed, it was a blissful energetic transformation seeing the world in fresh new perspective.
**Biography**

My Name is Abdulla Ahmed Al-Noaimi — also known as “Arabian Tiger”. I was born and raised in the Kingdom of Bahrain, Arabian Gulf; and I am an honors graduate from the United States. I hold a Bachelor degree in Aerospace Engineering and a Masters degree in Aeronautical Engineering. For several years, I have conducted a self-study to decode the power of crystals. I have been working on further research to explore the healing attributes of crystals, in hopes of publishing my findings in the future. Throughout my life, I have used crystals as a tool for personal healing and a “Path of Enlightenment”, which has been an enrichment journey to my soul and a vital path for my spiritual evolution.

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Maria Celeste is the Creator/Founder and President of The Center for Creative Healing™, Creative Healing Dance™, and Gems by Celestial Dancer™. A native of Massachusetts and a current resident in the Midwest, Maria has lived and traveled extensively throughout the world. Through these broad exposures and experiences, Maria has deepened and widened her inherited talents from her family’s vast lineage of spiritually gifted psychics and healers. Maria professionally continues the development of her gifts after being educated with a Bachelor of Arts and Sciences in Psychology and Philosophy; Cum Laude, and a Masters in Business in Finance and Accounting from Boston College.

Maria’s intuitive gifts were evident in her early childhood. Maria has studied world religions all her life and has dedicated her life to the integration of religion and spirituality for World Unity and peace. Maria has trained and developed all her gifts, talents, and skills with love and dedication to God for over 45 years throughout the world with Masters of many religions and numerous and various Healing Modalities. In addition to being a gifted clairaudient (clear hearing), clairvoyant (clear seeing), and clairsentient (clear feeling), Maria has specialized training and credentials that include:

- An Ordained Minister in the Church of Melchizedek
- A Third Order Dominican
- A Fourth Degree Reiki Master-Teacher/Practitioner
- Certified Crystal Resonance Therapist (CRTth) from the Crystalis Institute under the direction of Naisha Ahsian
- Certified as Master of Crystology (Melody) Level I & Level II...Laying on of Hands, Laying on of Stones;
- An ERT and Kinesiology Practitioner
- A Certified Teacher - Coach of Success: Full Living; a contemporary approach to spiritual responsibility.
- Trained and Coached by Father Justin in the Silva Method, a method designed to elevate the creative powers of your mind by the use of visualization and imagination, positive thinking and meditation.

Maria utilizes her gifts and talents for teaching and coaching and channeling all around the world in and for churches, profit and non-profit organizations, with groups and with individuals. In her attempt to serve the public, she continues developing and fine tuning her talents and gifts through continued education and training. Namaste.

Maria Celeste, through The Center for Creative Healing™ and Gems by Celestial Dancer™ offers a wide variety of holistic services to support you in your journey to wellness and well-being. She is able to guide you through various experiences to assist you in achieving clarity, peace and balance in your life.

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Over the last seven years as a Crystal Resonance Therapist (CRTh) I have learned that the more I work with and open to my stones, the more I understand how much they are teaching me. Most importantly my crystal allies have taught me how to perceive, hold and transmit energy. Because each stone holds a very clear steady coherent energy field which is unique to itself, they are great teachers of what energy feels like to me personally. I can take my time and fully tune into, and resonate with, that particular vibration. I notice what sensations, colors, images, or messages arise and where I most sense it in my body. I can apply what I’ve learned about perception to assess my own energy field and that of my clients. I can assist my client’s field in coming into resonance with the stone. Then I can perceive the effect of the stone’s energy on my client’s overall energy flow and any perceived pain, blockages, or imbalances. Repeatedly my crystal allies have taught me to trust the process of crystal resonance and to work from my heart—not over thinking or second guessing myself.

When I get a new stone, I can’t wait to get some time alone with it—to hold it and meditate with it. I want to build a connection between our energy fields and get to know each other. Often I will meditate with the same stone over several days. Besides identifying what elemental energy and chakra energy it has and how it might generally want to be used, I often find it has very specific messages for me that aid in my healing practice or help me process or heal personal issues that are currently up for me.

Lately, for example, I’ve been drawn to holding amazonite during my morning meditations. One meditation was all about its beautiful watery nature—filled with sensations of gentle wavelike fluid motion and the color of turquoise tropical seas. In another I found myself focused on my throat. Then I saw images of the area just to the left of my spine from behind my heart all the way up through my chest and neck to behind my left ear all lit up with the color of amazonite. I felt the pains I’ve noticed in these areas over the years. I sensed how linked together my whole left-sided area is and how in order to heal it I need to allow myself to fully know and express my true self. Most recently, my amazonite took me into a blissful experience of floating in infinite waves of peace and joy, love and light. *Ah, this is who I truly am at the core of my being.*
I am so grateful for the gift of my crystal allies and want to help others to access this gift for themselves. So I encourage you to take the time to get “up close and personal with your crystals.” The following description of how to connect with a crystal ally is based on the practices taught by the originator of Crystal Resonance Therapy, Naisha Ahsian.

**How to Connect with a Crystal Ally**

1. Place your stone in your receptive or left hand.

2. Close your eyes. Take a couple deep breaths, relax and open.

3. Bring your awareness to the stone. Feel it in your hand. Notice weight, temperature, any sensations where it is touching your skin.

4. Imagine that you are directing a flow of Light from the Sun into your stone—warming it, awakening it with Light. Notice how the stone feels in your hand now that it is activated. Continue to draw more Light into the stone until you can really feel that it is enlivened. What do you notice?

5. Now bring your awareness to your heart—allow your heart also to fill with Light and Love. Send your love to the stone, letting it know that you wish to connect with it and learn what it has to teach you. Continue until you begin to feel it sending love back to you.

6. Using all your senses focus again on the stone in your hand. Has the temperature changed? Does the stone seem more magnetic or electrical? Do you have any sense of color, sound or image?

7. Once you have a fairly clear sense of how your stone is communicating its energy to you, begin to pull that energy into your body. Allow it to move into and fill your hand, like water soaking into a sponge. Then pull it into your wrist and forearm, experiencing how it feels. Then your elbow and upper arm. Then shoulder. Then into the left side of your chest. As the energy floods into your heart, allow it to fill completely, taking time to really connect with this crystal ally’s energy and noticing what sensations and feelings it is communicating to you.

8. Once your heart is fully resonating with the stone’s energy, allow it to expand into the rest of your body—your whole chest, belly, hips, legs, feet, down your other arm and hand, up into your neck and head. Allow your heart to continue to connect and resonate with the energy of the stone in your hand and also the energy of this type of stone, this mineral, in the earth. Breathe this energy into your heart and then let it flow out to fill not only your whole body but the energy field which surrounds you.

9. Now you are completely resonating with the unique vibration of this crystal ally. Notice if you find the vibration focused more in one or more areas of your body. Again using all your senses tune into how you perceive this energy—smell, taste, sound, words, color, brightness, images, memories, vibration, movement, weight, sensations, temperature.

10. Ask your crystal ally if it has a message for you and how it would like to be used.
11. Thank your ally.

12. Allow yourself to come fully present in your body, feeling the surface on which you are sitting or lying. Take a couple deep breaths and open your eyes. You may want to jot some notes right away about your experience and what your crystal ally communicated to you.

**Biography**

Nia studied under internationally acclaimed teacher Naisha Ahsian, author of *The Crystal Ally Cards: The Crystal Path of Self Knowledge* and co-author of *The Book of Stones: Who They Are and What They Teach*. Nia is a certified practitioner with many years experience in Naisha’s vibrational healing modalities—Crystal Resonance Therapy™ and Primus Activation Healing Technique™.

Nia is also certified in Breathwork/Rebirthing. She completed several years of apprenticeship in shamanic transformational practices and has traveled extensively as part of her own spiritual quest to sacred sites across the U.S. and in Peru, Mexico, Europe and Egypt.

Nia began practicing yoga and meditation in the early 1970’s. Her spiritual practices continue to be a core flame burning brightly in her heart day after day. Passing this flame, one heart at a time is something to which she has dedicated her life.

Nia, also known by her spiritual name Narayanii Ma, resides in the peaceful Ozark Mountains in southern Missouri at Hearthaven, heartquarters for Progressive Women's Spiritual Council (www.spiritualwomen.org) and a retreat center offering personal healing retreats, women's spirituality retreats and a variety of classes and workshops.

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**Want to Know a Lot More about Crystals?**

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I am sooo loving this layout at the moment! Lemurian Seed Crystals in healing spreads always bring out my creative, fun and, sometimes, silly side!

First, getting myself into a yummy heart space, I lay the Lemurians on the base of the feet, sacral chakra and heart chakra. Then I place one in each hand, intuitively feeling which way they would like to point.

At the moment crystal pyramids and skulls are wanting to jump into the lay as well. It creates a delicious ancient wisdom.

Lemurians love being activated by sound and invocation of the elements (they sooo love being taken out in nature for play days!), so I bring in the earth element by dancing around the clients body with the medicine drum, with concentrated beats over the crystals.

Next, I activate the fire element with a smudge stick, blowing the smoke into each of the crystals and any area of the body which is calling for cleansing (the soles of the feet and heart are always a great areas to focus on!)

Then, I welcome the water element with a yummy rain stick, again focusing on areas which are calling for clearing or attention.

Then, singing in the element of Wind, I use Lemurians as a microphone while vocally toning into the other crystals or other parts of the body. Crystal bowls are laid on the body and played as well.

Now you, the client and the crystals are all in a Ceremonial Sacred Space. I hold this energy in my heart as I lay my hands on the body, working from the feet to the crown. Then I sit holding their heart in a yummylicious Lemurian Heart Space.
I complete the treatment by gently removing all of the crystals and holding the base of the feet; allowing the client to feel grounded, supported and loved so deeply.... yummy!!!!

Enjoy playing with the Lemurians!

**Biography**

My journey with crystals started at a critical time in my life and evolved into a deep passion of the tools the earth offers us for healing and support.

Along with the study of Crystal Resonance Therapy™, Reiki and Massage, I immersed myself in travelling throughout the world connecting with the sacredness of the earth, the wild spirit of the land and ceremony in many different cultures.

As the journey continues my intention through Crystalicious Massages and monthly new moon circles is to facilitate womin to immerse themseves in the delicious well of ancient knowledge that resides within their hearts, the door way to our infinite potential and the divine Medicine Womin that resides within us all.

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Crystal Resonance Therapy™ is a distinct modality that is, in many respects, very different from crystal healing as it is generally taught. Over more than 25 years, Naisha has studied and applied systems of crystal healing and vibrational medicine to determine what works, what doesn’t, and what is being taught that is just plain incorrect. CRT was created from this distilled knowledge and experience, making it one of the most effective and powerful modalities available.

Crystal Resonance Therapists™ (CRTh) are highly trained through a rigorous and intensive program of self healing, clinical modalities, experiential anatomy & physiology, healing ethics, client facilitation, and vibrational techniques. The full program takes over 1.5 years of study and practice. It is completed in three separate class sections that include both online and in-person, hands-on study. The course is fully facilitated and very personal.

Check out our website for more information! www.CrystalisInstitute.com

Click here for more info!
Sharing Stones

On a small bench in front of a blue sofa is a locust bowl filled with a collection of stones. People either notice this bowl of stones or not. Touch them with oohs and ahhs or not. Our twelve year old grandson spent two weeks with us last summer. He lives in Houston Texas, we live in northern Vermont. He noticed the stones immediately and continued to select a large carnelian each time he dabbled in the bowl of stones.

I watched for days as he held different stones, arranging them as we talked about all sorts of things other than stones. Occasionally he would stop and ask the name of a stone and then on to another topic. After seven or eight days I noticed he was picking the same three stones out and handling them at least daily. He asked me if he could have the Carnelian. “Sure I said, would you like to explore the stone?” I told him about Naisha Ahsian's Lightstone Awakening CD and offered him the experience of journeying to the stone. I thought I was way out on a limb here but he broke my heart wide open with his obvious excitement at the idea. Later he described his journey to the Carnelian in detail. After that he kept the stone with him at night.

The next day HE TOOK ME through the entire house looking at, touching, and talking about every stone in our home. He was captivated by the stones. I offered him any and all he wanted. He chose the other two stones he repeatedly pulled from the bowl, Tiger Eye and Unakite Jasper. This experience was so rich because it unfolded between the boy and the stone. I was the Witness. As the Witness I received so much joy in sharing and being with another exploring the mineral kingdom..... On a small bench in front of a blue sofa is a locust bowl filled with stones.

Linda Romans RN, RM, CRTh
Greensboro, Vermont
Middle/High School Nurse
Lepidolite with Pink Tourmaline

Lepidolite with pink tourmaline is a wonderful stone to calm the mind and bring about a relaxed state. I have a big chunk that is one of my most used stones.

When I travel long distances by plane either across the U.S. or around the world I always take this stone in my carry on luggage. It has caused my bag to be pulled aside and inspected several times but it is well worth it.

I hold the stone in my lap and go into such a state of deep calmness that I am able to sleep my way into different time zones and arrive at my destination feeling refreshed and ready to go.

On the nights when my mind refuses to shut down, I place the stone on my belly and within ten minutes I am asleep. I have tried other stones for this but nothing has worked as well as the lepidolite with pink tourmaline.

Lassie Rathbone

is the co-founder of the Institute of Elemental Shamanism. She has a healing practice in Hardwick, Vermont.

Visual Healing

As a Crystal Keeper, I am blessed with many “old soul” healing stones in my care. Some, like this beautiful blue kyanite/quartz radiate soothing energy much more “delicious” than similar stones.

On a recent visit, my crystal-loving niece immediately gravitated toward this stone. She commented on how special it felt, and she enjoyed holding it for the duration of her visit.

Days later when she reported feeling out of sorts, I wished I could have sent the Kyanite/Quartz home to comfort her. Remembering that energy is not confined to time and space, I emailed her a photo of the crystal.

What delight she experienced being able to feel the energy of the crystal through the photo. I offer you the same experience with these front and back photos. Allow yourself some time to gaze on the crystal photos, asking to receive the kyanite/quartz healing energy. Crystal Blessings!

Toni Crotty MA, CAMT, CRTh

is the founder of Be Well and Wise and Playful! Creative Choices for Healthy Living. Toni is a Holistic Wellness Coach and Energy Healer practicing in the San Francisco Bay area.

www.BeWellandWise.com
Skye Stephenson

Using Crystals for Place Healing

June 2012. 6:30 am. The summer sun is tentatively peeking above the horizon as five women – me included - congregate around a picnic table in Ashuelot River Park, Keene, New Hampshire. Our goal: place a crystal mandala in our community intended to promote healing, provide protection and contribute to shifting to the emerging planetary energies of the new age.

This is a moment I have dreamed about for years. I came to crystal healing via a different route than many; my background is in international relations and my first channeled information about crystals revolved around how to better understand the “Spirits” of a place. In the intervening years, I have been part of place healing and empowering ceremonies involving crystals and rocks in Mexico, Ireland, Spain, Ecuador, and – of course – the United States. Now the time had come to bring this learning to my hometown. But how?

I sensed that the Keene crystal mandala project would be unique and carried out in a different manner than the others I had participated in, because it should reflect the character of our community. After much reflection, I realized that the first and perhaps most important step was to enlist a small group of like minded people to help me with this project. I wanted at least one dowser to help pinpoint the best locations to place the crystals. Northern New England has a very strong tradition of dowsing, a practice that seems to resonate very well in this part of the world.

As so often happens when one sets intention, in winter 2012 while attending a conference in Massachusetts I struck up a conversation with a woman over who turned out to be a near neighbor from Keene named Carol who headed the Dowsers Association. Friends had been trying to get us together for several years. When I mentioned my vision of creating a crystal mandala in Keene, she told me she had been feeling drawn to do the same thing. Deal done!

Carol and I worked together using her dowsing tools for guidance to decide who to include in the group. Eventually, after invitations were extended, the Keene Crystal Mandala Group consisted of five women.
A second dowser named Sheila joined us; her area of expertise is with water healing, which proved very useful since most of the site locations turned out to be near water of some type. Deb, a psychic medium and local television talk show hostess, brought her joyful laughter and boundless energy – as well as her small dog – to the group. And Eloise, a friend and massage therapist who uses stones and crystal elixirs in her practice, came along to, as she put it, “help set the circle and hold space.”

As important as who would place the empowered crystals in our community was where to place them. This process took time, energy, and deep meditation from both Carol and me. Separately, and in our own ways, we took the map of our community and asked spirit to guide us as to where the crystals should go. I channel information through writing, Carol through dowsing. Totally different methods, and yet to our great joy and amazement when we next met we found out that we had both envisioned almost the same geometric forms on the map – a star shape in the center of the town, with an outer perimeter that was an unusual shape – a semi-circle.

We took our first of what would be frequent shared vision as a “sign” that we were on the right track.

With the crystal mandala team members and site locations made by late spring, Carol and I then turned our attention to setting out when to carry out the placements. We wanted to choose dates when the astrological and astronomical energies would be most powerful and conducive for this project. Combining both dowsing with lunar phases, we set out a schedule that included a July date to set the central crystal followed by two subsequent dates for the inner star placements. We wanted to make sure that at each of the crystal locations our group had sufficient time and energy to carry out ritual and empower the site. And we also wanted to allow for the crystals and other objects we planned to place at the earlier mandala sites to help direct the subsequent placements.

We calculated that the outer perimeter placement would take place in early fall, and would provide a good closing date before the cold weather began. Carol and I both sensed that we may be called to expand the Keene crystal mandala in future years to other locations in our region, including some of the many mountain peaks that stand sentinel nearby us.

With who, where and when answered, we turned our attention to location and placement details as the date for our initial crystal placement drew closer. While we had a general idea of where to place the crystals, the exact location still needed to be pin pointed. So Carol and I walked with her dowsing rods in hand around the general area where we planned to place the initial crystal. And those rods clearly drew us to a particular location nearby a river way that flowed through the park. The site was set.

In the week leading up to the initial placement, I sometimes wondered if all this work was really worth it. Would it really make a difference and hopefully help our community? Was this something spirit would appreciate? Was I using my crystal knowledge in a meaningful way?

I also asked for any other information that would be useful to the group. A “spirit sign” is always appreciated. And so one morning as I walked the wooded pathway along the river that led to our intended site, a fairly large turtle appeared right in front of me and in its slow and deliberate manner traced out a silvery pathway towards the water. I nestled close to it, placing my knees in the sodden earth and peered deep into its eyes. And we connected for just the most infinite of moments. We were one.
I just knew that this turtle was a spirit signal and that turtle would be one of our guides in the crystal placement. (Only later was I to learn that many Native Americans call North America ‘Turtle Island’ because their ancestral stories tell of how our continent was created on the back of a turtle after the great flood)

On the day we placed the central crystal, we decided to a turtle shell fragment contributed by one of the Keene Crystal mandala group members. The sun filled the sky as our small community woke to a new day of life. The five of us held hands and prayed, deep and long. Deb’s dog barked. I read a channeled prayer for our community (if you would like to see this prayer, check out my blog noted below). Sheila did a water blessing in her canoe.

A teen-aged boy and girl emerged as our ceremony was finishing. The young woman was beautiful, with long streaming black hair. She may have been Native American. When we told them that we wanted to place some flowers in the water, she eagerly jumped in and began swimming with the flowers, spreading the white petals in the flowing stream so they would float downriver.

One week later, the clay statues in the photo below had mysteriously appeared nearby our ceremonial site. Several people stopped to look at the heads, but none of us knew who had made them or placed them there. I like to think it was a sign that the crystal mandala was beginning to do its transformational work.

**Biography**

Skye Stephenson’s unique type of crystal and stone healing – LECORA - combines elements of Crystal Resonance Therapy™ (CRT) with indigenous shamanism and direct channeled information. Her areas of focus include place-based healing, the use of crystals to enhance creativity, as well as working with individual clients. Skye also enjoys organizing and participating in sacred journeys (www.jadejourneys.org) and writing; she is the author of The Spirits of Jade (Carnelian Press, 2011), two poetry books as well as several academic books and articles. Skye lives in southern New Hampshire, USA and can be contacted at skye@jadejourneys.org.

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After several years of teaching and offering Reiki sessions to students and fellow Reiki practitioners, I set out to discover how to enhance the therapeutic process by combining the healing properties of crystals and Reiki.

The journey of discovery started slowly when a fellow Reiki practitioner and I made a commitment to exchange Reiki sessions twice a week. We slowly introduced crystals into the sessions by trusting our intuition and allowing ourselves to be guided about which crystals to use and where to place the crystals. Although our initial experiences were rudimentary and tentative, we quickly agreed that the Reiki energy and crystals complimented each other.

After being guided to study with Naisha Ahsian my knowledge and comfort level utilizing crystal energies in a therapeutic setting grew exponentially. I discovered that it was possible to enhance my intuitive perceptions with a rational and scientific understanding to support the decisions I was making when I added crystals to the Reiki sessions.

As my confidence grew, I learned that crystals can be introduced into Reiki sessions in several ways. Crystals can be placed on the recipient's body on specific chakras or between chakras. The crystals can also be placed in the recipient's hand or at their feet to enhance their experiences. Moreover, crystals may be placed under or around the massage table in the form of crystalline grids to supplement the Reiki session.

With specific intentions in mind, the crystalline grids can be constructed utilizing the crystalline structures (e.g. hexagonal, tetragonal, orthorhombic, etc.), while focusing on the energetic properties of the stone (e.g. increase abundance, grounding or expanded awareness).

Most significantly, a crystalline grid can be constructed for the healing room. The grid can be used to provide a protective element to the treatment session and/or Reiki attunement, and it also enhances the use of any single crystal or crystalline grid used in the treatment.
The energetic properties of crystals and crystalline grids can also be utilized during reiki classes and attunements. Within the attunement room, crystalline grids can be constructed to support the work done during the attunement and to hold the energy throughout the class.

During the Reiki class, Reiki students can select a crystal they resonate with and place the crystal on the altar during the attunement. Placement on the attunement altar allows the crystal to absorb the energy of the attunement ceremony. The crystal can be utilized to support the students’ learning and growth after the class.

**Biography**

Tevia has worked as a helping professional for over 25 years. He earned his degree as a Master of Social Work and Licensed Clinical Psychologist in the state of Florida. He is also a Certified Hypnotherapist (National Guild of Hypnosis) and works in private practice and as a consultant in Florida.

Tevia is an Usui Reiki Master and certified Reiki Master Teacher. He developed an interest in working with crystals as a way of complimenting his Reiki. After experimenting on his own and developing his intuition and affinity towards crystals, he studied with Naisha Ahsian and began his personal journey of transformation into Becoming the Human Crystal. In addition to learning about the abilities of crystals to assist us in our mental and emotional transformation, Tevia utilized the healing and regenerative properties of crystals to help himself fully recover from successful cancer surgery.

**Show us your healing room!**

In Issue 2 we’ll feature a section on healing rooms. How do you organize and keep your stones? Tell us about your healing space and send us a photo! Email to editor@crystalresonancemagazine.com.
In any vibrational healing modality it is important to address the whole being in order to ensure that deep patterns are resolved. This is especially true in crystal healing. Too often crystals are used only for their color and what is often referred to as their “Earth energy”. The formula of putting a red stone on the first chakra, or a yellow stone on the solar plexus does have some effects, but there are much deeper and more effective approaches to working with crystals and stones. In over fifteen year of professional practice and instruction, I have become aware of a holistic model that greatly facilitates and deepens the healing power of crystals and stones. By being aware of this model, you can more effectively choose the stones and crystals necessary to address the deeper patterns of energetic imbalance you are wishing to heal. This powerful model is based upon the fundamental elemental forces of nature—Earth, Fire, Water, Wind and Storm. In this article we will review the energies and properties of each elemental force, as well as their manifestations within the mineral kingdom.

Healing is a process of attaining a state of dynamic balance within the body, mind and spirit. This state of dynamic balance allows us to respond appropriately to experiences and stimuli that we encounter on a daily basis. When we are not able to dynamically respond to these changing energies, we become out of balance with nature, which can manifest in a host of symptoms including physical, psychological, emotional and energetic disease. In order to attain this state of dynamic balance, we must be brought back into resonance with the full range of healing frequencies that are available to us as human organisms living within the total organism that is the Great Earth Mother, Gaia.

Like our own bodies, Gaia has many different systems that allow her to move into balance through dynamic response to stimuli. This dynamic balance is, to a great extent, achieved through the movement and balance of the natural elemental forces that are part of the Great Earth Mother’s organism. Continental plates constantly shift and drift to balance the Gaia’s body (Earth). Her fiery core continually recycles Earth by melting down stone, releasing her energy through volcanoes and geothermal activity (Fire). Her circulatory system shifts and moves through the tides of the oceans and the flowing of rivers, streams, springs, lakes and ponds (Water). And, her breath circulates around and through her body in the form of the Winds, air and other gasses released from her body (Wind). When intense cleansing or change is needed to balance an area, all four of these elemental forces come into power at once, creating the event of Storm. All of these elemental forces together create and balance the energy of the planet and the total organism of Gaia through her electromagnetic field, or aura.
Our bodies are mirrors of the Great Earth Mother. The Earth element is reflected in our most dense aspects, those of our bones and tissues. Our energetic systems and endocrine system balance the flow of energy and hormones throughout our body. Our circulatory system carries the water of life to every cell in our being; and our respiratory system carries life giving oxygen and other gases in and out of our body. In order for us to be in a state of health, all of these systems must function as a whole, constantly shifting and responding dynamically to the stimuli and experiences we encounter.

Crystals and stones can be especially helpful in balancing these elemental forces within the body. Yes, all crystals and stones come from the Earth, but that does not mean that all crystals and stones carry only the energy of the Earth element. The Earth planet is made up of stone and rock, yet all of these dynamic elements are present in her total being. Within her body, different crystals and stones act as resonant cells that carry the different frequencies of the elemental forces. Some stones resonate more strongly with the magnetic energy spectrum, while others resonate more strongly with the broad range of frequency present within her being. The different frequencies and elemental associations of these stones have varying effects on the human organism, or as I prefer to call it, the Human Crystal.

"The different frequencies and elemental associations of these stones have varying effects on the human organism, or as I prefer to call it, the Human Crystal."

Stones that are related to the Earth element tend to be more resonant with strong magnetic energies. They are what we would consider to be “grounding” stones, and can be helpful in working on the most dense aspects of the physical body—the bones and tissues. These stones also relate to balancing the energetic systems that are related to our most dense aspects—survival, connection to the physical body, general vitality and strength and the ability to still the mind and be present in the moment. They are calming to our energy field and tend to regulate our overall energetic frequency. Some Earth element stones you can begin to work with are: Lodestone, Pyrite, Hematite, Cuprite, Dolomite, Diopside, Petrified Wood, Obsidians (Earth/Fire), Ruby, and Black Tourmaline.

Fire element stones help to fortify and balance the energy systems (meridians) and the endocrine system. They govern such aspects of the body as metabolism, hormonal balance, glandular issues, sexual function and desire, fertility and self-direction. On an emotional level these stones deal with our will, the ability to take action, procrastination, anger and fear issues. These stones tend to resonate with the frequency end of the electro-magnetic spectrum and will stimulate the frequencies in the body. Some good Fire element stones are: Zincite (especially helpful with fertility & sexual function), Citrine, Rhodochrosite, Rhodonite, golden & yellow Calcites, golden Topaz, and Fire agate.

Water element stones assist in emotional expression and facilitate communication. They govern the circulatory system and the ability of the body to deal with fluids. They assist in maintaining healthy emotional balance and are often used to balance depression, excessive fear, sleep dysfunction and hyperactivity. Excellent Water element stones are: Lepidolite, Green, pink or red Tourmalines, Gel Lithium Silica, Rose Quartz, Aquamarine, Larimar, Diopside, Emerald, Chrysocolla, Chrysoprase and Gem Silica.
Wind element stones stimulate the respiratory system and enhance brain function and mental abilities. These stones are excellent for using in breath work, to heal from tobacco use, and for general respiratory difficulties. The also tend to sharpen the mind, enhance mental focus and cognitive ability, and to assist in opening the psychic and intuitive abilities. Some Wind element stones for you to work with are: Amethyst, Lapis Lazuli, Aragonite, Selenite, Moonstone, Fluorite, Sapphire and Labradorite.

Storm element stones are used when massive transformation, cleansing, and radical dynamic balancing are called for. These stones often work on many different levels, affecting all of the body’s systems and elemental energies. These stones are generally only used for short periods of time and in circumstances when one is ready for tremendous change. They often bring up the deep lying patterns so that they can be understood and cleared. Some powerful Storm element stones are: Moldavite, Danburite, Clear Quartz, Fulgurite, Barite, Magnesite and Phenacite. Many Storm element stones tend to be rare and difficult to find, but they are definitely worth adding to your repertoire, as they are strong activators of all elemental systems.

Of course, within these elemental groupings of stones there are a variety of specific frequencies. Some Water element stones, for instance, are better at enhancing communication (Aquamarine & Chrysocolla), while other Water element stones are better for calming the emotional body and assisting with nervous disorders (lithium bearing stones such as Lepidolite and pink to red Tourmalines). Once you have identified the general elemental force that needs balancing, it is best to use your intuition to choose the exact stone or stone combination that will address your specific needs.

Some stones carry more than one elemental frequency. Larimar, for instance, is a strong Water element stone, but it also works to balance excessive fiery energies such as anger. Rhodochrosite is another stone that helps to balance Water & Fire elements through healing emotional patterns (Water) from past abuse & trauma (Fire). Labradorite is predominantly a Wind element stone, but can also be used to ground excessive “airiness” (Wind/Earth polarity). Lapis Lazuli can also have a Wind/Earth balancing effect—especially Afghan lapis which contains a high amount of Pyrite. As you expand your ability to connect with the elemental forces you will become more adept at determining the elemental energies that are called for in particular circumstances, and the elemental energies carried by your crystals and stones!

I encourage you to play with this model of dynamic balance through the elemental forces of Gaia, and to begin to see some of the deeper possibilities in working with your crystals and stones! For additional information on Crystal Resonance Therapy™ Certification Training and on working with crystals, please visit our website at http://www.crystalisinstitute.com.

**Biography**

Naisha Ahsian is author of *The Crystal Ally Cards: The Crystal Path to Self Knoweldge; The Little Book of Infinite Abundance*; and the upcoming *Stone Cycles*. She is co-author of the award winning gemstone encyclopedia *The Book of Stones: Who They Are and What They Teach*. Naisha is trained in various bodywork modalities and is the creator of the Crystal Resonance Therapy™ and Primus Activation Healing Technique™ modalities of vibrational healing. She is director of Crystalis Institute in Vermont, offering training to light workers and vibrational healers worldwide.
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Contact: Kaathryn Tempest

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Online & U.S.

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Contact: Naisha Ahsian

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I became interested in crystals in the mid 1980's when I held one and it made my hand buzz. I read about and collected them and finally had a chance to practice working with them when I did Crystal Vibrational Therapy with Susie Nelson-Smith in 2006. Susie studied with Katrina Raphael, and her course went for 21 days spread out over a year. This included 18 case studies working from beginner level to advanced. Since then I have really enjoyed working with clients when the opportunity has arisen. I also have 2 children (9 & 12) and a part time job in disability support. CVT is rewarding in that I feel I gain as much as the client does, I always feel refreshed and peaceful afterwards. I incorporate many of my own ideas into my practice and I have just started to work with Crystal Skulls.

Certification: Crystal Vibrational Therapy

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New South Wales

Jennifer Allan
Cocoon Therapies
Bondi, Sydney
Phone : 04 0700 8736

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Stephanie Lister
Crystalicious Massage
Maleny
Phone: 0447 196 984
My journey with crystals started at a critical time in my life and evolved into a deep passion of the tools the earth offers us for healing and support. Along with the study of Crystal Resonance Therapy™, Reiki and Massage, I immersed myself in travelling throughout the world connecting with the sacredness of the earth, the wild spirit of the land and ceremony in many different cultures. As the journey continues, my intention through Crystalicious Massages and monthly new moon circles is to facilitate women to immerse themselves in the delicious well of ancient knowledge that resides within their hearts, the door way to our infinite potential and the divine Medicine Woman that resides within us all.

Certification: CRTh, Reiki, Massage

Peta Anderson
Soul Choice
Imbil
Phone: 07 5488 6714
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Certification: CRTh, PAHT Practitioner, Reiki Master/Teacher

Sandie McArdle
Ottawa
Phone: 613-617-5588
My aim is to help people become more conscious. What does that mean, you might ask? So often in this lifetime we have chosen to be blind to things we have created that are now in the way of our becoming the person we are meant to be. I help to uncover these bits and to help the client understand them, love them and where appropriate to let them go or change them into something that does work. My desire is to help people learn to live a life which is grounded, neutral and heart-centred.

Certification: Reiki Master, CRTh, Psychdramatic Bodywork, Counsellor, Angel Therapy, BARS Facilitator, energy facilitator

See article on page 11
Patty Scrivens  
TAO Crystals & Healing Centre  
Ottawa  
Phone : 613-288-2274  
As well as offering the above services, I also offer a full range of workshops at the centre and other energy medicine modalities through other certified practitioners. Long distance healing is also available. We look forward to serving you. Check us out at www.taocrystals.ca or www.facebook.com/taocrystals.

Certification: CRTh; Primus, Crystal Ally Card Reader, Crystal Healer, Algonquin Medicine Ceremonies, Order of Melchezidek

United States

Arizona

Linda Herzog  
Tucson  
Phone : (520) 907-4889  
Crystal Resonance Therapy TM is based upon aspects of both quantum physics and Newtonian physics, utilizing basic laws of energy movement and electromagnetism to effectively shift energetic blocks and patterns within the physical body and energetic field. During a session the client experiences warmth, well-being and a release from limiting patterns and blockages. Clients often report a sense of heightened connection to their spiritual guides and a sense of expanded consciousness. Sessions include an intake, full energy system assessment and balancing, appropriate crystal or stone placement and guided meditation. Crystal Resonance Therapy™ was created and taught personally to me by Naisha Ahsian, an Internationally known crystal expert, Director of the Crystalis Institute for Personal and Planetary Transformation and the co-author of the Book of Stones. If you are in the Tucson area and are interested in experiencing a Crystal Resonance Therapy Session please contact me!

Certification: Certified Crystal Resonance Therapist™

California

Toni Crotty, CRTh, PAHT Pract., CAMT  
Be Well and Wise and Playful!  
Oakland  
Phone : 510-339-7276  
Toni shepherds clients on the path to wellness, wisdom, personal growth, healing, and self-discovery, with compassion, humor, healing hands, and a healing heart.

Fully clothed clients, relaxing or sleeping comfortably on a massage table, receive harmonizing Crystal Resonance Therapy™ (or Jin Shin Jyutsu.) sessions.

Trained and gifted with the ability to hear the body’s wisdom and crystal guidance, Toni assesses and balances energy, placing crystals appropriately while ushering clients into the Primus state, the most
healing energetic state.
Afterwards, Toni suggests crystals, elixirs, and self-care for maintaining the feelings of balance and vitality.
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Colorado

Sandra Marie
Alasandra Healing Center
Centennial
Phone: 303-520-4552
As an energy therapist, I identify energy imbalances and use appropriate techniques to help bring your energy systems into greater balance and harmony.
Certification: Crystal Resonance Therapist (CRTh)

Florida

Tevia Chiert
Ft. Lauderdale
Phone: 954-777-6946
Certification: Crystal Resonance Therapist (CRTh), Reiki Master Teacher, Primus Activation Healing Technique Practitioner (PAHT Pract.)

Fran Oppenheimer RN, LMT, CPEH, CRTh
Holistic Healing Hands
Gainesville
Phone: 352-275-1848
Fran Oppenheimer RN, LMT, CPEH, CRTh has been a practitioner of the healing arts for over 20 years. In addition to being a Registered Nurse specializing in the care of critically ill children, and a licensed massage therapist, Fran has trained in Homeopathy, and is a nationally certified practitioner of Esoteric Healing(CPEH). Fran has also completed a 2 year intensive training with Naisha Ahsian, co-author of The Book of Stones, and is certified in Crystal Resonance Therapy™ (CRTh). Fran delights in bringing the energetic into the physical and combining her skills in various modalities to assist clients in finding balance and ease in an effective and helpful way. Fran has an active practice in Gainesville, FL.
Certification: RN, LMT, CPEH, CRTh
Georgia

Carol Hendrickson
Savannah
Phone: 912-247-4555

Sessions generally include aspects of Crystal Resonance Therapy™, Psych-K. and a bit of Reiki, depending on the needs of the client. All sessions are held in strictest confidence. Distance healing sessions are available on request. Sessions involving only Crystal Resonance Therapy™, Reiki or Psych-K. are available as well, if desired by the client. Intuitive readings using The Crystal Ally Cards are available and can be conducted via Skype for those outside of the local Savannah area.

Certification: CRTh, Crystalis Institute Instructor for Becoming the Human Crystal class Usui & Tibetan Reiki Master, Psych-K Practitioner

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Indiana

Maria Celeste
The Center For Creative Healing / Gems by Celestial Dancer
Indianapolis
Phone: 317.690.1335

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Certification: An Ordained Minister in the Church of Melchizedek; A Third Order Dominican; Clairvoyant, Audient, Sentiet Medium/Channeler/Advisor; A Fourth Degree Reiki Master-Teacher/Practitioner; Certified under Melody as Master of Crystalogy Level I & Level II...Laying on of Hands, Laying on of Stones; Certification in Crystal Resonance Therapy™ from the Crystalis Institute under the direction of Naisha Ahsian. An ERT and Kinesiology Practitioner; A Certified Teacher-Coach of Success: Full Living; a contemporary approach to spiritual responsibility. Trained and Coached by Father Justin in the Silva Method, a method designed to elevate the creative powers of your mind by the use of visualization and imagination, positive thinking and meditation.

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www.Center4CreativeHealing.com

Maine

Sheila Cook
Rooted Resonance
Portland
Phone: 207-749-3832

Certifications: CRTh, PAHT practitioner

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Missouri

Anahata Roach
Anahata Crystal Therapy
St. Louis
Phone: 314-616-5416
Crystal Resonance Therapy™ sessions are offered as well as Crystal Ally Card readings. For more information on Anahata and her practice, visit her website at www.anahatacrystaltherapy.com.
Certifications: CRTh, Usui Reiki Master, Sekhm-Seichim-Reiki Master Teacher, IET
Click to Email
www.AnahataCrystalTherapy.com

Nia Kallhof
Crystals of Light Address
Willow Springs
Phone: 417-252-4538
Nia is available to do Crystal Resonance Therapy™, Crystal Workshops, Meditation Instruction at Hearthaven in Missouri or at your location. CRT is gentle and non-invasive, including "laying on" crystals and meditative techniques. Nia, a certified CRT practitioner will use interview and energetic assessment to determine which crystals and stones to place on your body and in what arrangement. As the stones are positioned, she will energetically activate each one. Your physical body and energy field will be brought into resonance with the crystals for maximum effect. You will receive guidance to balance your energy centers and allow a free flow of energy. When all the stones have been placed, you will be brought into resonance with the full spectrum of Light energy, a relaxed pleasurable state, allowing for optimal physical and emotional healing, as well as spiritual expansion. You may also be guided in a meditation to find and clear "stuck" energy patterns. Nia will consult with you about which stones were used and how this relates to your physical and emotional health and spiritual growth.
Certification: Primus Practitioner, CRTh (crystal healer), Breathwork Rebirthing Practitioner, Divine Mother Meditation/yoga instructor
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New Hampshire

Carolyn Trott
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Newton
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Skye Stephenson  
Jade Journeys  
Keene  
Phone: 603-762-1259

Dr. Skye Stephenson offers crystal healing sessions that help facilitate balance and grounding. A trained CRT crystal healer, she has developed a unique type of crystal healing that draws upon various shamanic traditions as well as her own channeled information.

Dr. Stephenson is involved in both individual practice, as well as place healing (ie. setting up crystal grids, etc) and group crystal sessions to help promote collective transformation. She lives in Southern New Hampshire, and is very open to barter and/or exchanging of services.

Certification: Crystal Resonance Therapist (CRTh) Crystal Healer

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Tennessee

Rev. Dr. Nancy Pedersen  
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Memphis  
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