

Karen Frazier

# Crystals FOR Beginners

The Guide to Get Started  
with the Healing Power  
of Crystals



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The Guide to Get Started with  
the Healing Power of Crystals

Karen Frazier



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ISBN: Print 978-1-62315-991-7 | eBook 978-1-62315-992-4

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## INTRODUCTION

We live in a modern world that places tremendous stress on the body, mind, and spirit. Virtually everything we do in our daily lives—from the foods we eat to our politics, work life, and activities—can pull our lives out of balance. Yet to be our optimal selves, we need balance.

Several years ago, I worked a stressful job for a company that didn't seem to care about its employees. My commute took hours. I had an active son and a husband with an even busier career than mine. With the hectic busyness of our lives, I sacrificed things I knew I “should” be doing: eating a nutritious diet, engaging in regular exercise, and enjoying activities that allowed me to slow down and seek balance.

Because I was constantly stressed and busy, everything in my life suffered. My health was poor. I was in chronic pain. My relationship with my husband lacked the emotional intimacy we had once shared. I was unhappy. I felt professionally and personally stuck in a hyperactive and joyless existence.

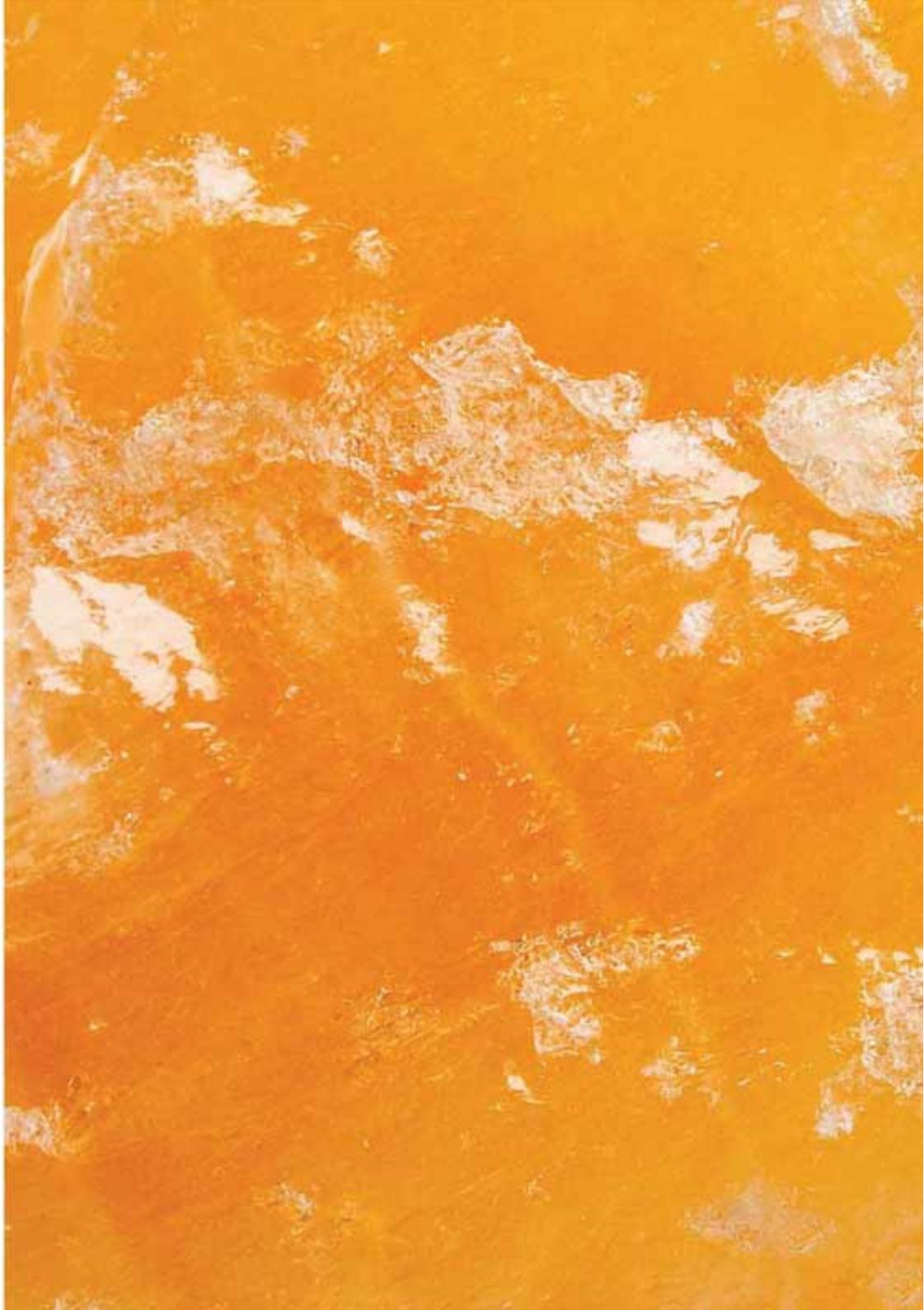
One Saturday, I had some rare free time and absolutely no obligations. I decided to go for a drive and wound up at a huge crystals and bead shop about 30 minutes north of my home. I was drawn to the semiprecious gemstone section, where I bought several varieties of gemstone beads and findings to make jewelry, something I'd never tried before.

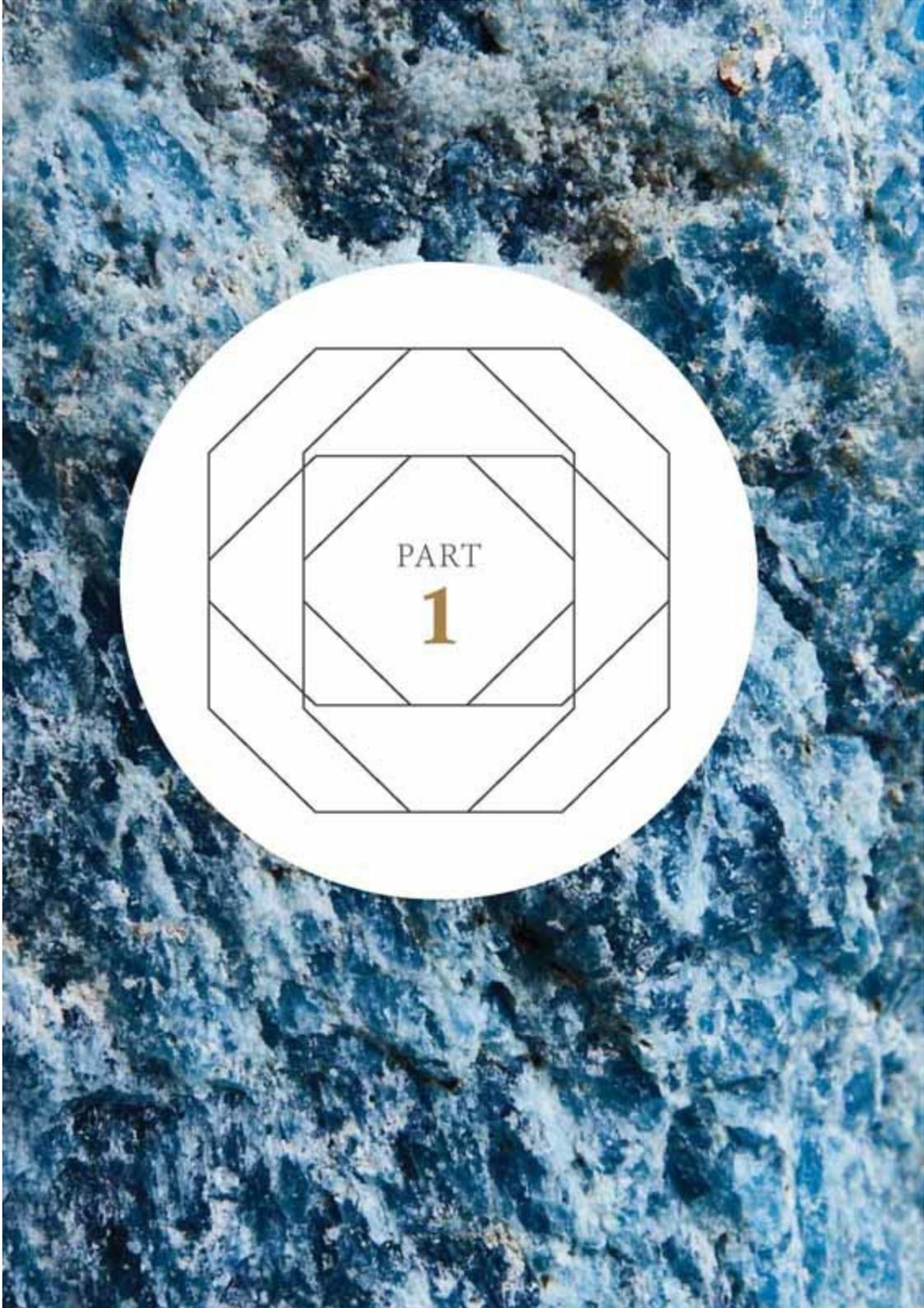
Later that day, as I sat at my desk stringing crystal beads onto wire, a deep calm descended. My mind, normally foggy and active, felt intent and focused. I connected to parts of myself I'd almost forgotten existed. I noticed the stirrings of joy. Working with the gemstone beads created a meditative and blissful state I hadn't experienced in a long time, and I was intrigued.

While I'd always had an interest in crystals—and a profound healing experience in my thirties—they had fallen into the background of my life. I hadn't used them for years. Working with the gemstone beads on that Saturday reminded me of previous positive experiences I'd had with crystals and set me on a new path.

Since then, I've been collecting and working with crystals. I have them all over my house and use them in my own personal healing practices and

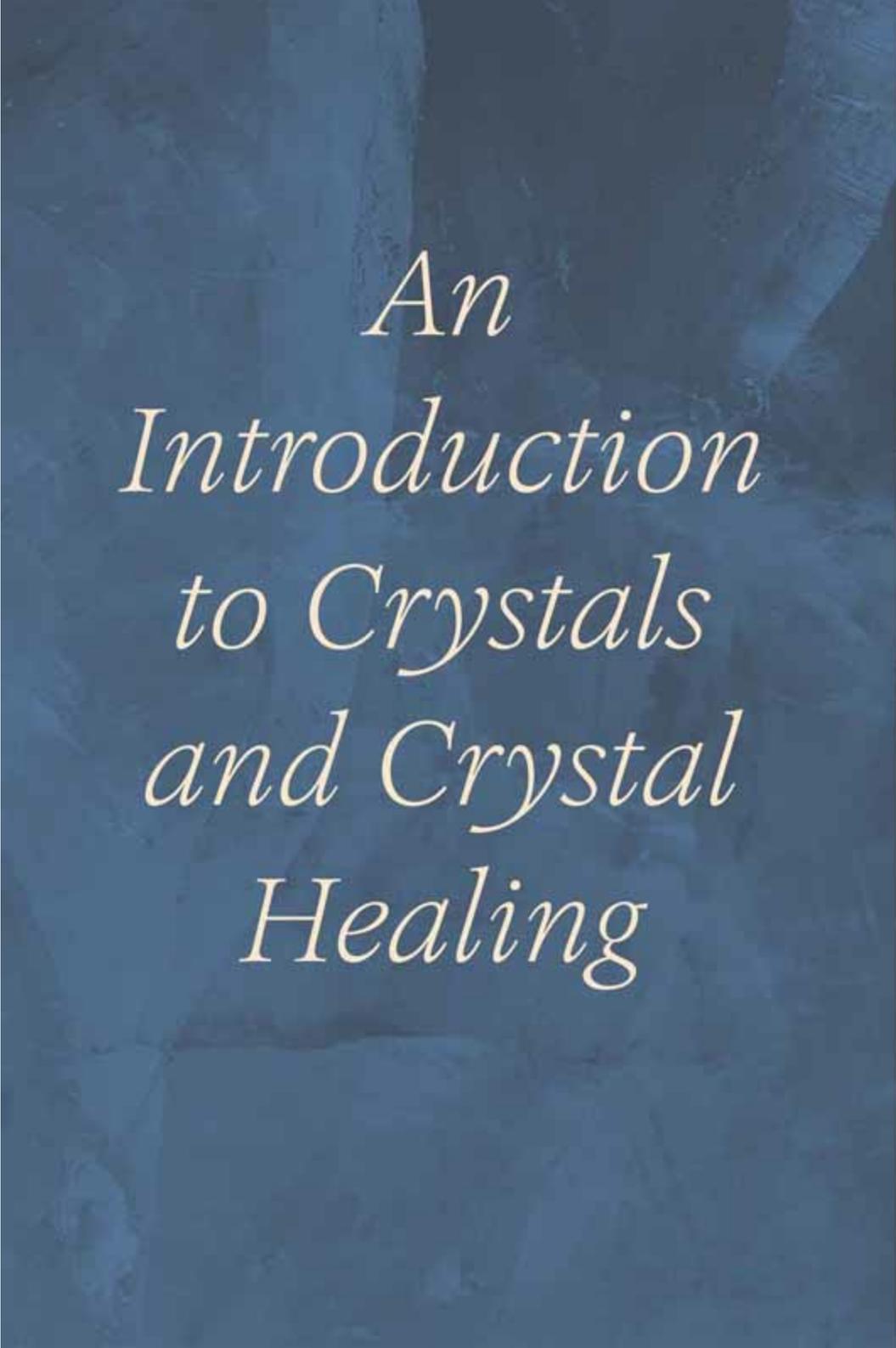
with people who come to me for energy healing. They are such an important part of my life that I share my understandings about them in my book *Crystals for Healing*. While that book is a comprehensive guide to crystals, in the past few years I've come to realize that people who are just starting to work with crystals need a practical introductory guide. That's why I've written this book. It's designed to provide you with basic information and practical applications so you can experience the powerful shifts these beautiful Earth elements can provide.



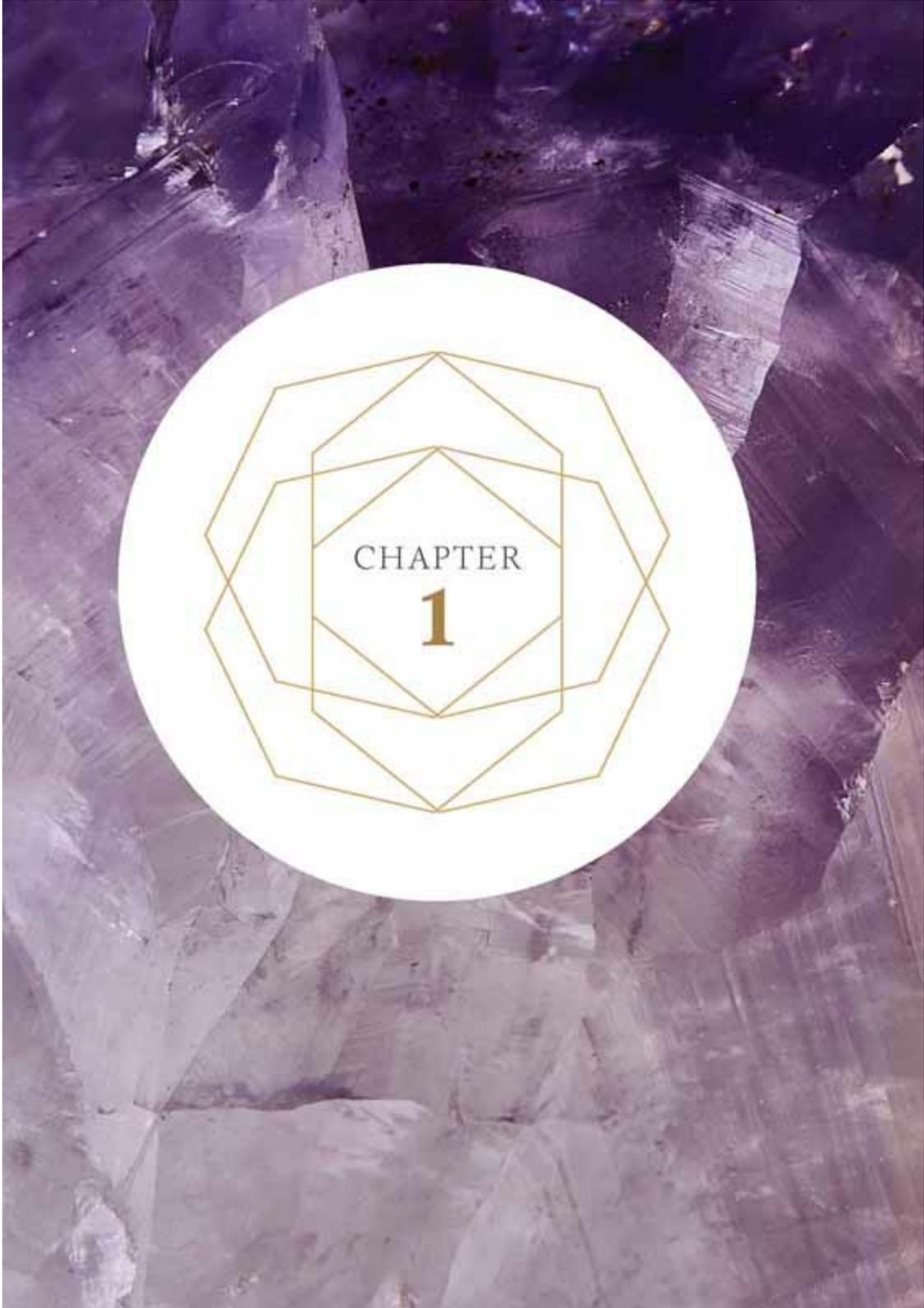


PART

**1**



*An  
Introduction  
to Crystals  
and Crystal  
Healing*



CHAPTER

**1**

## THE POWER *of* CRYSTALS

*For centuries, civilizations have valued crystals for their beauty as precious and semiprecious gemstones as well as for the unique vibrational energies within each crystal that can help facilitate healing for the body, mind, and spirit. Societies throughout history, including ancient Mesopotamia, Egypt, China, and Greece, used crystals for their healing properties. This practice continued through the ages, although it lessened during the Renaissance, when people believed the healing properties of crystals came from either good angels or bad angels.*

*The use of crystals for healing reemerged about 40 years ago and continues to gain popularity as an energetic healing modality. In a modern age of science, however, it may be difficult to understand how a rock can bring about any type of healing. The answer lies in the vibrational energies found within crystals and how they affect the energy fields all around them, including the human energy field.*