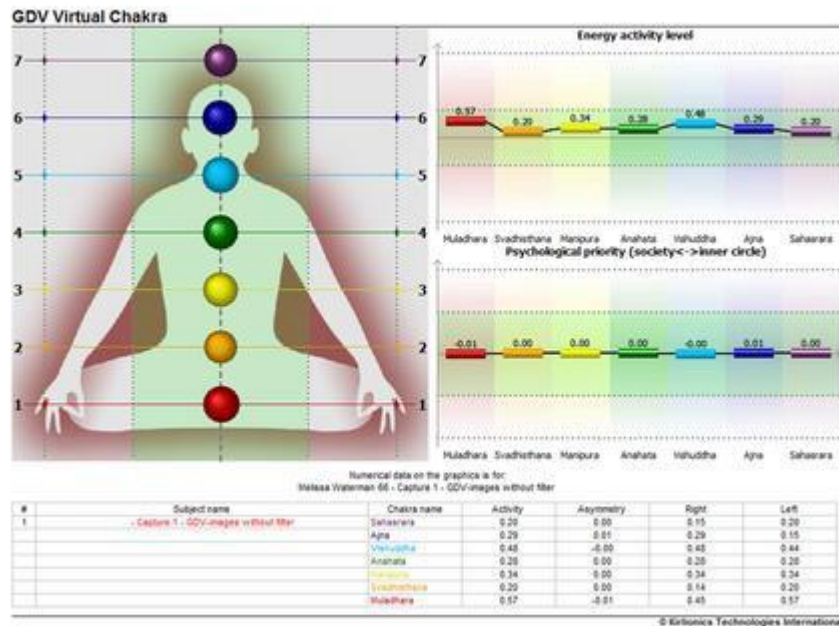


CRYSTAL BED THERAPY



What Is A Crystal Bed?

Our Crystal Bed has 7 clear and highly polished Vogel cut quartz crystals suspended approximately 12 inches above the client lying on a massage table. Each of the quartz crystals have been cut to a specific frequency. Each crystal is aligned above one of the seven human energy centers or chakras. It will cleanse, balance, and align your energies. The individual receiving the session rests face up with eyes closed whilst bathing in the energy.

How Does The Crystal Bed Work?

The Crystal Bed combines the power of Colour Therapy and Crystal Healing Therapy. This energy stream produces beneficial stimulation on many physical and energetic levels of being. As the colour is transmitted through the crystal onto the corresponding chakra, the chakra is cleansed, energized, and brought into balance with all of the other chakras. This allows the other aspects of ourselves, whether it be mental, emotional or physical, to be brought into balance. For when the chakras are out of balance, all the other aspects of ourselves will also be out of balance. Then, as these subtle energies are brought into balance, the body's own natural healing mechanisms are able to function as they were designed to do. The "Crystal Bed Healing" cleanses, balances and recharges the body's energy and creates a deep relaxation. It is also a great preventative modality.

What is a Chakra?

What are Literally translates as 'wheel'. This is a central point of energy (think of them like 'whirlpools').

The seven energy centers are:

Root chakra – located at the base of spine. Associated with survival issues such as financial independence, money and food.

Sacral chakra – located at your lower abdomen, about two inches below the navel and two inches in. Associated with a sense of abundance, well-being, pleasure and sexuality.

Solar plexus chakra — located at your upper abdomen in the stomach area. Associations are self-worth, self-confidence and self-esteem.

Heart chakra — located at the center of your chest just above the heart. Associated with love, joy and inner peace.

Throat chakra — located (surprisingly) at your throat. Affects communication, self-expression of feelings and the truth.

Third eye chakra — located at the forehead between the eyes (also called the brow chakra). Associated with intuition, imagination, wisdom and the ability to think and make decisions.

Crown chakra —located at the very top of the head. Affects inner and outer beauty, our connection to spirituality and pure bliss.

What are the Benefits?

Many people who have had "Crystal Bed Healing" sessions have reported some of the following:

An increase of definitions in the senses (taste-food, sight-colours, touch-awareness)

Feeling more energized- clear thoughts- ability to focus

Feeling of deep relaxation- a connection to the earth and/or universe

Feeling more at peace within themselves- a balance of the chakras

Feeling less stressed and an increased sense of overall well-being- increase in health

A deeper spiritual understanding of themselves, and their life situations

Gaining insights into their future life path and the evolution of Mother Earth

Gaining insights of the cause of disease states- looking inward into personal health

Receiving guidance as to how to best deal with their disease or problems

Who Should Receive A Crystal Bed Healing Session?

Our Crystal Bed Healing sessions are open to everyone. Whether you are looking for balance and peace, a sense of overall health and well-being or if you are looking to try something new a Crystal Bed Healing session may be a perfect modality for you to cleanse and rejuvenate. Some people do Crystal Bed Healing sessions to relieve themselves of anxieties, to balance and center their chakras or to cure a physical ailment. No matter the reason people of all ages and levels of health are invited to try a Crystal Bed Healing session.

How Often Should I Do A Crystal Bed Healing Session?

The number of sessions someone has depends on the individual's level of health and their reason for doing a "Crystal Bed Healing" session. If someone is very ill, then sessions can be as many as two to three per week until their level of health increases, then reducing the frequency to weekly and then to monthly. If an individual is having a Crystal Bed Healing session for a spiritual reason, then one or two sessions weekly is adequate. Still others prefer to come when they feel the need, and others come once a month as preventive or to help them stay "tuned up."

How Long Is The Session?

Sessions normally range anywhere from 20-45 minutes long. Sessions can be had every day if needed; however, no more than one hour of treatment is recommended in one day. Initially, sessions are 45 minutes for someone in average health and a less intense time of 20-40 minutes for those who are ill or weak. Once comfortable with the sessions, the sessions can be extended. This allows the individual to become accustomed to the effects of the "Crystal Bed Healing."

More information

Should you wish to have sessions then please contact me: amchelene@gmail.com

Or alternatively should you wish to buy a crystal bed for your own use then please contact:

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