



The  
*Healing*  
Frequency

**TUNE IN TO YOUR  
WAVELENGTH OF RESTORATION**

**BENNETT KING**

# *Disclaimer*

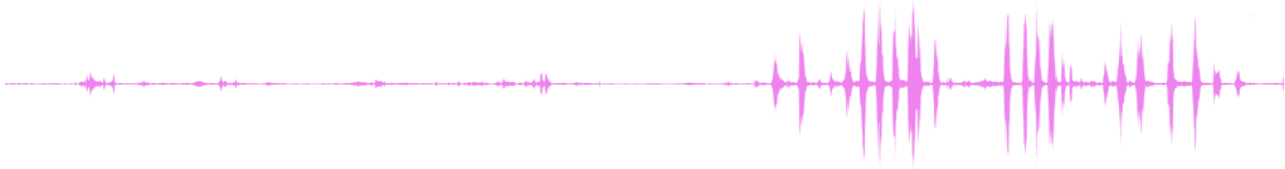
---



This e-book has been written for information purposes only. Every effort has been made to make this eBook as complete and accurate as possible. However, there may be mistakes in typography or content. Also, this e-book provides information only up to the publishing date. Therefore, this eBook should be used as a guide - not as the ultimate source.

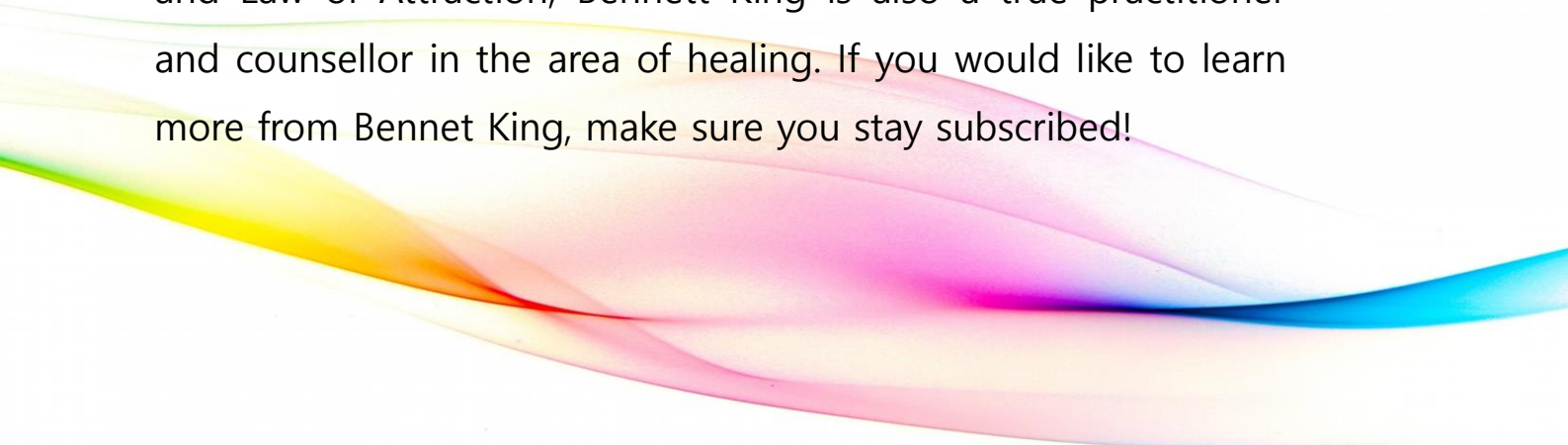
The purpose of this eBook is to educate. The author and the publisher do not warrant that the information contained in this e-book is fully complete and shall not be responsible for any errors or omissions. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this eBook.

# About The Author



***“Don’t be one of those who spent their whole life chasing after wealth and end up using all their wealth to buy back their health. Always remember: Health is the wealth of wealth.”***

Residing in Dallas, TX, **Bennett King** believes and cares for the complete wholeness of every individual he cross-path with. Apart from being an expert and mentor in the area of personal development, especially on the topic of wealth, success mindset and Law of Attraction, Bennett King is also a true practitioner and counsellor in the area of healing. If you would like to learn more from Bennet King, make sure you stay subscribed!



# Table of Contents



<b>FOREWORD</b> .....	<b>5</b>
<b>CHAPTER 1: WHAT IS SPIRITUAL HEALING?</b> .....	<b>6</b>
WHAT'S BEHIND IT?.....	7
<b>CHAPTER 2: YOU MUST BE DISCIPLINED</b> .....	<b>8</b>
BE DEDICATED .....	9
<b>CHAPTER 3: LEARN HOW TO FORGIVE</b> .....	<b>10</b>
GET OVER IT .....	11
FORGIVING.....	12
BENEFITS OF FORGIVING OTHERS AND YOURSELF.....	13
<b>CHAPTER 4: LEARN HOW TO LIVE IN A STATE OF LOVE</b> .....	<b>14</b>
KINDER.....	15
<b>CHAPTER 5: HOW TO HEIGHTEN YOUR SPIRITUAL CONNECTION</b> .....	<b>16</b>
CONNECTING.....	17
<b>CHAPTER 6: AROMATHERAPY</b> .....	<b>18</b>
WHAT IS IT?.....	19
SCENT .....	20
PHYSICAL BENEFITS .....	21
EXAMPLES OF CONDITIONS TREATED .....	23
MISUSING AROMATHERAPY.....	26
ACQUIRING AROMATHERAPY PRODUCTS .....	29

# Table of Contents



<b>CHAPTER 7: CRYSTALS</b> .....	<b>30</b>
WHAT IS CRYSTAL HEALING?.....	31
HOW TO EFFECTIVELY USE CRYSTALS? .....	32
CRYSTALS AND ITS BENEFICIAL PROPERTIES.....	34
<b>CHAPTER 8: EMOTIONAL HEALING WITH REFLEXOLOGY</b> .....	<b>36</b>
MESSAGE.....	37
<b>CHAPTER 9: YOU DESERVE HEALING</b> .....	<b>38</b>
YOU MERIT THIS.....	39
<b>CHAPTER 10: KEEP YOURSELF IN CHECK</b> .....	<b>40</b>
PAY ATTENTION .....	41
<b>CONCLUSION</b> .....	<b>43</b>
<b>APPENDIX</b> .....	<b>44</b>
AMETHYST.....	45
APATITE.....	49
GREEN SERPENTINE .....	51
TURQUOISE.....	52
QUARTZ.....	54
BLOOD STONE.....	56
<b>ADDITIONAL RESOURCES</b> .....	<b>59</b>

# Foreword

---

Healing is a completely natural process. It is thought to be a flow of beneficial energy between the Healer and the recipient that deals with the "dis-ease" at its deepest level and frees your natural resources to work in the most effective way for you.

Healing can be helpful with a wide range of conditions, sometimes to a remarkable degree. It is a process of revitalisation, relaxation and release at a profound level, which helps your body to adjust and heal spontaneously at its own pace and in its own way. Healing seeks out the underlying cause as well as the "presenting symptom". This can mean that the outcome of a Healing session maybe beneficial in an unexpected way and not necessarily immediately: for example you may feel a sudden benefit days later or gradual improvement over a period of time. There may be times when you experience some kind of emotional release as part of the Healing process. Sometimes the process is obvious, sometimes more subtle.

A lot of people today are turning to alternative medicines to treat ailment, illnesses, and diseases. Besides this there are also alternative therapies that can also address medical problems successfully.

One of these method is spiritual healing, though only just becoming popular, it has been around for a long time and used in many ancient cultures.



## *Chapter 1*

---

# WHAT IS SPIRITUAL HEALING?

Basically spiritual healing is a method where an individual with healing energy transfers the positive energy from themselves on to the person in need.

This method of positive energy transfer is usually done using the hands of the spiritually filled individual called a healer. However it should be understood at this point, the healing does not come from the healer but through the healer. The healer is just a vessel for the positive energy.



## **What's Behind It?**

There are some that believe every individual is capable of tapping into their own personal positive energy for healing purposes. This is done spiritually through prayer.

The term spiritual refer to the energy source that is divine in nature and available to all without any discrimination.

Most spiritual healers look upon a health problem as inter-connected to the body, mind and spirit. If one part is causing the problem all the other parts must be addressed too because of their close connection in producing the problem in the first place.

Almost all the healers believe that most medical problems start with the state of the mind and these manifests into other symptoms that become evident in a physical form.

Therefore their primary goal is to restore the balance in the entire body system as a way to complete the process of spiritual healing.

This form of treatment is becoming very popular indeed, as it promises a better alternative to invasive medical procedures. There is also a "hunger" that most people seem to experience in their lives and spirituality is one way on filling the void.





## *Chapter 2*

---

# YOU MUST BE DISCIPLINED

Attaining spiritual discipline ensures the communication channel between man and the divine power remains open and accessible. It also helps to keep the focus of God also referred to as the said divine power.

Not to be misunderstood, being spiritually disciplined does not necessarily make an individual a spiritual person or a holy person; it just makes the individual's desire more intense to be aware of God's love for human kind.





## Be Dedicated

Being spiritually disciplined encourages the individual to entrust their life into God's hand and be confident that all will be well. When this surrender is practiced regularly and completely, a habit is formed which in turn causes the confidence to increase in leaps and bounds in leaving everything to God, knowing that this divine power only wants the best for each individual being.

Spiritual discipline helps to ensure the relationship with God and man is in good working order and this helps to develop an intimacy between the two beings.

It does not however at any time promise total and complete bliss in cultivating this relationship although the peace factor gained is many folds.

In trying to understand the importance of discipline, one must first acknowledge that this spiritual discipline is a tool that helps to connect the physical body and mind with the inner spiritual inner man which in turn is deeply connected to God.

When this happens a lot changes in the mind's eye, and a whole other world of awareness opens up. Spiritual discipline helps the individual look upon his or her life from a spiritual perspective, and make the necessary changes to be in line with God's ways. Knowing that there is a mighty and divine power which is all knowing, guiding the individual's life further encourages people to pursue this form of discipline.



## *Chapter 3*

---

# LEARN HOW TO FORGIVE

Holding a grudge is both mentally and physically unhealthy. However learning to forgive on the other hand may sometimes be easier said than done. In order to preserve both the mental and physical health of an individual all efforts must be made to address the issue of forgiveness.

## Get Over It

Depending on the hurt inflicted, the expectancy of forgiveness may indeed be difficult but not impossible. This is indeed good news for those struggling with letting go and forgiving.

Perhaps the first step would be the ability to forgive oneself of all wrong doing whether justified or not. In being able to forgive one's self then the person is ready and open to broach the subject of forgiving the offending party.

Most experts insist that the sooner the individual practices forgiveness and lets go of the problem the sooner the healing process can begin.

This also has an impact on the health of the individual bearing the grudge. The chemical changes that occur in the body are not healthy and really quite negative. Thus the urgency to reinstate the balance within the body by forgiving quickly.

The point to bear in mind is that the mistake cannot be undone, and therefore it is in the past, while the future does not have to live with the reminder of the mistake, if forgiveness is practiced.

Learning to forgive also reminds the person to avoid making the same mistake that lead to the cause of the pain. It gives the individual the presence of mind to walk away before any damage is done because now the individual has the strength and wisdom to do so. Not forgiving keeps the individual trapped and constantly being reminded of the painful memories of the past. Practicing forgiveness opens the door to a new way of thinking.

## Forgiving

1. *Know the Difference between Forget and Forgive* - Forget means that already forgot the past incidents in your life. However, it doesn't mean that once you forget, you can easily forgive the involved persons. It often takes time to forgive yourself and others, especially when the consequences of the actions are totally destructive.

2. *Accept the Reality* - Instead of trying to forget, learn how to accept it. You can do this through asking yourself why and how it happens. To forgive yourself, you have to take responsibility for your actions. To forgive others, you have to hear their side before judging them. Take time to talk to the involved person and accept it.

3. *Ask Forgiveness from Others* – If you have done mistakes, you need to ask forgiveness from others. Just make amends to those you have wronged. Before doing any move, talk to them and explain to them what you have done. You also need to explain what pushes you to do these actions.

4. *Learn How to Forgive Yourself* – Once you forgive yourself, it is easy for you to accept the reality. Other people will prefer to forgive you. However, asking forgiveness to others requires a sincere thought and action. You should ask forgiveness because you want it, not because of the requests of others.

5. *Accept Your Imperfections* – Humans commit mistakes. Therefore, you have to accept your flaws. Once you commit mistakes, don't forget to ask forgiveness. It is also best to stop thinking negatively. As advised, use your mistakes as a way for improving your personality.

6. *Seek a Professional Help* – If you can't handle your situation, you have to seek help from other experts. They can help you in continuing the process of self forgiveness. Depending on your choice, you can also get some books to teach you on how to forgive yourself and other people.

## Benefits of Forgiving Others and Yourself

Forgiveness is the ability to let go of various flaws in life. It often involves making peace with your friends, relatives and other people. Maybe you will ask, why do you have to forgive yourself and others? To expand your ideas, here are some of its reasons:

- *If you don't forgive others, God will never forgive you* – God always forgives those people who commit mistakes. Like Him, you can also do the same. You just need to accept their mistakes. Like them, you also want to ask forgiveness to other people. Once you forgive them, God will also forgive all your mistakes.
- *Failure to Forgive Creates a Mental Block to Your Success* – If you fail to forgive others, you can create a mental block on your path to success. Therefore, you have to forgive others and you will see the real meaning of happiness and contentment.
- *Answered Your Prayers* – Once you forgive others, God will listen to your prayers. Aside from that, you will also learn how to control your emotions. Through forgiving, you can easily start a new life with full of love and understanding.
- *Key for Joy and Prosperity* – Forgiving yourself and others is a key for an ultimate joy and prosperity. Therefore, you will definitely enjoy your life.

As you can see, there are several benefits of forgiving yourself and others. Once you practice this positive attitude, you will live without any heartache. It is also easy for you to focus on your goal than quarrelling to your friends or other people.



## *Chapter 4*

---

# LEARN HOW TO LIVE IN A STATE OF LOVE

Life would be wonderful if everyone learned to live by one rule only, and that rule being love. Love everything and everyone no matter what, simple in its essence but extremely hard to put to practice in reality. If everyone can learn to exchange a life of fear and pain for a life of love, many good things can be achieved.

## Kinder

Most people look to the afterlife as being the perfect place on existence and try to work towards being able to attain the promise of this goal. However it has been proven that happiness can be found and kept consistent in this life too.

To get to this desired state to comfort, one must be able to consciously change any negative mind set with the specific intentions of living in self love, self trust, and total peace. All this takes considerable practice in facing the negative and making the effort to change the less that happy situation into a more acceptable level of joy.

Some basic points to note while on the quest to live in a state of love are as follows:

- Live for the now. Learn to enjoy each moment as if it was the last moment to have. This enables the individual to slow down and actually appreciate those around and be less critical as time is short.
- Value the important things life. Love those around consciously and with abandon and not withhold anything.
- Taking comfort in the divine power from within that is love and thus the ability to love unconditionally is possible.
- Having loving thoughts and imaginations.
- Listening to calm and soothing music always unleashes the love from within which can identify with the beauty of sound.
- In listening to the inner voice and trusting it completely allows the individual to be less stressful and more relaxed and able to attract and reflect life.





## *Chapter 5*

---

# HOW TO HEIGHTEN YOUR SPIRITUAL CONNECTIONS

Spiritual connection can be viewed as being more aware of ourselves and everything around us. Being spiritually connected allows us the luxury of being able to harness the positive energy to benefit all, which in turn creates a harmonious balance in body and mind.



## Connecting

Being spiritually connected helps to strengthen many areas in an individual's life, such as family relationships, community relationships, religion, health, and many others. The positive energy gained from heightened spirituality is what enables these things to take place.

Here are some ways to help heighten one's spiritual connections:

- Spending some quiet time to meditate and pray is a good way to start the process of being spiritually connected. This allows for the mind and body to seek and be aware of one's surroundings and thus have a clearer view of what is going on.
- Spending time interacting with like-minded people. This is not only healthy but also builds relationships that can give positive mental and physical reinforcements.
- Set aside time to learn new things. In growing the mind, the rest of an individual's world grows along and the benefits of new things learnt are always useful.
- Having alone time is another very important factor to working towards spiritual connection. Taking this time to reboot and reflect is beneficial to both body and mind.
- Not surprisingly the encouragement of keeping a good exercise regimen and diet is also equally important. If the body and mind are at its optimum, everything else aspects of life becomes easier to connect to.
- Taking time to help others in a voluntary capacity helps to feed the inner man while the outward benefits are the ability to be more compassionate towards others.



## *Chapter 6*

---

# AROMATHERAPY

It is believed and scientifically proved by some quarters that all elements work on the basis of vibrations. Having put this point forth, it is interesting to discover that essential oils when used in aromatherapy also have similar vibration techniques that harness and create positive energy. Thus the use of aromatherapy in spiritual connecting has certain links.



## What is it?

Aromatherapy is also an excellent way recommended to get oneself into a meditative state. These meditative states are usually associated with yoga, tai chi, visualization or self hypnosis.

Trying various oils before deciding on the one that best allows you to reach the required level of mediation is sometimes needed. Besides this some research has shown that using aromatherapy can help create the mood for various scenarios with specific results in mind.

Traditionally linked to the successful treatment of emotional and physical ailments there is proven success because aromatherapy is a natural method that helps the body cope with stress, anxiety and tension which are all contributing factors or causes of other illnesses and diseases.



## Scent

Those who are familiar with this theory attest to the changes in energy when the use of aromatherapy is practiced. Among the claims made are that the vibrating higher frequency not only draws positive energy but also resonates this energy, while positive affecting all things around. This positive energy is so powerful that it can be used to shift the negative energy.

A lot of spiritual practices involve the use of aromatherapy style rituals. As mentioned, these uses of aromatherapy causes high frequency vibrations, and this enables the individual to connect with the inner self and experience total oneness with body and mind, keeping both well balanced in harmony.

Once the spiritual connection is established and easily maintained, many corresponding uses can be derived from using aromatherapy, such as complete oneness in thought, intent and purpose. Purification rituals and healing processes, blending prayers with affirmations, mediations at a higher and more concentrated level and many others.

Before the medical world endorsed this type of process for assisting in the healing process or for keeping illnesses at bay, the aromatherapy use for spiritual purposes was prevalent in most ancient cultures. The connection and energy emitted and harnessed has its own unique elements of providing the necessary benefits to those seeking spiritual connections for healing or even for the general state of peace in both body and mind.



## Physical Benefits

For years some cultures have used aromatherapy to treat wound and scars effectively. Using essential oils that contain the Helichrysum ingredient has been proven to be beneficial when repairing damaged skin conditions.

Its strong anti-inflammatory and concentration of regenerative diketones is what makes it a highly regarded compound in addressing damaged skin problems. The pleasing earthy aroma it emits is also therapeutic.

Other essential oils that are also known for their healing properties for skin conditions are lavender, sage and rosemary. Sage is particularly effective in healing old scars and stretch marks but should only be used in small amounts because of the Thujone content which can be toxic.

Using aromatherapy to treat wounds is also widely practiced. This is because of the antiseptic elements that certain essential oils contain. Tea tree essential oil is commonly used to treat wound until the wound is totally sealed, after which this oil is no longer needed.



Some of the other more interesting conditions that are successfully explored using the aromatherapy method are backaches, irritable bowel syndrome, headaches and depression, to name a few. A good percentage of these medical ailments can be due to stress. Thus by using methods to understand and locate the individual's stress causing source, the aroma therapist will be able to alleviate the medical condition in a more efficient manner. In some extreme cases, claims of total recovery have been documented.

Some aromatherapy treatments are also used when the desire for healthy, younger looking skin is sought. These essential oils are absorbed into the skin and in turn provide the skin with all the important nutrients needed for the healthy look and condition. Conditions such as dermatitis, acne, eczema, psoriasis, cellulite, varicose veins and stretch marks are just some of the conditions where the use of essential oils has either arrested the condition or eradicated it completely.

Aromatherapy is also used in other products besides skin care. Products such as bath salts, shower gels, shampoos, body lotions. This style of using aromatherapy is wonderful for creating the desired effects of sweet smelling and relaxing moods. Also aromatherapy in this form is mild and non threatening as it is not in its purest form.

Aromatherapy can also assist in relieving impatience and irritability. Essential oils like lavender can have calming effects on the mental turmoil state and works by encouraging the senses to slow down and simulates peace.



Some patients have used aromatherapy to combat depression, hysteria, lack of concentration and panic attacks. Having tried other medically accepted methods which sometimes have undesirable side effects, aromatherapy has become a welcome solution. Treating burns, bruises and sprains using aromatherapy essential oils to achieve surprisingly quick and effective results are also another option worth exploring.

Other areas where the use of aromatherapy is being successfully explored are asthma, bronchitis, flu, and muscular aches and pains. When making the choice to use aromatherapy as a possible treatment for any given condition, it is important to ensure that only a qualified aromatherapy practitioner is consulted and that all the essential oils used are of the highest quality.

### Examples of Conditions Treated

Primarily known for its calming properties, aromatherapy methods advocate the use of various essential oils to soothe the mind and body. Besides the list below, a long list of other conditions can be successfully addressed with the use of aromatherapy elements.

In the next page is a table displaying a few examples of the capabilities and merits of using aromatherapy.





Condition	Elements Required
Acne	Lavender oil or tea tree oil to be applied directly onto the affected area. For milder cases, using a body bath lotion with these properties is recommended.
Anaemia	A concoction of tincture from the yellow dock root or an extract of dandelion leaf or even eating dandelion greens as a salad.
Anxiety	Chamomile, California poppy, passion flower, lemon balm
Asthma	Ginkgo biloba, mullein oil, a Chinese herb called 'Shuang Huang Lian'
Bee sting	Urtica urens, cantharis, lavender and vegetable oil mixed
Body odour	Alfalfa contains chlorophyll
Cold	Eucalyptus oil in boiling water and inhaled. Gargle with a mixture of tea tree oil
Cholesterol	Chicory root, ginger
Constipation	Aloe Vera juice, ginger tea



Condition	Elements Required
Hair loss	Saw palmetto, arnica, jojoba oil
Headaches	Chamomile relaxes, ginkgo biloba improves blood circulation
Dandruff	Flaxseed oil, primrose oil or salmon oil. Rinsing hair in chaparral or thyme
Diabetes	Huckleberry, tea made from most beans
Diarrhea	Blackberry tea, wild oregano
Eczema	Chickweed added to bath, stinging nettle, hazel ointment
Indigestion	Gentian root for better digestion, ginger, peppermint
Nausea and Vomiting	Catnip leaves, chamomile flowers
Menopause	[For skin use] Geranium essential oil, orange blossom water, sandalwood essential oil



## Misusing Aromatherapy

Aromatherapy is actually a serious foray to embark upon as it involves the use of pure essential oil and other natural ingredients that are considered safe to use only if done correctly. Not understanding the attributes and purity of aromatherapy, can lead serious repercussion as not all natural and pure oils are safe for human use. Some essential oils can even be toxic in certain circumstances.

Pregnant women and lactating mothers should be weary when choosing to use aromatherapy. The strong scents can be harmful to babies as their senses and immune system are not fully developed yet. Also some scents can be off putting to the baby and this may affect the baby's sleep patterns and feeding schedules, thus causing health issues from the neo natal stage.

Though aromatherapy has calming effects, using some essential oils to sooth and relax a cancer patient may have adverse effects. A doctor's permission should always be sought before trying this form of therapy. Some of the essential oils may have negative reactions to the prescription drugs already taken by the patient.

The choice made to use aromatherapy as an alternative to other medical options, should only be done after extensive studies have been made on the advantages and disadvantages.




Although most illnesses and diseases are found to be the root cause of stress, anxiety and other pressurizing conditions, opting to treat the medical condition by using aromatherapy may produce minimal positive results to actually combating the disease or illness.

Overenthusiastic use or indulgence of aromatherapy can lead to serious problems, especially when medical advice has been ignored in making this choice. Some studies continually show little or no evidence in demonstrating efficacy against bacterial, fungal or viral infections, thus rendering it a poor alternative to medically proven alternatives.

In most countries around the world, the aromatherapy use is still related to the indulgent relaxing aspect. Hence there is no regulatory body that strictly governs the content and potency of each essential oil used for the aromatherapy session.

Undiluted essential oils used for aromatherapy can sometime cause skin irritations and discolorations. In cases where the natural product has been exposed to chemicals in their growing stage, such as pesticides, chemical allergies can have a negative effect upon application. In more severe cases the presence of estrogens like elements, have been found to negatively affect the delicate skin of children.




Some cultures take the aromatherapy influence to the extreme. Ingesting certain ingredients is widely practiced and sometimes causes severe irreparable damage. As some of the essential can be quite toxic when ingested, medical advice should always be sought before advocating such a choice.

As with any bioactive substances the method of aromatherapy, using essential oils, and while safe for the general public can still have adverse effects when used by pregnant or lactating women.

Some of the ingredients and methods used in a particular aromatherapy session may cause negative side effects when interaction with other more conventional medicinal elements are present. Adulterated oils used in some aromatherapy sessions can also pose problems depending on the type of substance used.

Other safety issue like the unsubstantiated claims made by those advocating aromatherapy as a proven alternative treatment can be misleading at best.



## Acquiring Aromatherapy Products

Poor quality oils severely lack the optimum benefits it promotes itself to have. In the course of processing these oils many factors should be considered if the end product is to provide what it promises to. Some of the things to consider are; if there are added chemicals, preservatives, substandard quality of ingredients, poor processing environments and adulteration of the oils. All these factors are important because harmful side effects can occur if other than the required essential oil is contained in the packaging.

At best only minimal therapeutic benefits can be derived. Some vendors combine the essential oils with other chemical and lesser grade ingredients for higher profit gains. These oils then become either useless or less effective. Label words like fragrance oil, natural identical oil, and perfume oil are all words that are misleading in nature. As there are no strict guide lines to follow, some vendors intentionally or unintentionally use words like therapeutic grade or aromatherapy grade, thus these terms should be ignored and the contents examined closely.

Packaging styles are also another important factor to consider. Don't be misled by pretty packaging as it is the content that is important. Also essential oils that are packaged in darker coloured bottle can be the way a vendor "hides" the clarity and purity of its content. The use of plastic style packaging is also not wise as some essential oils react with the plastic, thus causing the quality of the said oil to deteriorate considerably.



## *Chapter 7*

---

# CRYSTALS

Some would say crystals have a mysterious aura and power about them. The use of crystals dates back to ancient times where its uses varied, ranging from harnessing energy to healing.

It's a popular belief that these crystals were even used to help construct the enormously gigantic structures of the ancient past. Many cultures even today widely practice the use of crystals to achieve an aura of spirituality.

## What is Crystal Healing?

Crystal healing is a sort of healing that utilizes crystals or gemstones. The crystals are primarily placed on particular areas of the body named "chakras."

Chakra is a Hindu term implying spiritual energy. According to that teaching there are 7 general energy centers in the body, every one featuring a colour affiliated with it. Crystals are stated to guide the flow of energy to the individual in a certain part of the body and bring in balance to an individuals energy.

Ultimately, they're utilized to clean the individual from foul or damaging energy believed to induce a sickness. Driving out the defective spiritual energy eases the physical ailment. Crystals are utilized for physical, mental, emotional and spiritual healing.

Not only do individuals visit "crystal healers", in a few places, professional nurses are getting trained to utilize crystals for their patients. In addition, crystals may be worn, placed next to an individuals bed as they sleep, and in a few cases placed around an individuals bath.

The crystals/gemstones are stated to have vibration frequencies that are shape stimulated, interconnecting the earth's and the persons energy field. The crystal is utilized to expand, or realign, human 'psychic' or cosmic energy by guiding vibration energy.

To maintain the crystal, it's laid in salt water or covered with table salt. Sustaining the crystal helps keeps it clean from "environmental unbalance". It's stated that it likewise needs to be recharged and actuated through assorted methods.



## How to Effectively Use Crystals?

Here is an easy procedure to identify which crystal will work best for your particular goal:

1. Distinctly identify your aim
2. Seek a few crystal assortments that appear to support your goal  
*(in a book, net, from a professional, and so forth.)*
3. Select a particular specimen that provides vibrational match to your frequency

That final part is best achieved by holding the crystal in your hand or thinking about holding it (if you're purchasing online for instance) and say your purpose: "I wish to slim down." Always say the purpose in an affirmatory sentence (so do not say: "I wish to quit feeling angry").

Affirmative sentences allow the flow of energy (which is what you require), while damaging sentences trigger resistors. Shut your eyes while you say your purpose so you are able to center inward.

If you're more in-tuned with your emotions, seek a great feeling (light, tingly, happy, grinning, great memories spring to mind, laughing are all great).

If you're more in-tuned with your body, you are able to utilize muscle testing: balance yourself upright and let your body "hover" and let it fall in the way it wishes. If you fall frontwards, it means you have a great match. If you fall rearwards, you don't. There are a lot of different ways to utilize muscle testing for this intent, this is a simple one.

Once you've discovered the crystal, make a conscious conclusion to let yourself be open to its influence. In order to interact with the tangible world, we frequently have to shut down our receptivity to remote influences.

That may lead to a generalized shutdown where all influences are barricaded. You may discover yourself inadvertently fighting the crystal's influence.

One last thing you are able to do to facilitate the influence procedure is to place your crystal close to a little water fountain. Don't place them in the water, as the mineral deposits may damage them.

But anyplace near the fountain will do. This lets the really powerful chi of the water propagate the vibrational frequency of the crystal throughout your home or office.

## Crystals and Its Beneficial Properties

Crystal	Beneficial Properties
Amethyst**	Healing effects and helps in enhancing psychic awareness and imagery
Apatite**	Multi-talented gemstone assisting us attune to our inner selves and take on the healing, communication, balancing and teaching it has to provide (including weight loss)
Bloodstone**	Helps an individual stick to diet plans and curbs appetites.
Citrine	Assist in manifesting one's goals, and keeps the individual cheerful, attracts abundance and power
Diamond	Known as the stone of innocence which denotes purity
Green Serpentine**	Helps in meditation and spiritual exploration
Jade	Used as a tool for learning to accept the difficult aspects in life
Moonstone	Enhances intuitive sensitivity and the ability to except any new changes

Crystal	Beneficial Properties
Opal	One of the seven sacred stones of the Cherokee
Quartz**	A crystal highly recognized for its healing properties
Ruby	Brings love, confidence, loyalty, and courage which strengthen the physical and emotional heart
Sapphire	This stone comes in many pretty colours and has healing and spiritual properties
Topaz	Allows an individual to have a practical and focused outlook in life
Turquoise**	A healing stone that attunes our physical selves to the greatest realms, and is wonderful for drawing out negative vibrations
White opal	A great charging tool because it energizes and thus help the individual to get more things done.

***Crystals with \*\* will be further elaborated in the Appendix section.***



## *Chapter 8*

---

# EMOTIONAL HEALING WITH REFLEXOLOGY

Very few people would turn down an opportunity to be on the receiving end of a wonderful session of a relaxing foot massage.

Beneficial to both the receiver and the giver, especially when practiced by loved ones, this form of therapy not only gives of one's own time but also build compassion, and a caring attitude in the giver. These, along with the various benefits of addressing the various reflex points, are incomparably priceless.

## Massage

The practice of applying pressure to certain points while stretching to stimulate corresponding areas in the body system creates and promotes healing. The most sought after element is to obtain relief from stress both emotionally and physically.

Even if the technique used is not purely from a reflexologist stand point, the benefits to impart some form of emotional balance is phenomenal. In encouraging the body to heal itself, the emotional strain the problem put on the mind is thus eased and balance is restored.

It has been proven time and again that most physical problems are somehow linked or brought on by the poor emotional state of an individual. Therefore in addressing the emotional imbalance half the battle is won. There are specific links to various organs in the body such as anger which is literally linked to the liver, grief and sadness is linked to the lungs while fear is linked to the kidneys and so on.

All this translates to various emotional stress conditions like tension which is the lead cause of headaches, fear brings on difficulty in breathing, and nervousness causes sweaty palms. Emotional healing goes a long way in addressing any physical problem has long been established. Another scientifically established fact is that each organ in the human body responds and emits vibration frequencies which are connected to the emotion it draws from which has the same corresponding vibrations.



## *Chapter 9*

---

# YOU DESERVE HEALING

Everyone deserves all the attention possible in order to start the healing process. Healing is for everyone but there are some people who genuinely believe that the healing process is not for them or that they are undeserving of it. Some even believe that the negative medical or mental problem is so far gone that that it is not possible to treat the condition and so they don't even try.

## You Merit This

A big part of the problem lies in the belief levels of the individual, which effects the positive manifestation of the desired effect. Some of the mindset that needs to be addressed and changed in order for the healing process to begin is acknowledging the problem, realizing that it can be overcome and being confident that the healing is deserving. When these are accepted then the healing process can begin.

Unfortunately there are more reasons than not as to why people generally fail to accept that healing is for them and it is possible to accomplish complete healing. Feelings like ridicule or pressure from family tired of fighting and seeing no positive breakthroughs, seeking various forms of healing without giving it the proper duration to make an impact, costly styles and tools, contracting difficult to cure conditions and lack of informed support.

Fortunately there are people who believe in the healing process that not necessarily have to involve pharmaceutical medications. These people can help those in need to gain the confidence to embark on the healing journey.

In releasing and changing the mind set to accept that healing is available and deserved the body can then process this information and start to address the chemical imbalance which is a huge part of the healing process. When the mind is ready for the positive energy the body generates in this process, the balance is gradually restored and this results in the restoration to optimum health conditions.





## *Chapter 10*

---

# KEEP YOURSELF IN CHECK

Most people fail to understand that the health of the human body and mind are inter connected at its very basic levels. When any individual part is not working at its optimum levels the other corresponding parts will be eventually effected and this could lead to other more serious problems. Therefore it would be prudent to always be concerned with any indications the body might manifest to alert the mind of any impending negative health problems.

## Pay Attention

Medical breakthroughs generally treat specific problems. These problems are addressed as without really considering the contribution of other elements that caused the negative effect in the first place. Holistic styles of treatment however do the exact opposite.

Following its name, the holistic style treatments are more focused in creating or restoring the balance of the body system in order to ensure the overall improvement to gain optimum health. The basic principle involved is to direct the positive flow of energy through the body which may have become "blocked" by certain negative elements. This then allows this positive energy to be used to arrest any medical issues and also to create the possible helpful elements to combat any further problems.

Sometimes ignoring or failing to take a particular ailment seriously can contribute to the possibility of that particular condition evolving into an even bigger problem.

Besides this, the financial cost involved may escalate due to the fact the condition was not addressed when first detected. When these costs escalate, there are other consequences that become apparent like the stress levels of the individual become elevated. This stressful mental condition may in turn cause other medical problems, and everything just continues to "snowball" out of control. So what started out as a small medical problem has not evolved into a really serious condition that requires much more attention and concern.

So if you currently have a huge website and you are making lots of money from Google AdSense – if that is the goal you set out with and that is what you achieved - don't stop there or you will be the victim of a lack of vision.

If you have a big audience, then you can really do anything you want to. For instance you could open a shop on there, and you could very easily use the funds to make this into a real store if that should be your dream.

Always wanted to be famous? Then how about you introduce YouTube videos to your website where you know countless viewers will see them and subscribe?

Want to build the next Facebook? Well now you have a background in SEO and website design you can hire the programmers and get to it.

Got another side project? Well a link from your own sites with high PR will give your new seedlings the boost they need to get going. And likewise it works the other way too – and if you have a successful Twitter page then you can use this to build up a successful site. In other words – pool your resources, be ambitious, and chase after your dreams. And once you've had one big success online, with your own business, or in some other arena... don't stop there – use it to fuel all of your others. That goes for you too Mark...

# Conclusion



Spirituality may be seen as being distinct from religion. Assorted world religions have proposed assorted philosophies and belief systems about the nature of a God and humanity's kinship with it. Spirituality, on the other hand, refers to the basic experience behind these assorted viewpoints.

It's an experience involving an awareness of and relationship with something that exceeds your personal self as well as the mortal order of things. This "something" has been given assorted names and delineated in ways that are too many to count. You are able to decide to define what that means for yourself in whatsoever way feels most suited.

Your own sense of a God may be as abstract as "cosmic consciousness" or as earthy as the beauty of the ocean or mountains. Even if you regard yourself an agnostic or atheist, you might get a sense of inspiration from taking a walk in the forest or studying a beautiful sunset. Or a small youngster's smile may give you a special sense of delight.

Whatever the case embark on spiritual healing journey.

**IMPORTANT:** In the next few pages, you will find the Appendix which will give you elaborated procedures on how you can use certain crystals for healing, as well as some resources to further help you in your healing process, which I highly recommend for you to take a look.

# *APPENDIX*

## Amethyst

Amethyst is utilized for issues in the blood and in breathing issues. Amethyst crystal clusters are utilized to keep the air and vitality in the home clean and favourable.

Amethyst clusters, points or various tumbled Amethysts laid in a window that gets sun most of the day are really beneficial to utilize in healing and to heal negativism in the home. Place Amethyst clusters, points or numerous tumbled Amethysts in moonlight and everybody in the home will be feeling less agitated. Utilizing an Amethyst as a meditation center will expand the positive spiritual feelings. Amethyst helps defeat fears and cravings. It likewise helps alleviate headaches.

Hold an amethyst stone in each hand when meditating. It's an excellent stone to better meditations as it helps better visualizations.

Place a couple of amethyst stones around the room where tempers might frequently be riled, like high stress occupations and business. It's a stone of peace and helps bestow love and happiness to all who utilize it.

If you discover yourself addicted to anything and you're working hard to check the addiction, an amethyst stone crystal may help. Hold a stone, ask it to remove the desire, and then draw strength out of the stone. It helps you do away with all sorts of addictions.



An Amethyst stone makes an awesome gift for anybody that works as a psychic or those that show psychic powers as it helps increase all forms of psychic abilities.

If you endure migraines, here's a simple crystal healing curative that has been known to help. Lie down and shut your eyes. Put an amethyst stone on your brow and attempt to relax and let the gemstone do its work.

Historically, muscle and joint traumas like sprains have been helped to heal quicker by putting an amethyst stone inside an elastic bandage that has been wound around the wounded area.

To assist breathing issues heal faster, along with any medications from the doctor, put an amethyst on the chest, between the lungs. Dependent on the harshness of the illness, you are able to actually tape a stone in place with a band aid and slumber with it in place.

To make an amethyst stone elixir, put one or more amethysts into a clear glass jar full of water. Let the water sit outside in the moon light for the whole night. The closer to the full moon the better on this one.

You are able to utilize amethyst water to help clear up blemishes and soften the skin. You may wash with it or utilize it as an ingredient in any clays or masks you might apply.

Wear an amethyst stone round your neck or carry one in your pocket to help fortify your bones.



If you discover yourself having issues sleeping at night and spend more time tossing and turning than really sleeping, place an amethyst stone beneath your pillow to help with insomnia.

To expand the number of dreams that you have and to help you recall your dreams when you awaken, utilize an elastic hair band as a head band around your forehead. Slip an amethyst stone beneath the band as it is known to help cause dreams.

Bury a little amethyst stone at every entrance to your house to guard against thieves. A cheap strand of amethyst chips works perfectly for this. Don't forget to bury a little beneath every window, as well as the doors. If you've a window that's far away from a place where you may bury the stones, like a window above a cement patio or porch, put a tumbled stone or little amethyst stone crystal formation on the windowpane.

Utilize the same technique above to protect against thieves to likewise keep evil from your household and will help keep all who wish you or your loved ones harm from attempting to come into your home.

If a man is seeking the perfect mate, somebody that will work with him on a journey to establish a life together, carry an amethyst stone in your pocket to draw in good women.





For the women, if you believe your man might be losing his interest in you, give him a gift of an amethyst stone to expand his attraction to you. This may be in the form of a ring or pendant, or even a worry stone to hold in his pocket will do fine.

To commune with your Spirit Guide or Higher Self, discover a peaceful time and place where you won't be interrupted. Carry an amethyst stone in each hand. Take a couple of deep breaths, shut your eyes feel the powers come from the amethyst. Let them come up your arm and into your head where you see them from inside your minds eye begin to glow. Invite your guide to come forward and talk with you. This helps you attune with your higher self.

Make an Amethyst Stone elixir and utilize it to bathe the parts of the body that are undergoing circulatory issues. It step-ups circulations in both the physical body and the etheric.

With the mad hectic world moving so quick around us, we frequently find ourselves strained beyond the capacity the human body was specified to take. Spend a couple of minutes absorbing the power of amethyst crystals to help mend the nervous system.

You've likely heard it stated, "You're your own worst enemy". Self-deceit, particularly when concerning matters of the heart induce more heart aches and chest pains than anything else mankind has ever mustered up. Amethyst stone crystals protect against self-deceit and let you view things the way they truly are.



## Apatite

Apatite gemstone is perfect for those with weight issues for it not solely aids in appetite suppression, but lets you look inside and see the truths inside ourselves. This is frequently required in a quest for weight loss so you are able to get to the root cause of overindulging.

The perfect gemstone for utilization on any of the chakras as it can both perk up under activity and calm down over activity and clear congestions in any of the chakras.

Apatite gemstone crystal aids in the development of psychic powers and helps you attune your mind, heart and soul to the spiritual forces that run throughout the universe.

Apatite gemstone helps bones to mend faster and stronger. It aids your body absorb calcium from the foods you consume, which helps to keep bones and teeth firm.

To help ease the hurting of arthritis, wrap the involved joint in an elastic bandage allowing it to hold one or more stones against the impacted joint. The apatite gemstone may help heal the painful sensation and heal the joint quicker.

To help lower hypertension, wear an apatite gemstone so it hangs just about on the heart. Wearing one on a chain is all right or if all else fails, pin a stone to the interior of your shirt.



If you realize inside you the tendency to let your emotions rule instead of logic, particularly in emergency type situations, apatite gemstone crystals may be your resolution. This gemstone will let calm prevail presenting you the time and power to let logic rule in the situation.

Wear one or more apatite crystals while executing any kind of creative work. It helps you to link up with your originative center and produce spectacular works.

Does shyness or doubt forbid you from enjoying yourself at parties or in additional social situations? An apatite gemstone may provide you the confidence to attempt contact with other people and provide you the feeling of security you require to shine at your best.

To expand your power to receive visions of the future, meditate with an apatite gemstone leaning against your 3rd eye chakras (somewhat above and between the eyebrows). Blue or purple coloured apatite gems work best for this.

Require a little extra motivation to get the job finished? A gold or red apatite gemstone held during meditation may help you keep your mind centered on the subject at hand presenting you the desire to continue working till completion.

Produce an elixir by placing one or more apatite gemstones in a glass container of water and let it sit outside overnight, preferable under a full moon. This elixir may be drank to help beef up bones and heal and prevent joint pain.



## Green Serpentine

This stone opens up fresh pathways for the Kundalini Energy to rise, aids in the retrieval of wisdom and regains memories of past lives. Serpentine assists you to be more in command of your life, corrects mental and emotional instabilities and assists the conscious direction of healing power towards trouble areas.

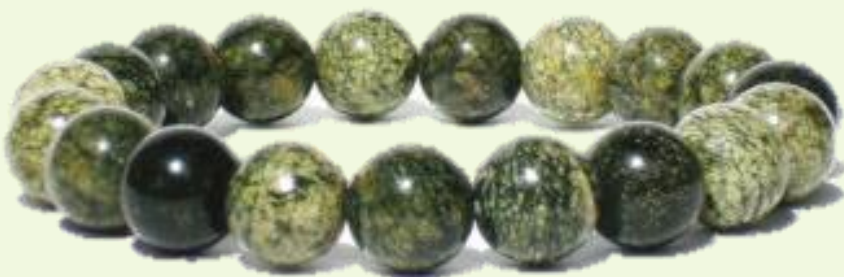
Physically, Serpentine mineral is exceedingly cleansing and detoxifying for the body and blood to assure longevity. It does away with parasites, aids calcium and magnesium absorption and treats hypoglycaemia and diabetes.

Light-Green Serpentine is a gentle, tender-natured stone that gets you into contact with angelic guidance. It gets at and integrates the past, present, future and is an awesome stone for past-life exploration.

This stone encourages compassion and forgiveness for yourself for what you experienced. Holding this stone leads you into the healing regions that exist in the between-lives state, so that healing that wasn't undertaken after a former life ended may be accomplished.

This stone heals instabilities from past lives and clears up emotional baggage from old relationships. If placed on the Throat, it helps speaking of the past and resolves issues carried forward into the here and now. The stone is awesome to utilize when you want to confront anybody from your past, as it brings in a gentle touch to the meeting.

Physically, Light Green Serpentine is awesome for pain relief, particularly menstrual and muscular aches and annoyances.



## Turquoise

Respected by the Native Americans as sacred, the turquoise gemstone soaks up negativity, transmuting it into valuable energy. It likewise helps you to become one with the cosmos. The real Turquoise meaning comes from the heart and the soul of the individual utilizing it.

The list of turquoise gem healing attributes is long and wide-ranging and the assortments of turquoise crystal shapes, sizes and colours that may be utilized are as wide-ranging as the individuals that utilize them.

Worn anyplace on the body, a turquoise gem healing stone will protect and bless the wearer. It's considered a hallowed stone in some cultures, personifying a gift from the gods.

A strand of turquoise gemstone crystal beads worn around the neck soaks up all negativity from the body and brain and helps you formulate your own innate powers. You are able to align your chakras by laying a turquoise stone on each of the chakra points for 3 to 5 minutes whilst the gem executes its work.

If you don't have seven turquoise stones, it might take a trifle longer, however laying a single stone on 1 chakra at one time for the same three to five minutes will still align your chakras for level best power.



A strand of turquoise beads utilized as a bracelet, necklace or even an anklet will help detoxify the body from alcoholic beverages, pollution, poison and radiation. The thought is to wear a circle of beads around one area of the body so as the blood flows backward and forward through the area, the turquoise may purify it.

Anybody that has issues with their lungs, throat or from asthma, may hang a turquoise gemstone from a cord or chain so it hangs immediately over the area causing the issue. This helps the gem energies get as close as possible to the trouble area and start the healing work even quicker.

Those suffering from depressive disorder may sleep with a turquoise gemstone to help lift the depression quicker.

Add a couple of turquoise crystals to a container of water and let it sit outside overnight where the moon may shine on it and then so the sun may shine on it during the day. That evening, pour the turquoise water into a bathtub of bath water, step in, sit down and let the healing energies work on your body.

This same healing elixir may be utilized to soak a sprained or pulled muscle, beef up the body so you may fight off viruses and infections, and assist damaged or cut tissues to mend. For headaches, soak a cloth in the elixir and put on your brow till the pain disappears.

Have a speaking date coming up? Sleep with a turquoise crystal taped to your neck at night and wear one on a chain round your neck during the day to guarantee your ability to communicate with other people correctly.



## Quartz

To the shaman and metaphysical healer quartz is the quintessential curative stone. Quartz crystals possess all of the attributes the practitioner of Crystal Healing looks for. Whether that's the Reiki Master, the Shaman or the acupuncturist who utilizes needles that have been coated with quartz. Even science realizes the unparalleled and astonishing abilities of Quartz Crystals.

The crystalline structure of quartz carries electricity and radio frequencies. It's why Quartz is utilized in radios and additional electronic devices. And why men of science are experimenting with Quartz and additional crystals as sources of possibly unlimited alternative energy.

The "Dilithium" Crystals that powered the Starship Enterprise, and the nearly magical crystals that were the basis of Kryptonian science in the Superman flicks, are likely not as implausible as it might seem, and were more than probably inspired by the really true energy transmutation powers of quartz crystals.

There are a lot of different sorts of Quartz Crystals, and every one has their own unequalled healing powers and impact different parts of the body and help with different ailments.

For instance Rose Quartz is utilized by crystal healers for headaches, the handling of heart issues and kidney disease. Although Clear Quartz is utilized to draw out pain, bring back clarity of consciousness, and to broadly amplify all curative energies.



However all Quartz Crystals have the power to accord with and realign the vibrations of the body, bringing back balance. That's what makes quartz crystals so efficient in healing. Most disease states, but particularly mental disorders, and neurological issues may be linked to some sort of "chemical" or "Neurotransmitter" instability. The influence of quartz crystals may mend these imbalances.

The electro-magnetic attributes of quartz are mostly due to the base of its crystalline anatomical structure being made up of Silica. Silica is a natural occurring glass. Silica is detected in some level in nearly every healing crystal, Chakra stone, or ritualistic gem. Silica likewise shares its chemical and molecular construction with Silicon, likewise known for its electro-magnetic attributes (does the name Silicon Valley mean anything?).

That's correct the same basic component that we rely on to communicate and transmit all of this data worldwide; that's allowing you to study this very page; might likewise help us communicate with and tap into the fabric of the cardinal energies of the universe.

Once more science and spirituality are not so aloof after all. It was Einstein himself who stated "The more I come to comprehend the universe, the more I'm convinced of the presence of a superior reasoning energy. There are 2 ways to live: you are able to live as if nothing is a miracle; or you are able to live as if everything is a miracle."





## Blood Stone

It advances creative thinking, self-expression, and artistry.

In the Middle Ages, bloodstone was ground into a powder, blended with honey and eggs and given to patients to heal tumours. A paste made of mashed bloodstone and honey was rubbed on cuts to stop surplus bleeding.

To help cure snakebite, affix a bloodstone to draw the poison out of the bite. Notice: This was an ancient utilization of the stone. I may do this while on my way to acquire medical help but to do this rather than getting medical help will be foolish.

The ancient Babylonians utilized engraved bloodstone in divinations. They utilized the way the assorted spots of red looked to tap into their psychic powers, producing an affect similar to a vision by following the array of the spots.

To purge your mind, body and soul, on the night of the full phase of the moon, find a place outdoor where you may lay under the moons light.

Put a stone on your forehead and as you lay there, visualize the moon's power entering your body, filling it with perfect white light, as your body fills, see all the negativism, illness and tension leaving from your body, leaving from the rear of your body and sinking into the ground under you.



Ancient Egyptians utilized bloodstone magic to assist them in battles. They utilized magical empowered stones as amulets for the warriors to expand their personal strength.

To turn "invisible" to your foes, wear or carry a bloodstone and visualize a cloak of power emanating from the stone and enfolding around you, making you un-seeable to those you don't want to see you.

Athletes may utilize a bloodstone amulet to help expand their strength and speed. Wear or carry a stone and visualize its power entering your body and inducing your muscles to become firmer (or faster).

This same magic may be utilized by anybody in need of bravery to get through a situation. Simply envision the powers entering the body and presenting you the aspects that you require.

If you know of somebody that tends to be a bit too "me" oriented, give them a gift of a heliotrope. It helps them to see how matters affect not just them but other people around them or even the whole world.

Hold a bloodstone in your hands with meditations designed to help you connect with your preceding lives. Once you've entered the meditative state, turn your thoughts backward to a time before your birth and let the images guide you to sights of your prior lives.



Keep one or more bloodstones on your desk or work table to help expand your business and riches. Even those that don't run their own business may benefit by letting the stone draw in additional sources of money into their lives.

As a healing stone, a bloodstone is utilized by healers to help with any sort of blood disorders. This includes but isn't limited to anemia, circulatory issues and Lupis.

Wearing of carrying a bloodstone helps to beef up the immune system, clean toxins from the liver and kidney and purify the bone marrow. Makes and awesome stone for women as it helps to alleviate both menstrual and menopausal symptoms.



# *Additional Resources*



# *Additional Resources*



## *Pure Natural Healing*

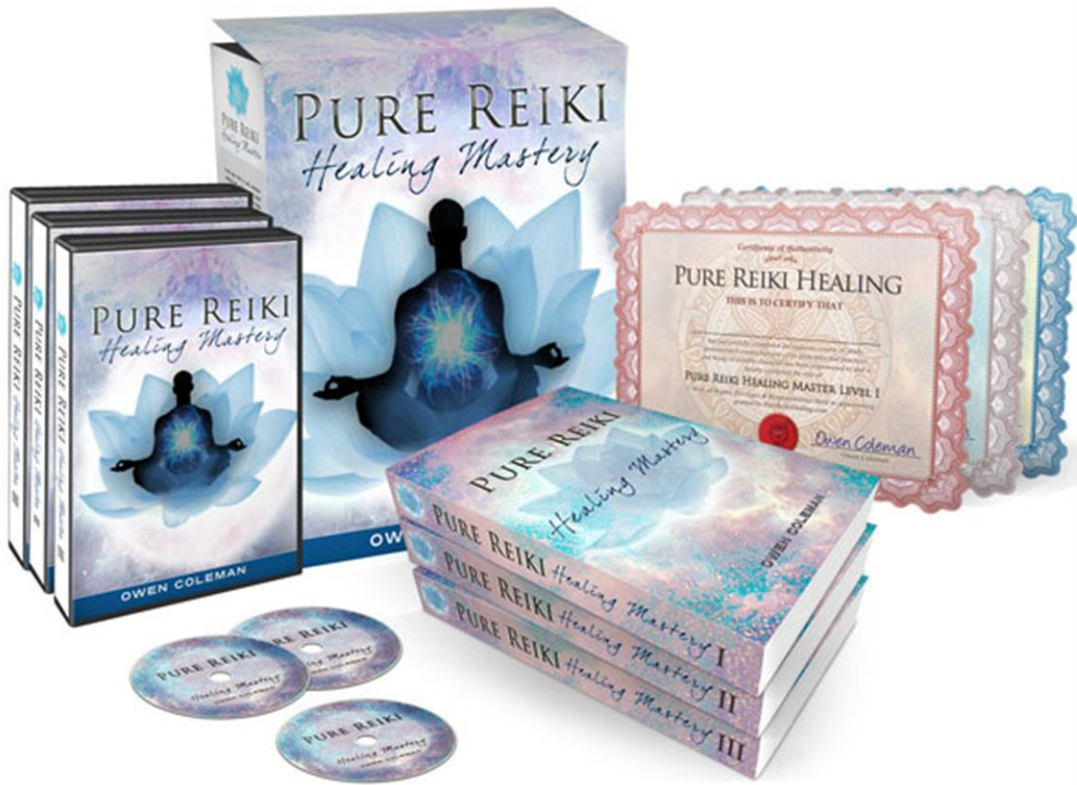
Ever heard of miraculous healing stories like...

- Women who couldn't conceive finally becoming pregnant?
- Tumours suddenly vanishing?
- Stopping a heart attack as it happens?

This miraculous treatment is so effective that the Harvard Medical School even created a new division to study this weird method of healing....

**YES! LET ME IN!**

# Additional Resources



## Pure Reiki Healing

Do you know...

- The little known secrets to finding true peace and bliss in your life?
- The quickest, easiest way to combat fatigue and getting your energy back at any time of the day?
- This all-natural healing method that takes just 15 minutes, yet has been proven to boost your energy levels by up to 215%?

Reveal the secrets of the universe now!

**YES! LET ME IN!**

# *Additional Resources*



## *Chakra Activation System*

Did you know that the body is connected to the foot in hundreds of ways?

In another words, taking better care of your feet can make you feel healthier, more grounded, and more secure in yourself!

With this "root" pathway, be ready to experience great increase in your intuition and personal power!

**YES! LET ME IN!**



The  
*Healing*  
Frequency

**TUNE IN TO YOUR  
WAVELENGTH OF RESTORATION**

**BENNETT KING**