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An Introduction to Gemstone Energy Medicine and the Therapeutic Gemstone Quartz

By Kathryn Thomasson

Gemstone Energy Medicine and therapy is a groundbreaking healing modality applying specific gemstone tools to initiate and support a person's innate healing processes. Therapeutic-quality gemstones, shaped into spheres and drilled, radiate their energies throughout the body and aura (the energetic field surrounding the body) to reach all levels. Drill holes are crucial for supporting the circulation of the gemstone's energy, much like the toroid energy flow of a person's aura, heart, or the electromagnetic field of the earth. Gemstone Therapy incorporates specialized tools such as aura sprays, necklaces, therapy strands, and customized gemstone mandalas in sophisticated protocols. Most simply, a person may wear a therapeutic necklace to obtain the gem's energetic support. Only the gemstones touch the person, so that the gemstone therapist serves as a facilitator choosing the best gems for the client at that moment.

Gemstone Therapy plays an important role in the healing arts because it involves physical tools (the gemstones themselves) that people can benefit from. People today are aware that they are more than just physical bodies—their emotions, memory, and mind influence daily life considerably. The energetic nature of the human body plays a key role in health and wellness. The mineral kingdom offers powerful all-natural tools that have a special affinity with the human body and its energetic aspects. The energies that emanate from drilled gemstone spheres are attracted to these energetic aspects and can directly address blockages and anomalies in them.

The Therapeutic Gemstone Quartz

Quartz is SiO₂ that crystalizes in the trigonal system, has a hardness of 7, and can come in a variety of colors [1]. This article concentrates on the colorless variety (Figure 1).



Figure 1: Quartz Cluster with Multiple Quartz Crystal Points on Matrix [2]. Quartz clusters can clear undesirable energies in a room (e.g., for protection), broadcast the energies of other stones or necklaces placed on them, or even clean the unwanted energies off of other stones or necklaces. The larger the cluster, the more impact it has on a

space [3].

For therapeutic purposes when wearing quartz, it is important to shape the quartz into spheres with drill holes. As a sphere, a healing gemstone radiates and receives energy equally in all directions; much like the earth itself has its own magnetic field radiating in all directions. The drill hole allows for the free flowing of the energy throughout and around the stone. A raw crystal, especially one with points, however, moves energy like a laser in a particular direction and is very focused. Although one can feel the energetic effects from a raw crystal, it is much safer, easier and more consistent to use when it is shaped into a sphere [4]. Gemstones that are therapeutic are pure minerals, high in quality

with relatively few flaws or inclusions [5].

For quartz, the spheres can be clear or frosted. The frosted quartz can be considered yin in energy while the clear quartz can be considered yang in energy as in traditional Chinese medicine [6]. Quartz draws the life force through all of the subtle bodies (the energetic parts of your aura around your body), and quartz aids life force to become incorporated into all of the body processes [6]. As this life force flows through the body, it nourishes and balances the mind, emotions, and physical body [7]. As a result, the body processes achieve greater balance and cooperation with each other that allow newer, greater healing energies to be received, so that all aspects of your life can improve [6]. Quartz also balances the various energy flows that move throughout the body by clearing congested energies and raising vibrations (energetic signatures) as needed [6]. Quartz works at all levels of the physical and subtle bodies to attract and direct healing energies [6].

Wearing a necklace of predominately clear quartz is not recommended [6, 8], but wearing a necklace of pure frosted quartz (Figure 2 top) [7] or a necklace that incorporates a few beads of clear optical quartz in a predominately frosted quartz necklace (Figure 2 bottom) [6] can be very beneficial. A necklace can subtly enhance the energy of the wearer, even when placed in a pocket. Wrapped around an injury (e.g., a strain or sprain) it can help alleviate pain and swelling in some people. Just allowing a necklace to swing or spin in someone's aura indicates that it is working on an issue in the aura. When using a quartz necklace that contains the clear quartz spheres, they enhance the frosted quartz healing potential in a necklace many fold [6]. Essentially the clear quartz spheres serve as a symbiotic to the frosted quartz making the necklace easier to wear for those who find wearing a pure frosted quartz necklace challenging. The presence of a symbiotic gemstone with any therapeutic gemstone necklace can greatly enhance the piece and make it much easier to wear for those who are very energy sensitive.



Figure 2: Therapeutic Quartz Necklaces. Top: from Gemisphere [7], a pure frosted quartz necklace. **Bottom:** from GEMFormulas [6], a quartz necklace with predominantly frosted beads, but containing six beads of clear optical quartz as a symbiotic.



My experience with quartz is that it helps to brighten my day and keep my heart happy. It provides a steady energy to help get me through my day. Quartz has proven useful for dealing with sudden skeletal injuries too; e.g., when my mother sprained her wrist wrapping a quartz necklace around her wrist helped to reduce the pain and swelling. I have experienced significant benefits from both kinds of quartz necklaces pictured in Figure 2, but I have found that a necklace with a clasp breaks less frequently, and a necklace that includes

the small number of clear quartz spheres is easier to wear for long periods of time. I also love using quartz clusters to refresh the energy in a room and to broadcast the energies of other stones placed on them; this technique is particularly useful for those who find actually wearing a necklace challenging because of their level of sensitivity or the weight of the gemstones.

Kathryn Thomasson is an Associate Gemstone Therapy Practitioner in Grand Forks, North Dakota and the surrounding region (North Dakota and northwestern Minnesota). She accepts in-person clients, adults, children, and pets for Gemstone Therapy. She is available for Gemstone Therapy sessions, creating custom gem mandalas, and aura clearing. Can recommend therapeutic gemstone necklaces for your individual needs. Available to speak about Gemstone Therapy, what it is, and what it can do for



you.

"I have been drawn to rocks and minerals all my life, but have only discovered therapeutic gemstones recently through my acupuncturist. The therapeutic gems have made an enormous difference in my life, leading me to heal and move forward in surprising ways, including a complete shift of my academic research. I am a Professor of Chemistry, and love both the chemical/scientific side of gemstones, and their energetic aspects as tools for therapy. I am continuing study to become a Certified Gemstone Therapy Practitioner and am simultaneously beginning initial scientific research studies into Gemstone Energy Medicine at the University of North Dakota."

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