

## **Contraindications to Crystal Healing - IMPORTANT**

Situations and conditions which mean that crystal healing is NOT SAFE or APPROPRIATE. Always check this before treating someone new.

Its important, especially as a student of crystal healing that you only practice on people who are reasonably well. However, as a general note it is not recommended that you practice on anyone who has any of the following:

People who recently suffered heart attack  
People who suffer from severe angina  
Have a pacemaker fitted  
Those with cancer undergoing chemotherapy/radiation treatment  
Schizophrenia  
Severe mental illness  
Very high blood pressure  
Drug abusers and alcoholics]  
Children under the age of 8  
Pregnant women (since you are dealing with two energies here)

Please be wary also of treating anyone who is  
Overly nervous/sensitive  
Children under the age of 12

Also be aware that if someone has a hearing aid - it must be removed before a crystal healing begins. The amplifying effect of crystals may harm the person's hearing!

### **ALSO NOTE:**

Its good to advise your client that crystal energies need to assimilate within the energy body so that balance and healing can take place properly. Therefore tell your client that its best to abstain from any alcohol and strong stimulants - caffeine etc for 24 hours after a treatment. Strong substances will inhibit the flow of crystal energies which will then begin to undo all the good energy you have put in during the healing!