

It may sound like a New Age fad, but stone and crystal healing has been part of Eastern science, including Traditional Chinese Medicine, for more than 5,000 years. Practitioners believe that by wearing a particular stone or enjoying a stone massage, our bodies (and those of our animals) can enjoy specific healing benefits.



## How does it work?

You're probably wondering how a stone or crystal can possibly have any healing properties. The body's cells transmit electrical signals that travel along nerves, carrying information to and from the brain and other organs. These signals tell the brain what the eyes see, what the ears hear and what the body feels. The brain returns these signals to their origin to dictate every move and response the body makes. Since the body is full of these electrical impulses, it's easy to see how stress and chemical imbalances can alter our energy field.

Stones and crystals, meanwhile, may look inert, but like everything else, their

atoms vibrate at specific frequencies. That's why they are often used as components in advanced technologies: quartz, for example, is used in sophisticated electronic and medical equipment. These frequencies can also have a healing effect on the body, helping to bring our own systems back into balance and moving stagnant energies.

Overall, animals respond quickly to the natural balancing and transformative properties of stones and crystals.

## A holistic foundation

The holistic approach to health care begins with a lifestyle, one that takes emotional as well as physical well being into consideration. When this foundation is set, an animal can thrive because his natural healing capacity will be strong enough to ward off many health problems. If illness or

injury is present, he will be able to respond more readily to natural remedies, including stone massage or wearing a healing stone or crystal.

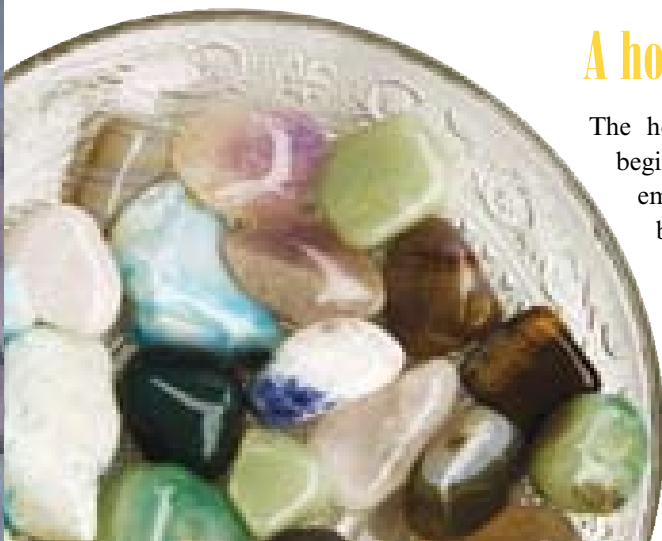
You need to consider many variables when interpreting how a particular stone might benefit your companion; his general state of health, temperament, and environment can all have an influence on how effective the stone will be. Stones of a specific mineralogy will not have the exact same effects on every individual.

## How to use stones

Your animal's life energy needs to be vibrant and strong in order for him to stay well. Using stones to gently massage your animal, or in the form of a piece that he can wear on his collar, can help enhance a healthy, holistic lifestyle.

*The table on the next page features a few helpful stones and their most common benefits.*

*N.B. The information in this article is not meant as a substitute for veterinary advice, nor as a prescription for any health issues. If your animal has an illness or injury, consult a trained holistic veterinarian.*



Stone	Description	Emotional	Physical
<p data-bbox="188 209 300 244">Sodalite</p> 	<p data-bbox="440 203 730 354">Crystallizes in masses, grains, nodules, and rarely, hexagonal prismatic crystals. Colors range from dark blue, gray, and green, to yellow, white and light red.</p>	<p data-bbox="796 203 1050 416">Helps eliminate confusion. Facilitates companionship and mutual dependence, encouraging self esteem, self trust and trust in others. Can be used to enhance emotional balance.</p>	<p data-bbox="1152 203 1465 354">Has been used in the treatment of gland metabolism and digestive disorders, and as a purifying agent for the body. Possesses anti-inflammatory properties.</p>
<p data-bbox="172 573 316 609">Red jasper</p> 	<p data-bbox="440 551 730 702">A form of opaque, usually patterned chalcedony; occurs in massive formations. Dark red or orange; sometimes contains stripes or banding.</p>	<p data-bbox="796 551 1098 868">Known as the “supreme nurturer”. Acts as a reminder that one isn’t here on the physical plane just for oneself, but also to bring joy and sustenance to others. Protects against negativity and helps one stay grounded to the stabilizing energies of the earth. Balances the yin-yang energy, and the physical and emotional bodies.</p>	<p data-bbox="1152 551 1481 868">Can be used in the treatment of tissue deterioration in internal organs, and for disorders of the kidneys, spleen, bladder, liver, and stomach – the energy is more appropriate for the deterioration, rather than the actual state of malfunction. Can be used to treat a loss of the sense of smell. Has been reported to soothe the nerves and aid in seizures.</p>
<p data-bbox="188 946 292 982">Howlite</p> 	<p data-bbox="440 917 730 1006">Crystallizes in the form of white nodules, compact masses, and tabular crystals.</p>	<p data-bbox="796 917 1098 1203">Calms communication, facilitates awareness, and encourages emotional expression. Assists in eliminating hesitation and promoting action. May be used to eliminate pain, stress, and rage. Discourages impertinent behavior and encourages balance.</p>	<p data-bbox="1152 917 1469 1038">Can be useful for balancing calcium levels in the body, and in the treatment of disorders of the teeth, bone structure, and soft tissues.</p>
<p data-bbox="156 1307 331 1342">Green jadeite</p> 	<p data-bbox="440 1276 746 1593">Jade occurs in the form of jadeite. Transval jade or nephrite jadeite crystallizes in grain masses and rare long prismatic crystals. Colors include translucent emerald green, pale to deep mauve, lavender, white, red, orange, yellow, black, blue green, and white with delicate green veining.</p>	<p data-bbox="796 1276 1098 1303">Fidelity and devotion to purpose.</p>	<p data-bbox="1152 1276 1417 1396">Can be used in treatment for disorders of the heart, hips, kidneys, and spleen and also general health maintenance.</p>
<p data-bbox="148 1672 331 1707">Yellow jadeite</p> 	<p data-bbox="440 1643 738 1897">Crystallizes in the form of grain masses and rare long prismatic crystals. Colors range from translucent emerald greens, pale to deep mauve, lavender, white, red, orange, yellow, black, blue, green, and white with delicate green veining.</p>	<p data-bbox="796 1643 1098 1800">Facilitates cohesiveness in the actualization of purpose; protects and brings favorable fortune and harmony; provides stabilization via grounding to the universe.</p>	<p data-bbox="1152 1643 1465 1835">Can act as a bonding agent and assists both cellular and skeletal structures. May also help reduce pain in the sides, hips and legs. Can also be used in the treatment of reproductive disorders.</p>

