

# HUI PŌHAKU 'Ō HAWAII

## Rock & Mineral Society of Hawai'i, Inc.



### Meeting Times

#### MEETING

Wednesday  
October 24, 2018

6:15-8:00 pm

Makiki District Park  
Admin Building

Next Months Topic  
Orange Minerals

#### LAPIDARY

Every Thursday  
6:00-8:30pm  
Makiki District Park  
2nd floor Arts and  
Crafts Bldg

#### MEMBERSHIP

#### DUE COSTS 2019

Single: \$10.00

Family: \$15.00

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Hawai'i, Inc.  
P.O. Box 23020  
Honolulu, HI  
96823-3020

## Crystals By Sarah Daigle

### Can crystals be used for healing purposes?!

Many would still say no, yet sciences like Physics say, and Kirlian photographic technology yes.

### Why do crystals work for healing?

Crystals are energy. You are energy. Energies connect, merge and co-create new energies. Everything in the Universe and beyond is made of energy. Everything vibrates at different frequencies - planets, stars, plants, animals, rocks, crystals, you, me, our internal organs, chakras and our energetic expressions like thoughts, words and feelings. Even the chair I'm sitting on. Each has a specific electromagnetic frequency that it is emitting into the world. This frequency changes based on its interactions with the environment and changes throughout time.



Himalayan Rock Salt

Our hearts and brains emit electromagnetic frequencies which vibrate an electric charge through every cell in our bodies. The energies from our chakras (chakras - also proven to be real by science!) also play a part in this overall vibration we are emitting. Our emotions, other people's energies, the energies of our surrounding spaces and, yes, crystal energies can affect these electromagnetic frequencies pulsing through and from our bodies.



Amethyst Points

Some things hold higher vibrations than others.

## Crystals

The higher the vibrational frequency the stronger it becomes. The stronger it becomes the quicker it can travel and the more affect it will have on its environment and all other energies around it. The highest vibration in the room can shift the whole energy of the space and everyone in it.

With all of that said, crystals hold extremely high frequencies. Each one emitting varying frequencies, and each one can and will merge with your own energies to help raise your vibration in unique ways. Crystals have the potential of helping you to shift, heal and transform mentally, emotionally, physically and/or spiritually.



Black Tourmaline

### What can crystals do for me?

There are infinite ways of working with crystals. I've provided a general list of ideas, and hopefully it brings awareness and inspiration for how you can use them for you.

- Processing and transforming emotions or emotional trauma (PTSD)
- Lowering stress levels, lifting depression, healing psychosis
- Healing physical wounds, pain or disease
- Enhancing healthy sleep patterns
- Upgrading and deepening meditation practice
- Assisting with 3<sup>rd</sup> eye activation, vision, imagination, creativity, manifestation
- Shielding from negative energies radiation, EMFs
- Activating, healing and balancing chakras
- Grounding / Earthing
- Building confidence, courage and self-expression
- Deeper connection to Higher Self and/or spiritual realms
- Karma and past life healing
- Overcoming addiction



Labradorite

You can find out what crystals work for specific ailments by looking them up online (i.e. Black Tourmaline healing properties) or in a metaphysical crystal healing book such as "Love is in the Earth – A Kaleidoscope of Crystals" by Melody. However, it is important to note that just because a book says a crystal can help with certain ailments, it doesn't always mean that is the way that crystal will help you.

## Crystals



Rose Quartz Obelisk

It all depends on what your needs are in that moment and how the crystal's energy resonates with yours. No matter what, though, a crystal will always help in some way or another!

### How do I use crystals?

Let's start with the basics. Choose which one you feel you want to work with first. You can do this by using the one your attention goes to first, or you can take a look at a crystal healing book to find which crystals help with what you are wanting help with.

You can introduce crystals into your life by placing them in your bedroom, home or workplace with an intention. Maybe you want help to:

- clear your space of negativity (Black Tourmaline or Himalayan Salt Crystals)
- bring in more creativity and inspiration (Citrine, Labradorite, Lapis Lazuli),

- emotional healing (Rose Quartz, Jasper or Amethyst)
- create harmony amongst family and co-workers (Sodalite, Blue Lace Agate or Herkimer Diamond)

Crystals can be carried with you all day long (pockets, purses, bras, jewelry), they can go to bed with you, and they can hang out in your car (great helpers when stuck in traffic!).

On a deeper level of working with crystals create a crystal manifestation grid, make elixirs (make sure they're non-toxic!), and you can even enhance your gardens and plant kingdom by placing them in the soil.

### Do I need to cleanse my crystals?

You may come across this question at some point or another.

There is a lot of projection out there that crystals can hold on to 'bad energy' and they must be "cleansed". To me, this is a very Ego thing to believe. As previously mentioned, crystals have extremely high vibrations and they have been around for eons. They know what they are doing and definitely do not need a human to 'cleansed' them. However, I do still bless my crystals by burning sage – ancient ancestors have said the smoke of sage helps to banish negative energies, recharging their energy under the new and full moon, and depending on the type of crystal, cool running water. I do all of these practices in hopes that it will prolong their time with me, never out of fear that they 'need it' or that they are holding on to negative energies.

Overall, crystals can bring so much love and nurturing into your life. What a divine tool to add to your journey!



Lapis Lazuli Point

**WWW.ROCKANDMINERALSOCIETYOFHAWAII.ORG****Officers***President*

Matthew Martin

Info@naturalhistorylab.com

*Vice President/ Admin.*

Jon Bly

BLYJ1966@gmail.com

*Vice President/ Lapidary*

Dean Sakabe

Dean.d.sakabe@verizon.com

(808) 282-6681

*Treasurer*

Debbie Iijima

*Secretary*

Blair Isitani

*Newsletter Editor*

The Rock & Mineral Society meets on the 4th Wednesday of each month (except for adjusted dates in November and December) at the Makiki District Park, 6:15-8 pm. Enter from Keeaumoku Street. Parking is free but limited.

The Newsletter is published monthly, some days prior to the meetings and is distributed in electronic format by email (Adobe Acrobat PDF file attachment). Printed copies are "snail" mailed to those who do not have email. The electronic format usually contains full-color images; the print version may be limited to B&W due to reproduction costs.

**DOOR PRIZES**

Please note that we have instituted door prize drawings at our monthly meetings. Because of Hawaii's gambling laws, these drawings cannot be conducted in the common "raffle" format where tickets are sold. Rather, each *paid* member attending the meeting will receive a drawing ticket upon request. A voluntary donation of \$1.00 is requested and encouraged. Drawings will be conducted at the end of the meeting with available prizes awarded in random order. You must be present to win. Please remember: if you win a prize, please bring one to the next meeting. This helps to keep our drawings going. Thank you.

**Christmas Potluck Dinner**  
**Friday, December 7th**  
**Makiki Park**  
**Arts & Crafts bldg. 1st flr.**  
**5:00 pm— 8:00 pm**

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