

The Relationship Between Energy & Crystals

Energy is Everything

Everything in our world and cosmos is made up of energy. As humans, we like to identify with the physicality of all things because it's easier to understand if we can see, feel and touch something. We believe our hands for example are solid. But in actual fact, if you looked at your hand through a very powerful microscope, you would find that your hand is made up of cells, atoms and molecules. Those cells, atoms and molecules are bound together by molecular bonds and energy - your hand is in a sense invisible! Every living thing is like a soup of energy and particles. We have learnt from nuclear science and more recently quantum science that energy cannot be destroyed. It can only be transformed into some other form of energy.

The challenge for all of us living in this physical life as a human being, is to open our minds to sense invisible energy. Just because we can't see energy with our eyes, does not mean that it isn't there and doesn't have an effect on other things around it.

So on to crystals - they are energy power houses. They hold a particular molecular structure, that in part, predisposes them to specific healing potential. Just like light and sound are vehicles for energy, so too is molecular structure and colour. When we see a rainbow we are amazed at its beauty. Rainbows are a physical construct of energy in all its different frequencies - produced when light refracts through droplets of water (Hydrogen and Oxygen molecules).