

HOW CRYSTALS CAN HELP WITH HEALING PTSD TRAUMA



Rose Quartz from South Dakota

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Welcome!

You're probably wondering if you read the title of this report correctly! Really can crystals help in the healing of trauma derived from PTSD? In this report I will explain why and how crystals can help with healing trauma and give a story to explain what I'm talking about.

First off in case you don't know who I am and why you should listen to me, let me introduce myself. My name is Rev. Dr. Elena Skyhawk and I am a metaphysical minister, shaman, healer, author, and Dr. of Metaphysics and also a survivor of childhood sexual, physical, emotional and mental abuse as well as a survivor of a sexual assault eight years ago.

In order to heal myself, as I wasn't getting the help I needed from regular counselors and psychologists, I turned to my own healing abilities and asked the help of some of my healer friends and we conducted an experiment to see if we could heal someone from such trauma.

Turns out we could. We used Reiki, Crystals, Shamanic healing, including soul retrieval and also past life regression sessions. Since I had plenty of crystals I took that part to work with on myself while my friends did distance Reiki, flower essences and other modalities that they didn't mention to me at the time. Was the healing overnight? I can absolutely say no, but it did make a huge difference in my mindset and also started to work on the fear surrounding the last attack.

So now let's take a look at what PTSD is and why women seem to suffer more from it than men, and then I'll explain about the crystals and what the healing properties of each are and why they work with the healing of trauma.

*An estimated **one out of every nine** women develops PTSD, making them about twice as likely as men.*

Women, Trauma, and PTSD

Trauma is common in women; five out of ten women experience a traumatic event. Women tend to experience different traumas than men. While both men and women report the same symptoms of PTSD (hyper arousal, re-experiencing, avoidance, and numbing), some symptoms are more common for women than for men.

History

Most early information on trauma and PTSD came from studies of male Veterans, mostly Vietnam Veterans. Researchers began to study the effects of sexual assault and found that women's reactions were similar to male combat Veterans. Women's experiences of trauma can also cause PTSD. This finding led to more research on women's exposure to trauma and PTSD.

Risk of experiencing trauma

Findings from a large national mental health study show that a little more than half of all women will experience at least one traumatic event in their life. Women are slightly less likely to experience trauma than men. The most common trauma for women is sexual assault or child sexual abuse. About one in three women will experience a sexual assault in their lifetime. Rates of sexual assault are higher for women than men. Women are also more likely to be neglected or abused in childhood, to experience domestic violence, or to have a loved one suddenly die.

What happens after trauma?

After a trauma, some women may feel depressed, start drinking or using drugs, or develop PTSD. Women are more than twice as likely to develop PTSD than men (10% for women and 4% for men). There are a few reasons women might get PTSD more than men:

- Women are more likely to experience sexual assault.
- Sexual assault is more likely to cause PTSD than many other events.
- Women may be more likely to blame themselves for trauma experiences than men.

Why are some women at higher risk for PTSD?

Not all women who experience a traumatic event develop PTSD. Women are more likely to develop PTSD if they:

- Have a past mental health problem (for example depression or anxiety)
- Experienced a very severe or life-threatening trauma
- Were sexually assaulted
- Were injured during the event
- Had a severe reaction at the time of the event
- Experienced other stressful events afterwards
- Do not have good social support

What PTSD is like for women

Some PTSD symptoms are more common in women than men. Women are more likely to be jumpy, to have more trouble feeling emotions, and to avoid things that remind them of the trauma than men. Men are more likely to feel angry and to have trouble controlling their anger than women. Women with PTSD are more likely to feel depressed and anxious, while men with PTSD are more likely to have problems with alcohol or drugs. Both women and men who experience PTSD may develop physical health problems.

Treatment for PTSD

There are good treatments for PTSD. However, not everyone who experiences a trauma seeks treatment. Women may be more likely than men to seek help after a traumatic event. At least one study found that women respond to treatment as well as or better than men. This may be because women are generally more comfortable sharing feelings and talking about personal things with others than men.

Crystals that assist with Healing PTSD trauma

The following is a list of crystals that can be used to heal trauma in the body, mind and soul. The list is not conclusive of all stones that can be used, but are one's that I used and others have used as well.

1. Nuummite: an ancient stone from Greenland that is dark with flashes of iridescent color. One of the many gifts of Nuummite is that it can help us with soul-retrieval and clearing our etheric blueprint of injuries or traumas. What happens when we find ourselves in a serious traumatic experience, is that parts of our soul can splinter off due to the impact of the event. We can actually lose parts of our soul energy to the trauma. Perhaps this contributes to the flashbacks that people with PTSD experience, since part of them is literally still there, reliving the nightmare. Nuummite will help to bring those lost parts back so that they can be healed and reintegrated. Also, Nuummite does have small lithium content, so this energy can help bring a calming effect to their emotional body. Just carrying Nuummite in your pocket will have a positive effect, and it will do this work on a subtle, subconscious level.
2. Black Tourmaline: known as the etheric vacuum cleaner, this powerful stone will send its cleansing vibration throughout the entire energy system, transmuting any negative energy into positive and usable light. It can also work to remove negative energy attachments that could have been picked up during dark events. Carrying this stone will help you remain consistently clear and protected.
3. Kunzite: is a beautiful, striated pink stone that has high lithium content. Stones with lithium in them are the best options for calming anxiety. Kunzite is perfect for helping those who have closed down their hearts to protect themselves from pain. Its nourishing energies fill the heart with higher, divine love, while it gives you the message that it is safe to feel and to love again.
4. Apophyllite: can be clear, green, peach colored, and also comes in white natural pyramid shapes. It is used to activate the heart chakra and to provide energy and forthrightness in decisions of the heart. Also has been used to facilitate removal of unwanted historical and



present day energy,

5. Pink Calcite: provides a boost of energy to the foundational structure of the physical, mental, emotional and spiritual bodies.

6. Green Fluorite: fluorite is a powerful healing stone that helps ground your energy and improve your focus.
7. Hematite: is shiny gray in color and enhances optimism, will and courage. In addition it strengthens physical and etheric bodies and acts as a grounding tool.

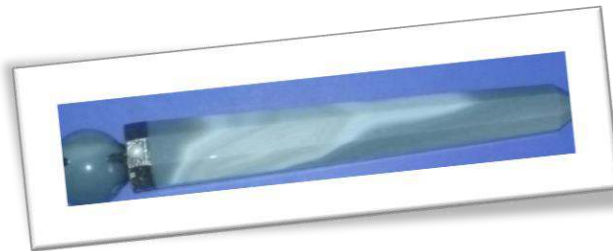


8. Lepidolite: is lavender to pink with specks of sparkling mica. It soothes and heals stress



while strengthening your discovery of your Higher Self.

9. Botswana Agate: is light blue with gray swirls and helps soothe your nerves, lifts depression, and focus your thoughts on service.



10. Agate: comes in combinations of brown, blue, gray, green, orange, red, and white. It helps strengthen the mind and body and helps to discern the truth and is a powerful healing stone when it's used in conjunction with the chakra's.
11. Garnet: is found in red, yellow, green, brown, pink and black. It helps stimulate passion, creativity and intention, as well as working to heal blood-related diseases.
12. Rhodocrosite: is creamy pink and white and eases moments of change by serving as a bridge between your upper and lower chakra's, which creates a balanced, loving approach to life.

If you are working with someone or are someone who is open to alternative healing methods and who is stable enough and ready to clear these traumas, the following placement of crystals can be used to start the healing session. Again, use the crystals that you feel drawn to.

Place a Nuummite on the forehead, Kunzite on the heart, and a Black Tourmaline on the root chakra. Relax and take three deep breathes. Call in God, Divine Source, Creator, Great Spirit, or Archangel Michael, who clears negative energy. Let them know that they have all the support from God and the power within to heal, and have them state out loud, “I now call back to me all of the pieces of my soul and all of my energy that has been lost. I am healed, I am whole.” The Nuummite will act as a magnet for bringing in lost soul fragments, clearing the trauma, and integrating the pieces. Black Tourmaline will do its job to cleanse any negativity coming into the field. And Kunzite will work to heal the heart and the emotional shock, bringing a calming and loving energy. Keep the stones in place for at least fifteen minutes, and hold loving space for them. Their higher self, the stones, and Divine spirit will do the work that they are ready to accomplish.

If you or the person you are working on respond well to this and are open to doing even more work, please have them seek a shamanic practitioner or a healer who specializes in soul retrieval work. You can find more about soul retrieval and the work I provide on my website:

<http://www.spiritual-shaman.com> and when you do also sign up to receive a free checklist on the Traits of a good Healer/Teacher.

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