



crystal clear

Energy healing comes in the form of crystal therapy, rather like reiki. It works on unblocking energy channels (chakras) within the body by tuning into your 'vibrational' frequency. Many ailments and diseases can be eased in this way.

Crystals such as amethyst, jade, rose quartz and clear crystal all have different qualities that, when placed on the appropriate parts of the body, align the etheric body to the physical body for balance. It's easy to target crystal therapy as just more New Age fluff, but for weeks I'd been suffering from slight insomnia at nights and a feeling of anxiety when I woke up in the mornings. So, I decided to give it a go. I have never had any body energy healing, so giving you a first-hand account may allow you to judge for yourself.

After a consultation and psychodynamic session, my healer, Steve Karim, assessed my body's chakras – of which there are seven – to evaluate the cause of my problems. 'The dysfunction of an emotion can cause disease,' Steve says. 'Disease is actually "dis-ease" in a person's body and is the body's way of telling you something isn't right. Unless we are made aware of this and confront it, then we may be setting ourselves up for serious illness in later life.'

After telling him my symptoms, Steve measures my seven chakras by process of kinesiology. He finds my

third chakra (emotional) in the chest area blocked. So too is my fifth chakra (physical) in the neck area. Apparently, this is a common cause of headaches: a person who suppresses their feelings and does not truly say how they feel – I am someone who is guilty of this.

Steve then places rose quartz in my left hand, clear quartz in my right hand and smoky quartz on my third chakra (the sternum). 'A doctor uses a thermometer or stethoscope to discover an illness,' says Steve. 'I use crystals.' He tells me to close my eyes and to place all that is worrying me and that has worried me over the past six months somewhere, then to walk away and go where my mind took me.

I became overwhelmed with emotion and could feel heat from the crystal on my third chakra. I then drifted off to a place I haven't been to for years, but where I felt happy. It was like a vivid dream, yet I was still conscious of the present. I came away from the session feeling positively energised. Over the next week I found it easier to sleep and my knot of anxiety disappeared.

Each session works towards building your awareness of yourself, so, depending on how willing you are to become involved in your own healing will determine the time it takes to achieve total body awareness.

● For further information, call Steve Karim on 020 7813 0434 or go to www.oxidation-therapy.com

5 minute stress buster

Banish stale and stagnant energy from your body by holding the middle joint of the left middle finger lightly between the right thumb and fingers. Hold for a few minutes. Do the same on the other hand and breathe! See, now you're stress free!



feet first...

Before you tuck your feet into your slippers each night, try to spend some time rewarding them for a hard day's work. Why? Because your feet are a map of the rest of your body. Applying pressure to different spots can help you to alleviate congestion in the corresponding glands and organs. A quick massage could help keep away common winter ailments like colds. Here are five steps towards the perfect foot massage.

- 1 Make sure you are relaxed.
- 2 Use a base oil mixed with a few drops of lavender.
- 3 As you gently rub the sole of your foot you may become aware of sore points. This may indicate ailments in the correlating body part. If these areas are extremely painful, then you should visit a qualified reflexologist.
- 4 Focus on the ball of each foot and the toes. Your big toes relate to the brain, throat, pituitary gland and neck; the second and third toes to the eyes; fourth and little toes to the ears.
- 5 Gently massage these areas and, as you relax, you'll be increasing the circulation to these areas.