

# Leave No Stone Unturned

The Art and Science of Stone Medicine



## Ayurvedic Sacred Stone Massage Therapy Instructional Manual



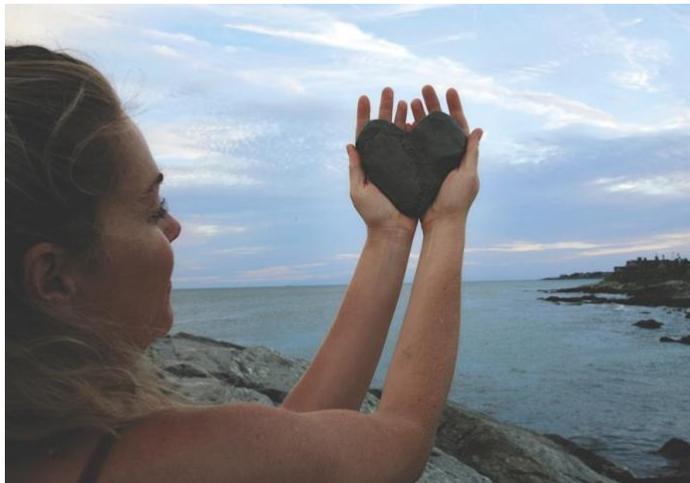
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The photography throughout this book was co-authored by Karyn Chabot & Jenn Gilgan.



*We are beings in a school for gods where we learn in slow motion the consequences of thought.” -W.M. Brugh Joy*

The Sanskrit words below highlight the nature of the teacher-student relationship that produces ideal results for the student. The transference of mental, spiritual and intellectual energies from the teacher to the student can be achieved through a mutually nourishing relationship, which is based on (mutual) respect, joy (of giving and receiving), and absence of malice or negative thoughts.



## ~ Peace Invocation ~ A Prayer for Peace and Clarity

This prayer is ideally intoned to begin teaching sessions, meetings, and other group activities.

The vibrational energy of this chant purifies the auras of those who are chanting it, the material being reviewed or studied, and the room in which it is being chanted.

--*Krishna Yajur Veda. Taittiriya Upanishad 2.2.3*

*Aum saha na vavatu,  
saha nau bhunaktu,  
sahaviryam karvavahai.  
Tejasvinav adhitamastu,  
ma vidvishavahai.  
Aum Shanti Shanti Shanti*

AUM--may we be protected.

AUM--may we please the Powers that Be.

May we pursue our studies with vigor and may they illuminate us. May there be only wisdom, learning, laughter, and compassion among us today.

Aum -Shanti - Shanti - Shanti – Amen

## ***Dedication***

I dedicate this written work to my beloved daughter, Jaeda, who gave me one of the most incredible gifts I have ever received. It was a perfect heart-shaped stone that she found on Mother's Day while we were harvesting sea stones. She was no more than two feet away from me when she found it! Her bright eyes gleamed, "Mommy, put this stone on your client's hearts!" I still gasp every time I see it. It was in the "giving" that Jaeda activated the magic in this stone. Within the matrix of this stone, Jaeda imprinted generosity, love and compassion. Only an innocent child could have received such a beautiful gift from Mother earth on such an auspicious day. And, only a beautiful, innocent child could have given it away.



## ***Special Thanks***

Words are a vague translation for the deep appreciation I feel for some of my greatest teachers, friends, and family members who have unconditionally supported my mission and taught me things you can't read in books. I give my eternal thanks to Dr. Vasant Lad, B.A.M.S for teaching me the beauty of Ayurveda and writing the heart-felt foreword to this book; my dear daughter, Jada Chabot, for always making me laugh; Douglas Chabot for being my high school sweetheart, former husband and father of my daughter; the Late Mark Butler, for being one of my dearest soul-mates who helped me heal through laughter and undying love; Dr. Joseph Mancuso, for being my father and my hero; my mother, for teaching me some of life's greatest lessons; my paternal grandmother Helen Mancuso, for being an unstoppable optimist; my sister, for being my compassionate opposite and my left brain; Karyn Holland, for being my soul-sister, and all the friends who have loved me. I acknowledge Dr. Eileen Normington, MD and Glen Crowther and many others who helped me edit this book. I am grateful that Jennifer Gilgan's beautiful photography graces the pages of this book. I thank each precious, devoted client who made my massage career feel like play instead of work. I thank my ancestors, my celestial friends, Benu (Arch-Angel Gabriel), Kwan Yin, Mother Mary, Durga, Ganesha and the Joseph Collective for their gentle guidance and healing. Most of all, I thank Love, who is the Prime Source, for the gift in every adversity and the joy in every smile. I thank each reader for allowing me to share what I have learned.

*This course is not intended to treat, diagnose or prescribe. The information contained herein is in no way to be considered as a substitute or a consultation with a duly licensed health care professional or authentic guru.*



## ***Ayurveda Made Simple***

India's ancient science of longevity and self-healing

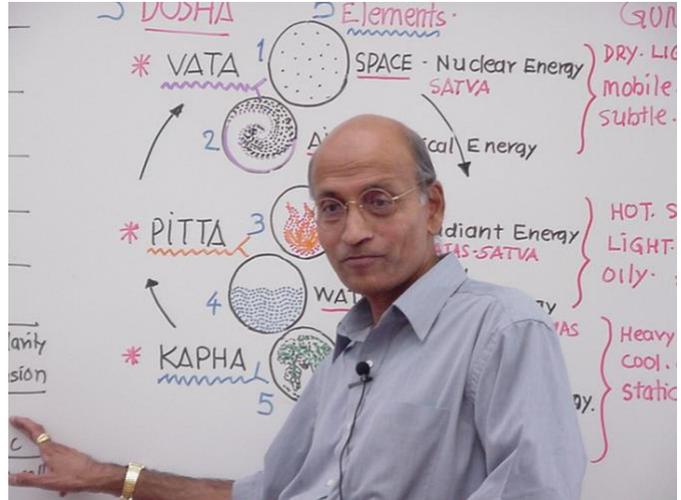
When I was a student of Dr. Vasant Lad at The Ayurvedic Institute in Albuquerque, NM (1996-97), each class left me in awe as I learned more about the ancient, profoundly simple, biological and spiritual science of Ayurveda. In the past, Ayurveda has been misunderstood and seen as a religion or a cult, but now people are starting to see that it is a beautiful medical science that encourages people to live in harmony with the earth, the elements and the seasons. It is a sister science to yoga and astrology. Ayurveda does not involve mandatory worship of mysterious deities. Instead it embraces all spirituality and recognizes the divine intelligence within all living things. It is the ancient healing science of India.

The UN's World Health Organization recognizes Ayurveda as one of the top three medical systems in America. Polarity therapy, acupuncture, crystal healing, aromatherapy, magnet therapy, hot stone massage therapy, Reiki, flower essence therapy & iridology are a few healing modalities that can be traced to India. Ayurveda is the Mother of all healing as it addresses the root of disease, rather than just alleviating symptoms. It doesn't assign a medical name to disease. Whenever you name something, you are indirectly assigning power to it. Instead, Ayurveda views disease as an imbalance of the five great elements within the body. Some of the modalities used to restore this fragile balance include nutritional and lifestyle changes, specific bodywork, herbs, yoga, meditation, mantra, mindfulness, breath-work, sound, color, crystal, aromatherapy and living intuitively. This ancient science was designed to empower people with the knowledge of self-discovery and self-healing.

Disease starts in the mind with the thought. By cultivating the garden of your mind and generating positive thoughts, you can prevent disease. A thought is absorbed and assimilated into the body, just like food, right down to the smallest structure of the human cell. An Ayurvedic Practitioner colleague and friend of mine named Ryan Kurczak, LMT once told me, *"Many of the people I know who succeed in utilizing Ayurveda as an effective method of health maintenance implement moderate changes over a long period of time. They are not fanatics and don't get bent out of shape if someone offers them a piece of chocolate cake when they are supposed to be on a "pure" Ayurvedic diet. When I asked my spiritual teacher about how strict I need to be with Ayurveda he said, 'Meditate, and be happy. Then adjust your diet as you need to.' One of the most powerful disease-causing factors according to Ayurveda is a diseased mind. When the mind is peaceful, the body will be as well."* We are the subatomic structure of God; we are microcosms of the macrocosmic universe. There are five great elements that exist on our planet: ether, air, fire, earth and water. Ayurveda classifies these 5 elements into 3 aspects. These aspects are referred to as doshas, a Sanskrit word meaning *biological principle*, which generally refers to an imbalance due to "excess" of one of the elements within the body.

Although there are five great elements, there are only 3 doshas or biological principles. All five elements must exist within our bodies and within the universe in order for us to function properly. As soon as the sperm meets the egg, a unique combination of the five great elements is determined and the physical constitution is born. This constitution is called Prakriti.

Stress, negative thoughts, feeling disconnected from the divine within ourselves or the ones we love, wrong food choices, and lack of exercise are just some of the things that throw us out of balance. When the doshas are out of balance, it usually means they are in excess and have reached the first of 6 stages in the disease process called “accumulation.” Restoring balance usually means reducing the dosha by making conscious choices regarding our lifestyle, food, mindfulness, exercise, breath, prayer, meditation and bodywork.



What are the three doshas?

1) Vata is a Sanskrit word meaning “what blows” and lives in the colon/large intestines. Vata becomes excessive on cold, windy days during the fall and winter. When vata within the body is in excess, people tend to experience anxiety, panic attacks, insomnia, paranoia and loneliness.

2) Pitta is a Sanskrit word meaning “what cooks” and lives in the small intestines. Pitta becomes excessive on hot summer days. When pitta within the body is excessive, people tend to experience self-condemnation, jealousy, anger, competitive thoughts, and aggression.

3) Kapha is a Sanskrit word meaning “what sticks,” and lives in the stomach. Kapha becomes excessive on cool, muddy days of spring and on cold, snowy days in the winter. When kapha within the body becomes excessive, people experience greed, lethargy, apathy and heaviness. The weather, the seasons, our genetic constitution and lifestyle choices we make and our thoughts have a direct effect on our health.

After careful observation of the majority of my clients and friends, I have concluded that the most common complaints are stress and anxiety, which consequently will derange vata within the body. Living in a world where we are eating lunch while we are driving our car or reading our email while listening to our voicemail at the same time will naturally disturb vata within the body and mind. Multi-tasking and feeling like there is not enough time in a day will continually challenge vata. When the vata dosha is out of balance within the body, it can blow the other doshas (pitta & kapha) out of balance causing an overflow of the other doshas. Preventing all the doshas from becoming excessive is important, but remember that vata is the dosha that is critical to health and longevity. The ancient Ayurvedic texts say the earth is now in the vata stage of its evolution, so vata is high for everyone simply because we are so connected to our earth.

There are specific bodywork techniques and lifestyle choices that pacify and calm the vata dosha. Massage therapists are at risk for having excessive vata because of the nature of the job. Most massage therapists will tell you they are in constant physical motion on some level during a session. Massage therapists are movement-centered, energetic and on the go. Since vata is the dosha responsible for motion within the body and the universe, massage therapists need to take extra care not to accumulate too much vata.

Massage therapy can become a vata-provoking job, so choose a lifestyle that will soothe and balance your vata. Here are some easy vata soothing activities:

1. Eat your meals at the *same time* everyday (or at least one meal).
2. Plan your meals to avoid becoming anxious, cranky and hungry.
3. Stay quiet during each massage session; be an active listener.
4. Walk slowly, unless you are exercising. Walking more than 2 hours will irritate vata.
5. Think positive thoughts and read daily affirmations.
6. Avoid chatty people and long phone calls.
7. Eat warm, unctuous foods, especially on cold, windy, dry days.
8. Avoid scary movies.
9. Avoid being in confused relationships.
10. Stay warm.
11. Go to bed at or before 10 p.m.
12. Get a weekly massage with warm, organic, edible oil; ie, sesame, sunflower or castor oil.
13. Give yourself a daily oil rub-down (abhyanga)
14. Surround yourself with soft things, like fluffy pillows.
15. Avoid being late or rushed.
16. Avoid over exercising.
17. Surround yourself with friends who make you laugh.
18. Adopt a personal daily restorative yoga routine and pranayama breathing.
19. Avoid carbonated beverages.
20. Avoid excessive mouth breathing while giving a massage. Instead, learn ujjayi breathing in and out of the nose.



Dr. Vasant Lad taught his staff of massage therapists to say (or chant) the sounds of Hari Aum to make the experience more powerful and auspicious. Aum is the sound that contains all possible sounds made by all possible creatures through all possible times and the sound made by Gaia (Mother Earth) herself as she dances her dance of creation, sustenance, and absorption. It is the sound astronauts have reported to hear when they are launched into space. Alexander Graham Bell was perplexed and intrigued by this sound. While he was inventing the telephone, he noticed that the sound of aum was always present when he tapped into the “airways” regardless of his geographical location.

Saying the name of God with great reverence is auspicious, no matter what name you're saying. “Hari”, translated from Sanskrit, has many meanings:

1. Pure existence without thought
2. The end of knowledge
3. Choice-less, passive awareness

Hari is Shiva, king of oneness, Vishnu, the protector, and Krishna. Silently saying the sound of Hari aum or chanting it out loud before each healing session invokes a loving, gentle force where no duality exists. The sound Hari aum creates a sacred space in the room. The sound of Ha activates the heart chakra. The sound of Ri activates the throat chakra and the sound Aum activates the 6<sup>th</sup> and 7<sup>th</sup> chakra. The actual sound of aaahhhh is the sound of the Creator. You will find that in every culture and religion, the name for God has the sound of aaahhh somewhere in it. If you question where the sound aaaahhhh is in Jesus, keep in mind the Hebrew pronunciation was, “Yesh-u-ah.” Wayne Dyer, an internationally renowned author and speaker, advocated using the sound aaahhhh during meditation to manifest and create the things you desire in your life.



#### **Bodywork Techniques that will Sooth the Vata Dosha:**

1. Slow, confident effleurage strokes using wide hands covering as much surface area as possible.
2. Wringing and squeezing motions as if you are gently squeezing the air out of the body.
3. Very defined draping techniques to create trust and eliminate any fears of possibly being exposed and embarrassed.
4. Defining the beginning and ending of each massage session using the same signal or modality every time. For example, connecting with your client's feet while silently setting a prayer of intention before the session starts and using Tibetan bells to signify the end and whispering, “Thank you, take your time getting off the table. Go gently.”
5. Focusing each stroke to move out towards the feet, hands and root chakra, which are some of the terminal ends of the body. Ayurveda calls this “Terminal Clearance.”
6. Activating the downward flow in the body called “apana vayu”, which is a Sanskrit word meaning “direction towards the earth”. Instead of using strokes towards the heart, use strokes towards the feet.
7. Use copious amounts of warm, edible oil.

8. Use soft lights, soft pillows and cushions, a soft voice, soft music and a soft heart because people with excessive vata are like delicate flowers.
9. Keep the room warm and use a fluffy blanket instead of a thin sheet to cover your client.
10. Gentle compression.
11. Swedhana Steam Therapy.
12. Thermotherapy such as Hot Stone Therapy. (Certified Sacred Stone Massage Therapists are trained to pacify the vata dosha with heated stones. Find a Sacred Stone Therapist in your area by visiting [www.sacredstonehealing.com](http://www.sacredstonehealing.com))

*"One of the most important things I've learned from Ayurveda in regards to bodywork is that the oils, stones, herbs and techniques applied during a session are all secondary to the therapist's state of consciousness. If the vitality of the therapist is not strong, clear and centered in a space of balance and wholeness, which can easily be actualized by following simple Ayurvedic principles, even the most well intended treatments may fail to give results." Ryan Kurczac, LMT.*

Compression therapy using 10lb handmade heated sandbags will initiate the relaxation response. The sandbags sold at Sacred Stone Healing Center are handmade by an Ayurvedic Practitioner with care and are shipped empty. You can fill them with sterile sandbox sand from any hardware store or with volcanic black sand. Compression immobilizes the muscle, so there is a surrendering that must occur on the part of the client. When the body stops twitching and wiggling to find comfort, only then can we attain the inner stillness we all seek.

Sandbags create a perfect amount of pressure and can be heated on an oil heater. Laying sandbags on the top of the thighs will encourage the femurs to ground more deeply into the hip sockets. When the hip sockets are not in perfect alignment, it increases the likelihood of disturbing vata because spaces within all joints belong to the vata dosha, especially in the hips. It also helps redirect the energy downward by simply increasing body awareness in the legs.

The roots of hot stone massage therapy can be found in India. Stones are the ancient bones of the earth. There is an ethereal pulse within the earth and within each stone which will harmonize perfectly with the human pulse, if we allow it. Dr. Naina Marballi, BSAM, DAC, owner of *Ayurveda's Beauty Care* in NYC, a sister school to Sacred Stone Center for Holistic Education and Therapy in Newport, RI, reports that part of her curriculum at Poddar College and Mumbai University in India was a course called "Shila Abyhanga." Shila is a Sanskrit word for stone and abhyanga is a Sanskrit word for oil massage. She told me that this course dates back more than 5,000 years as part of the standard protocol for most medical Ayurvedic physicians.

*Question: Why did the Buddhist monk cross the road?*

*Answer: He wanted to get Om!*

Another profoundly effective healing modality is the Swedhana Therapy, which integrates a steam tent handmade by Sacred Stone that fits perfectly on the massage table. It's a powerful addition for those therapists who need to save their hands.

The Shirodhara Therapy course is an ancient sacred treatment to the forehead and crown of the head. Shiro means head and dhara means flow. Warm, herbal oil is poured in a continuous stream over the client's forehead and crown for 20-50 minutes. Shirodhara helps disperse negative electrical impulses that accumulate at the skull from stress. It opens the third eye, increases intuition and renews the sweetness of life. It also has powerful medical value for healing neurological disturbances and chemical imbalances within the brain.

There are many books on the subject of Ayurveda that include lists of food that pacify the doshas. Let these Ayurvedic food lists be your "training wheels". These "training wheels" will assist in developing your intuition. Living intuitively is synonymous with living in harmony with nature, which is the very foundation of Ayurveda. Do not get caught up in food lists and lifestyle rules. Educate yourself with the knowledge of Ayurveda, apply the principles to your life, then learn to eat and live intuitively.



Become aware of how your body feels after you eat a certain food or after you do a certain exercise or if you go to bed by a certain time. Each person is a conglomerate of many attributes and a beautiful mixture of the five great elements. You are not just a vata person, a pitta person or a kapha person. We contain all the doshas within us. Yet, we are all genetically predisposed to one (maybe two) doshic attributes that will have a preponderance to go out of balance more easily than other doshic qualities. Knowing how your body tends to go out of balance is extremely helpful. This is something that can be observed and intuited through meditation and keen body awareness or with the help of a skilled Ayurvedic practitioner or doctor.

Determining your imbalance is just as important, if not more important, than determining your Prakruti (constitution). Your Prakruti may not always be the same as your imbalance. The Sanskrit term "Vikruti" refers to imbalance. Most Ayurvedic self-tests are designed to determine your Prakruti, not your Vikruti. The test at Sacred Stone is geared for discovering your imbalance and finding effective remedies.

Observe your actions and thoughts without judgment. Know your body, know yourself. When you observe yourself this way, observe the observer. "Watch the Watcher," as my teacher Dr. Lad would say.

This article, "Ayurveda Made Simple," was published in *Massage Today*, October 2004.

## History of Stone Healing

"With a gentleness, a gentle hand, touch, for there is a spirit in the earth."

Wordsworth

Shila Abhyanga is a Sanskrit term meaning Stone Massage. It has roots in many lands, but can be directly traced to the Medical Ayurvedic Colleges of India as part of the curriculum for over 5,000 years.

Within the bodywork industry, the integration of heated and chilled stones in massage therapy has become widely appreciated and accepted as an enduring, effective modality. This ancient form of healing has not resurfaced to *replace* the healing hand, it instead, to be used as an *adjunct* to enhance alternative and mainstream bodywork systems. Stones can be used as extensions of the hand or as tools, depending on the client and the desired effect. Be cognizant that the essence of stone therapy, and all therapies, is elevated by the transference of authentic compassion and trust between the therapist and the client. This compassion then becomes imprinted within the matrix of each stone. Without this foundation of compassion and trust, the stones, as with any other healing tool, are rendered useless.

Stones, minerals and crystals have been used for healing since the beginning of time. People have ingested, worn and applied them to the body for healing purposes. Depending on each culture's level of knowledge, the methods for healing with stones can be quite different. Since the level of consciousness varies greatly from one civilization to another, stones have either been used in a very primitive or extremely sophisticated fashion. A stone's chemistry, frequency at which it vibrates, and geometrical form will determine it's healing potential.

Stones have always been seen as ancient reservoirs of power. Stones have also been known as **the great round** or the **cosmic egg** of the goddess. Ancients would use stones to line energy fields or grids in the earth to track the moon. Long ago in India, ancient Sanskrit writings recorded the healing and magical powers of the stones known in that region. Also, the Egyptians left us some of the most complete records of the properties and uses of stones and practiced the placement of these prized possessions in tombs. Many other cultures around the world, some isolated from one another, assigned identical or similar powers to these stones.



Using these stones for healing is not new. Creating patterns on the body to replicate sacred geometrical designs can access the highest healing power. Choose stones according to their shape, color and vibration. Follow your instincts and allow the stones to guide you.

The Universe was created thoughtfully as the Creator strategically placed different stones and crystals in various locations all over the world. The stones and crystals most effective for your healing practice will be the ones found closest to where you live and work. Macrobiotic nutritionists advocate the idea that we should eat food indigenous to our climate. This same principle can be applied to stone healing. For example, the clearest and most powerful quartz crystals can be found in Brazil. Brazil was very close to the lost continent of Atlantis. The Atlanteans were highly evolved people and needed the clarity and power of these quartz crystals to progress spiritually.

*“Each thought, each action, in the sunlight of awareness is sacred.”*  
Thich Nat Han

## ***What is Sacred Stone Therapy?***

***“Therapy is only as effective as the therapist”***

Sacred Stone Therapy marries the art of stone bodywork with the amazing ancient science of Ayurveda. This treatment is designed to take 75 minutes. Of the 5 elements that exist in the universe and within ourselves, it has been our observation that the wind element (ether & air), otherwise known as Vata, is the element that seems to be most out of balance in the majority of people who live in this fast-paced, multi-tasking part of the world, where people have email, a TV, 2.5 kids, voicemail, stressful jobs, cars, and confused relationships.



Reducing stress and calming the “internal wind” is the focal point of Sacred Stone Therapy. This therapy is primarily restorative, gently detoxifying and nurturing. Sacred Stone Therapists pacify all the attributes that increase the wind within us. Every technique used during this 75-minute treatment has been thoughtfully designed to bring the body, mind and soul back into balance and renew the sweetness of life in a world where people are driving while eating their lunch.

We focus on anchoring the first (muladhara) and second (svadhisthana) chakras more than any other chakra in the body. Chakras are energy centers and junctions of many important channels, which are defined in more detail later in this book. The first and second chakras are the ones that belong to the wind (vata). The sequence for the initial stone layout and the final spinal layout is especially mindful of these 2 chakras. That is why they are the first chakras where the stones are applied and the last chakras in which the stones are removed. The initial layout is one of the first things we do in Sacred Stone Therapy. It should only take about 7 minutes. The “massage” component begins after this initial layout.

This treatment also *integrates* the use of stones with the use of traditional massage. We do not believe that *pure* stone massage is completely effective. Stone massage was never meant to replace the human touch. The way in which a certified Sacred Stone Therapist touches the body is critical for reducing the wind element. These wind-reducing techniques include wringing and squeezing the tissue out, much like wringing and squeezing water out of a sponge or air out of a balloon.

The arms and hands are rubbed with warm oil and passively stretched. Each hand is supported on a warm stone that is placed on either side of the hips, which elevates the wrists, inviting the shoulders to relax down into the table. Crystals are placed on the forehead and an eye pillow is placed over the eyes. A floral spray is then misted over the face, cooling and moistening the skin.



The belly is massaged, softening the internal organs. A large belly stone is spun on the belly with gentle pressure in a rhythmic, soothing motion. Clients adore the "belly spin"! Ancient hand gestures (mudras) are applied for activating and polarizing the chakras and to expand the consciousness of the stones.

The legs are massaged in a downward motion towards the client's feet (apana vayu) with warm oil, with the intention of moving energy toward the feet, grounding the client to the earth. Two large, flat stones are glided along the sides of the legs, ironing out tight muscles.

Then, the client turns over, face down. Warm oil flows over the heart (heart basti) and spreads over the entire spine. The spine is massaged by hand with long, intentional downward strokes, deep and methodical. Two medium size stones glide along the neck and shoulders. As one big, flat stone glides along the spinal column and hips, it is then spun in a rhythmic motion, gently awakening the consciousness of all the chakras. Large, flat stones are laid upon the spinal column with precision and artistry, covering the entire spine and calming the central nervous system. If there is spinal degeneration, the stones are placed along the side of the spinal column.



Warm quartz crystals are placed strategically in the hands of the client creating an invisible arc of light. A fluffy, warm towel is laid over the clients back while the stones stay in their assigned positions. The back of the legs are massaged with warm oil and stroked with flat warm stones that eventually are laid upon the soles of the feet. A small buffalo drum is then sounded along the entire posterior side of the client. This drum acts as a vibrational healing that stimulates the energy of the stones, wakes them up and moves out unwanted ethereal debris that may have accumulated in the client's auric field. Tibetan bells are then gently toned to signal the end of the treatment.

The direction of each massage stroke should follow the downward earth flow and out the terminal ends: hands & feet (sometimes the head). This direction is called Apana Vayu, which is a Sanskrit word meaning downward flow. It directly activates the earth energy and reconnects clients to the roots of their being. Grounding and anchoring are key objectives for this treatment.



For some clients this therapy can bring deep tissue release and alignment in body, mind and spirit. Sacred Stone bodywork brings most clients 5 times deeper into quietude and healing. For others, it means gently allowing the heat of the stones to soften tension and melt worries away. This therapy is designed to nurture, sooth, warm, nourish and calm the entire person.

Keep in mind that the beauty of this therapy is manifested in the compassion extended from the therapist to the client. This compassion becomes imprinted within the matrix of each stone.

*“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.” Rumi*

Before a treatment begins, the therapist can either say a silent prayer of gratitude and intention or chant the traditional sacred sounds of “Hari Aum”. At the very beginning, injuries, tight muscles, and inflammations are addressed and “cocooned” with either heated or cooled stones, depending on the individual protocol. These cocoons stay in place while the therapist works on other parts of the body. There are pictures of cocoons in the Stone Protocol chapter. Warm stones and crystals are laid upon the body in a sequence that follows the ancient chakra system. The feet are massaged with warm castor oil and then warm, thin stones are placed between the toes in a pattern that balances the right and left hemispheres of the brain and gently stretches the toes apart.

Aromatic neem oil (high in antioxidants) is applied to the face and warm stones are smoothed over the facial marma points. A few drops of sinus clearing oil are breathed into the nostrils (this is optional). The neck and scalp are deeply massaged by skilled hands, followed by warm stone application. A stone is placed on the thymus gland; another stone taps it gently to activate its energy.

## ***How Does Sacred Stone Therapy Integrate Ayurveda?***

The purpose of Sacred Stone Therapy is to soothe the vata dosha. Vata is responsible for blowing all the other doshas out of their “homes.” Sacred Stone Therapy is one of the best preventative medicines and people of all constitutions will benefit from this profound bodywork experience.



Most people in our society are goal-oriented and do multiple tasks at once. Americans eat at their desks, wash dishes while they are on the phone, go through bills on the bus, and drive while talking on their cell phone. This is a rushed, fragmented way of functioning. Focusing on one project at a time with pure awareness is a rare thing in this hurried culture. Even if we eat healthy, our bodies will become prone to a vata imbalance if we continue at this pace. Moreover, there are other vata-deranging lifestyle habits we have adopted such as excessive travel, late nights, and nonstop stimulation with TV, voicemail and email. This is why I have chosen to focus on reducing and calming vata dosha in Sacred Stone Therapy.

In order to reduce and balance vata, the Sacred Stone Therapist must increase elements of earth and fire: warm oil and warm stones. Stones are the actual earth element. Oil can feed a fire, so it can stimulate metabolic fire when applied to the skin, especially when it is warm. Sacred Stone Therapy strengthens the functions of vata and the internal organs that are associated with vata dosha. These would include the brain’s sensory and motor impulses, the colon, the waist-line area, the thighs and hips, the ears, the space in the bones and our sense of touch. Pulsation, circulation, upward movement to sustain memory, digestion, and assimilation of food are all functions of 4 of the 5 vayus (directional flows) in the body. The retention and elimination of semen, urine, feces, menstruation and the fetus are functions of the 5<sup>th</sup>, most important flow (downward - apana vayu) within the body.

These are the qualities that can become excessive in the body when we are stressed out, anxious, unfocused, afraid, confused, going through change or trauma, isolated, paranoid, hyperactive and nervous. Below are the qualities we want to avoid, reduce and pacify. Choose foods, thoughts and a lifestyle that will decrease the following attributes.

- dry
- rough
- hard
- subtle
- mobile
- light
- cold
- irregular

When these attributes begin to become excessive in our lives, a vata-derangement occurs. There are many ways in which a vata-derangement or imbalance can manifest. As a therapist, you can detect a vata imbalance in your clients if they are late, erratic, overly chatty, have dry skin, nervous, anxious, twitchy, shaky, insecure, fearful, lonely, spacey, needy, and have obvious addictive behaviors. These vata imbalances, if not remedied, can develop into more serious health problems like arthritis, chronic constipation, emaciation, Parkinson's disease, sciatica, and chronic low back pain, just to name a few.

### **Sacred Stone Therapy Soothes the Attributes of Vata**

**1) Dry:** The stones are wet from the water in the heating and cooling units. The oil also reduces the dry quality of vata.

**2) Rough:** The softness in the voice of the therapist helps calm the client. The oil and water will soften and hydrate the skin. The colors and lighting in the room should be soft.

**3) Hard:** The extra soft cushion, pillows/bolsters and cozy blankets on the massage table will take away the bumpy, hard feeling of the stones as they are laid under the body. The stones will sink deeply into the cushion.

**4) Subtle:** The confidence of the therapist with a soft but firm and reassuring voice will ease the client. The therapist should have a firm touch, using the power of intention, mindfulness, and downward strokes that are grounding. The stones themselves, belonging to the earth element, reduce the subtle, windy qualities of vata.

**5) Mobile:** Unlike Thai massage which often requires the client to passively move through a full range of movements, sacred stone massage is quiet and still. The stone layout encourages absolute stillness and gives the client a sense of quietude, much like corpse pose at the end of yoga class. A blue sodalite or lapis is placed on the throat chakra to prevent excess chattiness. Too much idle chatter increases the mobile quality of vata.

**6) Light:** The stones and sandbags add the quality of heaviness. The heavy, firm touch of the therapist will ground the client. The lighting in the room should be dim. Copious amounts of warm oil add a heavy, cozy quality.

**7) Cold:** The heat from the stones, oil, electric blanket (which gets shut off during treatment), warm towels, warm colors, and warm room will reduce the cold qualities of vata. The only time to use cold stones would be in cases of pitta inflammations like tennis elbow or tendonitis. Then you would surround the site with a cocoon of cold stones. The face is also a site of pitta,



the fire element, so cool stones on the face will not disturb the cold attributes of vata. The therapist should have a warm and compassionate heart.

## ***Seven Ayurvedic Constitutions***

These constitutions are determined at conception and never change.



1. **Vata:** This would describe someone who was born with lots of ether and air qualities. The fall & winter season are high in these qualities.
2. **Pitta:** This would describe someone who was born with lots of fire and water qualities. The summer season is high in these qualities.
3. **Kapha:** This would describe someone who was born with lots of earth and water qualities. The spring & winter seasons are high in these qualities.
4. **Vata-pitta or pitta-vata:** This would describe someone who was born with lots of ether, air and fire qualities. The fall, winter, and summer are high in these qualities.
5. **Pitta-kapha or kapha-pitta:** This would describe someone who was born with lots of fire, water and earth qualities. The summer, winter, and spring are high in these qualities.
6. **Vata-kapha or kapha-vata:** This would describe someone who was born with lots of air, ether and earth qualities. The fall, winter and spring are high in these qualities.
7. **Vata-pitta-kapha:** This would describe someone who was born with equal amounts of all the elements. (Fall, summer, winter, spring)

### **Stages of the Doshas**

- *Birth until about twenty years old:* Kapha stage of life for all people.
- *Twenty years old until about 50 years old:* Pitta stage of life for all people.
- *Fifty years old until death:* Vata stage of life for all people.

You will notice that if you have predominantly pitta skin, it was more kapha-like when you were younger and it will be more vata-like as you age. If you are unsure of what skin type you have, use the stage of life that you are in as a guideline and then observe the season.

**Summer: Pitta:** This is the season to keep the skin cool and treat it with pitta soothing rituals. Use extra sunscreen and ingest more essential fatty acids that act as a natural sunscreen. Wear sunglasses to prevent squint lines and protect pitta's sensitive eyes.

**Spring: Kapha:** This is the season to steam the face, clean and exfoliate a bit more. Treat the skin with kapha-soothing rituals in this season.

**Fall: Vata:** This is the season to use extra moisturizer, treat the skin more gently and stick to a daily routine.

**Winter: Vata & Kapha:** This is the season to use extra moisturizer, mist the skin regularly to counteract the dryness from heaters and soothe both vata and kapha with delightful, beautifying rituals.

You may ask yourself: Why is this important for me to know? How will I apply it to my clients and to myself? How do I know what my constitution is? First, self-discovery is one of the many pathways to enlightenment. Along this journey of life, we should get to know as much as we can about ourselves so that we can be empowered with knowledge, understanding and compassion for who we are. This compassion will be transmitted to your client. Once you learn to recognize imbalances within yourself, you will learn to recognize imbalances within your clients. Your constitution can be determined through pulse diagnosis or Vedic astrology and self-awareness.

Healing is a partnership between you and your client. It is important that you share these imbalances with your client. If you are healing “at” them with your hands, and they keep coming back to you with the same problem, then you are really disempowering them and creating a co-dependent relationship. If you can suggest yoga postures, foods, herbs, colors, and mindfulness that will reduce the excessive dosha within your client, then true healing begins.

The intention of this book is not to educate you on all the details of the beautiful science of Ayurveda, but to wet your taste buds and stimulate you to read other books on this subject. Refer to the suggested reading chapter at the end of this manual.

## ***Sacred Geology 101***

“Stones are alive, but they are in a sweet coma”.

Dr. Vasant Lad, B.A.M.S.



The absorption of minerals in the body is extremely important for optimum health. Ayurvedic remedies include gemstone and mineral water elixirs for healing. For example, Ayurvedic physicians advocate drinking water that has been sitting in a pure copper vessel overnight to stimulate metabolic function and weight-loss. Minerals are connected to everything we ingest.

Even property values are based on mineral deposits. If the land is rich in magnesium or calcium, it may be more valuable. The bond between minerals, stones, and crystals is continual and future discoveries will strengthen this bond further. King Solomon used iron and gold for metaphysical reasons. He had a ring that was made of iron on the inside to repel negativity and gold on the outside to increase peace and compassion.

Sacred Stone was located near the coast of Rhode Island in the northeast U.S.A. The sea stones that we use at Sacred Stone have been smoothed from being tossed around by the ocean waves. They were not polished or mechanically tumbled. Polished or mechanically tumbled stones are considered mature stones with intention, direction and focus. They tend to have a softer, gentler energy and are good for fragile sensitive people or bringing in softer, sweeter effects.

Polishing a stone can be synonymous with sunburn in some cases and gives rise to a mature stone. If you compare the surface of a stone to the skin of a human, you can understand why this mechanical process is transformational and gives rise to different desired results and effects. Raw stones have a wild, more intense, immature, stimulating and purifying energy and are ideal for people or circumstances that need more fire or transformation. For example, if someone is trying to lose weight or cure a disease and they have a strong fiery constitution, a raw stone will be their best medicine.

When a stone is polished, the surface undergoes a sealing process, greatly reducing its original wild and immature energy. Polishing domesticates it's potential, which is ok depending on the desired outcome or person who will be using it. Polishing the stone can reduce the prana in the stone, but sometimes it's not the prana we are interested in using. For optimal Sacred Stone Therapy, stones are their best when left in a natural, unrefined state because our desired outcome is to receive prana and stimulating raw energy to balance the relaxing soft techniques involved in this therapy. There are some exceptions to this rule, for example, malachite does well polished.

### **Three Types of Stones:**

- Igneous: formed from fire, such as volcanoes or middle-earth heat.
- Metamorphic: formed from high pressure and extreme heat with chemically active fluids and gases transforming the stone. They originate from pre-existing igneous rocks.
- Sedimentary: formed from sediments and a layering process. These are less mature rocks.

Stones found along the coastlines reflect the kind of bedrock at their source (usually not too far away). Since the local bedrock may be quite diverse, the stones at the coast may also vary from one locale to another. For example, coastal areas near Narragansett Bay are dominated by schist and phyllite derived from the "Rhode Island Formation" just to the north. Phyllite is a green, gray, or red metamorphic rock, similar to slate but often having a wavy surface and a distinctive micaceous luster. The term micaceous pertains to any rock that contains mica, a shiny, thin rock. Schist is any of various medium-grained to coarse-grained metamorphic rocks composed of laminated, often flaky parallel layers of chiefly micaceous minerals. Along the west Rhode Island coast, most of the stones are of various granites and metamorphic gneisses derived from the nearby stones to the north. Gneisses can be defined as any of various

medium-grained to coarse-grained metamorphic rocks composed of laminated, often flaky parallel layers of chiefly micaceous minerals.

New England stones are made from bedrock that was spat out from deep within the earth's core approximately three hundred million years ago. These stones are considered mineral composites, consisting mostly of granitic, metamorphic minerals. Some granites do contain small amounts of magnetite, which makes them slightly more magnetic.



*All that we are is the result of what we have thought. The mind is everything. What we*

*think we become." Buddha*

### **The Three Degrees of Magnetic Intensity:**

1. Ferromagnetic: which has a high magnetic character. In this case, the material is attracted to a relatively weak hand magnet.
2. Paramagnet: which has a low attractive intensity and could be attracted to different degrees by an electromagnetic field of different intensity.
3. Diamagnetic: that which repels magnetic force. It seems that New England sea stones repel magnetic force.

These stones act as magnets, drawing out repressed emotion and deep sorrow, if the client is ready for transformation. They help re-organize the structure of the energetic human anatomy and assist in polarizing electrical imbalances with their magnetic properties. When the electromagnetic field is out of alignment, pain occurs.

These stones contain an octahedral atomic structure, which is symbolic of the 8 directions: north, northeast, northwest, southwest, west, south, southeast and east. Consequently, these octahedral structures are balancing to all energies and directions. These stones make a connection between the ethereal and physical realms.

According to the book, *Love is in the Earth* written by Melody (1998, Earth-Love Publishing House, 8th edition, page 301), "Granite has an affinity for allowing the user to "see the big picture," instead of being in the mindset to "see the puddle, when there is an ocean awaiting." It helps to banish the negative traits of skepticism and to train the user in the difference between "beliefs" and "knowing." It helps one to maintain balance in relationships and cooperative efforts, facilitating diplomacy in all matters of import. It also enables one to "nip" disagreeable situations at the onset, defeating negativity with ease. Granite has been revered, in ancient times by the Mayan nation and more recently by the Aboriginal tribes, to be a sacred, magical stone, affording protection and increase to the user. It has been reported that granite also brings one an increase in money, the mineral inducing recognition of, and generous overtures to the user while allowing for continuity in modesty by the user. Granite can be used in the treatment of disorders associated with the face, hair and head."



### **Stone Thermal Emanation Factor**

According to geological research, the term *Stone Thermal Emanation Factor* can be described as the measured length and rate of time in which a stone gives off heat. Stones are rated in terms of high, medium and low thermal emanation. New England mineral composite stones give off heat at a slow, steady rate and have a high thermal emanation factor. This makes them the best stones to use in any heated stone therapy treatment. These stones are various shades of gray, usually quite smooth and can be found along any New England shoreline with high surf.

Flaky or layered stones are usually composed of sedimentary minerals which have a very low thermal emanation. Not all sedimentary stones are flaky; some can be quite dense. Flaky stones break apart and have a low thermal emanation. They are very messy to work with because they dissolve and crumble.

Basalt stones, found along inland rivers and near dormant volcanoes, are hardened forms of lava. There are different types of basalt stones including *mafic*, a dark-colored iron and

magnesium rich stone, and metamorphic (also called *greenstones* although they are not green), which are *mafic* stones that have been subjected to high temperature and pressure, changing their mineral composition.

Dark basalt stones get hot more quickly and stay hot longer, making them very popular in spas and other treatment facilities. Please beware that these stones have a high “unpredictability factor” dispersing heat unevenly on the stone, which can cause discomfort, or even burn your client. Pay particular attention when placing basalt stones on sensitive areas like the abdomen, as the heat can move from the center of the stone to the periphery quickly and without notice. Due to this “unpredictability factor,” basalt stones score in the low to medium range on the Stone Thermal Emission Factor Chart. Keep in mind that although basalt stones have a high burn potential, they still have wonderful healing properties. Therefore, it is best to own a mixture of many different colors and minerals in your massage stone collection.



*“There is always a gift in adversity, sorrow and chaos.” Dr. Vasant Lad, B.A.M.S.*

Massage therapists and other bodyworkers will find many benefits from incorporating heated stones in their treatments. In addition to the deeper levels of relaxation and variety of techniques described here, the use of heated stones may help reduce overuse injuries many bodyworkers face. Overuse injuries are due to excessive repetition of the same movements. Merely by using their hands to grip the stone, using it as a tool or extension of the hand, the muscles in the hand become more balanced and are exposed to different movement mechanisms.

Sacred Stone Therapy’s signature treatment integrates all of the above modalities into a seventy-five minute treatment. Each treatment varies according to the specific needs of the client, but the common denominator remains the same: trust and compassion between the therapist and client. The client will never feel like you have abandoned them while you fish around in your heating unit for stones if you practice smooth efficient transitions and keep your stones *organized* in the heating unit. Keep your table close to the unit, use your intuition and listen to the stones.

Using stones in your practice is great fun too. It adds color, creativity, and newness to your repertoire. Stones invite a spiritual component, increase circulation and vitality, bring more energy to the session, broaden the platform for healing, decrease inflammation when cool stones are integrated, brings the client many times deeper into relaxation and gently renews the sweetness of life.

Most of the above information was taken from an article I wrote called, “Stones in the Mainstream” published in *Massage Today*, October 2003.

## **The Shakti Factor**

*"If you follow your bliss, doors will open for you that wouldn't have opened for anyone else."  
Joseph Campbell*

The shakti factor is another consideration when buying stones for healing/massage purposes. It is the most important consideration of all. Among many definitions, shakti can be described as "cosmic prana." In Vedic tradition, it is also the counterpart to Shiva. It is the vibration of the feminine aspect of the cosmos. Prana can be regarded as "ki" or "chi," as described in oriental medicine. Prana is a Sanskrit word literally meaning before breath. To make it simple, shakti is the divine breath of the Mother within the stone. We know that atoms are made of swirling microcosms of energy, of life. Holding a stone is analogous to cradling a living stone galaxy within the palm of your hand! It is a microcosmic house of energy we can call divine, a house of God. It tells us that life really *matters*, since *matter* has life. In Latin, the word matter is cognate to mother (mater).



### **Things That Reduce The "Shakti Factor"**

- Storing stones in plastic bags without thought or exposure to the elements.
- Harvesting stones without prayer, gratitude and reverence for mother earth.
- Using mechanically tumbled or polished stones.
- Overusing and never recharging stones.
- Exposing stones to harsh chemicals without recharging and balancing.
- Using the stones without respect.
- Using bacteria-ridden stones.

### **Things That Increase The "Shakti Factor"**

- Using mantra, prayer, or Reiki instilled within the stone.
- Harvesting according to the cycles of the moon and with reverence, gratitude and honor to Mother Earth.
- Storing stones in sacred geometrical patterns or piled into Buddhist stupas.
- Exposing stones to the elements at least once a week for at least 3 days.
- Exposing stones to an electrical storm. Notice they subtly vibrate in your hand!
- Cleaning and recharging the stones regularly.
- Using the stones for healing with compassion and respect.
- Receiving a stone as a gift from someone very dear.
- Exposing the stones to healing music or sound.

*“In the great joy of seeing  
A loved one after a long absence,  
A flash of recognition ignites you.  
Space becomes charged,  
The bond between you shimmers,  
And a surge of delight arises in your being.  
Find within you the source of this surge.  
Melt into that place of upwelling,  
A wave rolling in a vast ocean of delight.”*

*“Anande Mhait prapte drste va  
Bandave cirat  
Anandam udgatam dhyatva tallayas  
Tanmana bhavet”*

Translated from the Vijnana Bhairava Tantra, an ancient Sanskrit text

## ***Textural Distinctions***

Some stones have a slightly more velvet surface with some non-abrasive edges, while others are silky smooth and perfectly round. It's like the distinction between velvet and silk. The textured velvet surfaces are perfect for deep massage as it grips the connective tissue. They have a high skin-gripping factor.

Consequently, they don't slip off the body during layouts. The silky stones

tend to slide along with greater ease, making them ideal for gliding on the sensitive areas of the face. The textured stones slightly exfoliate the skin and gently increase kinesthetic awareness, bringing the client back into their skin, so to say. The textured stones are more porous by nature, which gives them a sponge-like action. This sponge action soaks up energetic debris, negativity and bacteria. As a result, they need more recharging and physical cleaning than a silky stone.



Silky stones are less porous and wonderful for a light, refreshing massage. When they begin to cool down they can be confused with the smooth surface of the palm of a hand. Their radiance variable is low, which means the rate in which they give off heat is fast, intense and sometimes unpredictable—especially if they are basalt. Consequently, they can be too hot and slippery to place directly on the skin for layouts.

While some New England sea stones are silky smooth, the majority of them have a velvet textural distinction. Basalt stones are hardened forms of volcanic lava glass, making them very silky smooth. Because they are from a volcanic eruption, they are stimulating and activating and should not be used for peaceful layouts. They are wonderful for breaking up energetic stagnation.

### **Benefits of Textured Stones**

- Exfoliation
- High grip factor
- Negativity absorption
- Deep tissue release
- Kinesthetic awareness
- Calmness from “Grandmother Ocean”
- Adherence to skin
- Enhances your stone collection

## ***Getting Started***

Items you will need:

- Box of tissues
- Small cooler
- Stone Heater or 18-quart turkey roaster.
- One dark colored hand towel to line the bottom of the cooler
- One white hand towel to line the bottom of the heater
- One set of sheets
- Two small hand towels to wrap the feet
- One blanket or large towel
- Small fish net for the toe stones
- Small fish net for face stones
- Sea salt
- One re-useable ice pack for the cooler.
- Several floral water atomizers
- Essential oil of frankincense, myrrh, eucalyptus etc.
- Small bottle of castor oil
- Small bottle of Sacred Stone oil, jojoba oil, or sesame oil
- Eight dark gliding stones of different textural distinctions
- Six medium quartzite white stones
- Eight dark toe stones
- Three dark sinus stones
- Two small aquamarine stones or two white stones for the eyes
- One belly stone
- Two erector spinae stones
- Two shoulder/neck stones
- One sacrum stone
- One heart stone or rose quartz
- Two dark face stones
- Three chakra gemstones
- Vibrational drum and or Tibetan bells

*“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” Teilhard de Chardin*

## Organizing Your Treatment Room

- Your massage table should be very well cushioned to accommodate and counteract the hard quality of the stones that are laid under your client's body. I use a foam egg crate and a few blankets.
- Using a heating blanket under the bottom sheet will warm the sheets. As soon as the client gets on the table, shut off the heating blanket.
- To warm your towels, it's easy and cost effective to buy a portable oil heater that is a few feet high. You can usually get them at Home Depot or any hardware store.
- Your heating and cooling unit should be very close to the table. If you are doing the stone facial sequence, you should be seated and have access to all the stones at an arm's reach.
- Your massage oil or lubricant should always be heated and available within an "arm's reach" of your stool.
- Your workstation should include a table, which is *very close* to your massage table. That table should have a heating unit for the stones, a heating unit for your oil, a cool water dipping bowl and a folded towel to lay the stones on and absorb any excess water.
- This table should also accommodate a large crystal geode that will cradle and recharge your chakra crystals, a few floral atomizers, 5 metal Tibetan Tingsha bells, and the heating unit for your massage oils.
- The colors in your room should be calming, light and soothing.
- A small altar, decorated with beloved deities, divine objects, offerings, a candle, incense, Tibetan bells, flowers, and so forth, will help to create a sacred space (ideally on the east side of the room).
- Have a place in your treatment room where you can display a diary and a pen for your clients to write comments.



A Sacred Stone wall chart and certificate of graduation will assure your clients that you are professional, skilled and stay current with the industry.

*"We are all one consciousness experiencing itself subjectively. There is no such thing as death, life is only a dream and we're the imagination of ourselves." Author unknown*

## ***Maintenance of the Heating Unit and Stones***

I use a professional stone heater to heat my stones. You can also use an 18-quart turkey roaster generally available everywhere around the holiday season. I use a small cooler, without ice to keep the white stones cold.

The bottom of the heater should be lined with a white towel with the edges folded under so the stones don't get lost under the folds. The white towel will serve to muffle the clanging of the stones. Also, it will prevent them from being camouflaged, making them easier to see with a quick glance. Line the bottom of your cooler with a dark colored towel so the white stones don't become camouflaged.

For efficiency, it is critical that you keep your stones in an organized fashion in your heating unit. Maintaining this order will make you a more effective stone therapist. Be sure to start your habits of placing stones back in the heater EXACTLY where they belong in the beginning of your training.

Set your heating unit so that the temperature of the water reaches approximately 120-125 degrees. Every heating unit is different, so where you place the dial will have to be determined by "trial and error" in the beginning. The heating unit usually takes about 45 minutes to reach the temperature you will need. I fill it to the top with clean water and add the following:

- Pink Himalayan ancient salts to supercharge and "excite" the water. Use sea salt if you can't find the pink Himalayan type.
- 2 oz of aluminum –free natural baking soda to alkalize the water.
- 1/2 cup of 3% hydrogen peroxide (found at any drug store) each time you change the water in your stone heater.
- 1 bottle of liquid seaweed enzymes to help break up the oil and keep the water clear. (optional)
- Few drops of essential oil of lavender, eucalyptus or clove. (optional)
- 1 tea bag of triphala tea (optional)



You may use any essential oil you like. Adding a couple teabags of triphala to the water will help activate detoxification and apana vayu within the body (the down-ward flow to the earth) and keep the water clean.

Clean the stones and heating unit with Citrisolve and warm, organic soap after using them on 4-6 clients or change the water anytime it starts to look cloudy. Some clients will make the water cloudier than others for whatever reason. Citrisolve can be found at any hardware or grocery store. Use a brillo pad to scrub the inside of the heating unit to prevent “hard water build-up” at the edges. It is paramount that your stones be free of bacteria and viruses. It is equally important to avoid overusing your stones without giving them a break in the fresh air, sunshine and rain, which will recharge them. If you neglect to clean your stones, you will notice that they won’t hold their heat and they tend to slip off the layouts.

At the end of every week, put a new set of stones in the heater and recharge the old set. I recommend having 2 sets of stones. If you are seeing clients irregularly, recharge the stones after every 7 clients. (Visit the *Recharge your stones* chapter.) In between clients, you can “beam” the stones with white light for an instant quick recharge. Change your cool water-dipping bowl in between clients or every other client. Clean your crystals with warm water and gentle soap, then place them back on the charger (amethyst geode).



I use a metal dipping bowl filled  $\frac{3}{4}$  full of cool, fresh water to regulate the temperature of the stones.

## ***The Touch Test***

If the stones are too hot to handle, they will be too hot for the client. I use the **Touch Test**.

Before placing a heated stone on a client, place the stone in their hand, then lightly touch it in on their forearm (skin is more sensitive here) and ask them if the temperature is OK for their sacrum—which is where the first stone is laid under the body.



This accomplishes two things. Firstly, it restores the power back to the client, making them feel less vulnerable and more in control.

Secondly, it prevents any burning/discomfort from an overly heated stone. If the stone is too hot for the client, dip it quickly in the bowl of cool water beside the heater.

You'll discover each client's tolerance to heat is different. You should not use your own hands as the sole indicator for monitoring temperature. You'll notice redheads and people with snowy white skin are extra sensitive to the heat.

Some stone therapists choose to use a thermometer to monitor the temperature of the water. If the water is too hot to put their hands in or the stones are too hot to pick up, then the stones are too hot to place on the client's skin.

If a client is afraid of getting burnt throughout the session, it will be vata-aggravating and cause the client stress. Fear is an emotion that disturbs the wind (vata). After all, this is supposed to be a healing session. Beware of macho men who think they are more of a man if they can tolerate hotter stones. If they are too embarrassed to speak up, then notice subtle flinching and grimaces.

*"Be who you are and say what you feel because those that matter don't mind.  
And those that mind, don't matter."*

## ***Application of Cool Quartzite Stones***

- **Cocooning:** a technique that involves surrounding the body part with cold quartzite stones to relieve muscle and joint inflammation. The cocoon is left on for about 10 minutes.
- **Thermal Contrasting:** a technique that involves alternating hot and cold stones. By alternating these extreme sensations, we stimulate vascular constriction and expansion. This can be done on the face to firm the skin with more blood flow and on the belly to stimulate peristalsis in cases of constipation or stagnation.
- **Cryo-facial Balancing:** a technique that involves cold quartzite stones smoothed along the face that will calm irritated skin after waxing or a professional aesthetic peel.
- **Eye Balancing:** a technique that involves small, flat, cold quartzite stones laid upon the eyes to cool irritated, inflamed eyes.

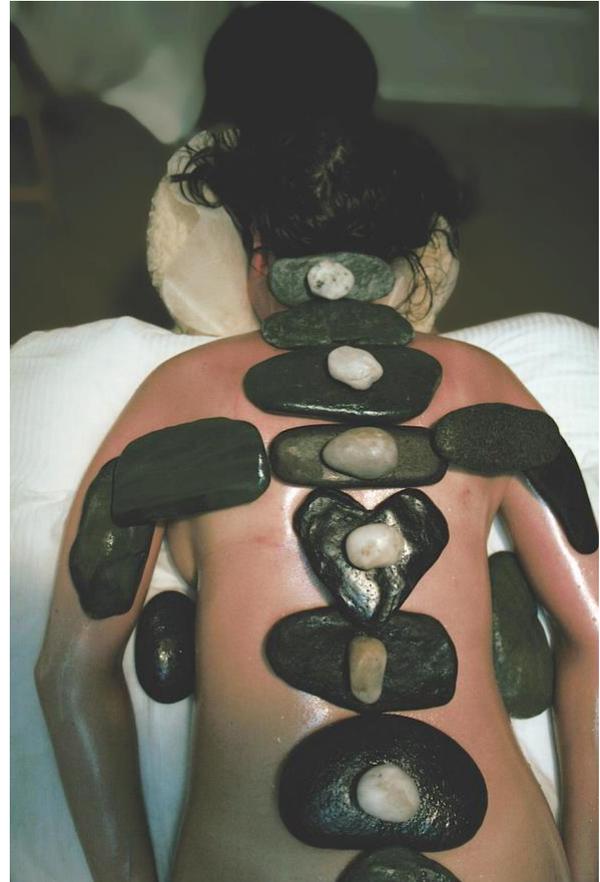


Cold stones used in other ways can be very disconcerting and aggravate the vata (wind element) within the body. The face and belly are exceptions because they are sites of pitta (fire element) that respond well to cold therapies. If you use hot and cold stones for gliding at the

same time (hot in one hand, cold in the other), you will confuse your client and confusion is one of the emotions that irritate the wind element.

### Benefits of Laying Stones Directly on the Skin

- **The skin and the senses are sites of vata** (wind element) which are located in the nerve endings and are responsible for sensory acuity. When one is warmed via the skin, it sends messages to the brain that 'all is well.' One feels grounded and stable.
- **Sensory acuity increases textural distinctions** - some stones are slightly abrasive while others feel smooth as silk. The client will have fun telling you their experience of each stone as you glide the stone along their body.
- **The parasympathetic nervous system is the site of kinesthetic awareness of tactile sensations.** The more a client feels tuned to their skin, the more connected they will become to their soul.



Some stone therapists use a sheet or piece of material over or under the stone in order to avoid burning the skin. These same therapists need to use gloves to retrieve the stones from the heater. I find clients who are less connected to the earth, who do not spend much time outdoors, and who are not very physically fit are those who like having the stones placed on sheets or towels. The clients who are earthy, who love the great outdoors and take good care of their bodies are the ones who love the feel of the stones directly on their skin.

*“Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well.” Mahatma Gandhi  
Indian ascetic & nationalist leader (1869 - 1948)*

## Terminal Clearance

### What are the “terminal ends” in the body?

Negative energy is eliminated through these terminal ends.

1. Head
2. Feet
3. Ears
4. Reproductive organs
5. Hands

Why start at the feet? The body is considered a pole. The head is one end and the feet are the other. Energy moves in and out of these “ends.” When these “ends” are lubricated with oil, healing energy can flow in more easily and negativity and toxins can flow out more easily. This is why Ayurveda says to oil the soles of the feet and the crown of the head everyday for perfect health. A traditional Ayurvedic massage should start with either the head or the feet. Either one is appropriate. Be sure to sanitize your hands after you finish massaging the feet.

The vata dosha is the main focus in the design of Sacred Stone Therapy. That is why we start with the feet. The feet are the body parts that connect us to the earth. They are responsible for grounding us. Read the Ayurveda Made Simple chapter to understand more about vata.



*“We are all one consciousness experiencing itself subjectively. There is no such thing as death, life is only a dream and we're the imagination of ourselves. We are not responding to this instant if we are judging any aspect of it. The ego looks for what to criticize. This always involves comparing with the past. But love looks upon the world peacefully and accepts. The ego searches for shortcomings and weaknesses. Love watches for any sign of strength. It sees how far each one has come and not how far he has to go. How simple it is to love, and exhausting it is to always find fault, for every time we see a fault we think something needs to be done about it. Love knows that nothing is ever needed but more love. It is what we do with our hearts that affects others most deeply. It is not the movements of our body or the words within our minds that transmits love. We love from heart to heart”. Maharishi Mahesh Yogi*

Before we begin stone massage, we first lay the stones on the body according to the chakra system. This is called the initial layout and it takes approximately 7 minutes. It is done supine. The next layout is the spinal layout, which is done when the client is prone. It should take 5 minutes.

## ***Toe Stone Application***



To balance the right and left hemispheres of the brain, insert the toe stones in between the toes in an alternating sequence. Starting at the left big toe, then the right big toe, then left second-to-big toe and the right second-to-big toe and so on, ending at the baby toes. Stretching the toes dates back to the origins of yoga.

For optimum health, the toes should have space between them.

Wearing tight shoes will negatively affect your entire body.

All the meridians of energy (nadis) flow through the toes. Impeding that flow will create stagnation in the entire system.

### **Benefits of applying castor oil to the feet:**

- Draws systemic inflammations toward the terminal ends (feet) and out of the body.
- Helps break up calluses, corns, hardened skin and plantar warts.
- Provides a thick, emollient, adhesive surface for deep bodywork.
- Castor oil has a vibrational quality that helps harmonize and promote healing within body cells.
- Promotes lymphatic movement in the body.
- According to ancient Ayurvedic texts, it increases the strength of the eyes.
- Sends a message to the brain that “all is well”

## ***Rakta Moksha Stone Technique (Gua Sha)***

This is an ancient technique from the east that helps bring blood to the surface of the skin by using the edge of a small stone after the skin has been lubricated with oil. Rakta refers to blood and moksha means liberation. To perform Gua Sha properly, a stone is used to rub or scrape firmly along the length of the muscle, or along the meridians of the body, in quick strokes of about 5 inches (12.7 cm) in length. The objective is to create friction through the rubbing motion, causing blood to evacuate the capillaries. This causes a reddish appearance on the skin, which will fade within a few days.

Gua Sha, like most techniques in Traditional Chinese Medicine, has been used for decades to treat and prevent illness, remove pain and discomfort. Unfortunately, like other techniques in Traditional Chinese Medicine such as Cupping, Gua Sha is widely misunderstood in the West. Both Gua Sha and Cupping result in markings resembling rash or bruising. These marks are often mistaken as a sign of physical abuse, as they are clearly visible and appear to be painful. The marks from Gua Sha, however, are completely painless. Unlike bruising, the redness fades quickly and does not indicate that it has caused bodily injury. If anything, redness on the skin should indicate that the individual was previously experiencing illness or discomfort, and is feeling much better.

## ***Stones as Restorative Props***

Supporting and restoring the body with props has its roots in the ancient practice of yoga. Restorative yoga classes offer blocks, pillows, blankets, chairs, weighted-sandbags, straps, aromatic eye-bags and other creative props to help the body to release tension comfortably and to accommodate everyone's own level of flexibility. These props are also used to correct posture, alleviate painful joints and increase the range of motion within a joint without jeopardizing the integrity of the joint.

Some of the supportive props, such as the blocks and pillows, are used to elevate limbs. This removes tension from other parts of the body and can be used in corpse pose, which is lying still on your back. In Sacred Stone Therapy, we use wrist-support stones to elevate the wrists so that the shoulders will be more likely to relax backward and down thereby correcting the posture. We use neck support stones to support the neck, which in turn alleviates shoulder pain.

The sandbags at Sacred Stone weigh 10 pounds and they can be heated on an oil heater. You can buy an inexpensive oil heater at Home depot. Sandbags are used to help re-educate parts of the body that are too far forward and cause misalignment. For example, the shoulders tend to creep forward and up when the body is under tension or if the person is doing too much computer work. Laying sandbags across the shoulders helps correct this condition.



During Sacred Stone Therapy, we also apply sandbags to the tops of the thighs to encourage the femurs to ground more deeply into the hip sockets. It also helps redirect the energy downward by simply increasing body awareness in the legs. Sandbags can be used on the sacrum when the client is lying prone (on the belly). Or they can be used in Thai massage across each femur when the client is sitting in lotus (crossed-legs) to further anchor the client and help support the spine. There is no limit as to where you can place sandbags.

*"Breathe and you vibrate. Vibrate and you heal. Touch and you pass the vibrations on."*  
Dr. Ram K Bhosle

## ***Leave No Stone Unturned!***

Spinning, flipping, tapping, gliding, clicking, edging, cocooning.

*There is no “wrong” or “right” way of using stones for healing. Trust your intuition.*

**Spinning** the stones clockwise releases negativity and blockages. If you are working with the 3<sup>rd</sup> chakra (belly), clockwise spinning will promote healthy digestion and elimination. Contrast hydrotherapy in a clockwise direction will heighten this effect even further. Eighty percent of people in our society will benefit from a clockwise spin. It is important to begin spinning slowly, gradually and gently allowing the petal of each chakra to grip onto the stone on an energetic level. If you begin spinning too quickly, the chakras will get confused and will not move with the stones. Whenever we make circles or spin a stone on the body, we are opening small energy vortexes, which allows more blood flow and energy to be supplied to that particular area.

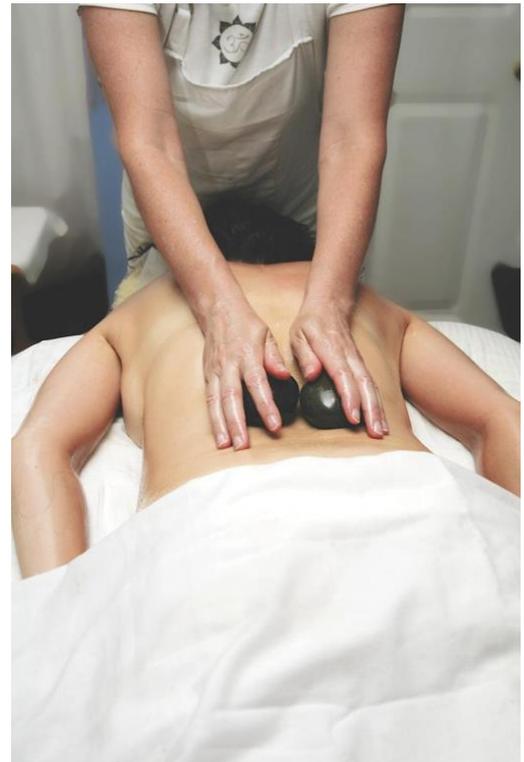
If your client is experiencing colitis or diarrhea, spinning the stone counter clockwise will help tighten the chakra and bring your client back into balance. If your client is pregnant, excessive spinning clockwise may cause miscarriage.

*“Observe your actions and thoughts without judgment. Know your body, know yourself. When you observe yourself this way, observe the observer. Watch the Watcher.” Dr. Vasant Lad, B.A.M.S.*

Do not work with your client’s chakras unless you have asked permission. Manipulation of the chakras without your client’s permission is unkind, even if you have good intentions. If you do not know what to do with a specific chakra, but you know the area needs healing, then do not become concerned about spinning. Instead, allow innate intelligence to work through you and focus on (ujjiya) nasal breath.

The chakras are centers of consciousness. What we are doing is inserting, or applying, a focal point around which consciousness will attend, as it will in its own wisdom. We are not meant to do heroics here. The stones act as local compresses, then as we spin them they draw the consciousness of the stone deep into the belly of the chakra which allows the client to simply choose to release negativity, open and expand, strengthen, heal or find balance and beauty.

On a metaphysical level, negative energy or blocked energy is released from left to right and downward. As stated above, spinning clockwise will release on a physical level. Choose which



level you wish to work with. If your client has a healthy, strong spinal column, then you can spin a large, flat stone up and down the spine clockwise and then counter clockwise. Spinning provides a deep release. Omit this technique if your client has a bony spine.

**Gliding:** Keep your client's skin as lubricated as possible so the stones can effortlessly glide. Using the large flat stones, iron and smooth out the muscles. Flat basalt stones are ideal for this purpose.

**Flipping:** After you iron the muscles out with a stone, you will notice that the stone cools off on one side. Flip it over to access the heat on the other side. Play with the pressure asking your client what feels good.

**Tapping** the stones while they are laid on the body activates the energy of the stones. While a stone is laid on the body, the therapist can tap that stone with another stone several times. It wakes the sleeping stone up and raises its vibration. Tapping stones with other stones can be used for vibrational healing especially at the thymus gland in the chest. The thymus is thought to regulate the immune system and it can be strengthened and awakened with stimulation.

**Clicking** the stones together in the air helps clear the energy. This is done anytime you are gliding 2 stones on a body part. They will naturally click by themselves or you can do it every now and again. It works nicely after you massage the legs supine and end by sandwiching the top and soles of feet and gliding the stones to the toes and up into the air with a final click.

**Edging** the stones can be very effective for deep tissue work. By distributing the weight of your hand on one side of the stone, you can create an angle where you isolate the edge of the stone and glide it along the muscles.

**Flushing:** Iron out and melt tension with a warm flat stone by using gliding strokes. This will loosen and melt toxins. To push these toxins out of the body via the terminal ends, finish by using the edge of the stone, flushing and moving in the direction of one of the terminal ends of the body. This is also called Terminal Clearance.

**Cocooning** the stones is generally used for injuries or extra tight muscles. Using your own creativity, place as many stones as you think you may need to surround the site. Consider under, on top and on the sides of a site. Think of the electromagnet field of the site and let it be your intention to correct the field with these stones. Determine if the site is inflamed or needing heat. If the site is inflamed, use the cold white stones. If the site needs heat, use the heated stones. Alternating hot and cold stones will increase blood flow before you cocoon. If there seems to be negative or blocked energy in the site, spin a stone clockwise directly on it before you cocoon. This will assist in releasing the blockage. If the stones keep falling off the site, wrap them in a hand towel and tuck the edges of the towel securely under the body.



**Hot Stone cocoon**



**Cold stone cocoon**

### ***Favorite, Easy Moves***

**Chicken:** The client is prone. The therapist is squatting with a stone in each hand, massaging the sides of the neck and trapezius in an up and down motion and using a bit of traction on the up stroke. The therapist's elbows move in and out like a chicken.

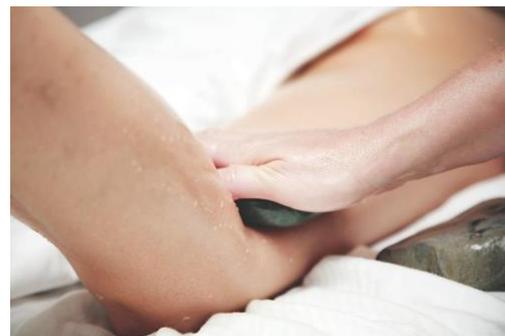
**Popliteal flush:** The client is prone. Bend the knee by holding the ankle up at a 45-degree angle with one hand and flush the back of the knee where the popliteal is located. Flush toward the feet.

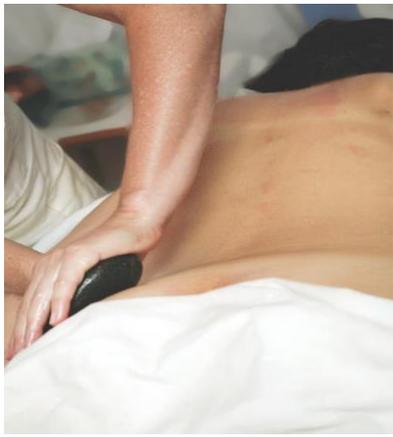
**Belly spin:** The client is supine as the therapist spins a belly stone in place over the client's belly using deep but comfortable pressure.

**Spinal spin:** The client is prone as the therapist spins a large, flat stone up and down the spinal column. (see the Precautionary Guidelines chapter regarding bony protuberances.)

**Infinity dance:** The client is prone as the therapist glides a large, flat stone in the shape of a figure eight (infinity) up and down the client's back, one side at a time. Outlining the infinity shape on the body will help open all electrical circuitries and call in all positive forces. It is especially helpful to ethereally trace an imaginary infinity sign with a quartz terminator over the throat chakra in a horizontal direction.

Here's what Donna Eden, author of Energy Medicine, says about creating circular patterns, such as the **infinity dance** on the body:





*“The body’s energies spin, spiral, curve, twist, crisscross, and weave themselves into patterns of magnificent beauty. The equilibrium of this kaleidoscope of colors and shapes is maintained by an energy system known by different names to the energy healers throughout the world. In the Orient, it is the Tibetan energy ring. In Yogic tradition, it is represented by two curved lines that cross seven times, symbolically encasing the seven chakras. In the west, it is seen in the caduceus, the intertwined serpents----also crossing seven times----found on the staff that is the symbol of the medical profession. I use the term*

*“Celtic Weave”, not only because I have a personal affinity with Celtic healing but also because the pattern looks to me like the old Celtic drawings of a spiraling, sideways infinity sign, never beginning and never ending, and sometimes forming a triple spiral. I’ve had two class participants, both male nurses, one from Brazil and one from Nepal, who immediately recognized the energy system when I described it. Each was expected by the hospital where he worked to regularly “Celtic Weave” his patients, one in a burn unit, the other in the general ward, though different names were used for the procedure” P.182, Energy Medicine, Donna Eden.*



**Knee click:** The client is supine as the therapist holds a stone in each hand and glides the stones around the knee cap, clicking at the end of the up and down stroke.

**Foot sandwich click:** The client is supine as the therapist glides two stones over the shins and separates them, gliding downward with one stone on the top of the foot and one on the bottom and clicking at the end of the stroke.

**Thymus tap:** The client is supine and the therapist lays a stone over the thymus gland and taps that stone with another stone. This is done to wake up the gland thereby promoting longevity. This simple technique will stimulate all of your energies, boost your immune system and increase your strength and vitality.

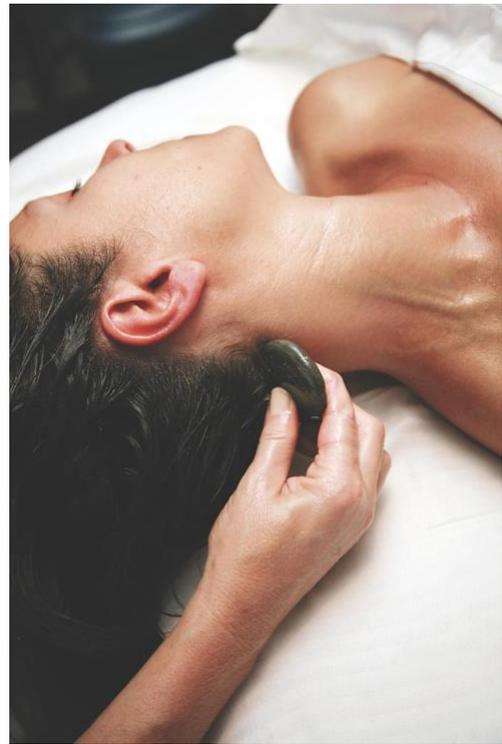


*“If you override your thymus’s intelligence, your thymus’s surveillance mechanism becomes confused. If you do this consistently, it becomes sluggish and is thrown into disarray.” P. 67, Energy Medicine by Donna Eden.*

**Sacral click:** The client is prone as the therapist is standing at the client’s head and stroking the spine downward with a stone in each hand and circling around the sacrum as the stones click together in the center and back out again.

**Occipital roll:** Turn the client's head sideways, supine, and roll the edge of a warm, flat stone along and under the occipital ridge. Use the stone as a tool. (The stone would roll the way a flat cookie would roll down a hill on its side). The occiput is the doorway to the electrical system in the body. It is very important to keep this area free flowing. A blocked occipital ridge can cause sinus congestion.

**Spinal flush:** Starting at the top of the spine, use a large, flat stone (Grampa is usually perfect for this), slowly glide this stone along the spine and iron out the entire spinal column until you arrive at the sacrum. Use a moderate amount of pressure. Do not do this move if your client has a bony spine. This move will activate all the marma points along the spine.



Below, are the benefits of the spinal flush, according to Donna Eden, author of *Energy Medicine*.

*"If you wake up tired, doing the spinal flush will bring fresh energy to you. If you are sore in the evening, it will relax you. The spinal flush works with your lymphatic system. The lymph has no pump of its own, but you pump it whenever you move your body. You can also pump it by massaging your neurolymphatic reflex points. Located mainly on your chest and back, these points regulate the flow of energy to the lymphatic system. When the neurolymphatic reflex points become clogged, every system in your body is compromised. The spinal flush will:*

- Energize you
- Send toxins to your body's waste removal system
- Clear stagnant energies from your body

*Congested neurolymphatic reflex points feel sore when massaged. For that reason, they are not hard to locate. And there are so many of these points so close to one another that you won't miss them. Massaging them is a way to clear them and allow the energy that has been blocked to flow again. It is a particularly nice procedure to do with a friend. (Time-about a minute, but you may be pleading "don't stop!")*

*If you are moving through intense emotional or physical stress, or if you have been exposed to environment toxins, doing the spinal flush will clear your lymphatic system. You know lymph as the clear fluid that comes out of a cut. It is there to remove foreign matter. Lymph plays a key role in your immune system by helping fight conditions ranging from colds to cancer. It creates antibodies and produces ¼ of your white blood cells.*

*The lymphatic system has been called the body's other circulatory system. While blood is pumped by the heart, movement and massage pump the lymph. Lymphocytes are specialized white blood cells produced in the lymph nodes, found in your neck, armpit, abdomen and groin. Your lymph system also carries proteins, hormones, and fats to the cells and eliminates dead tissue and other waste products. There are twice as many lymph vessels as blood vessels in your body.*

*The spinal flush not only cleanses the lymphatic system, it stimulates the cerebrospinal fluid, clearing your head as well. It is a quick rebalance, and of all the energy techniques I've seen, it probably delivers the most benefit for the least effort in the greatest number of situations. As a cold is coming on, the spinal flush can stop it in its tracks. I regularly recommend it to couples, both as a way of lovingly caring for one another, and as a way to head off problems. If you sense that an interchange is headed toward an argument, as lovingly as you can, "Up against the wall!" and firmly work the neurolymphatic reflex points. This simple technique immediately reduces built up stress and takes an edge off of emotional overreactions."* Energy Medicine, p. 81.

Donna Eden's Spinal Flush Technique is different from the one developed for Sacred Stone Therapy, yet, the end result is very similar.

## **Mudras**

Mudras are ancient hand gestures of power that can magnify the effects of healing and polarize the body.

**Jyana Mudra:** It awakens the mind and expands consciousness. The mudra can be made with all the fingers extended except for the forefinger.

The tip of the forefinger touches the 2<sup>nd</sup> bone on the thumb, making a small circle. One can connect two energy centers by placing the thumbs directly over each energy center and sending the tips of the fingers in opposite directions; upward through the crown of the head and downward through the soles of the feet. One can make the Jnana mudra directly over the third eye with one hand and ground the client's energy down through the soles of the client's feet, connecting the client to the earth.

**Surabhi Mudra:** Connect the tips of your fingers and the tip of your thumb. Do this on both hands, and then bring your hands together in this mudra, consolidating all the energy from your observe the retention. Then, as they exhale slowly through their nostrils, press your hands in surabhi mudra at their belly button in a downward direction. This will ground vata. fingers and thumbs into one point. A great way to use this mudra is at your client's belly button. Ask your client to inhale deeply, have them hold their breath for a few seconds and



*"What the superior man seeks is in himself; what the small man seeks is in others. " Confucius*

## ***Five Sacred A's***

Use these 5 steps in sequence during Sacred Stone Therapy. Attuning can be done before the client's appointment. As you move from one body part to another, start by anointing and spreading the warm oil. Then access the musculature and tissue while you are massaging the oil into the skin. This should take about 5-10 minutes. Then go to your heating unit to find stones appropriate for that body part and activate their energy by clicking them. If you are only taking one stone from the unit, "beam" the stone with white light from your 3<sup>rd</sup> eye to activate it. Then apply the stone using an appropriate technique for that body part. Follow these steps with every body part both supine and prone.

1. **Attune**: Connect with the energy of the stones by holding them or just being in a conscious way prior to the session.
2. **Anoint & Spread**: Anoint the skin with oil, spreading it over the area that you intend to massage.
3. **Access & Massage**: Massage the oil into the skin and access the texture of the musculature to see where the client may need more attention during the stone application.
4. **Activate**: Click the stones (a pair) just prior to the application. This does 2 things:
  1. Activates the energy within the stones
  2. Gives the client notice that you are about to apply the stones.
5. **Apply**: Apply the stones using one of the Sacred Stone Techniques or one of your own techniques.

## ***Stone Protocol: Eye Area***

- Place the point of a crystal in the direction of the client's feet to bring the client's energy down to the earth.
- Third eye gemstones: amethyst, ruby, lapis lazuli, malachite, moldavite, moonstone, plum agate, quartz, smoky quartz, sugilite.
- Using a finger shaped stone, or your own finger, press 7 points under the eye, evenly spaced, along the bony edge of the eye sockets. Do both eyes at the same time to balance the left and right hemispheres of the brain. Press downward towards your client's feet. This will reduce puffiness, beautify the eye and increase kidney and adrenal function.
- Do the same along the upper edge of the eye socket with 7 evenly spaced points.
- Hold the point at the outer edges of the eye sockets, moving your fingers gently into the eye socket itself so that your fingers are on the edge of that bone that connects the



upper part of the eye to the lower part of the eye. Once you have found this point, keep your fingers there but focus your pressure gently outward toward your client's ear. This will help to deeply relax the muscles of the eyes, reducing redness, balancing pitta (fire) soothing strained eyes from too much computer work or reading.

- Eyes belong to the fire element within the body (pitta); therefore, it is important not to apply heated stones on them. Cold, white stones applied over a tissue on top of the eyes will calm the movement in the eye area. Aquamarine stones will help energize the eye area when laid directly over the eyes. When the eyes are still, the mind is still.
- For sinus congestion, apply a tissue over the eye area and lay a dark, heated small stone under the eyes. The tissue will act as a sticky surface so the stones won't glide off. Also, add a heated, dark stone to the third eye area.
- Tracing a small clockwise circle on the third eye with a warm stone... making the circle bigger and bigger... then reducing it to the original size, will help expand consciousness.
- Misting a floral spray after the stones have been laid on the face will balance the fire element (pitta) within the body and refresh the client.



*"Breathing through all the pores in life is the one life."*

-- Paramahansa Yogananda

## ***Contrast Thermal Stone Therapy***

Alternating hot and cold stones on the face, arm and upper body.

Organizing the placement of the items you will need for this therapy is critical in order for a smooth flow from one modality to the next. If you are sitting during the facial, then I recommend having your crock-pot or heating unit and cooler within your arms reach. Arrange your healing room such that you don't have to get up to retrieve the stones in between hot and cold therapies.

Keep in mind that the backside of the body is much more heat-sensitive than the front side. The stones that are laid under the body while the client is supine should be 20% cooler than the stones laid on top of the body. The backside of our bodies represents the unconscious mind and the front side represents our conscious mind.

Using heated stones on the face expands the blood vessels, enabling more blood flow to the skin. Alternate several times back and forth between the hot



and the cold. Immediately following with cold stones will lock the blood into the face by contracting the blood vessels. This pushes excess fluid or debris into the lymphatic channels, the natural “garbage collection” system of the body. Since the face is considered one of the sites of the fire element, cold therapy will assist in balancing the fire element within the body. Cooling the face will calm the entire body and release excess inflammation. By contracting the blood vessels, cold stones applied to the face will temporarily help reduce the appearance of the size of the pores, otherwise known as vascular gymnastics on the face! When there is more blood supply, there is more oxygen. Where there is more oxygen, there will be a decrease in free radicals, which create carcinogens.

This is nature’s way of anti-oxidizing and rejuvenating the face. This will create a plump, firm tone on the underlying epidermis. It will impart a rosy glow to the cheeks.

Be careful to monitor the temperatures. The facial skin is extra vulnerable to capillary damage caused by sudden, extreme vasodilation and contraction. The senses are heightened in the area of the face. The pineal gland, also known as the third eye, facilitates intuition and sensitivity. It can become amplified when that marma point is activated or even if you are working near it. Cultivate steadiness and intention in your hands and in your mind before you begin working with stones on the face.

Pratima Raichur is America’s leading authority on Ayurvedic skin care. I recommend you buy her book called ***Absolute Beauty***. Also, Melanie Sachs has an excellent book called, ***Ayurvedic Beauty***.

## ***Recharge Your Stones***

At the end of every week, clean the stones again with disinfectant and soap and leave them outside for 3 days in the sun and rain. (These particular stones are from the sea, so if you can, bring them to the sea and give them a quick bath or fill a bucket up with sea water to pour over them.) Additionally, you can also smudge the stones with frankincense or sage. Or you can place them on top of a large amethyst geode crystal cluster for clearing for 3 days.

Other options:

- Place them in the freezer for 3 days.
- Arrange them in a "buddist stupa", which means piling them one on top of the other with a prayer intention for each stupa.
- Surround them with white light once each day for 3 days.
- Use Reiki symbols directly on the stones once each day for 3 days.
- According to Ayurveda, soaking a crystal in fresh milk each night for 3 days will remove negativity.
- Play soothing music.
- Bury them in the earth for 3 days.



If you have a prayer request or a New Year's Intention, go to your favorite place in the beauty of nature and build your own Apecheta. Infuse your intention into each stone with gratitude. It can be as little as 3 stones or more.

The sacred art of reverently stacking stones is called creating an Apecheta in the Quechua language of the Andes. The person that builds an Apecheta will be connected to the spirit of the particular location where it is built forever. An energetic cord will keep the two tied eternally. The blessing of the Spirit of the mountain, rock or location will forever be part of the person that built the Apecheta.

This ancient art is called a Buddhist Stone Stupa in Tibet. It is thought to be a way for our prayers to be heard by Mother Earth as She sends our intentions/prayers upward towards the heavens to be heard and manifested by the Powers that Be. Stones are the great Record Keepers of the earth. They carry all the memories and secrets of the Mother Earth.

## ***Sacred Stone Sequence***

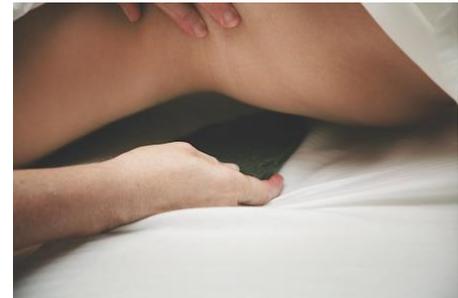
**(75 minutes)**

The sequence as described below was created to bring attention to the 1<sup>st</sup> chakra, otherwise known as the root chakra (muladhara), and 2<sup>nd</sup> chakra (svadhithana). These are the chakras that connect us to Mother Earth and function with apana vayu, the downward flow in the body. The stones that are laid upon these 2 chakras should be the ones that stay on the body as long as possible during the 75 minutes.

### **How to begin:**

**The Touch Test.** (This is described and shown in the previous chapters.)

**Stone application to the first (root) chakra:** Since the client is supine, ask your client to lift their hips slightly so you can place the sacrum stone under their hips at the region of the sacrum. Keep in mind, the backside of the body is much more sensitive than the front side. The backside of the body represents the unconscious mind.



**Stone application to the 2<sup>nd</sup> chakra:** Lay the belly stone on the front side of the body at the belly button. This will instantly invite vata home and give the client a sense of security and groundedness.



**Stone application to the hands at the sides of the hips (still anchoring the 1<sup>st</sup> & 2<sup>nd</sup> chakras).** Since the palms of the hands and the heart are energetically connected, you should next place the wrist support stones under the hands. Allow the palms of the hands to feel the heat of the stone. This will also warm the hip sockets. This particular placement is important because it will deter the client from bending his/her elbows and resting his/her hands on their belly. When the elbows are bent and the forearms are adducted or rotated inward, it signals the heart to contract. This adducted or rotated position is instinctual for protecting the heart and closing all emotions

down. Also, the wrist support stones invite the shoulders to fall down toward the table and can help correct bad posture. Some clients don't know what to do with their hands during therapy and can feel awkward or insecure about it. The wrist stones give them a sense of comfort and security.

**Stone application to the 3<sup>rd</sup> chakra (solar plexus).** Lay a stone just below the ribs in the center of the torso. You may choose a yellow chakra stone (citrine).



**Stone application to the 4<sup>th</sup> chakra (anterior) (heart):** Lay one rose quartz or ruby to the center of the chest at the nipple line (heart marma point). Never apply a heated stone to the heart marma point.

**Stone application to the 4<sup>th</sup> chakra (posterior)** This layout will require another touch test since the back side of the body is so sensitive to heat. Lightly touch the erector spinae stones to the sides of your client's arms and ask if the temperature is ok to place between their shoulder blades. Don't be surprised if they ask you to dip them in the cool water dipping bowl for just a few seconds.

Ask your client to do a half sit up so you can slide the two long, flat, erector spinae stones (sometimes I refer to them as the wing stones) under them at the backside of the heart chakra. Insert these stones together from behind your client's head and be sure they are equal and balanced.



**Stone application to the throat chakra (posterior).**

Lay two round stones under each side of the neck. This is effective for softening the stress points at the trapezius.

**Stone application to the throat chakra (anterior):** Use a small, raw, blue lapis or sodalite. Place it over a white cotton tissue if the client is very chatty or if they feel choked. The picture to the right shows quartz crystal on the shoulders. This is optional.



**Stone application to the third eye.** Use a ruby, amethyst, quartz crystal or any purple colored gemstone. The point of the crystal should be directed towards the client's feet.

**The crown chakra will be graced by your presence.**

**Reinforce the "grounding" of the root chakra by anchoring the femurs into the hip socket with the placement of 10 lb sandbags.** Lay the sandbag over the tops of the legs to ground the femurs into the hip socket. I lay the sandbag on last because if you leave it on too long, it can become uncomfortable.



**In a circular direction, apply a fresh (salted) lemon or lime to the soles of the feet.** This will stimulate system detoxification. The lemon will often become discolored brown or black if the client is especially toxic. Salt the lemon or lime just prior to application. Warm them in your heater on top of a stone.

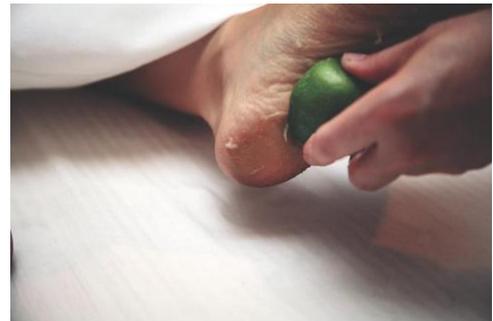


**Castor oil application to the feet and massage with your hands.**

**Insert the toe stones.** The placement of the toe stones directly affects the area of the brain. In order to balance the left and right hemispheres of the brain, alternate placing the toe stones from left to right, ie, right big toe, left big toe, right 2<sup>nd</sup> biggest toe, left 2<sup>nd</sup> biggest toe, ect. Ideally, this should be done in harmony by two therapists.

**Leave the toe stones in and wrap each foot with a warm towel or cotton booties.**

**Sanitize your hands with the other half of the lemon.**



**Remove the two trapezius stones and the throat and 3<sup>rd</sup> eyes gemstones so you can massage the upper body.**

**Oil application (anoint and chase) to the face, neck and decollete.** Massage the neck and shoulders with your hands and then glide the stones along these body parts.



**Glide hot and cool stones to the face, neck and decollete. (Contrast Thermal Stone Therapy)**

**Apply a stone on the thymus gland, tap it with another stone and leave the stone there.**

**Oil application (anoint & chase) to your client's arms and hands.** Massage with your hands following the downward direction towards the hands. Glide one small stone along your client's arms.



**Apply the sinus and eye stones and spray the floral water.** This will prevent the fire element within the body from overheating.

**Re-apply the neck/shoulder stones, and the 5<sup>th</sup> & 6<sup>th</sup> chakra stones.**

**Drape a warm towel over the chest area.** Expose the belly.

**Remove the belly stone and solar plexus stone.**

**Oil application to the belly button.** Massage the belly, then lay the belly stone back on and spin it either clockwise or counterclockwise, depending on the individual need of your client. Leave the belly stone there.



**Polarize the upper body with the lower body with jyana mudra.**

**Remove the toe stones in one motion.**

**Oil application to the legs (anoint & chase).** Massage the legs in the downward direction, out the terminal ends. Apply wringing and squeezing techniques.



**Glide two stones along the muscles of the legs.** Remember the knee click and the foot sandwich click at the end of each leg.

**Remove all stones and turn the client over in the prone position.** Follow the “de-stoning sequence” found in the summary of this chapter.

**Warm the quartz terminator crystals in the heater now so you will be ready to lay them in your client’s hands in a few minutes.**



**Apply the heart basti, which is warm oil anointing the area posterior to the heart.** Form a cup with your left hand over your client’s heart and allow the oil to flow over the heart. Spread the oil all over your client’s back. This will help open the heart chakra. It is the same principle as shirodhara.

**Place the quartz crystals in your client’s hands.** The placement of the crystals is important: place them with the points going in the direction of your client’s thumbs. These quartz crystals are partners and will create an arch of light around your client’s body. You may also opt to place warm, round stones in your client’s hands.

**Massage your client’s back in a downward direction with your hands.**



**Glide and spin the stones along the spine.** Be creative here. Refer to the Stone Technique chapter.

**Apply the spinal layout.** Start with laying the largest stone at the sacrum and lay them one after the other along the spine. Use smaller stones as you go up toward the neck. Cover as much area as possible, keeping in mind not to suffocate your client around the respiratory region. As you go up, the stones should be gradually lighter in weight, avoiding excess pressure on the neck. In most cases, clients will have a natural curve in their thoracic spine. Some clients have more kyphosis than others. If you begin the stone layout at the sacrum and gradually build up to the mid-thoracic region, then return to your heating unit to collect more spinal layout stones, gravity might pull the stone that was laid at the height of the thoracic spine and cause it to slide into your client's neck. I suggest applying a small **neck anchor** stone to protect the occipital ridge.



**Cover your client's back with a warm towel.**

**Apply oil to the hamstrings (anoint and chase).** Remember to use wringing and squeezing techniques with each stroke moving out toward the feet thereby activating apana vayu and connecting your client to the earth.

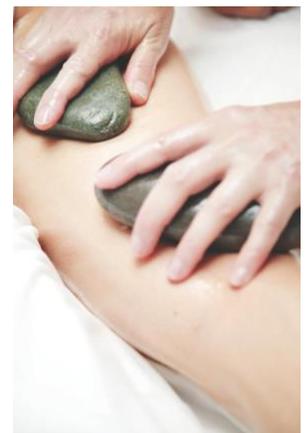
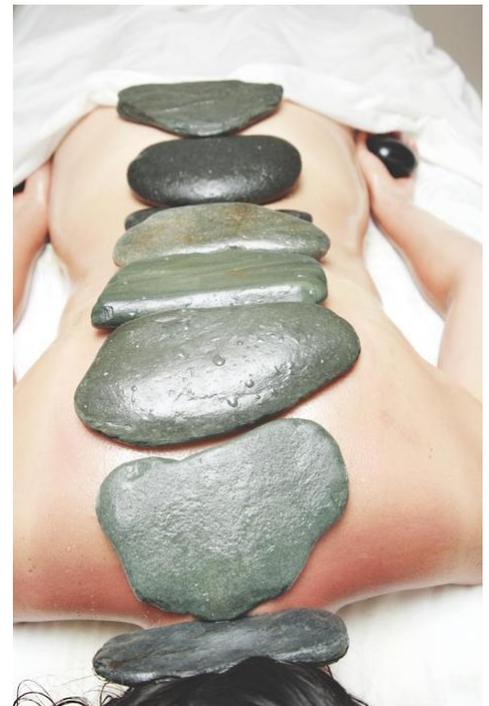
**Glide either two stones or one large, flat stone along the backside of your client's legs.** Please glide *lightly* over the popliteal area (behind the knee).

**Apply your gliding stone to the sole of each foot.**

**Apply any heavy stone to each hamstring over the sheets.** If you apply a hamstring stone directly on the skin, it will be likely to slip off because of the anatomical structure of the hamstrings.

**Activate the energy of the stones with the power of sound and vibration.** I use a buffalo drum over my client's body.

**Remove all stones.** Follow the de-stoning sequence in the summary at the end of this chapter. Begin by removing the stones on the neck and work your way down. The last stones to be removed are the soles of the feet. Keeping the stones at the soles of the feet for as long as possible helps keep the client connected to the earth.



**Sound the Tibetan bells gently.** This will signal the end of the treatment and clear the energy in the room and the energy around you and your client.

**Bow in reverence, silently saying, “Namaste.”**  
Thank your client, the stones and the Creator.

### **What Namaste Means**

Pronounced Nah-May-Stay, Namaste is a Hindu salutation or greeting formed from two Sanskrit words: namas and te.

Namas = To Bow

Te = You

Which means that when you say Namaste to a person you are really saying: “The spirit within me recognizes and honors the spirit within you.”

The Law of Attraction explains that it's akin to saying:

“My Inner Being says 'hi' and pinkie-waves to your Inner Being.”

How To Namaste:

To do a full Namaste in person, put your hands together palm to palm and hold them either in front of heart or your brow. Then bow your head downward slightly.

You can either make eye contact as you do this or have your eyes closed.



*“Let the ugliness of unkindness in others impel me to make myself beautiful with loving kindness. May harsh speech from my companions remind me to always use sweet words. If stones from evil minds are cast at me, let me send in return only missiles of goodwill. As a jasmine vine sheds its flowers over the hands delivering ax blows at its roots, so, on all who act inimically toward me, may I shower the blossoms of forgiveness.”*

-Paramahansa Yogananda from his book *“Whispers From Eternity.”*

## ***Summary of the Sequence***

Print this page out and keep it near you when you practice.

### **Initial Layout sequence: supine (facing upward):**

- Apply 1 sacrum stone (a.k.a. grampa)
- Apply 1 belly stone (a.k.a. gramma)
- Apply 2 hand-rest stones
- Apply 2 erector spinae stones
- Apply 1 heart stone (not heated) or crystal
- Apply 2 shoulder/neck tones
- Apply 1 throat chakra stone
- Apply 1 third eye stone
- Apply ten lb. sandbag across client's thighs

By applying a stone to the lowest chakra first, we activate the downward flow in the body thereby anchoring the body to the earth.

### **The sequence of removing the initial layout (supine):**

Reverse the above.

### **The spinal layout sequence (prone):**

- a. Sacrum area
- b. Thoracic area
- c. Cervical area

Cover the entire spine, unless they have contraindications. If they meet the criteria for contraindications related to laying stones directly on the spine, then lay the stones along the erector spinae muscles on either side of the spine. Next, lay stones on the hamstrings. The last stones to be laid are at the soles of the feet.

### **The sequence of removing the spinal layout (prone):**

Reverse. Remove the neck stones first, then consecutively moving down the spine, removing the sacrum stone last. Then, remove the stones at the hamstrings and soles of the feet.

## Helpful Tidbits for Stone Therapists

1. The backside of the body is more sensitive to heat than the front side.
2. When gliding the stones along the body, avoid bony areas. Stay on the fleshy part of the muscles.
3. In order to stay fully connected to your client, even if you are gliding one stone, use both your hands.
4. If you are putting quartz crystals in your client's hands, warm them in the heating unit 5 minutes prior to placing them in your client's hands. Do not leave the crystals in the heating unit longer than 5 minutes, as they may crack.
5. Nothing can ever replace the human touch, so Sacred Stone Therapy incorporates both the human touch and the stones. The reason for massaging each body part *before* you glide the stones is to lubricate the skin so the stones will glide more easily.
6. The stones will naturally want to click together as you are gliding them. Surrender to the stones and allow them to guide you from time to time. Remember it's a partnership/union between you, the stones, God, and the client.
7. Stone massage is the perfect antidote for ticklish clients! For some inexplicable reason, the stones remove the tickle!
8. Do not place crystals in the hands at the same time the hands are on the wrist stones. The quartz crystals like to do their work without the confusion of the other stones.
9. As a bonus and if you have time, once all the stones near the spine have been removed, place a large, clear quartz crystal at the top of the spine with the point directed toward the crown of the head. Immediately place another large, clear quartz crystal at the base of the spine with the point directed towards the feet. Quartz crystals are like work-horses. They are eager to work and are powerfully effective. This particular layout will bring all energies center and connect the client both to the heavens and to the earth. It is symbolic of the way Ayurveda regards the body as a pole with two ends.



10. Sacred stone therapists should be aware of proper breath techniques. It is recommended that Sacred Stone Therapists take yoga classes in order to learn ujjayi breath. Mouth breathing is a turn off to your client and will cause you, as the therapist, to lose prana. Allow your breath to move in and out of your nostrils, making the subtle sound of the ocean.
11. You may send the power of prayer, intention, color and sound with your ujjayi exhale. Don't try too hard. Don't bully it. Allow the breath to move through you effortlessly.
12. Allow the Creator to move through your breath. Ultimately, you are a channel for the Creator.
13. You may extract negativity with your inhale, allowing your hands to be like a sponge. Be sure to shake your hands out after.
14. You may grip your clients ethereal body and expand it with your inhale. You may fill this expansion with the light of the Creator.
15. For male clients with lots of body hair, glide the stones in the direction of the hair growth, especially if you are using textured stones.

### ***Precautionary Guidelines***

If a stone slips off an area more than once, use your intuition as to why. It may be an indication that the stone doesn't need to be on that particular body part. I bring this up because the stones have consciousness and awareness. Consider the idea that a particular stone that falls or slips off should be removed because it needs to be recharged, or that it should be placed on a different area of the body. The most important thing to remember is that your intuition is the key to healing. If you learn to trust yourself and your intuition, you will have a larger capacity to heal. Use these guidelines as training wheels for now since you are just beginning. Do not surrender completely to dogmatic guidelines or strict rules regarding stone healing or any healing. Whichever technique or protocol you choose, if you perform it with good intention and deep compassion and it will be effective.

*Please take caution with these conditions:*

- Children, pregnant women and the elderly should be treated more gently and with less extreme temperatures.
- Skin conditions such as eczema, rashes, acne, and psoriasis.
- Numb skin due to skin grafting or neuropathy.
- Anyone on medication that causes skin hypersensitivity, e.g. antibiotics, accutane.
- Obesity or heart disease.
- Varicose veins.
- Menopausal hot flashes.
- Menstruation.
- Seizure medications.
- Open wounds or infected skin conditions.



- Do not lay stones directly on ruptured, herniated, deteriorated disks, bony protuberances, or on anyone with osteoporosis.
- For stone facials, be sure the client has not recently had a microdermabrasion, glycolic acid peel, or any other professional peel within the last week.
- Cold stones and crystals should not be placed in your client's hands, unless it's a tropical climate.
- High pitta conditions. If a client comes to you in an angry mood using sharp words and sharing intense feelings, turn the temperature of the heating unit down or do a traditional massage without stones. Use cool stones on the face.
- In order to prevent a stone from slipping from your hands and falling on the client's face, stand at the side of the massage table when the stones are being laid or removed. Most importantly, never remove a stone or lay a stone OVER and ACROSS the client's face to the other side of the table.
- Do not spin the belly-stone clockwise if a woman is in the early stages of pregnancy or if a person is experiencing diarrhea.
- Do not spin a stone counter clockwise if a client is experiencing constipation.
- Heart points exist in 3 places on the body: 1. center of the chest. 2. palms of the hands. 3. soles of the feet. Do not place a hot stone on the heart marma point, which is located at the center of the chest at the nipple line. This was a message given to me from Ayurveda's leading authority, Dr. Vasant Lad. Overheating this marma point can irritate one of the subdoshas of pitta called Sadhaka Pitta.

## ***Benefits of Sacred Stone Therapy***

- Increases circulation, lymph flow and vitality.
- Promotes the release of toxins and eliminates excess.
- When used with castor oil, it reduces cellulite dramatically.
- The residue of sea salt from the sea stones purify and balance the electromagnetic field.
- Irons out tight muscles, softening the tissue with heat.
- Balances the chakras when the stones are spun correctly.
- Sedates the central nervous system when the stones are laid upon the spinal column.
- Relieves sinus pressure.
- Reduces puffy eyes.
- Firms the skin on the face by alternating hot and cold stones, stimulating vascular gymnastics.
- Grounds the body by reducing the wind (vata) element within the body.
- Improves the tone of visceral organs.
- Aids in elimination by alternating hot and cold stones, stimulating peristalsis.
- Increases kinesthetic awareness of the body by alternating textured and smooth stones.
- Gently exfoliates the skin, enhancing liver function.
- Incorporates sound and vibration, i.e., clicking, tapping.
- Reduces inflammatory conditions with the use of cool stones.
- Reduces the "tickle factor"
- Adds more energy to the session since stones are living, swirling microcosms of energy.
- Renews the sweetness of life.

## ***Resonant Frequency***

Sacred Stone Therapy incorporates sound healing. We chant Hari Aum and use Tibetan tingsha bells and a buffalo drum. Every organ, bone and tissue in the human body has its own separate resonant frequency. Together they make up a composite frequency, a harmonic that is your own personal vibratory signature. This signature encircles the whole body with a field, which some gifted people can see as an aura, and can be recorded by means of Kirlian photography.



Also, it is possible to set an object into its own natural vibratory state through resonance, it is also possible to restore the natural motion of an object that may be out of tune or in disharmony. We call this disease. When disease sets in, a different sound pattern, which is not vibrating in harmony, is established in that part of the body. Therefore, it is possible, through use of externally created sound that is projected into the diseased area, to reintroduce the correct harmonic pattern.

The different rhythms of the body may also be changed through sound. This is known as entrainment and involves the ability of the more powerful rhythmic vibration of one object to change the less powerful rhythmic vibration of another object and cause them to synchronize their rhythms. Through sound, especially chanting or overtone singing, it is possible to change the rhythmic pattern of our brain waves, as well as our heartbeat and respiration.

Different brain wave rates have been equated to different states of consciousness. There are four basic categories of brain waves:

1. Beta waves, from 14 to 20 Hz, which are found in our normal waking state of mind.
2. Alpha waves, from 8 to 13 Hz, which occur when we daydream or meditate.
3. Theta waves, from 4 to 7 Hz, which are found in states of deep meditation and sleep, as well in shamanic activity.
4. Delta waves, from 0,5 to 3 Hz, which occur in deep sleep and have been found in very profound states of meditation and healing.

The use of music in sacred ceremonies and shamanic rituals has occurred since ancient times. The changing of these rates creates change in consciousness. In our age of science it has been verified that sound can be used to effect and change our brain waves. In *The Sound of Silence*, the American engineer, Robert Monroe, writes about his out-of-body experiences. He has produced sound tapes for the purpose of synchronizing the two brain hemispheres in order to create an altered state where out of body or similar experience can emerge.

The changing of using resonance and entrainment are the fundamental concepts behind the use of sound to heal and transform. They are found in every practice that uses sound regardless of tradition, belief system or culture.



The psychic Edgar Cayce predicted that sound would be the medicine of the future. Within the last decades the use of sound as a healing modality is coming more into focus in both the scientific and the medical communities. There are organizations such as the International Society for Music in Medicine and the Arts Medicine Association, which draw together doctors, scientists and others working with sound as a therapeutic tool.

As Jonathan Goldman has depicted in his book "*Healing Sound*", sometimes different people apparently used different frequencies or different sounds to heal the same problem?

This means that depending upon where an individual's awareness is placed when he/she creates a certain sound, the sound will carry information on that state to the person receiving it. It is the intent or the purpose behind the sound that matters. With the word intent, we are really talking about the consciousness of the sound being created. This encompasses the overall state of the person making the sound and involves the physical, mental, emotional and spiritual aspects of that person.

The initial understanding of intention involves our conscious mind, actually our whole being. A more profound understanding of intent involves what may be understood as alignment with the purpose of our Higher Selves, or the Divine Will. That is to be one with the Universal Spirit. It is that aspect of consciousness that is able to align with the sacred energy of sound.

*"Sound is a carrier wave of consciousness"* Edgar Cayce

When we have reached this level of being, our intent is to become a vehicle for the sacred sound and we are – maybe - able to by-pass the lesser aspect of one self which is selfish, inharmonious and unable to surrender to the Universal Will or God.

For most people, the initial understanding of intent is a major stumbling block in using sound as

a transformational and therapeutic tool. This is because most of us, including healers, have not reached such a state of being and have never created sound with conscious awareness and purpose. If our intent is to be a vehicle for our Supreme Creator, the stumbling block in a moment of grace becomes a stepping-stone and in that moment we are One with our Creator and therefore are able to re-create and heal.

The concept of intent relates to the first Hermetic Principle that All is Mind, for intent stems from the mind of the Creator of sound. All is vibrations and rhythm. The key is the level of being, the degree of consciousness, the development of the mind, the purity of emotions, and the level of attention that forms the intent or visualization.

We are grateful to the folks at <http://home3.inet.tele.dk/hitower/harmonics.html> for allowing us to paraphrase this chapter on Resonant Frequency.

## ***Five Great Elements***

The art of stone therapy is considered a primordial and dense form of healing. According to the ancient science of Ayurveda, which is a Sanskrit word meaning “science of long life”, each human being is a unique composite of the five great elements - Ether, Air, Fire, Water & Earth. All healing therapies can be connected to one of these five great elements.



Stone healing belongs to the Earth element. The stones of the earth are the bones of the great earth mother Gaia. While Ether’s qualities are subtle, Earth’s qualities are dense. Reiki and other ethereal, gentle forms of “laying on of hands” belong to the Ether and Air elements. By introducing stonework into these healing treatments we bring in the Earth element as well.

Ayurveda recognizes there are five directional flows within the body. Stone healing is most effective when the downward flow called *Apana Vayu* in the Sanskrit language, is activated. *Apana vayu* belongs to the first (*muladhara*) and second (*svadhisthana*) chakra. Since stones belong to the Earth element, they are the perfect vehicle for helping us reconnect with the earth’s grounding, stable force.

### ***Ayurvedic Disinfectant Spray:***

*Witch hazel, alcohol, neem oil, hydrogen peroxide, citricidal. Use any proportion you see fit and shake it well each time.*

## Eight Ways to go Out of Balance

These are subject to change throughout your life and are worth observing in your daily life. This system is called *Ancient Ayurveda* and integrates the Chinese medical system.

**1) Heat:** Pitta. The sun rules this imbalance. The sites that are affected are the small intestine, heart (circulation) and bones. Asthi dhatu is the Sanskrit word for bone tissue.

**2) Coldness:** Kapha and vata. The moon rules this imbalance. The sites affected are the triple heater, pericardium, thymus, blood and circulation. The triple heater encompasses the top, middle and lower parts of the human trunk. Rakta dhatu is the Sanskrit word for blood tissue.

**3) Lightness:** Vata and pitta. Mars rules this imbalance. The sites that are affected are the gallbladder, bone marrow and governor vessel. The governor vessel runs down the posterior, midline of the body. Majja dhatu is the Sanskrit word for the brain tissue.

**4) Heaviness:** Kapha. Jupiter rules this imbalance. The sites that are affected are the conception vessel, liver, and adipose tissue. The conception vessel runs down the anterior, midline of the body. Meda dhatu is the Sanskrit word for adipose tissue.

**5) Oiliness:** Pitta and Kapha. Venus rules this imbalance. The sites that are affected are bladder, kidney and reproductive tissue. Shukra & Artava dhatus are the Sanskrit words for male and female tissues.

**6) Dryness:** Vata. Saturn rules this imbalance. The sites affected are spleen, stomach and muscle tissue. Mamsa dhatu is the Sanskrit word for muscle tissue.

**7) Tridoshic Influence:** Vata, pitta & kapha mixture. Mercury rules this imbalance. The sites that are affected are the lymph, plasma, lung and large intestine. Rasa dhatu is the Sanskrit word for the plasma tissue.

**8) Karmic Influence:** The nodes of the moon, called Rahu and Ketu, rule this imbalance. This is the imbalance that is responsible for mysterious illnesses. These people need prayer, puja, and healers to help them stay balanced.

You can determine which predisposition you were born with through pulse diagnosis and Vedic astrology. It is not always the same as your birth constitution. For example, someone who was born with lots of fire (pitta-heat) can be predisposed to having ether and air (vata-dryness, mixed or coldness, or lightness) elements go out of balance more easily. That means this person will always have lots of fire (pitta heat), but not in excess. The excess would most likely manifest as vata. You ask, "Why does it matter what your birth constitution is then?" In order to stay balanced in your life, you need to use your birth constitution as a measure against your current imbalance, being careful not to overly treat a particular dosha. It can be tricky business.

## Five Directional Flows in the Body

- Prana vayu: The seat of prana is within the brain and moves into the lungs. It is responsible for respiratory and sensory perception. It is the author of the intellect, senses and reason. It moves with apana along the respiratory passages. It is responsible for sneezing. 'Pra' means before. 'Ana' means breath.
- Udana vayu: The seat of udana is the diaphragm and chest. This is the upward flow in the body and is responsible for burping, hiccups, vomiting, acid reflux, and many other upward movements.
- Vyana Vayu: This is the flow of movement from the heart and is responsible for circulation. When this flow is activated, it opens the heart chakra.
- Samana Vayu: This is the circular movement within the body that comes from the small intestines. It is responsible for hepatic circulation, proper digestion and peristalsis.
- Apana Vayu: The seat of apana is the colon and pelvic girdle. It is the flow in the body that promotes elimination. It is the downward flow that connects us to the earth.

Since I have chosen apana vayu for Sacred Stone Therapy, I will elaborate on it a bit more than the other vayus. Please note that the other vayus are equally important to maintain a healthy balance in our lives.

### Functions of Apana Vayu

- Supports the wall of the colon.
- Responsible for groundedness, tranquility and centeredness.
- Responsible for the nourishment of all the vayus.
- Governs the physiological and psychological functions of the first and second chakras.
- Responsible for elimination of urine and feces.
- Controls the lumbosacral autonomic system.
- Responsible for contraction of the uterus and the birth of the fetus.
- Assists in the union of the sperm and ovum during conception.
- Responsible for menstruation and ejaculation.
- Governs the development and movement of the fetus.

## Symptoms of Apana Vayu Imbalances

Anxiety, fear and insecurity, constipation, miscarriage, abdominal distention, mal-position of the fetus, hemorrhoids, sterility, excessive bowel movements, menstrual cramps, prolapsed rectum, vata-type of PMS, lower abdominal pain, prolapsed vagina, irritable bowel syndrome, pain during sex, incontinence, loneliness and diverticulosis.

## *Marma Therapy*

Within the culture of India, Marma Therapy is revered as a sacred art and powerful, mystical science. According to the Indian culture, it is not sacred to practice marma therapy unless you have been trained by a guru in person. The great gurus of India ask that marma therapy not be taught in a book, but only in person. In order to keep this tradition sacred, please do not practice marma therapy unless you have been trained by a guru who



is proficient in the art and science of marma therapy. The information below is written to illuminate marma therapy in hopes that you will seek out a guru and further your studies.

There are 365 vital energy (marma) points in the human body. Most Ayurvedic practitioners choose to work with 108 of these points because they are the most significant. Marma points are similar to the Chinese acupuncture points, only no use of needles is required.

When an imbalance exists in the body, the marma point that correlates to that imbalanced organ, dosha or system may be tender to touch. It is the body's way of signaling where the imbalance is. Using essential oils, gentle pressure, and mindful intention, the practitioner can send energy to the organ, dosha or system. During stimulation of these points, it helps to use ujjayi breath, which sends prana to the area in need of balancing. This type of breath will also assist in sending thought forms of color and light to certain areas of the body. The color and light should be chosen either by the client's intuition or according to which dosha is out of balance.

Marma points are places on the body where flesh, veins, arteries, tendons, bones and joints meet. They can also be considered as the junctions where vata, pitta and kapha meet or where eternity and relativity meet. These points can also be indicative of where the three aspects of

the self meet: Inner self, outer world, and between the two. They may also be the junctions between the physical, astral and causal bodies.

Ayurveda details major and minor marma points. The major points correspond to the major chakras, while the minor points are found around the torso or limbs. Marma point therapy is designed to stimulate the various bodily organs and systems. Like acupuncture, these points are measured by “finger units” to detect their correct locations. The sizes of the marmas are measured by “finger-breadth,” called “angula,” which is the width of one's own finger. All marma measurements are made with the client's finger, not the practitioner's finger. The thumbs or any other finger pressed directly on the point or in its auric field can activate a marma point. The width of the marma point should be as wide as the client's thumb.

Each marma should be pressed about six times. The client should inhale prana into their physiology as the points are being pressed. Release on the exhale and re-apply the pressure on the next inhale, and so forth, about six times.

These points also known as “door receptors,” are seen anatomically as nerve crossings. These nerve crossings can be described as circular bands around certain parts of the body. When the marmas are stimulated they also affect the front, sides and back of the marma band. For example, a marma point that is stimulated on the topside of the forearm will also affect the sides and back of the forearm.

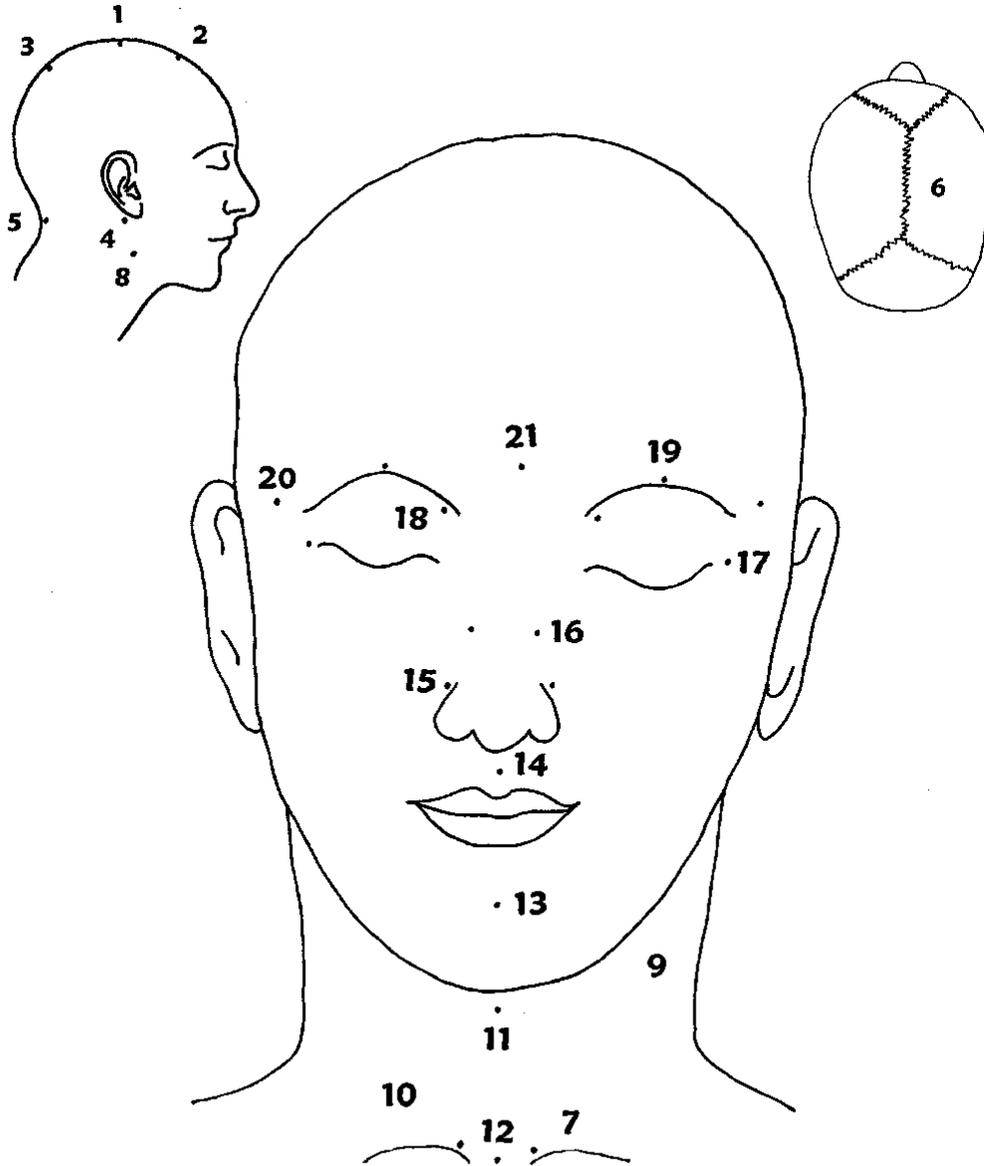
Marma points should be carefully protected from injury. According to Ayurveda, if these points are pierced by arrows, or hit forcefully, it could result in disease. Death may occur when the third eye, heart or throat are involved in such trauma.

Ideally, marma points on the right side of the body should be stimulated at the same time as the marma points on the left side of the body. This is done easily with two practitioners. This is why two practitioners are indicated during pancha karma (internal purification). Otherwise, one practitioner can find creative ways to position him/herself so as to stimulate both sides of the body at once. In doing this, it balances the left and right hemispheres of the brain. This approach is similar to polarity therapy, which was originally derived from marma abhyanga.



# Facial Marmani

Marmas for the face, head, and neck.



Further information available from Diamond Way Ayurveda, P.O. Box 13753, San Luis Obispo, CA 93406  
Toll free: 866-303-3321 Fax: 805-543-9291 or at [www.diamondwayayurveda.com](http://www.diamondwayayurveda.com)

**1 ADHIPATI MURDHI** – at the crown of the head and the midline 11 finger widths above the eyebrows.

Rub gently in clockwise circles for a few minutes to help calm the mind, kindle deeper understanding, foster contentment, heighten perception and assist with spinal alignment and mental clarity.

Sesame or Calm and Clear oil. Essential oils of sandalwood, chamomile, rose, or jasmine.

**2 BRAHMA RANDRA** – over the anterior fontanel.

Rub gently in clockwise circles for a few minutes in a clockwise direction to help insomnia, elevate the mood, ease headaches, and balance body weight.

Sesame, almond, ashwaganda or Calm and Clear oils. Essential oils of mint, frankincense, or sandalwood.

**3 SHIVA RANDRA** – over the posterior fontanel.

Rub gently in clockwise circles for a few minutes to help lower high blood pressure, relieve dizziness, and improve the memory and sense of alertness.

The same oils as previous two points.

**4 VIDHURA** – behind and slightly below the mastoid bone (the bony bump behind the ear lobe).

Rub gently using the tips of your middle and index fingers to help with any type of congestion in the ears, relief of tension in the jaw and face muscle, and state of anxiety or mental tension.

Sesame or almond oils on the points or in the ear. Only use medicated herbal oils if there is ear pain e.g. oils containing garlic or mullein extract.

**5 KRIKATIKA** – either side of the spine where the neck meets the skull.

Rub with the finger tips of your index, middle and fourth finger to help relieve tension in the neck and spine, relax the body, and improve the posture.

Nutmeg lotion helps ease tension in the neck muscles and ginger lotion helps to improve neck mobility.

**6 SIMANTA** – all the bony joints on the top of the skull.

Try to feel these joints as you rub the whole of the top of the head with your fingertips to help the whole body relax, sleep more easily and feel deeply nourished.

Sesame, bhringaraj or almond oils. Essential oils of sandalwood, chamomile or frankincense.

**7 ARSHAK** – on the top surface of the collar bone in the L made with large neck muscle you feel as you turn your head from side to side.

Press and release a few times on the right then on the left point to help stimulate energy to the liver and spleen helping with digestion, anger management and stabilizing blood sugar levels.

**8 MANYA** – side of the neck four finger widths below the earlobe.

Gently stroke over this area to help improve circulation to the face, stimulate lymphatic drainage and help ease a sore throat or upper chest congestion.

Essential oils of rosemary, mint or tea tree all help ease sore throats and swollen lymph glands.

**9 SIRA MATRIKA** – either side of the wind pipe on the upper half of the neck.

Gently brush with oiled fingertips to help improve circulation and improve the voice.

Sesame, ashwaganda or almond oils. Essential oils cinnamon, rosemary, or mint.

**10 NILA** – either side of the windpipe on the lower half of the neck.

Gently brush with your oiled fingertips to help improve the voice and help ease a sore throat.

Coconut oil. Essential oil of sandalwood, rose, or peppermint.

**11 KANTHA** – in the middle of the neck at the level you feel your voice vibrate or at the Adam's apple.

Gently use light finger pressure to rub around this point to help the healthy functioning of the thyroid and the expression of your inner feelings. This massage freshens the whole body and helps regulate your mood.

**12 KATHANADI** – behind the top of the breast bone.

Use your thumb or index finger to "hook" behind your breastbone and rub in that hollow to help with sore throats and upper respiratory congestion.

**13 HANU** – in the middle of the chin

Gentle pressing and releasing increases circulation to the face and helps your head connect with your heart feelings.

**14 OSHTA** – in the middle of the upper lip.

Gentle pressing and releasing at this point prevents fainting and helps with mental clarity and improves sexual desire.

**15 PHANA** – either side of the nose just above the flare of your nostrils.

Use your index fingers to rub either side of your nose and under the cheekbones to help lung energy and clear the sinuses. Try one side at a time. These points also balance the functioning of the right and left sides of the brain so we feel more able to cope with stress after these points are stimulated.

Mustard or apricot oils help thin mucous. Essential oils of eucalyptus eases congestion.

**16 GANDU** – either side of the nose on either side.

Gently rubbing these two points helps to clear the sinuses and brightens the eyes.

**17 APANGA** – in the corner of the eye slightly on the inner surface of the bony orbit of the eye.

Use the tip of your index finger to "jiggle" on these points pressing away from the eye to help relieve puffiness around the eye, eye strain and clear the upper sinuses. Essential oils of rose or sandalwood on a cool compress is very soothing for the eyes.

**18 BHRUH** – either side of the very top of the nose where you can feel little bumps just above the eyes.

Use your thumbs to gently rub up and away from the eye to ease eyestrain, help ease and migraine headaches.

**19 AVARTA** – in the middle of the eyebrows.

Touched when you pinch the eyebrows. This brings energy to the head and helps you feel more centered.

**20 SHANKHA** – in the hollow of the temples.

Use your index and middle finger tips to gently rub in clockwise circles about the size of a quarter to help calm but also nourish the brain and the mind. Touching a client here helps you connect more easily with them. If you hold here when you give advice it will be remembered.

**21 STHAPANI** – just above the eyebrows in the center of the forehead a place sometimes called the "third eye".

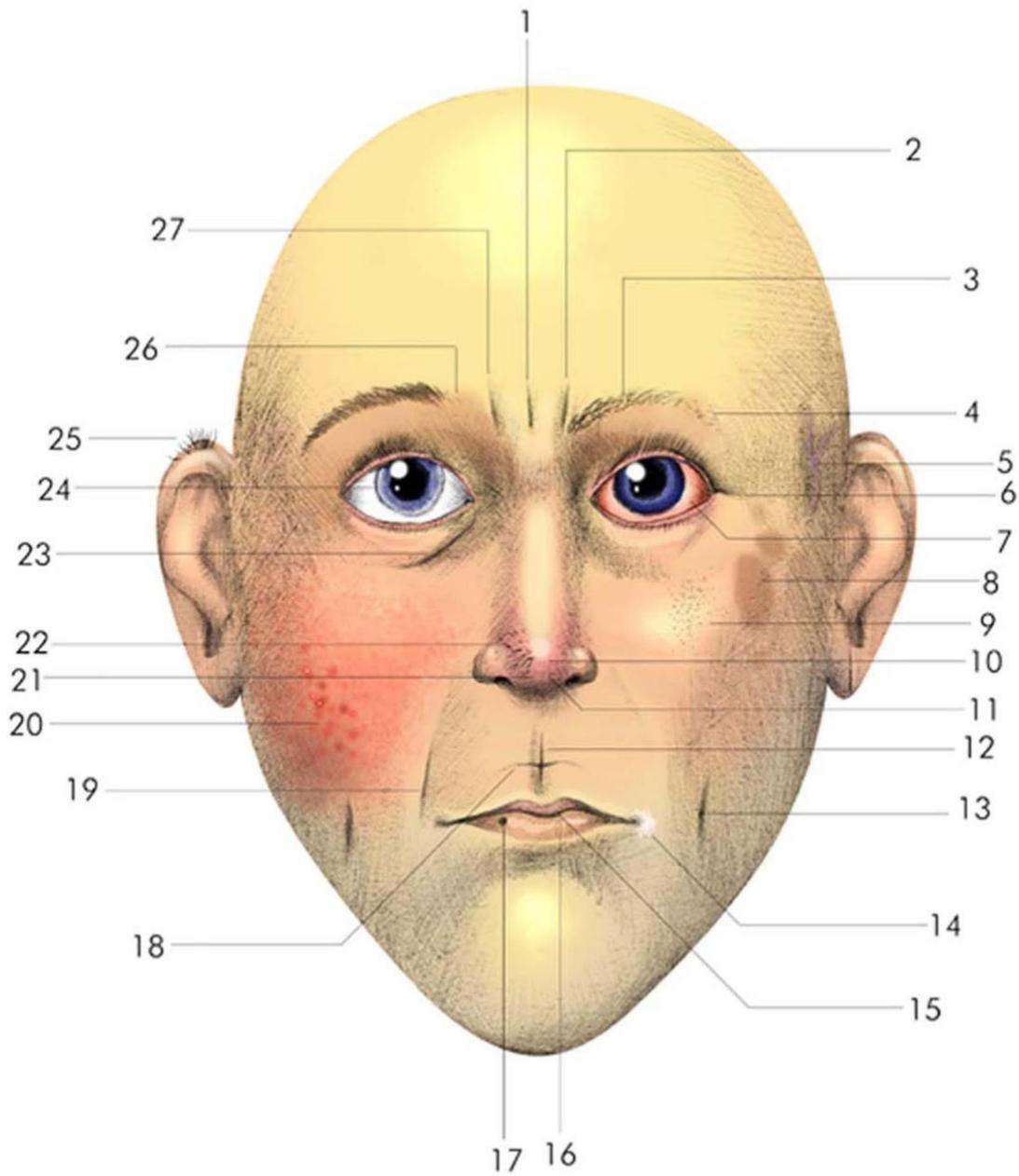
Gently rub with the tip of your middle finger in a clockwise circle to relieve tension in the whole body and bring peace and harmony to the mind.

Essential oil of sandalwood is especially calming and clearing on this point.

All essential oils should be used diluted in a base oil. This is not intended for diagnosis or treatment of any medical problem.

If any uncomfortable symptoms persist please seek the care of your health care professional.

# Ayurvedic Facial Analysis



## ***Ayurvedic Facial Analysis Key***

1. **Wrinkle in center of forehead** - *worry*
2. **Wrinkle before left eyebrow** - *decreased spleen energy*
3. **Sparse eyebrow hair** - *low bone density*
4. **Diminished hair at end of brow** - *decreased thyroid*
5. **Bulging temple vein** - *increased blood pressure*
6. **Wrinkle at corner of eye** - *decreased ovary energy*
7. **Red eyes** - *increased pitta*
8. **Brown age spots** - *increased vata in the liver*
9. **Large skin pores** - *increased kapha*
10. **Button nose** - *predisposed to colon cancer*
11. **Texture on tip of nose** is same texture as cervix
12. **Vertical wrinkle above mouth** - *prolapsed uterus or bladder*
13. **Dimple on cheek** - *decreased ovary or testosterone energy*
14. **White accumulation at corner of mouth** - *parasites*
15. **Thin lips** - *emotionally uptight*
16. **Pale lips** - *anemia*
17. **Freckle on lips** - *parasites*
18. **Horizontal wrinkle above mouth** - *Grief or sadness*
19. **Wrinkle on side of mouth** - *ascending colon energy*
20. **Rash/acne/rosacea** - *increased pitta*
21. **Red tip of nose** - *increased pitta*
22. **Hair on nose** - *predisposed to heart attack*
23. **Wrinkle below eye** - *decreased adrenal and kidney energy*
24. **Gray/white ring around iris** - *increased cholesterol*
25. **Hair on ears** - *predisposed to heart attack*
26. **Diminished hair at beginning of brow** - *excessive sugar consumption*
27. **Wrinkle before right eyebrow** - *decreased liver energy*

## ***The Dosha-genic Stone Principle***

Sea stone mineral composites are kapha-genic since they are directly from the water element: the sea. Kapha is a Sanskrit word meaning “what sticks”. Its elements are earth and water, essentially mud. Its energy is heavy, calming, steady and sedating. This is why sea stones are excellent for stone layouts on the body. When they are heated, the heat itself activates the fire element within the body, which makes them pitta-genic as well. Thermo-therapy is pitta-genic by nature. Heated stone therapy raises the fire element within the body just enough to gently reduce the air and ether elements. When the air and ether elements in the body are calm, it stops the disease process.

More importantly, the intention of the therapist and the way the stones are used is what creates the space for clients to find what they need. If a stone is used with compassion and divine guidance, then it doesn't really matter what the stone is made of.

## ***Colorful Stones and the Doshas***

Some of the Sacred Stones have subtle color variations. Each color corresponds with the doshas. Most of the stones are gray, black or have a greenish hue. The greenish hue is indicative of oxidized parts of copper sulfide deposits. This muted green soothes the attribute of oiliness and edema in both the pitta and kapha doshas. The color green is good for all



the dosha's in general because it's a color, which brings harmony and newness. It is the color of healing. Eating green foods, wearing green, surrounded with greenery, and using greenish stones for healing can be very effective for healing. In Tibet and India, they burn green gemstones to create ash. This ash still has the vibration of green and when ingested, can bring powerful healing for specific ailments. Each stone has a taste and a post-digestive effect. Some stones are "tasteless", but when burned to ash, the taste becomes very distinct. "Taste has action", says Dr. Lad.

Some stones may have foliation or stripes of muted reddish colors or burnt orange. These reddish and orange colors sooth the oily attributes of both pitta and kapha, but can irritate pitta if used excessively. These colors have a balancing effect on the copious amounts of oil that abhyanga (oil massage) indicates.



A clear pink color soothes the attribute of heaviness in the kapha dosha, which is responsible for deep-seated grief and sadness. A clear rose quartz is very effective when it is placed on the heart marma point. If a client is experiencing heavy grief due to the loss of a loved one, then a

raw, unpolished ruby would be appropriate at the heart marma point. A ruby may also be placed on the third eye as it amplifies the energy of the pituitary, which will promote mental concentration and sharp intuition. This is why many yogis and guru's choose to wear a red bhindi between their brows.

Agate is used for healing the heart chakra in Tibet. According to Dr. Phuntsog Wangmo, a Tibetan doctor who teaches and practices in Conway, MA, a stone that has the shape of an organ can be very healing to that organ. In other words, a stone in the shape of a heart would be beneficial for healing the heart. Kidney shaped stones laid upon the kidneys, are good for healing the kidneys, especially if you use Jade. Dr. Wangmo says the Tibetan culture believes that the stones, trees, land and all nature have "spirit" or "life" that the human eye can't see. This spirit must be honored and respected, or negative results can occur. For example, they have individual names for the spirits that live in the trees, or in the ocean or under the earth. Dr. Lad told his class many stories of tree spirits and the sacred myths of Ayurveda.



*"The heart is the hub of all sacred places. Go there and roam."*  
Bhagawan Nityananda

Stones that are muted blue gray can soothe the attribute of heat and lightness in the pitta dosha. This color instills peacefulness, removes anger and nourishes the auric field. Turquoise and lapis are highly revered in Tibet and India. It is recommended to wear turquoise or lapis as a necklace or as a ring. If after 3-6 months of wearing your turquoise necklace, the turquoise turns a different color, it will be an indication of the state of health in your body. If it turns yellowish, it means you may have gallbladder trouble. If it turns darker blue, it means you could have liver trouble. As your body heals, the stone will return to its normal color as well. Turquoise promotes a beautiful complexion and helps reduce internal inflammations. The lapis with the golden specks is the most powerful. Blueish green turquoise, especially from Tibet, with black and brown flecks is considered the most powerful.

The blackish brown sea stones and river stones sooth all the doshas, since black is a mixture of all colors. Regardless, all warm stones primarily soothe the vata dosha. The stones you are drawn to or the stones you find along the shores are the perfect stones for you. There are no coincidences. These stones have found YOU. Trust in this divine order and in your own intuition regarding which color stones you should use.

Using white quartzite can increase phlegm, so it is contraindicated to use the chilled, white quartzite stones on a client who is experiencing sinus congestion. Yellowish stones will increase kapha, the earth element. Blue or black stones will increase the metal element, which is connected to ether, but is generally balancing for all doshas.

If you are lucky enough to have some gold nuggets lying around, you can lay them on the chakras to prevent disease, increase longevity, rejuvenate the body, prevent and protect the body against provocation of the five great elements.

Placing some silver nuggets or jewelry at the occiput will help clear toxins and phlegm from the brain. It will protect against aging, memory loss and confusion. People in Tibet and India wear silver hair ties at the occipital ridge for this reason. Silver is also very cooling and helps reduce pitta and inflammations in the body. Using silver acupuncture needles in inflamed, arthritic joints can be very powerful healing techniques.

Jyanna mudra is a powerful ancient hand gesture that helps heighten consciousness when applied with that intention. See the picture at right.



### ***Chakra Balancing with Stones***

What are Chakras? According to ancient Sanskrit teaching there are seven major light centers in ethereal body that surround the physical body and appear to radiate out from the spinal region. The Hindus call these centers "chakras" which literally means "wheels of fire". They are almost like flowers with delicate petals and they wave to and fro in a spinning motion. Each chakra has its own sound vibration, emotion and color. They are each as unique as a snowflake. When seen with the psychic sight, these centers resemble spinning wheels of brilliantly colored light, each with a different color center. All chakra colors are pure, not dark or muddy. Muddied or impure colors signal a blockage, disease or potential problem.

Chakra balancing can be done with simple laying on of stones over the chakras. You must use your intuition for this or allow the stones to guide you. You may use mudras over the stones with each hand, bridging and polarizing the chakras. This is highly effective between the third eye and the 2nd chakra.

The crown and root chakra spin perpendicular to the other chakras. The other chakras spin around a vertical axis and the crown and root chakras spin around a horizontal axis. This constitutes the matrix within the body....as above, so below.



## Chakras

Chakras are energy centers in the body, otherwise known as “wheels of fire”. Some people have the gift of actually seeing them. There are many, many chakras in the body. Below are the seven major chakras.

### **Muladhara: The first chakra; root support.**

Site: Located at the coccygeal plexus, governs lower plexus and legs.

Tattva (qualities): Earth element, grounding, sense of smell, stability.

Directional flow (vayu): Apana (downward).

Consciousness: Subconscious.

Pranic vibrations per minute: 500

Principle Marmani (marma points): trik, basti.

Symbol: 4 petaled lotus, square.

Sound: Lam

Color: Red

Gem: Ruby

Diety: Ganesh

Day: Monday.

Herbs: Triphala, haritaki, dashamula, shatavari, ashwanganda.

Physical: hemorrhoids, constipation, vaginal warts, prostate enlargement, fissures, cervical, dysplasia, genital herpes, sciatica, hip misalignment, varicose veins, etc.

Psycho-spiritual: Insecurity, ungroundedness, indecision, unreliability, lust, nervousness.

### **Svadhithana: the second chakra; place of self.**

Site: Sacrum, pelvis, navel.

Tattva: Water element, contraction, stimulating sense of taste.

Directional flow (vayu): Apana

Consciousness: Unconscious

Pranic vibrations per minute: 700

Principle Marmani (marma points): Nabhi

Symbol: 6 petaled lotus

Sound: Vam

Color: Orange

Gem: Moonstone

Diety: Brahma

Day: Tuesday

Herbs: Bibhitake, punarnava, bala

Physical: Malabsorption, spue syndrome, candida albicans, crohn’s disease, “leaky gut” syndrome, menstrual disorders, urinary tract disorder.

Psycho-spiritual: Jealousy, disappointment, comparison, ambition, aggression, violence.



**Manipura: the third chakra; city of gems.**

Site: Umbilicus, celiac plexus (pancreas), epigastric area.

Tattva: Fire element (tejas), expansion, producing heat, stimulating sight-sense of color and form.

Directional flow (vayu): Samana

Consciousness: Semi-unconscious.

Pranic vibrations per minute: 900

Symbol: 10 petaled lotus, upright triangle

Sound: Ram

Color: Yellow

Gem: Yellow sapphire, topaz, citrine.

Diety: Vishnu

Day: Wednesday.

Herbs: Amalaki, chitrak, ginger.

Physical: Gastritis, CFS, liver disorders, immune disorders, hiatal hernia, hypoglycemia, bulimia, heartburn, flatulence.

Psycho-spiritual: Low self-esteem, fear, depression, anger, hatred, control.

**Anahata: the fourth chakra; the unstruck sound.**

Site: Heart (hridayam), cardiac plexus, thoracic spine (T3-6)

Tattva: Air element, general circulation, stimulating sense of touch.

Directional flow (vayu): Vyana

Consciousness: The conscious

Pranic vibrations per minute: 1200

Symbol: 12 petaled lotus, Star of David, sri yantra.

Sound: Yam

Color: Green

Gem: Emerald, rudraksha, rose quartz.

Diety: Shiva

Day: Thursday.

Herbs: Arjun, pippali, manjistha, dashamula

Physical: Bronchitis, pneumonia, asthma, tachycardia, low blood pressure, elevated cholesterol, mitral valve prolapse.

Psycho-spiritual: Lack of forgiveness, resentment, disappointment, grief, sadness, despondency, pride.

**Vishuddha: the fifth chakra; pure self-expression.**

Site: Throat, cervical plexus, neck, shoulder, chin, occiput, thyroid.

Tattva: Space element (akasha), communication, stimulating, sense of hearing.

Directional Flow (vayu): Udana



Consciousness: sub-super-conscious  
 Pranic Vibrations per minute: 1600  
 Symbol: 16 petaled lotus, circle  
 Sound: Ham  
 Color: Blue  
 Gem: Blue sapphire, blue pearl  
 Diety: Saraswati,  
 Day: Friday.  
 Herbs: Licorice, clove, vidhari, turmeric, jyotishmati.  
 Physical: hyper or hypo active thyroid, lymphatic congestion, shoulder or jaw misalignment, neck scoliosis, dwarfism, dental cavities, tonsillitis, TMJ.  
 Psycho-spiritual: Shyness, criticism, stuttering, loud or inappropriate speech, dissonant voice.

**Ajna: the sixth chakra: beyond the mind.**

Site: Third eye, pituitary, eyes, ears, nose, cerebellum, optic chiasm.

Tattva: Consciousness, mental facilities.

Directional flow (vayu): Prana

Consciousness: Consciousness

Pranic vibrations per minute: 1800

Symbol: 2 petaled lotus, circle with orbiting stars.

Sound Sam-ksham

Color: Indigo

Gem: Amethyst

Diety: Sat Guru

Day: Saturday.

Herbs: Brahmi, jyotish mati, jatamamsi, atma gupta.

Physical: Tinnitus, ear infections, vision weakness or irregularities, sinus congestion, glaucoma, brain tumors, pituitary tumors, learning disorders.

Psycho-spiritual: Schizophrenia, paranoia, lawlessness, not heeding intuition.



**Sahasrar: the seventh chakra; 1000 petaled lotus.**

Site: Crown of head, pineal, brain, CNS, endocrine system.

Tattva: Bliss

Directional flow (vayu): Prana

Consciousness: Supreme

Pranic vibrations per minute: 2100

Symbol: 1000 petal lotus, infinite (omega)

Sound: Aum

Color: Purple

Gem: Alexandrite

Day: Sunday.

Herbs: Brahmi, Jatamamsi, Jyotishmati

Physical: Pineal gland tumors, memory loss, cerebral palsy, multiple sclerosis, hot flashes, dyslexia.

Psycho-spiritual: Lack of faith, willfulness.

## Chakra Activation Techniques

- Consciously expand your expression of unconditional love, compassion, gratitude, forgiveness, and creativity.
- While meditating, visualize the corresponding color of the chakra saturating and balancing that part of your body. Do all seven chakras from the base of the spine to the top of the head.
- Live your life in alignment with honesty and complete integrity.
- Utilize the vibrational power of sound (singing, chanting, musical instruments).
- Eat fresh fruits and vegetables that are rich with the corresponding colors of the chakras.
- Put clear quartz crystals in your drinking water. They help restructure the crystalline properties of the water and thereby aid the activation and acceleration of personal consciousness.
- Selfless service will aid the opening of the chakras in a natural and non-forceful manner.
- While lying down, place either the corresponding stone from the mineral kingdom or a clear quartz crystal on each of the chakra points on the body. By enhancing the positive flow of energy throughout one's body/mind system, this technique will help one to bring up, recognize and clear emotional blocks.
- Utilize the power of prayer, meditation, visualization and affirmation.
- Fasting for short periods (under the supervision of a holistic doctor) is an excellent way for not only regenerating the body, but for bringing about spiritual and psychological insight and revelation.
- Relax in a comfortable position. As you breathe, imagine and feel yourself inhaling and exhaling through a given chakra point. This will charge that chakra and the surrounding organs with vital life force. Do this for each of the seven chakras.
- Sleep outside on the ground in a beautiful place in nature. Sleep with your head facing north, to align with and become charged by the Earth's electromagnetic field. There are places of power on the Earth that are considered to be the chakras of the planetary body.
- Yoga and exercise charge and activate the chakras. There are certain types of yoga that are used specifically for activating the chakras.
- Become aware of your breathing. "Conscious breathing" aligns the body, mind and spirit.
- Use your imagination. It is one of the most valuable tools you possess for creating any reality you choose. "Reality is what you dream it to be!" Paraphrased from *Legion of Light publications*.



Here is a list of issues that are common to healers. I have experienced all of them at one time or another... some I have transcended, others I have not. It seems like those who have

transcended the issues can help those who have not transcended them. It seems that those with common issues could provide a great synergy for one another in resolving them.

Root Chakra Issues... "Being wishy-washy about fees" which manifests as not valuing yourself enough to charge what you are worth, to stick to your price, to avoid price cutting, etc. The underlying problem is feeling worthy and deserving enough to receive it.

Sacral Chakra Issues... "Worrying about flow of the business" which manifests as experiencing anxiety during client downtimes, worrying about sufficient income flowing in the door, feeling adrift whenever there is "free time" instead of enjoying it. The underlying problem is when you doubt your ability to create.

Solar Plexus Chakra... "Problem client syndrome" which manifests as getting clients who want something for nothing, clients who constantly refund, clients who feel it is their right to abuse you because they are paying you money. The underlying problem is valuing yourself.

Heart Chakra... "Free Gift Paradox" which manifests as clients telling you that you are "bad" for charging them for "free" information you get from spirit and dealing with feelings that you do not deserve to prosper from doing what you love. The underlying problem is in loving yourself.

Throat Chakra... "Concealing what you do" which manifests as not saying publicly what you believe privately, feeling what you do holistically must be hidden from family and friends, and not speaking the truth of your existence. The underlying problem is speaking up for yourself.

Third Eye Chakra... "Doubting your gift" which manifests as constantly worrying about losing inner awareness, worrying about people seeing tangible results from intangible processes and dealing with people who say you are "full of it". The underlying problem is fear of abandonment.

Crown Chakra... "Losing control over your life, which manifests as involuntarily being put into down time while spirit heals you" and following the guidance of spirit when you doubt it (difference in viewpoints). The underlying problem is mistrust of the universe.



## ***Abhyanga: Rub the Body with Warm Oil***

More than 5,000 years ago in India, oils were found that not only healed diseases but prevented future imbalances. Sacred Stone treatments use pure food grade cold-pressed (organic when possible) heated sunflower, coconut, castor, mustard, neem, sesame and aromatic precious oils. One should never apply anything to the skin that is not edible, as it is the largest organ for absorption and elimination in the body. Oil works as a physical medium to transmit prana from the therapist to the client.

Creams and lotions ultimately dehydrate the skin because of the surfactants/emulsifiers that are used to keep the ingredients (oil and water) from separating. These surfactants are similar to detergent. They feel great when they are applied to the skin, but when you shower or bathe, the water suds up the surfactants still sitting on the surface of the skin and inevitably washes away any of your skin's own natural oils. Carcinogenic, toxic pollutants are as damaging when applied externally as they are when ingested.



Using oil on the skin can help prevent and eliminate ama in the outer layers of the body. Ama is a Sanskrit word for toxin. The use of creams, lotions, and refined oils are not only harmful, but suppress the metabolism and poison the body. This may not be apparent immediately, but there is no question that many of the fancy products that people are applying to their skin today is indirectly linked to our society's manifestation of a low immune system, among other things. The immune function is weakened by constantly fighting ama. On the other hand, using nourishing oils expel ama and strengthen the immune system. Ayurveda states that you should not apply anything to your skin that you would put in your mouth, i.e., food.

The body views oil as food for the cells. According to Ayurveda, the overall best product to use generally is sesame oil. Each body type should use the oil that is specific for their condition. However, sesame is the best all around oil for head or foot massage regardless of the natal body type.

Vegetable oils are rich in vitamins A, B1, B2, B6, D, and E, along with gamma linoleic acid, prana and protein. However, some oils are not processed correctly and their nourishing properties are destroyed. Cold pressed oils are the best oils. This means that the extraction process of getting the oil from the seeds, or whatever, must be done with very low temperatures and no chemicals. To get this kind of oil one can go to the local health food store. Most manufactured massage oils are partially or totally hydrogenated or hydrogenated totally, which gives them a longer shelf life, yet reduces their healing properties. If you have an oil that you like, write to the manufacture and ask how the oil is made. The oils should not come to the boiling point in the manufacturing process.

Most oils do not hydrate the skin, with the exception of castor oil and a few others. Castor oil is humectant and nourishing. A humectant is a word describing hydrating qualities and properties within a product. Humectants adhere to water molecules, thus hydrating the skin requires water. During sacred stone massage, the water from the heating unit adds the humectant element, creating a nourishing and hydrating experience for the client.

Additionally, when oils are absorbed in the body they help to lubricate the lungs and colon, which are the major sites of vata (wind) in the body. Some oils will also nourish the deeper tissues of the body, the bones, bone marrow, nerve tissue and the reproductive fluids. Because of this kind of nourishment, oil massage can fall under fortification therapies. This can be beneficial for weak and convalescing people. Oils are necessary in the body to lubricate the connective tissues and to help regulate adipose (fat) tissue. Oils also provide the lubrication of various secretions and discharges from the body. For example, constipation is a lack of lubrication in the colon. Oils applied internally through basti (enema) are effective in helping elimination of the stool.

Most creams and lotions are missing the most fundamental element: prana, which is the life force. Commercial manufactures have never been able to put the life back into a product once they have depleted it with surfactants and detergents that make a product creamy. You can increase prana in your oils by saying a prayer over them, charging them with mantra, laying them over a yantra, surrounding them with white light or adding herbs to them.

To quote from the Ashtanga Hridayam:

*"Oil is to be applied regularly on a daily basis. It prevents signs of old age and fatigue, and alleviates vata. It improves eyesight, bestows strength to all dhatus (7 tissues within the body), promotes longevity, induces sound sleep, and imparts suppleness to the skin. It should be applied especially to the feet, head and ears."*



**Sarvangadhara:** This is done by a continuous flow of medicated oils all over the body, accompanied by a gentle massage. This treatment balances the biological humors (doshas), bringing the body into harmony with nature.

### **Benefits of Daily Abhyanga**

1. Oil rubbed into the skin prevents dehydration; strengthens the nerves
2. Creates an electrochemical balance in the body
3. Soothes insomnia
4. Nourishes the body, promotes steadiness and confidence

5. Promotes good vision
6. Heals and prevents nervous system imbalances
7. Alleviates fatigue and stress from overworking
8. Increases longevity and reverses aging
9. Strengthens the electromagnetic field of the body
10. Creates a protective shield around the body against negativity
11. Increases the immune system
12. Stimulates antibody production

#### **Contraindications:**

1. Full stomach
2. Someone who is overly oily with a kapha disorder
3. Fever
4. Before exercise or sex
5. After abhyanga, allow one hour or as much time as possible (10 mins) before a shower

### ***Ayurvedic Classification of Massage Oils***

As stated in the Chakara Samhita, an ancient Ayurvedic text, there are two sources of anointing substances: 1) vegetable and 2) animal - ranging from ghee, milk and bone marrow (believe it or not!). When making choices on which oil to use, one must absolutely remember to consider the allergies of the person receiving the oleation (oil massage). Although not extremely frequent, allergic reactions can be triggered by dermal application of oils. It is advisable to avoid nut-derived oils (almond, macadamia, peanut and even apricot kernel, etc.) for those with wheat & gluten allergies, celiac disease (CD) or dermatitis herpiformis (DH). It is a known fact, at least among the aromatherapy community, that grapeseed oil is the universal safe haven and that when in doubt, it is advisable to do a patch test on the skin of the inner forearm (which is most sensitive) to test reactions.

To stay on the cautious side, it is advised to use a 1-3 percent dilution of essential oil per milliliter of carrier base oil. One should bear in mind that the lower spectrum of dilution percentage will address subtle, mental, emotional issues and the higher end will have more of a physical impact. In French aromatherapy, dilutions range from 1-99% in medical practice.

Below is a list of oils rated in terms of the doshas: vata, pitta and kapha. The = sign indicates that it balances all three doshas. The minus sign indicates that it reduces and soothes a particular dosha. The plus sign indicates that oil increases and aggravates a particular dosha.

**Key: V=vata P=pitta K=kapha + irritates / - soothes**

**Castor oil: V-P-K+** This oil has been a naturopathic arsenal from time immemorial. Famous medical intuitive and author, Edgar Cayce, advocates it for many things. When applied with heat, it dissolves cysts, growths, warts, and cellulite. It helps soften corns and calluses. When applied to the feet, it helps pull excess heat from the body and increases the energy of the eyes. It is recommended as a warm compress for the belly and back pain. When applied

topically as a compress on the belly, it increases immune function by increasing white blood cells.

**Corn oil: V+P+K-** This is highly diuretic, consequently, it is the carrier of choice in the case of edema and swelling. It can be used on all skin types.

**Apricot kernel oil: VPK=** This is good for all skin types and is very rich and nourishing. It is helpful for prematurely aged, sensitive, inflamed, delicate or dry skin.

**Avocado oil: V-P-K+** This thick and heavy oil is very penetrating and nourishing for dry and dehydrated skin. It is good for eczema, solar keratosis, and conditions where skin elasticity can be improved, such as stress lines and wrinkles. It can go rancid quickly.

**Sweet almond oil: V-P+K+** This is helpful for all skin types, especially good for eczema and helpful in relieving itching, soreness, dryness and inflammation. It is useful against burns (although aloe vera would be your first choice) and thread or spider veins. Very lubricating, but not penetrating, it makes a good massage oil and protectant. It tends to go rancid fairly quickly.

**Sesame oil: V-P+K+** This is a thick oil with a strong smell. It is used in cases of rheumatism, arthritis and as a tanning aid, and it softens all skin types. It is the oil of choice according to ancient Ayurvedic books.

**Aloe Vera: VPK=** This is considered a medical oil, this is actually the first choice of applications for burns, scalds, skin irritations, and abrasions as long as it is fresh. The cold pressed, stabilized version can be used on open wounds directly. The leafy extract will sting if applied directly on an open wound due to the high level of bitters. It is generally used only for local applications.

**Flax seed oil V-P+K-** This oil is said to reduce cholesterol when taken internally and it is useful externally for oily skin, acne, psoriasis, and eczema. When taken internally, it is an estrogen precursor. The high vitamin E content makes it useful for preventing scarring and stretch marks. It needs refrigeration as it goes rancid very easily.

**Peanut oil: V-P+K-** This is used for all skin types. It is helpful for painful sprains, bruises and inflamed joints. Very light and odorless, it goes rancid easily.

**Grapeseed oil: VPK=** This is the carrier of choice for the massage therapists who can't afford fractionated coconut oil as a base. It is light, excellent for all skin types, odorless, penetrating and has no allergic pathogens known. It is slightly astringent, tightens and tones the skin and does not aggravate acne.

**Evening primrose oil: VPK=** This oil is indicated internally for PMS and menopausal symptoms. Externally it helps in cases of psoriasis, eczema, prevention of prematurely aged skin, wound healing, and any sort of dermatitis. It tends to go rancid very easily.

**Olive oil: V-PK+** This is a very heavy duty, strong smelling oil that is indicated in conditions such as acute rheumatic pain, sprains, bruises, hair and nail care and cosmetics. It is fairly stable.

**Coconut oil: V-P-K+** Refined coconut oil is extremely compatible to human sub-cutaneous fat and along with macadamia oil, it is the base of choice in French aromatherapy. The penetration rate of essential oils applied via this medium is superior to others. The refined and sterilized coconut goes under the name of fractionated coconut and does not go rancid. Due to its lightness, it does not clog the pores, making it an ideal carrier for trouble skin. It helps pitta people stay cool in the hot season. It is also used as a tanning aid.

**Sunflower oil: VPK=** This is a light textured oil that is easily absorbed. It is useful for all skin types, and can be used to treat leg ulcers and skin diseases, bruises, diaper rash and cradle cap.

**Macadamia nut oil: V- P+ K+** This has a high absorption rate and is good for all skin types. It tones aged or dry skin and is used for skin softening and wound healing.

**Wheat Germ Oil: V-P-K+** This thick and sticky oil is used to treat dry, cracked skin, eczema, psoriasis, prematurely aged skin and stretch marks. It is an estrogen precursor when taken internally. Synthetic anti-oxidant oils are commonly added at this oil at the time of production.

**Jojoba oil: V- P- K+** This is very similar to human sebum, its high penetration rate is very nourishing for the skin. It is good for inflamed skin, psoriasis, eczema and any sort of dermatitis. It can also help to control acne and oily skin or scalp, since excess sebum actually dissolves in jojoba. This oil contains myristic acid, which is anti-inflammatory.

### **Medicinal Oils Applied Topically:**

Brahmi: head and eyes

Chandan: fever, alcoholism, burning, confusion, rheumatism, jaundice, mental diseases.

Neem: dandruff, rashes, skin inflammations, anti-oxidant for the skin.

Gandha: sprains, fractures.

Kshiraba: nervous disorder, acute gout, rheumatic pain, paralysis.

Mahanarayan: glands, facial paralysis, conception, arthritis, pain.

Mahamasha: lockjaw, arm paralysis.

Kumkum: acne, pimples.

Nararsas: nasal polyps.

Castor: cellulite, cysts, callouses, warts, diverticulitis, good for pitta.

Mustard: obesity, coldness, good for kapha.

Sunflower: internal dampness, best for pitta.

Sesame: internal dryness and coldness, best for vata, but okay for pitta and kapha.

Corn: heaviness, coldness, best for kapha.

Ghee: good for pitta, vata, kapha.

Olive: good for kapha, vata, pitta.

Coconut: sunburns, skin inflammations, dry skin, best for pitta.

Peanut: good for vata, and kapha.

## ***Jojoba Oil is a Liquid Wax***

### **Jojoba is non-allergenic. Why?**

- First, it's a liquid ester very much like the one we produce in our own skin.
- Second, it's unadulterated. Jojoba is pure. Period.
- There is no guesswork; you know exactly what you are using, a fact appreciated both by therapists and their clients.
- Our product is especially useful to therapists and clients with sensitive skin.
- Jojoba is stable. It does not oxidize or turn rancid, so it has an indefinite shelf life.
- Heat does not affect it.

Massage Therapists in Florida, California and other warm climates prefer jojoba to almond oil, grapeseed oil, creams, and other fragile products which deteriorate in the heat. Therapists performing hot stone massage are excited about jojoba because it can stand up to heating and re-heating. Jojoba does not require refrigeration. Indeed, it will congeal at temperatures below 45 degrees Fahrenheit. If congealing does occur, simply restore the product to room temperature. It will re-liquefy and can be used immediately. Store jojoba away from direct sunlight. Jojoba does not clog the pores. It is non-comedogenic. Aestheticians and massage therapists give facial and scalp massages with jojoba. They value the silky quality it gives to facial skin and the manner in which it actually deep cleanses.

Jojoba works by conditioning (not moisturizing) the skin. Determine the amount you use by balancing the needs of your client's skin with the requirements of your methodology. Experiment. Apply a couple of drops to the back of a hand. Massage it in. Gauge the degree to which the product has conditioned the skin. You're looking for a very soft, smooth, silky feeling, one that evidences reduced friction but keeps you in total control. Your clients will appreciate Jojoba. It leaves their skin feeling soft, smooth, and conditioned, not greasy, oily or sticky. They won't feel compelled to take a shower when your therapy session is concluded. They will feel secure in the knowledge of exactly what you are using. And they — and you — will love the fact that it does not stain. Why? First, when used appropriately, it stays in the skin and doesn't come out onto linens or clothing. Second, if you use too much it washes out with hot water and a good detergent. Synthetic or dyed fabrics may require a pre-wash. Finally, you won't need to towel your clients off when the massage is over.

### ***Luminous Gemstone Therapy***



One of the most revered ancient Vedic literary works, the first sentence of the entire text refers to the power of gemstone healing. Gems can be worn to maintain health and to cure disease. They were applied directly to various parts of the body as an external treatment, as well as to wounds to stimulate healing. For internal treatment, gemstones were ground into ash to make bhasma, mixed with water, and drunk.



Gemstones contain prana, the same divine energy that sustains, nourishes, and enlivens all living thin. Luminous gemstone therapy enlivens specific locations within the physiology using soft, coherent laser lights that are gently beamed through Jyotish-quality precious gemstones such as diamond, emerald, rubies, blue sapphires, topaz, red coral, pearl and yellow sapphires. These precious gems are intuitively placed along the matrix of the light body at the pranic level, activating the underlying nerve centers, chakras and the epicenters of intelligence.

Clients lay upon a bed of small amethyst crystals call a Biomat. It emits healing frequencies, negative ions and infrared heat. The Biomat can be purchased on [karynchabot.com](http://karynchabot.com). Healing arts professional receive a discount. Luminous Gem Therapy is used effectively at hospitals and clinics throughout Europe as an accepted treatment for many mood and sleep disorders, including depression and seasonal affective disorder, doshic imbalances and for specific skin diseases. According to Ayurvedic medicine, aside from the power of devotional Sanskrit song, gemstone healing is one of the most profoundly powerful platforms for healing. The sweetness of life is renewed.



Aligned with the Deva's residing within the breath of each gemstone, this therapy increases radiance, beauty and self-healing. Using applied kinesiology at the heart chakra in the palm of the hand, each person's gemstone selection and sequential alignment is unique and tailored to their constitution.

Each human is a being of light. This current of Light springs from the Source of Life itself. You experience joy, vitality, and vibrant health when the current flows freely. However, in the course of living, blockages, which create darkness within you, accumulate within this flow, obscuring your radiance and giving rise to disharmony, pain, and "dis-ease."

Like you, the Earth is generated by prana, which is a Sanskrit working meaning "before breath". As the Earth was forming, life energy was infused into the planet's crystalline matrices. Consequently, gemstones embody and express the life force within the planet.

Gemstones radiate their life force with a profound brilliance, and when used properly they bring light into these areas of darkness, neutralizing and dissolving blockages within your being. As the blockages dissolve, the breath of prana can once again shine through to awaken, nourish, and heal. Each gemstone expresses a different frequency and, therefore, can address a different kind of blockage.

A gemstone's healing frequency can be absorbed into your physiology just like a vitamin. They can make you feel pleasant- or not so pleasant. Their energies can be calming, grounding or aggravating, irritating, and even destructive to our peace of mind. You can also get an overdose of a gemstone's energy. People respond emotionally to gemstones just as they do to food, music, sound, and color.

Color is a form of resonate frequency that can also affect our physiology. Gemstones absorb and reflect this color energy. The following list contains explanations of how colors have an specific affinity for certain actions on the human physiology. Each gemstone has a unique affect on each person, so the following list has been written in terms of generalizations. The actions listed below are not rigid or hard and fast, because it's impossible to list how each gemstone will affect each person.

Green is a color that pacifies all the doshas. All things that grow in the earth usually have some green color. Green soothes emotions. Most green gems and stones, such as Malachite and Chrysocolla, help to reduce mental confusion, anxiety, and hyperactivity. Bloodstone is an energy mover that supports relaxation and calms and soothes emotional reactions to stress, both internal and external.

Purple helps pacify kapha and pitta. It is the color of sensitivity and intuition. Amethyst opens receptivity and introspection of mind and spirit. Amethyst should be worn with other stones in the colors of yellow, green, or dark blue. Adding these colors balances and protects a sensitive nature and helps to control mental fatigue.

Red helps pacify vata and kapha. It is a strong physical and emotional color. If you need additional physical energy, use red gems and jaspers. Red agates or red amber can be used to reduce shyness, weakness, and physical sensitivities. Red corals support the physical body and aid in the healing of respiratory infections, a good preventative for colds.

Pink will help pacify the kapha dosha. It is a nurturing and soothing color, good for self-rescue or self-enhancement. Pink stones, like Rhodochrosite and Rhodonite, influence self-esteem, while Rose Quartz is good for enhancing self-image. Pink pearls promote loving instincts, while pink coral supports a loving attitude.

Orange will help pacify the vata and kapha dosha. It motivates you and helps you focus on your goals. It promotes better organizational habits. Orange stones, in particular, Carnelian, are good for training, as well as coordination of physical exercise programs, and for balancing energy levels in the body. Carnelian and Brazilian agate can be used as appetite stimulants for children, and they help prevent a listless attitude when you are not feeling too energetic.

Yellow will help pacify the vata and kapha dosha. It is the color of teaching and learning. A gemstone of yellow quartz on your desk will stimulate better communication, open sharing, and honesty in work performed. Topaz, Citrine, and yellow Zircons stimulate conversation, cheery attitudes, and the ability to share. Yellow Amber helps you to overcome shyness while protecting your sensitivity. It can help you get rid of old fears and guilt.

Blue will help pacify the pitta dosha. It is the cooling color of intellect, aids thinking. Lapis Lazuli promotes creativity, mental control, and intellectual astuteness. Blue Lace Agate (light blue) calms your mind and supports creativity. Sapphires can help you to be more self-assertive, increase your sense of personal responsibility, and establish goals. All blue stones can be worn with red and yellow stones. Dark blue sapphires surrounded with yellow topaz support communication and are a wonderful aid to public speakers.

Brown will pacify the vata dosha. It is a color of security. All brown agates, woods, or jaspers promote feelings of security, giving you feelings of ease and stability. Brown stones can help prevent fears and stresses because they stabilize the emotions. Use brown-banded agates for self-protection and inner security.

Black has the potential to pacify all the doshas. It contains all colors. It is a color of discipline and protection. Black stones like jet, onyx, and obsidian, strengthen, protect, and support an image of authority. Black stones combine easily with and fortify other gems, such as diamond, pearls, and moonstone, as well as offer protection to those with sensitive personalities. Wearing black stones keeps invading or intruding energies out of your space, but they are not recommended for a child under the age of ten.

Use gemstones for beauty, wellness, and the balancing of mind, body, and spirit. For example, if you want to be more energetic, motivated, dynamic, beautiful, and socially accepted, think of red or pink stones like red coral, red jasper, ruby, garnet, or Rhyolite. If you're feeling tired, over worked, or stressed, wear earth stones such as tree agate, banded agate, Sodalite, amber, or turquoise.

When you need to make a decision, for clear thinking use a green or blue stone like blue tourmaline, azurite, aventurine, lapis lazuli, blue lace agate, or sapphire. Go for a support stone if you want a new job or career or if you want to have a purpose in your life. Blue sapphire, garnet, carnelian, and rutilated quartz are support stones.

If you lose or break a gemstone, it may mean that you can't tolerate the energy of that gemstone, or you may have overuse or abused its energy. Sometimes gemstones lose themselves or break to protect you. They take upon themselves the stress energy that was meant for you.



Historically, various civilizations and cultures have valued gemstones for many different reasons: for medical treatment, adornment, trade and commerce, protection, and more. As we continue to develop greater sensitivity to our environment, perhaps gemstones will once again be honored as planetary resources for energy, life, and healing. Experience for yourself how the energetic qualities of gemstones can support your self-actualization.

## ***Castor Oil is My Favorite Massage Oil***

Dr. Vasant Lad talked a lot about this oil during the years I spent at The Ayurvedic Institute. He said it had “prahbav”, which is a Sanskrit word meaning “unexplainable mystery”, usually referring to something that appears magical and does not make not logical sense. I started using it for daily abhyanga and my skin felt softer than ever. It reduced my cellulite and seemed to calm my entire system. I use it on all my clients for the belly and the feet.

### **The following is from Dr. David Williams, MD “Alternatives Newsletter” 1998:**

*“Moving on to more “exotic” techniques to increase immune system efficiency, we come to castor oil. I can remember my dad telling me time after time about his mother’s devotion to castor oil when he was growing up. At the first sign of any illness in one child, she would immediately give all the children a quick oral dose of castor oil. There’s no doubt it provided a quick solution for constipation, and from what I can tell, it must have a positive effect on memory too. My dad can vividly remember the taste and effects of castor oil to this very day.*

*In many ways, castor oil is a very unique substance. While most of us are familiar with its use as a remedy for constipation, folk healers in this country and around the world have used castor oil to treat a wide variety of conditions. Its effectiveness is probably due in part to its peculiar chemical composition.*

*Castor oil’s antimicrobial activity, while very impressive, comprises only a small part of the story concerning this mysterious oil. While castor oil has been thoroughly investigated for its industrial uses, only a minimal amount of research effort has been directed toward its medicinal benefits.*

*The castor bean plant is actually native to India, where it is called “Erand.” There we found it being used extensively for all types of gastrointestinal problems like constipation, dysentery and inflammatory bowel disease. It was also used to treat bladder and vaginal infections and asthma. We were told the seed kernels or hulls (without the actual seed) could be boiled in milk and water and taken internally to relieve arthritis and lower back pain accompanied by sciatica.*

*We also found early reports of nursing mothers in the Canary Islands using poultices made from the leaves of castor beans. They applied the poultice to their breasts to increase milk secretion and relieve the inflammation and milk stagnation in the mammary glands. Applying the poultice to the abdominal area promoted normal menstruation.*

*While I find all of these uses of castor oil very interesting, the most exciting use deals with ways to increase topical absorption through the use of castor oil packs or poultices.*

*Much of the current use of castor oil packs, in the U.S. anyway, can be attributed to the late healing psychic, Edgar Cayce. Time after time he recommended their use. Based on his reports, I began to use them in my practice over 12 years ago. But even though I, and numerous other doctors, have continued to experience remarkable results, the technique is still practically unknown and shunned by most health care professionals today. This is probably due to two reasons. First, it's just too simple. It's hard for most people to imagine that something as simple as castor oil packs could have a profound effect on any health problem. Secondly, in our present health care system, positive results alone do not constitute the critical factor in determining whether the medical establishment will accept a treatment. (Everybody (except probably the poor patient) now seems to be more concerned about how something is supposed to work, than whether it actually works at all.) Recent research presented by long-time follower of Edgar Cayce, Dr. William McGarey of Phoenix, Arizona, might help shed some light on how castor oil works.*

*When the castor oil is absorbed through the skin, several extraordinary events take place. The lymphocyte count of the blood increases. This is a result of a positive influence on the thymus gland and/or lymphatic tissue. The flow of lymph increases throughout the body. This speeds up the removal of toxins surrounding the cells and reduces the size of swollen lymph nodes. The end result is a general overall improvement in organ function with a lessening of fatigue and depression. As toxicity is reduced, the pH of the saliva becomes less acidic, indicating improved health.*

*The most common way to use castor oil (and most objectionable, I might add) has been to take it orally. Generally, oral doses are used to correct constipation. The recommended dose is usually 1 tablespoon for adults and 1 teaspoon for children. You can usually expect a "purging" of the system in about four to six hours.*

*For several conditions I'll mention later, the oil can simply be rubbed into the skin. It can be used as massage oil, which seems to be especially effective when applied along the spinal column. If the oil is massaged into the body, the direction of the massage should always follow the same path as the underlying lymphatic drainage system.*

### **Conditions Responding to Simple Topical Application**

*Oftentimes there is no need for castor oil packs - amazing results can be obtained by simply applying it directly to the skin. Following is a short list of some of the more common ailments it can remedy:*

- Skin keratosis*
- Ringworm*
- Fungal and bacterial infections*
- Wounds*
- Abdominal stretch marks (prevention)*
- Bursitis*
- Sebaceous cysts*
- Warts*
- Senile lentigo ("liver" or "aging" spots)*
- Muscle strains*
- Ligament sprains*

**What's a Castor Oil Pack?** *One of the most useful and least utilized methods of using castor oil is to employ packs. Packs are an economical and efficient method of absorbing the ricinoleic acid and other healing components of castor oil directly into body tissues. (The following basic procedure was outlined in several of the readings of Edgar Cayce.)*



*To make a castor oil pack you will need the following items: cold pressed castor oil, a standard heating pad (or heated stone), a plastic garbage bag, two or three one-foot square pieces of wool or cotton flannel and one large bath towel.*

- 1. Start by placing the heating pad on a flat surface and turn the setting to high.*
- 2. On top of the pad lay the plastic garbage bag. Next, soak the flannel pieces with castor oil (generally about ½ cup) and lay them on top of the garbage bag and heating pad.*
- 3. The entire pack can now be placed against the body with the oil-soaked flannel on the skin. For general conditions the pack should be laced on the abdomen. (For treating lower back problems, the pack can be placed there.) To help hold the pack in place and to keep oil from getting on bedding, etc., the body can be wrapped in a large bath towel.*
- 4. The pack should remain in place for at least one hour and the temperature of the heating pad should be kept at the highest temperature tolerable to the patient.*
- 5. When you remove the pack, the remaining oil can be massaged into the skin or cleaned off using a little soda water made from 1 quart of warm water and 2 tablespoons of baking soda.*
- 6. The flannel can be reused if stored properly after removing the pack. Put the flannel in either a plastic bag or zip-loc container and place it in the refrigerator. Before using it again let it warm up and always add another 1 or 2 tablespoons of fresh cold pressed castor oil. (After a month of use I would recommend using new flannel.)*

### **Conditions Responding to Castor Oil Packs**

*Due to the many effects of its fatty acid component, ricinoleic acid, the use of castor oil can be used topically to treat a wide variety of health complaints.*

### **Lymphatic Congestion**

*Obviously, conditions related to poor drainage of the lymphatic system will benefit from this type of therapy. These would include complaints such as:*

- 1. chronic fluid retention accompanied by swollen joints and pain*
- 2. arthritis*
- 3. upper respiratory infections involving the sinuses, tonsils and inner ear*
- 4. colon problems like Crohn's disease or colitis*
- 5. gallbladder disease*

6. boils
7. liver cirrhosis, hepatitis, enlargement or congestion
8. menstrual-related congestions
9. appendicitis
10. hyperactivity
11. constipation, bowel impaction or adhesions
12. swollen lymph nodes
13. bladder and vaginal infections

### **Neurological Problems**

Several neurological problems have also been responsive to castor oil. These include:

1. nerve inflammations such as sciatica, shingles, etc.
2. Parkinson's disease
3. multiple sclerosis
4. migraine headaches
5. cerebral palsy

### **Buying Castor Oil**

Any oil that enters your body either orally or through the skin needs to be of the highest quality. Never apply anything to the skin that can't be ingested. Castor oil is no different. Check your local health food store for cold-pressed castor oil. If you can't find it there or they can't order it for you, then it can be ordered through the mail from the Heritage Store, P.O. Box 444, Virginia Beach, Virginia 23458. They can also be reached by calling 1 (800) 862-2923.

### **Conclusion**

In his readings, Cayce attributed several actions to castor oil. Most were in one way or another related to the body's lymphatic system. However, he also alluded to the idea that castor oil has a vibrational quality that helps harmonize and promote healing within body cells. Based on statements like these, many people labeled his psychic readings as quackery. As we gain new knowledge about the workings of the human body, however, these explanations don't seem so far fetched.

Dr. Johanna Budwig has related much of the healing properties of flax oil to its unique chemical bonds that vibrate at the same frequency as the wavelengths of sunlight. She feels the essential fatty acids in flax oil have the ability to absorb and store the energy from sunlight. It's possible that the special bonding in castor oil's unique ricinoleic acid works in a somewhat related method.

Regardless of exactly how it works, I think you'll be more than satisfied when you experience the amazing feats that can be accomplished with the simple oil of the castor bean. Centuries ago the castor bean plant was referred to as the "Palma Christe". It was called this because the shape of the plant's leaves was thought to resemble the palm of Christ. Knowing the healing power of this plant, the name may be one of the most accurate descriptions ever."

## Neem Oil to the Rescue

While sitting in class at The Ayurvedic Institute, I remember Dr. Lad telling his class, “No bugs live in neem!” I imagine that’s because it’s has a horrible odor, but if you add a citrus essential oil like grapefruit or ylang ylang, the odor can be masked. Tulsi oil also smells nice when added to neem oil. Neem is the best pesticide, as well as one the most healing oils to apply to our skin. With its long leafy branches and lotus-like flowers, the neem tree has long enjoyed a prominent place in the Ayurvedic tradition. It is green-colored oil with a smoky, earthy scent. Centuries ago, Sanskrit writings made mention of its medicinal applications, and healers in India continue to call neem the “village pharmacy” in acknowledgement of its versatile range of uses. Today, the benefits harbored in the leaves, fruits, oil and bark of the plant are gaining recognition in the United States, and we now find this ingredient in everything from toothpaste to shampoo.



Why is neem so special? According to the science of Ayurveda, the neem tree possesses powerful cooling energies that act as an anti-inflammatory and anti-septic in cases of excess heat. “Neem can be used to treat imbalances involving the fire element within the body. It’s therefore most often applied in cases of excess pitta (inflammation). By putting out the excess heat of pitta, the fire element, neem prevents problems down the road.

Skin eruptions, roscea, dermatitis, psoriasis, eczema and acne are a classic pitta problem, and in India, neem has come to the rescue against topical fungi, viruses, and other infections. “Conditions like eczema and hives always involve a heat and toxic ama (bodily waste) component. Neem can counter more serious skin conditions as well, says Ellen Norten, author *“Neem: India’s Miraculous Healing Plant”* (Healing Arts Press, 2000). “Because neem contains antibacterial properties, it is effective in treating epidermal conditions such as septic sores, infected burns, scrofula, and ringworm. Stubborn warts even clear up with neem.”, she adds.

A powerful blood cleanser, neem is often used in Ayurvedic detoxification programs. Neem also acts as a powerful anti-oxidant on the skin. David Frawley, author of *“Yoga and Ayurveda”* (Lotus Press, 1999) explains that neem serves to clean the blood and liver at profound levels, even to the point of ridding the body of heavy metals and should be used with discretion. “Neem would be useful for anyone about to embark on a yogic spiritual path, as it counters the ill effects of old diets and toxins. Before committing to a program of internal cleansing, consult an Ayurvedic physician.”



“The perfect orderliness of the Sanskrit language creates orderliness and balance in the brain physiology, expands the memory, and purifies the physiology. When reciting the Vedic language, the brain functions from more silent levels, increasing peace and harmony in the mind.” — Maharishi Mahesh Yogi

## Ayurvedic Anti-Cellulite Massage Oil Recipe & Tips

In a 16 oz empty bottle, mix the following ingredients together:

6 oz Castor oil

4 oz Mustard oil

5 oz Neem oil

3 tblsp Lime juice

5 drops Frankincense Essential Oil

3 tblsp Powdered guarana or gotu kola or any other caffeinated herb

1 small piece of Rose quartz

1 small piece of Onyx

- Use with hot stones to increase the effectiveness.
- For cellulite on the buttocks and thighs, do inversion yoga asanas daily.
- I never measure, so I listed the ingredients in order from the largest quantity to the smallest.
- Remember that intention is everything, so visualize your skin smooth, toned and beautiful as you apply the oil.
- Avoid cooked olive oil and homogenized, pasteurized dairy products.
- Walk one-hour everyday until you work up a light sweat.
- Reduce fried foods, refined sugar, alcohol, and white flour products.

## Nasya Therapy

*Applying herbal oil into the nostrils*

According to Ayurveda, the nose is the doorway to the brain and to consciousness. Nasya can help heal ear disorders, sinus problems, mental disorders, neck stiffness, migraine headaches, dryness of the nose, memory loss, convulsions, hoarseness, colds, anxiety, fear, insecurity and nervousness.



Nasal administration helps in removing doshic excess accumulated in the head, throat, sinus and nose areas. It is important to keep these passages clear and clean for proper functioning of the sensory and motor functions of the body. Nasya assists in restoring balance to the function of prana, whose function is the governing of mental activities, intellectual activities, memory and concentration. During Sacred Stone Therapy, nasya takes only about 5 minutes.

There is a receptor located at the tip of the nose, which is connected to the limbic portion of the brain. Sensations are carried to the brain by the olfactory nerve, which ends in the nose. Emotions are directly related to the olfactory senses and the astral body. Therefore, aroma directly impacts the astral body. The astral body is the electromagnetic field between the material body and consciousness. The ethereal body is the bridge between the subconscious and the conscious mind, the subconscious carrying the seeds of the past.



You can make your own with a base of olive or sesame oil, then add a few drops of eucalyptus, tea tree oil, rose and sandalwood. Be creative.

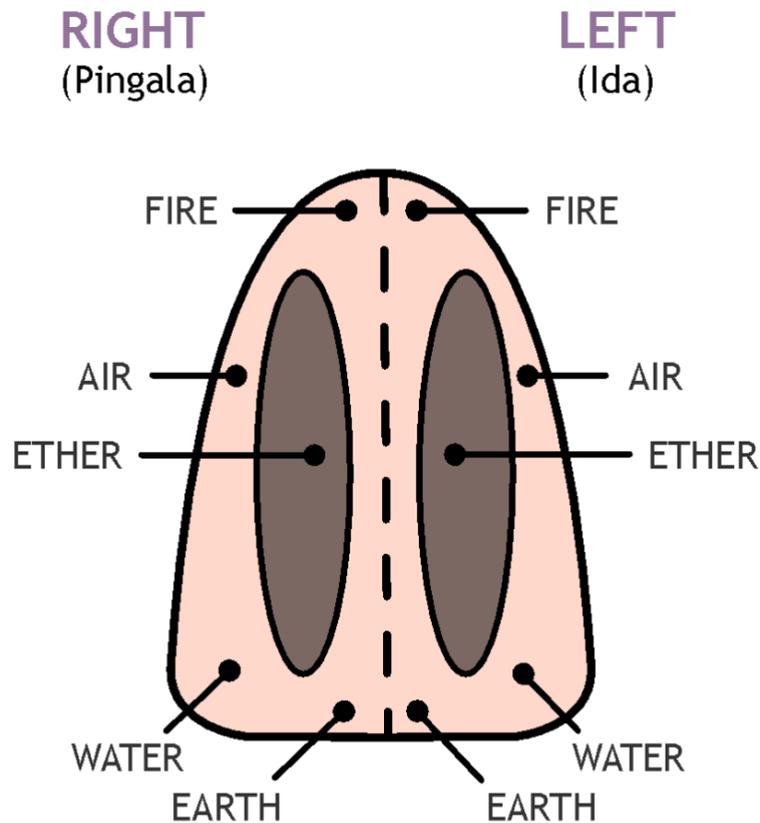
Nasya should be performed with the neck supported and the head hanging off the table just slightly to prevent the oil from going down the throat, directing it towards the brain. You can also roll up a large towel and place it between your client's shoulder blades, which will put their heads at the correct angle. It's best to use nasya before shirodhara.



1. Begin with the left nostril, 5 drops should be applied clockwise following the order of the 5 elements as they are situated on the outsides of the nostrils, starting with the first drop near the fire element, ending with the last drop in the center representing ether.
2. Do the same in the right nostril moving counter-clockwise this time, still following the order of the 5 elements around the nostrils.
3. Ask the client to inhale/sniff through their nose as you press the respiratory marma points located just outside the lateral portions of the nostrils on the face. Activating these points through light pressure will help open the sinus cavity and allow the client to breathe in more deeply.
4. Ask the client to exhale through their mouth while you massage the oil into the nasal passage and direct it, using the power of intention and moving your hands towards the forehead and crown. Do this as a couple times.
5. Ask your client to inhale/sniff through their nose as you block and unblock their nasal passage in intervals of ½ seconds. This creates suction and invites the oil to go deeper towards the brain. Notice the picture of the fingers blocking and unblocking the nostrils. Ask them to exhale from their mouths. You might want to lean back and away as they do so just in case their breath has a foul smell!

*"In the shade of the cherry blossom, there is no stranger." Issa*

**Nasya Contraindications:** diarrhea, acute indigestion, full stomach, before or after an alcoholic drink, pregnancy, pulmonary TB, postpartum, menstruation, and directly before or after a shower.



### LOOKING INTO THE NOSTRILS

Testimonial for nasya therapy:

*“When Karyn was applying the oil to my nose, I felt my sinus’s open up and a tingly feeling in my head. I had to blow my nose since it loosened up so much debris. I slept extraordinarily deeply that night, my ears stopped ringing.”*

Vanessa Benway

### **Put Some Reiki or Quantum Touch in Your Stones**

*“He traveled to the nearby Holy Mountain of Kuriyama just outside Kyoto and while facing the east, he laid out 21 stones and began a period of meditation and fasting. Each day Dr. Usui picked up one stone, asking God to reveal an understanding of the Sanskrit symbols in the Buddhist Sutras.”* Dr. Usui, founder of Reiki

Richard Gordon wrote an outstanding book called “Quantum Touch”. I highly recommend reading it and taking Quantum Touch workshops. Richard teaches his students that they can “run” energy through their hands and amplify it with specific hand postures (mudras), intentions, and color and breath techniques. All divine energy comes from the same Source, but there are different techniques of accessing this energy. I also recommend taking a Reiki class.

When we combine dense and subtle forms of therapy, we create an innovative, broad-spectrum platform for healing. This is how Reiki Stone Therapy was pioneered at Sacred Stone Center for Holistic Education and Healing in Rhode Island. Reiki Stone Therapy integrates heated stones, which are laid in a specific sequence along the chakras, under and around the body. These stones act to support the musculo-skeletal system, calm the central nervous system, and help ground the client and the therapist. During a Reiki Stone treatment, the client is fully clothed and the stones are sometimes wrapped in a thin, natural cloth. Each stone is chosen for a designated place on the body and is carefully attuned with selected Reiki symbols that have an affinity for each body part. As each client is different, so the symbols will vary according to individual needs. If you already understand the Reiki symbols and the chakra system as it connects to the emotions and the mind, then you can intuit which stone will need what symbol. We have matched symbols with specific stones to use as a guideline. There is no right or wrong way to heal with stones because your *intention* transcends technique and protocol. Trust yourself first. Below are the stones used during Sacred Stone Reiki treatments.

### **Program Your Stones**

Sacrum Stone: *Fire Serpent*

Navel Stone: *Sei-he-ki*

Hand-rest Stones: *Cho-koo-ray*

Solar Plexus Stone: *Tibetan Master*

Posterior Heart & Solar Plexus Stones: *Usui Symbol*

Anterior Heart Stone: *Sei-he-ki*

Anterior Neck Stone: *Cho-koo-ray*

Posterior Neck Stones: *Cho-koo-ray*

Pineal Stone: *Tibetan Master Symbol*

“Souls of Feet” Stones: *Cho-koo-ray*

Hamstring Stones: *Sei-he-ki*

Hand-held crystals: *Cho-koo-ray*

8 Spinal Stones: *Fire Serpent Symbol*



(For a picture of the symbols, see Diane Stein's book: *Essential Reiki*)

Meredith Sabins, RN, MA, Reiki Stone Master and teacher quotes, “*Therapists need to sharpen and trust their intuition regarding stone placement and Reiki attunements. Clients appear more emotionally stable and anchored on the table when the stones are incorporated. The heat and weight of the stones allow the client to stay more present during the session.*”

## **Rockaroma: Ayurvedic Aromatherapy**

The healing potential of aromatherapy is magnified by heated stone compresses and warm water. As with stone healing, aromatherapy activates the earth element within the body, according to an Indian philosophy called Vaisheshika Darsana. Consequently, these two therapies are a perfect union. Essential oils, which are added to food-grade oils or jojoba oil are the ideal companion for hot stone massage. Jojoba oil, which is actually an ester, has a high-heat threshold, which means it will not easily go rancid when exposed to light, heat and oxygen. Ancient Ayurvedic texts indoctrinate the use of specific oils combined with castor oil that penetrate the subcutaneous tissues of the skin and melt cellulite. Deeply “ironing-out” affected sites with heated stones using goal-specific oil produce dramatic results.

Heated stones can act as local compresses on marma points and chakras or they can be “glided” along the body to increase the penetration of essential oils. Essential oils are absorbed into the lymph and consequently into the blood vessels and circulatory system to finally permeate every cell in the body. According to Merrill Abramson, D. Ay. MA, an Ayurvedic aesthetician and aroma-therapist that teaches at Sacred Stone, *“Essential oils heighten the vibrational magnitude of the stones. The electrical charge from the essential oil elevates the electro-magnetic dynamic within the stones, thereby raising the consciousness of the aura, meridians, nadi’s (Sanskrit term for energetic pathways within the body) and every living cell within the body. Essential oils have stories to tell regarding their plant’s shape, size, and country of origin, similar to the history of particular stones.”* Merrill has discovered several external factors involving stones that enhance the benefits of aromatherapy:

**Hydration** - Stones soaked in hot water with essential oils act like aromabalneotherapy (use of essential oils in a bath). *“It has been shown that in a bath, the essential oils penetrate the skin 100 times faster than does water and 10,000 times more quickly than do ions of sodium and chloride.”*

**Warmth** - Warm room, warm oils, warm stones, warm hands, and warm towels make for a warm body, which speeds up absorption of essential oils. However, the body should not become too warm, i.e., after exercise, sauna, hot tub, because the body is exuding, perspiring and eliminating, making the absorption difficult.

**Occlusion** - Occlusion occurs when a site is covered, much like a compress. Heated stone compresses for example, can seal the essential oil and decrease the ability of the essential oil to volatilize. *“Oils applied under occlusion, as with all other substances, have an enhanced effect because of the increase in the quantity absorbed, due probably to local warming, and reduced loss of molecules from the site of application through evaporation: as evaporation is reduced, absorption may be increased.”*

*“Until the second half of the century, the skin was thought to be almost impermeable.” (Maibach & Marzulli 1977, Stoughton 1959)* This old idea still exists, yet it has been proven that *“Most essential oils pass through the skin and the organism and can be detected in exhaled air within 20-60 minutes.”* Using heated stones expedites the absorption of anything that is applied to the skin. It makes you wonder where all those ingredients you cannot pronounce,

found in commercial moisturizers, creams and lotions end up once they pass through the skin and into the system.

It is written in the Ayurvedic sutras, *“Anything applied to the skin should be edible.”* As a massage therapist, you are accountable for what you put on your client’s skin and if you are a stone massage therapist, you are even more accountable because the heat from the stones allows substances to penetrate the skin more deeply. Chemical substances applied to the skin will circulate within the body as free radicals or toxins searching for a place to lodge and wreak havoc. They usually end up lodging in a *khavaigunya*, which is a Sanskrit term meaning *“defective space within the body.”* These defective spaces can be caused by genetic coding, past injury or emotional trauma. After many years of toxic debris accumulation within a *khavaigunya*, disease will manifest from that space.

*“Keeping still is the mountain.” I Ching*

### **Frankincense: One of India’s favorite scents**

*I find it fascinating to reflect on the fact that frankincense is used in herbalism to slow and deepen the breath, calming the coughing impulse in chronic bronchitis & other lung infections. Historically, Frankincense was burned as incense to repress coughing in crowded churches, where large groups of people would congregate and likely spread disease. The very constituents in frankincense that deepen the breath & calm coughs and provided a practical approach to managing outbreaks of influenza & other chronic upper respiratory diseases were at the same time creating a prayerful, meditative state in the people congregated. Hence, the association, even to this day, of Frankincense burned as incense in Churches & other high ritual services.*

**Fact:** *Do you know that in 10th century Persia, an alchemist, physician, poet, astronomer & mathematician named Avicenna, quite by accident, distilled the very first essential oil?*

### **Rose Oil**

Roses have considerable significance in theoretical and metaphysical aspects of alchemy, with red and white roses each being thought appropriate at different stages of the alchemist's work. It is for this reason that roses were placed in retorts with other materials in an attempt to transmute base metals into gold. But instead, what was produced was the very first Rosewater & Rose essential oil.

### **Essential Oil: Ayurvedic Classification**

Below is a list of essential oils and how they affect the individual doshas. Keep in mind this is a subtle, intuitive science. Many ancient seers and gurus intuited this information, which means you can also use your intuition. If you feel a fragrance or essential oil is more cooling or more heating, then follow your gut. If you are not sure, then choose the essential oil that appeals most to you or your client. Your nose knows.

Generally, sweet, cooling, calming scents soothe pitta. Calming, warm scents soothe vata. Stimulating, warm scents soothe kapha.

**Vata:** Sandalwood, rose, jasmine, jatamamsi, lily, vanilla, lavender, patchouli, basil, frankincense, myrrh, sage, cedar, musk, lotus, eucalyptus, cinnamon.

**Pitta:** Sandalwood, rose, jasmine, lily, jatamansi, vanilla, lavender, geranium, lemongrass, gardenia.

**Kapha:** sandalwood, patchouli, amber, khus, basil, frankincense, myrrh, sage, cedar, musk, lotus, eucalyptus, and cinnamon.

**Key:** V stands for Vata, P stands for Pitta, K stands for Kapha. The minus sign means it balances that dosha. The plus sign means it imbalances the dosha. The equal sign means it balances all doshas.

Amber essential oil: V-K-P+

Sweet, warming scent. Improves ojas, acts as an aphrodisiac.

Hina attar: V-K-P+

Warming scent. Strengthens mind and body, nourishes heart energy and ojas.

Jasmine attar: VPK=

Sweet, uplifting scent. Removes negativity, improves the aura, supports the nervous system, aphrodisiac.

Jatamansi essential oil: VPK=

Calming, especially for vata. Promotes peace and awareness, strengthens mind, used in meditation and yoga.

Khus attar: P-

Very cooling and calming, especially for pitta. Purifies mind and emotions, improves concentration, used in meditation and yoga.

Mitti attar : V-P-

Myrrh essential oil: V-K-

Rich, spicy scent. Nourishes heart and lung energies, promotes ojas and vitality.

Nag Champa attar: VPK=

Sweet and light fragrance. Removes heavy moods, promotes ojas, strengthens aura. Used in meditation and yoga.

Rose attar: VPK=

Rich, fragrance, especially good for vata and pitta. Improves heart energy, promotes love, purifies negative emotions.

Sandalwood essential oil: VPK=

Sweet, cooling, especially good for pitta. Purifies the mind and promotes awareness. Used in meditation and yoga.

### **Electrical Frequency of Essential Oils**

For years, research has been conducted on the use of electrical energy to reverse the body's disease. Scientists in the field of natural healing have believed there has to be a more natural

way to increase the body's electrical frequency. This led to the research and subsequent discovery of the electrical frequencies in essential oils.

*Frequency is a measurable rate of electrical energy that is constant between any two points. Every living thing has an electrical frequency.*" Robert O. Becker, M.D., documents the electrical frequency in the human body in his book, **The Body Electric**.

Bjorn Nordenstrom, a radiologist from Stockholm, Sweden, wrote the book, **Biologically Closed Circuits**. He discovered in the 1980's that by putting an electrode inside a tumor and running a milliamp D.C. (direct current) through the electrode, he could dissolve the cancer tumor and stop its growth. He found electropositive and electronegative energy fields in the human body.

Bjorn Nordenstrom reports: *"Measuring in megahertz, it was found that processed/canned food had a zero MHz Frequency, fresh produce measured up to 15 MHz, dry herbs from 12-22MHz, and fresh herbs from 20-27 MHz. Essential oils started at 52 MHz and went as high as 320 MHz, which is the frequency of rose oil. A healthy body typically has a frequency ranging from 62-78 MHz, while disease starts at 58 MHz."*

Clinical research shows essential oils, having the highest frequency of any natural substance know to man, can create an environment in which microbes cannot live. Truly, the chemistry and frequencies of essential oils have the ability to help man maintain an optimum health frequency. It is fascinating to think that oil applied to the bottom of the feet could travel to the head and take effect within one minute. I have noticed when I apply a fresh lemon to the soles of my client's feet, some of them say they can taste it!

Patients feel better emotionally when oils are diffused in their rooms. They are calmer and less anxious within seconds when the oils are used on them or near them, (some oils acted within seconds, others within 1-3 minutes.) Lavender, lemon, peppermint, frankincense and sage are very good for balancing frequencies when disease lowers body frequency."

More information, read: **"The Peoples Desk Reference of Essential Oils"** by Marianne W. Morse.

*The glowing blush that mantles the cheek,  
The dazzling fire that sparkles from the eyes,  
The soft, shining sheen of wavy hair,  
Are all mere expressions of good health.*

*"Calmness of mind does not mean you should stop activity. Real calmness should be found in activity itself." -Shunryu Sukuki*

## **Sacred Stone Thai Massage**

During the quietude and movement of applied yoga asanas, large warm stones are laid upon the chakras and around the clients' body while heated sandbags anchor and compress other specific body parts. Gentle rhythmic rocking, deep tissue compression, range of motion yogic stretching and herbal compresses integrate the profound effects of each of these two ancient modalities. The results: release of energy blocks, relief of stiff muscles, opening of tight joints, improved circulation, and assisting in restorative postures.



Stone Thai Massage was co-created by Martin Misenhimer and Karyn Chabot, D.Ay.,LMT. He was one of my first certified Sacred Stone Massage Therapists in 1999. The idea of teaching bodywork wasn't even a flicker in his eye! Now he is a sought-after very respectable Thai Massage Instructor and frequents Thailand every year. Martin has studied with Jonas Westring at Kripalu, Therdchai Chumphoong (Mac) of the College of Thai Massage Therapy in Chiang Mai, Master Pichest Boonthame in northern Thailand, and Kam Thye Chow of the Lotus Palm School, Montreal. He travels around the world performing his work at different spas and healing centers. Below is an interview with Martin.

### **What seems to be your client's favorite stone application during your Stone Thai treatments?**

*"The shoulder stones, because most people hold stress in the traps and neck. Applying heat here melts tight muscles, soothing the client into gentle relaxation and preparing the upper body for deep release. The result: clients are more open to receiving the work of the Thai massage."*

### **How is the union of the art of stone healing and Thai massage beneficial?**

*"The receiver feels a greater sense of "safety," as if their entire being is being constantly cradled, womblike. This is very much in keeping with the holistic nature of Thai massage where the body is treated as a whole. The sensation of heated stones at various points on the body creates an illusion of many warm compassionate hands. Clients feel completely pampered. This allows the receiver to go into a deeper state of relaxation sooner."*

### **Has your clientele increased since adding this to your repertoire?**

*"Yes. They love it! One client commented that it makes her feel as if she's been wrapped up in a big down comforter in front of a beautiful fireplace."*

### **Do you use some of the more ancient techniques like compresses?**

*"Yes, I use herbal compresses. The compress begins the process of warming and calming the client. The stones keep that process alive as they slowly release their energy in the form of a*

warm pressure sensation at strategic locations along the body's energy pathways. By relaxing tight muscles and joints, the stones act as a preparation for the pressure and stretching of Thai massage."

## Stone Reflexology

This therapy begins with the placement of large, aromatic, heated stones laid along, on top and underneath the body, following the chakra system. The client remains clothed, but the pants are rolled up from the bottom. Warm castor oil applied to the feet and hands help remove excess heat from the body during thermotherapy. Oblong, flat stones are glided along the lower legs and wrists. The stones are tucked around the calf muscles and swaddled with warm towels.



Textured, finger-shaped stones are best for deep tissue trigger point work on the soles of the feet. If the trigger stone is too smooth, as most basalt (lava) stones are, they will slip more easily and increase the risk of injury to the client. A concave shaped stone is used to glide along the spinal reflex points on the arch of the foot in a downward direction following *apana vayu*.

Thin, smooth, heated stones are inserted between each toe. The technique and sequence of inserting each stone is key and always begins at the big toe. There is a specialized sequence for the application of toe stones that will assist in balancing the right and left hemispheres of the brain. Toe stone applications help gently stretch the toes and open the terminal ends of the energy pathways within the body.

Use a fresh lemon cut in half and rub it on the soles of the feet to clean the feet and encourage detoxification of the body. It will refresh the mind and memory. Make sure the lemon is warm and add a touch of salt to it.

Clear through the chakras on the feet. The major chakras can be found on the feet starting from the big toe to the heel of the foot. The tops of the feet need to be massaged out through the toes to help move out the lymph.

Margo Dussault, C.R.T, SK, a certified Sacred Stone Reflexologist, also affectionately known as *The Foot Angel*, teaches the initial layout of certain stones along the chakras before she focuses on the lower leg, hands and feet. This form of healing is great for clients who want to feel the benefit of a stone massage, but have modesty issues. Margo says, "Looking for 'reactors' or trigger points on the foot and leg, and sometimes on the hand, is first done by palpating sites using the therapist's hand, fingers or thumbs. Only after palpation is complete are the stones applied. This sequence and protocol flows smoothly and is rendered highly effective. Clients love it!"

There are certain contraindications when using the stones on the lower leg since there are

many sensitive, angular, bony structures. Use your intuition when in doubt and ask your client for their feedback. Your clients will always be your best teachers.

## What are your feet telling you?

Take a moment to take a deep breath and focus gently on your feet, ankles and legs. Yes, ask them what they would like to say to you! Wisdom comes from our bodies and our bodies say the darndest things. We get these sweet, truthful messages from all levels of our bodies, physical (how wonderful we feel or perhaps some aches and pains), the spiritual (a feeling of abundance in life or the lack of)



and emotional (connecting with our feelings, which are neither good nor bad, they just are)! When we listen we can help ourselves facilitate our own good health. Very simple tool, right??? I will walk you through this exercise/experience so you can see and feel what your “soles” are saying to you!

Much is written about the feet and their connection to the body. Let me give you an example: take the big toe, it can and many times does reflect our thoughts and ideas, look at the shape, color and size of your big toe. The right foot can represent our past and our left foot the present/future. The angle of our feet when we walk says a lot about who we are. So get to know your feet, they are a lot of FUN! Remember health and healing are only “2” feet away!

How to determine whether or not you have an anabolic or catabolic imbalance tendency: Observe the depth and amount of folds at the plantar surface of the foot when you hyper-flex the foot by using your hand to gently force the flexion.

How to determine whether your colon is overly dry: The heels of the feet will be cracked and brown colored. How to determine whether your internal organs are secreting high amounts of metabolic waste products due to over-activity and stress: The heels of the feet will appear thick and hard upon palpation.

*“Like the sun shining impartially upon all things, he looks with an equal eye upon all beings. He moves about in the world a free soul, released from all attachments.” –Shrimad Bhagavatam*

### Foot Bath Recipes:

(All footbath recipes make 1 cup of Bath salts.

Use 1-3 tbs. for each foot bath. They are wonderful for your feet and also fun to share and give away as gifts!)

### **Footbath for Tired and Aching Feet**

This is wonderful for joggers or anyone who stands on their feet all day:

- 1 cup Epsom Salt
- 3 drops of peppermint essential oil
- 3 drops of lavender essential oil
- 3 drops of rosemary essential oil

### **Plain and Simple Relaxing Foot Bath**

- 1 cup Epsom Salt
- 10-15 drops of lavender or roman chamomile

### **Uplifting Foot Bath**

The scent of this footbath will lift anyone's spirits. It may also promote feelings of creativity, joy and a sense of well-being.....ahhhh, enjoy.

- ½ cup of Epsom Salt
- ½ cup Sea Salt
- 10-15 drops of Citrus Fresh or 3-5 drops of the following, orange, lemon, grapefruit.

## ***Compression Therapy***

Compression therapy, using stone and sandbags, has a two-fold benefit. First, the application of compression initiates the relaxation response. Second, after the compression is removed, the body experiences an amazing sense of weightlessness and an incredible lightness of being. Compression immobilizes the muscle so there is a surrendering that must occur on the part of the client. Clients will surrender when they feel safe. When the body stops twitching and wiggling to find comfort, only then can we attain the inner stillness we all seek.

The most profound healing takes place in the presence of emotions such as trust, love and compassion. According to the work of Manfred Klein, an Australian concert pianist, love is experienced, cell-to-cell, *by pressure*. He discovered this when he realized he could move his audience to tears simply *by the way he applied pressure to the keys*. It had nothing to do with the melody. He determined that love had a ratio of 1.168 based on the pressure that is made and the duration of that pressure. This ratio is known as the *golden mean ratio*. *The way we apply pressure* to our clients by using our hands, stones or restorative sandbags is what will create the space for the client to heal. Stone therapy is only as good as the stone therapist and *the way* the stone therapist interacts with the client.

Sandbags create a perfect amount of pressure and can be heated on an oil heater. They are used to help re-educate parts of the body that are too far forward or backward, causing misalignment. Laying sandbags on the top of the thighs will encourage the femurs to ground more deeply into the hip sockets. It also helps redirect the energy downward by simply increasing body awareness in the legs.

## ***Deep Tissue Bodywork & Sports Massage Using Stones***

Deep tissue stonework requires an enormous amount of focus to stay tuned into the texture of the client's muscle and your client's pain threshold. It is helpful to use one hand for manipulating the stone and the other hand in front of it or behind it. We call this hand the "mother" hand. This mother hand acts to reassure, nurture and stay tuned into the tissue.



Finger-shaped stones can be anchored into the palm of the therapist's hands and held parallel to the thumb. These stones are ideal for opening blocked marma points or releasing acupuncture points. They also can be used as an adjunct to the thumb during Shiatsu treatments. The heat at the tip of the stone helps penetrate the blockages within the client and saves the therapist's thumbs.

"Edging" is a simple deep tissue stone technique using the edge of the stone. Edging is done with one hand gently gripping the stone like a tool, which glides along the muscle sheath with deep, slow pressure for myofascial release, while the other hand acts as the "mother hand." Edging can be used to follow the direction of the muscle fiber or for cross-friction and is an intensified, modified version of effleurage.

When the flat side of a stone is used in a continuous motion along muscles using copious amounts of oil and strong pressure, we simply call it "gliding." Gliding is another modified version of effleurage and in this case, the stone is used as an extension of the hand rather than a tool, which means the hands are held flat against the stone.

In addition to edging and gliding, we incorporate another technique called "flushing." Flushing involves using the flat side of the stone as an extension of the hand. The heat, wide surface, and pressure will help flush out what was dislodged from edging. Flushing in the direction toward the feet is an Ayurvedic principle, affirming *apana vayu*. The feet are considered one of the *terminal ends* of the body where *excess* and *residual debris* are stored and released into the earth.

"Cocooning" is another stone technique involving cryo-therapy and thermo-therapy. During cryo-therapy cocooning, the use of white quartzite stones are chilled as the therapist builds a stone cocoon around an over-heated, inflamed or swollen, achy area of the body. Thermo-therapy cocooning involves building a cocoon of heated stones around a site or injury that is swollen or painful from stiffness or coldness within the body. Cocoons are applied at the beginning of each treatment and removed mid-way for assessment and specific injury-related

protocol.

The texture of the stone is crucial for deep bodywork. Basalt stones are often too smooth and spherical for deep, flat flushing or for intense edging. They are ideal for layouts supporting the neck and for light gliding on clients who are sensitive to deep massage. Mineral composite from New England seashores have the most texture and the best shapes for edging. Textured sea stones are velvety smooth, not slippery smooth. They are more porous, thereby giving them a high grip factor, enabling more control.



*“Silence is the language God speaks, and everything is a bad translation”*  
Father Thomas Keating

## ***Crystals are Alive***

Crystals have phenomenal abilities. They affect people in all kinds of ways. Katrina Raphaell has written a lot about this in her books, but many other people have also learned about the abilities of crystals over the years. Many ancient beings and civilizations were also well aware of this. Crystals don't just happen as a result of chemical reaction either, they grow! When you study how a crystal grows, you will find they are very much like a human.



An aerial view of our energy field is hexagonal (three- dimensional triangle) in nature. Our fields grow hexagonally (two 3 dimensional triangles interconnected in opposition with each other, like a star) just as crystals do. Though the silicon molecule is a tetrahedron, when it forms quartz, it links with another silicon tetrahedron to form a cube shape. Then it throws a long line of little star tetrahedrons or cubes to form a long row. Then the row begins to spin, changing direction exactly at 60 degrees to form a hexagon, the same structure seen around the human body from above.

Crystals have genders. They are either male or female or both. If you know what to look for, you can look at a crystal and see which way it's rotating. Find the lowest window or face and look to see where the next face is. If it's on the left, then its rotating clockwise, making that crystal a female. If it's on the right, then that crystal is rotating counterclockwise, making it a male. If



there are faces on both sides at just about the same height, you should see two spirals spinning around this crystal in opposite directions, and that crystal would be bisexual.

Often two crystals are joined at the base and wrap somewhat around each other. These are called twinned crystals, and these are almost always male and female. It's rare for them to do it differently. (Flower of Life, p.181, Drunvalo)

## ***What Makes Gemstones Healing?***

by Barbara Schneider, CCHT

In ancient days, gemstones were worn to maintain health and to cure disease. They were applied directly to various parts of the body as an external treatment, as well as to wounds to stimulate healing. For internal treatment, gemstones were ground into powder, mixed with water, and drunk. This is not a common practice today because many minerals are poisonous.

Gemstones contain life force, the same divine energy that sustains, nourishes, and enlivens all living things. We are all beings of light. This current of Light springs from the Source of Life itself. You experience joy, vitality, and vibrant health when the current flows freely. However, in the course of living, blockages, which create darkness within you, accumulate within this flow, obscuring your radiance and giving rise to disharmony, pain, and "dis-ease."

Like you, the Earth is enlivened by life force. As the Earth was forming, life energy was infused into the planet's crystalline matrices. Gemstones, therefore, embody and express the life force within the planet.

Gemstones radiate their life force with great power, and when used properly they bring light into these areas of darkness, neutralizing and dissolving blockages within your being. As the blockages dissolve, the light of the life force can once again shine through to enliven, nourish, and heal you. Each type of gemstone expresses a different frequency and, therefore, can address a different kind of blockage.

A gemstone's energy can be absorbed into your biological system just like a vitamin. They can make you feel good - or not so good. Their energies can be soothing, securing, or healing, as well as aggravating, irritating, and even detrimental to our peace of mind. You can also get an overdose of a gemstone's energy, for you respond emotionally to gemstones just as you do to food, music, sound, and color.

Color, a vibrational form of energy, also has an effect on you. Gemstones absorb and reflect this color energy. The following list contains explanations of color and action guides for some gemstones:

### **RED**

Red increases the strength of the physiology and emotions. If you need additional physical energy, use red gems and jaspers. Red agates or red amber can be used to reduce shyness, weakness, and physical sensitivities. Red corals support the physical body and aid in the healing of respiratory infections, a good preventative for colds.

## PINK

Pink is a nurturing and soothing color, good for self-rescue or self-enhancement. Pink stones, like Rhodochrosite and Rhodonite, influence self-esteem, while Rose Quartz is good for enhancing self-image. Pink pearls promote loving instincts, while pink coral supports a loving attitude.

## ORANGE

Orange motivates you and helps you focus on your goals. It promotes better organizational habits. Orange stones, in particular, Carnelian, are good for training, as well as coordination of physical exercise programs, and for balancing energy levels in the body. Carnelian and Brazilian agate can be used as appetite stimulants for children, and they help prevent a listless attitude when you are not feeling too energetic.

## YELLOW

Yellow is the color of communication. A gemstone of yellow quartz on your desk will stimulate better communication, open sharing, and honesty in work performed. Topaz, Citrine, and yellow Zircons stimulate conversation, cheery attitudes, and the ability to share. Yellow Amber helps you to overcome shyness while protecting your sensitivity. It can help you get rid of old fears and guilt.

## GREEN

Green is a balancing color that soothes emotions. Most green gems and stones, such as Malachite and Chrysocolla, help to reduce mental confusion, anxiety, and hyperactivity. Bloodstone is an energy mover that supports relaxation and calms and soothes emotional reactions to stress, both internal and external.

## BLUE

Blue, the color of intellect, aids thinking. Lapis Lazuli promotes creativity, mental control, and intellectual astuteness. Blue Lace Agate (light blue) calms your mind and supports creativity. Sapphires can help you to be more self-assertive, increase your sense of personal responsibility,



and establish goals. All blue stones can be worn with red and yellow stones. Dark blue sapphires surrounded with yellow topaz support communication and are a wonderful aid to public speakers.

#### VIOLET or PURPLE

Purple is the color of sensitivity and intuition. Amethyst opens receptivity and introspection of mind and spirit. Amethyst should be worn with other stones in the colors of yellow, green, or dark blue. Adding these colors balances and protects a sensitive nature and helps to control mental fatigue.

#### BROWN

The color brown is a color of security. All brown agates, woods, or jaspers promote feelings of security, giving you feelings of ease and stability. Brown stones can help prevent fears and stresses because they stabilize the emotions. Use brown-banded agates for self-protection and inner security.

#### BLACK

Black is a color of discipline and protection. Black stones like jet, onyx, and obsidian, strengthen, protect, and support an image of authority. Black stones combine easily with and fortify other gems, such as diamond, pearls, and moonstone, as well as offer protection to those with sensitive personalities. Wearing black stones keeps invading or intruding energies out of your space, but they are not recommended for a child under the age of 10.

Use gemstones for beauty, wellness, and the balancing of mind, body, and spirit. For example, if you want to be more energetic, motivated, dynamic, beautiful, and socially accepted, think of red or pink stones like red coral, red jasper, ruby, garnet, or Rhyolite. If you're feeling tired, over worked, or stressed, wear earth stones such as tree agate, banded agate, Sodalite, amber, or turquoise

When you need to make a major decision and seek clear thinking, use a green or blue stone like blue tourmaline, azurite, aventurine, lapis lazuli, blue lace agate, or sapphire. Go for a support stone if you want a new job or career or if you want to have a purpose in your life. Blue sapphire, garnet, carnelian, and rutilated quartz are support stones.

If you lose or break a gemstone, it may mean that you can't tolerate the energy of that gemstone, or you may have overuse or abused its energy. Sometimes gemstones lose themselves or break to protect you. They take upon themselves the stress energy that was meant for you.

Through time, various civilizations and cultures have valued gemstones for many different reasons: for medical treatment, adornment, trade and commerce, protection, and more. As we continue to develop greater sensitivity to our environment, perhaps gemstones will once again be honored as planetary resources for energy, life, and healing. Experience for yourself how the energetic qualities of gemstones can support your self-improvement.

## ***Taking Care of the Healer***

Make a practice of meditating the joy you feel when you see someone you love. This will be your personal gateway into your own bliss. Each person you love or have loved is a doorway the divine. When you think of them, it is as if you are thinking a mantra, a name of God. When you unite with them even by cherishing their memory in your heart, you are practicing a kind of bhakti, the path of the heart. Dogs are masters of this. When a dog sees someone they love, they don't hold back. They levitate with bliss, it rises in them and they leap. Try meditating on the unbounded bliss dog's express. They are our great teachers and are the only creatures on earth that know unconditional love.

It is important to clarify that we as therapists are vulnerable to temporarily taking on our client's emotions if we are exhausted; this is why it's important to stay balanced, well rested and happy. Your client's stuff is their stuff and your stuff is your stuff, so although you can temporarily take their emotions, you can instantly CHOOSE to release these emotions that don't belong to you. Some people are, by nature, more empathic, which will predispose them to feeling what others are feeling. Yet, these feelings can pass thru. We don't have to hold anything that is not supportive of our happiness. You can simply choose not feel what does not belong to you. If after a client leaves you feel like you picked up their emotions, you can simply choose not to own it and become aware that it doesn't belong to you. It helps to clear out negativity by drinking some warm water, walking briskly or doing some yoga or breath work. However, anyone can be vulnerable to negativity, which lowers the vibration in our energy centers. Keep your energy centers as strong as possible at all times.

It is very useful to wear white from head to toe during treatments. White reflects negativity and protects us from picking up negative vibrations. It helps us stay in a state of purity so that the Divine can work thru us. The divine will work thru us no matter what color we choose, but if you are color sensitive, as most healers are, choose white.

It is extremely important not to hug our clients before a session begins. If we do, our energy fields will merge and you, as the healer, will have a much more difficult time staying detached emotionally. It is wonderful to hug your client after the treatment.



Remember not to become emotionally attached to the outcome of your client's problems, as this will directly affect your own emotions even after the client has left. For healing to occur, you and your client must understand that the disease is due to imbalance. Educate your client and speak to them about making simple lifestyle changes in order to stay balanced. Otherwise, the client will become addicted to your treatments, which disempowers them.

If a client begins to cry during treatment, place your hand on the front and backside of their bodies, cradling their heart. Allow them to feel their feelings. Don't lecture them on when to let go or how to feel. Gently remind them that you are there to help them let it go. Do not become emotionally involved with your client. You may have compassion, but do not surrender or compromise your own emotional state, no matter how intense the client feels. Emotions are the illusion; love is real.

True healing comes from the love and compassion you have for your clients, not the latest technique in bodywork. This love and compassion is the Divine part of yourself in collaboration with the Creator. If you are an "A" type personality, always chasing new workshops for new techniques, slow down and remember you have everything you need inside you to heal. You are a vessel of love.



Before a treatment, do a short meditation or if you are rushed, send your awareness to your solar plexus where your matrix is located. Tell yourself that you will stay in your matrix throughout the treatment.

Remember that healing is a partnership between you and your client. It is not you healing them. It is the client allowing you to help them heal themselves. Do not carry the burden of a client that is not healing. It is their choice. In some cases, it is karmic. Regardless, you, as a healer, are there to create the space for clients to heal themselves. Healers actually create an 'envelope' of loving, healing light that allows the client to find balance. We act as vessels of light and healing, channeling healing directly from God, the Prime Source.

#### **Tips for the end of the day to cleanse your energy field and recharge your body:**

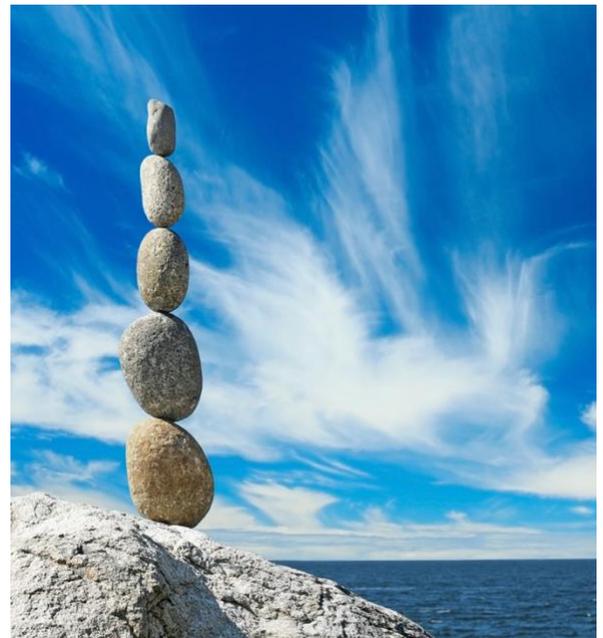
1. Sit near a fire.
2. Take a salt bath.
3. Spin clockwise with your arms out 33 times to release negativity
4. Smudge yourself and your treatment room with frankincense or sage.
5. Ring the Tibetan bells or use a singing bowl to clear the space around you.
6. Drink plenty of warm, purified water and encourage internal cleansing.

7. Shake your hands out as if to flick off negativity. Make an affirmation that you simply choose not to feel any emotions that do not belong to you.
8. Say a little prayer of gratitude that you were allowed to be a vessel of healing and light.
9. Go for a brisk walk.
10. Do some yoga.

Balancing work and your personal life can be a challenge, yet there is an opportunity in every adversity. We can use this adversity to recognize our limits and recreate our personal boundaries with regard to how much "down" time we need and how much work and school time we need in order to be successful and happy in all areas. As soon as we begin feeling overwhelmed, we should observe our state of thinking and how it's affecting our actions and our body. Simply being cognizant of thoughts we choose to dwell upon is a sizeable first step. Hypothetically, if we are brooding over thoughts of an argument we had with our roommate, we need to acknowledge we can choose to release those negative thoughts. Then we can choose to focus on what we want to create in our lives.

According to the science of Ayurveda, the root cause of all imbalance and disease begins with confusion and the illusion of feeling separated from our Innate Intelligence. To avoid confusion, we should have emotional clarity with roles we play in all our relationships, whether it is with our parents, lover, boss or neighbor. Upon arising in the morning, our objectives for the day should be clear. Write them down if it helps. Be grateful and joyful that we will accomplish our goals even before we start our day. Gratitude is a powerful state of grace.

When we are connected to our innate health and intelligence, we naturally access our best skills. When we are gentle with ourselves and create peaceful thoughts, we instinctively know what choices are best to maintain a healthy balance in our lives. For example, we intend to stay fully present for our clients during our sessions. Expect success! When we can be clear and focused without mental distraction we deem our client as whole and complete already. And when we truly listen to what they have to say, we have already achieved success.



Ayurveda believes that compassionate listening leads to powerful healing. From a state of compassion and mental clarity we are compelled to follow our intuition along with the knowledge we learned from school to deliver a truly affective therapeutic massage.

Clarity born from the opportunity in adversity will help create harmony between work and personal commitments, moving us smoothly through both roles with ease and success.

## Charaka's Life Tonics

- Speaking the truth, but only the sweet truth, is the best tonic for prolonging ayur, the span of life.
- Show respect to your elders (even if you are yourself an elder). Practice greeting people older than yourself before they greet you.
- Know of the proper time, place and measure of activities. (Hint: Use each room in the home for its proper function. Avoid working during mealtimes, exercising just before bed or listening to hard rock before retiring or arising).
- Serve ministers, sages, renunciants and the devout who have offered their lives to spiritual purposes.
- Respect teachers, mentors and animals.
- Be merciful and forgiving. Avoid cruelty.
- Engage in cultivating the state of pure consciousness (awareness devoid of its content: thoughts, emotions & perceptions).
- Donate generously and regularly.
- Always have a plan, and persevere in its implementation.
- Keep your body, your apparel and your environment clean and orderly. Wear garments that are simple, elegant and graceful.
- Keep flowers in and around your home and workplace. Spend time in nature listening to the birds, brooks and the wind in the trees.
- Follow a structured daily routine. Avoid sleeping in the day and staying awake into the night.
- Take walks by lakes and rivers in the moonlight.
- Practices that cultivate the nervous system to support the experience of the underlying totality of the cosmos are the best practice for health. (This includes balanced indulgence of sex, food and spirits).
- Conquering the need for gratification of the senses is the best tonic for the experience of bliss.



- Knowledge of the self is the most nourishing of all tonics.
- Practice effortless serenity and compassion. Cultivate your heart's ability to love, even in the most senseless of circumstances. After all, if it were easy, it wouldn't be called 'practice'.
- Avoid holding onto anger and negative thoughts. Practice non-violence. Be courageous by not losing patience in any situation.
- Keep the company of the wise.
- Don't forget to sing and dance.

Charaka's Life Tonics was borrowed by Dr. Jay Glaser, MD, a board-certified internal medicine doctor and director at the Lancaster Ayurveda Medical Center in Sterling, MA.  
[www.Ayurvedamed.com](http://www.Ayurvedamed.com).

## ***What's Your Dosha?***

Please check each symptom that best describes your tendencies. The section with the most checks is *probably* what your imbalance is.

### **Heat: Pitta**

- See undigested pieces of food in your stools?
- Have heart palpitations, heart pain or heart problems?
- Have low or high blood pressure?
- Have trouble digesting hot, spicy food?
- Have poor circulation (cold hands and feet)?
- Have feelings of self-condemnation, worthlessness or low self-esteem?
- Have frequent fevers or night sweats?
- See blood in your stools?
- Sweat easily or not at all?
- Sometimes feel overly sensitive to the sun?
- Ever have gastritis or excess bile formation?
- Have eyes that are sensitive to light?
- Have spinal pain?

### **Coldness: Vata & Kapha**

- Feel cold often (even in summer)?
- Have menstrual difficulties or irregularities?
- Have problems digesting raw food?
- Have slow or low digestion?
- Sometimes have a sub-normal body temperature?
- Have lack of vitality and difficulty moving in the morning until the body warms up?
- Have frequent colds?
- Have diarrhea or constipation with small, dry stools?

- Have low or slow digestion?
- Have poor circulation?
- Have fibroids or uterine disease?
- Have cellulite?
- Have profuse expectoration in the morning?

### **Lightness: Vata & Pitta**

- Ever feel lightheaded or ungrounded?
- Frequently have strong anger or jealousy?
- Ever have problems with anemia or iron overload syndrome?
- Have heat and burning in the stomach, gastritis or ulcers?
- Have a Type A personality?
- Have excessive hunger or loss of appetite?
- Have excessive bleeding anywhere in the body?
- Alternate between diarrhea and constipation?
- Feel under-nourished physically and emotionally?
- Have cramping pain or prolapse of the rectum?
- Have extremely sensitive or allergic skin?

### **Heaviness: Kapha**

- Gain weight easily and have trouble losing it?
- Suffer from obesity?
- Feel the weight of the world is on you causing you to feel depressed & melancholic?
- Speak slowly and have a heavy sounding voice?
- Have abnormal fat growth, tumors or lipomas?
- Have diabetes?
- Perspire a lot?
- Feel heavy?
- Have adhesive mucus?
- Have laziness or over possessiveness?
- Have slow digestion with cravings for sweets?

### **Dryness: Vata**

- Have chronic constipation with hard, dry, black stools?
- Have very dry cracked skin, dry hair, or dry nails?
- Have tense muscles or cramping?
- Have fear and anxiety?
- Have incoordination or neuro-muscular problems?
- Have irregular digestion?
- Have low sexual energy?
- Weak immunity (frequent colds, flu, viruses)?
- Perspire very little?
- Have memory problems?
- Have much burping?
- Have MS or Parkinson's disease?
- Have osteoarthritis?
- Have retention of urine?

- Have dry, dull looking eyes?
- Have hypertension?

**Oiliness: Pitta & Kapha**

- Experience nausea or digestive upset after eating oily foods?
- Have rheumatoid arthritis?
- Have diabetes or hypoglycemia?
- Have thyroid imbalances?
- Have oily, loose stools, or constipation?
- Have oily skin and hair?
- Have spasms or convulsions?
- Have profuse sweating?
- Have acne or psoriasis with much pus?

***Ayurvedic Dietary Guidelines***

Food should be fresh, organic, preservative-free and unrefined, and be served and eaten with joy. For better health, reduce white sugar, artificial sweeteners and refined/hydrogenated vegetable oils.



**DIET FOR HEAT:** Avoid all hot, spicy, pungent foods and tastes. Use foods that are cooling and moistening in their effect. This is achieved through salty tasting preparations. Sea salt is the preferred choice; avoid table salt in the form of sodium chloride. The sweet taste may also be used. The bitter and astringent tastes are not as useful. Eat more cooling, nourishing foods like asparagus, barley, cucumber, sweet potato, coconut, etc. Use more cooling fruits, fresh juices and salads. You must also take in enough water.

**DIET FOR COLDNESS:** Avoid too much raw food, or large meals which tax the digestive fire. Avoid salty taste and sodium rich foods. Instead, favor hot, spicy, pungent foods and taste such as onion, garlic, radish, oatmeal, and chili peppers. Spice your foods liberally and make sure the food is well cooked. Avoid dairy in all its forms, including butter, cheese and yogurt. Reduce the salty and sour tastes. You should only drink water when thirsty. Hot water is preferred, especially sipped at meals. Avoid iced drinks and anything cold.

**DIET FOR LIGHTNESS:** Avoid foods which are light in nature like popcorn, millet, leafy greens or dry, crunchy foods. Use reasonable quantities of heavy, nourishing, naturally sweet foods such as sweet potato, nuts, seeds, carrots, winter squashes, etc. Smaller meals should be taken more often. Sour and salty taste can be used in moderation. Too much oil stresses the gallbladder and must be avoided. Reduce the bitter and astringent tastes.

**DIET FOR HEAVINESS:** Avoid all concentrated sweet tasting foods and substitute bitter ones, such as dandelion greens, leafy greens, quinoa, etc. Avoid large, heavy, rich meals or foods. Leafy greens are preferred over root vegetables. Light grains like millet, corn, and rye are better than the heavier wheat, rice, and oatmeal. Reduce the sweet, sour and salty tastes and use more bitter, pungent and astringent tastes. Fasting from solid foods one day a week is recommended as a therapy. Lighten up your diet!

**DIET FOR DRYNESS:** Reduce dry and astringent foods like popcorn, dry crackers, chips, beans, and rough leafy greens. Use the sour taste, which increases oleation in the body: pickles, vinegar, sour fruits, sauerkraut, yogurt, buttermilk, etc. Use lemon and lime in moderation, as they are also astringent. Introduce liberal amounts of oil into the preparation of your food. You can take a tablespoon of oil (sesame, olive, flax, almond, etc.) on an empty stomach in the morning. Low-fat diets are not for you!

**DIET FOR OILINESS:** Avoid all oily, greasy, fried foods and the sour taste as much as possible. Instead, take foods with the astringent taste like legumes, dry leafy green vegetables, pomegranate juice, green tea, kukicha tea, dry toast, crackers, honey and dry fruit. Refrain from heavy sauces, dressings, and foods that contain excess liquid. Excess oil is a poison for you.

**DIET FOR TRIDOSHIC INFLUENCE:** These people should follow a diet according to the season. These people should follow a pitta soothing diet in the summer, a kapha soothing diet in the winter and spring and a vata soothing diet in the fall.

**DIET FOR KARMIC INFLUENCE:** These people should emphasize intuitive eating. Everyone should eat intuitively and use these lists as training wheels to develop that intuition. Yet, people with the 'karmic influence' governing their health should learn to listen to their bodies and get advice from a practitioner. Mantra for this imbalance would be *Aum Rahuve Namaha* and *Aum Ketuve Namaha*.



## ***Stones you will need for Sacred Stone Therapy***

Sacred Stones are only for sale in person at Sacred Stone. We recommend you harvest your own stones at local shores. We do not package and ship stones. If you cannot come to Sacred Stone, you can buy a set of sacred stones at [www.hotstonehut.com/sacredstonediscount.html](http://www.hotstonehut.com/sacredstonediscount.html).



2 Basalt Shoulder/neck stones



1 Sacrum Stone (Grandma)



1 Citrine for Solar Plexus



2 Erector spinae Stones



Hand-rest Stones



Lapis Lazuli for the throat chakra



Amethyst crystal for the third eye



Rose quartz for the heart chakra (applied room temperature)



2 Trigger Point Stones



Amethyst half geode for recharging crystals



1 ten lb sandbag for compression therapy



Several heated cocoon stones



1 cooler for several white quartzite stones



2 quartz crystal terminators



2 white quartzite face stones



1 Sacrum stone (Grandpa)



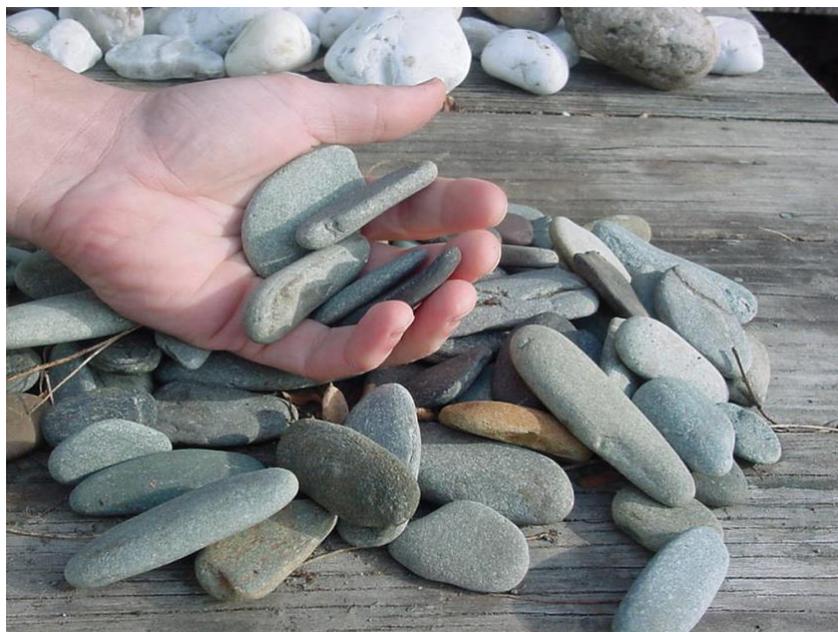
Several white quartzite cocooning stones



sinus stones

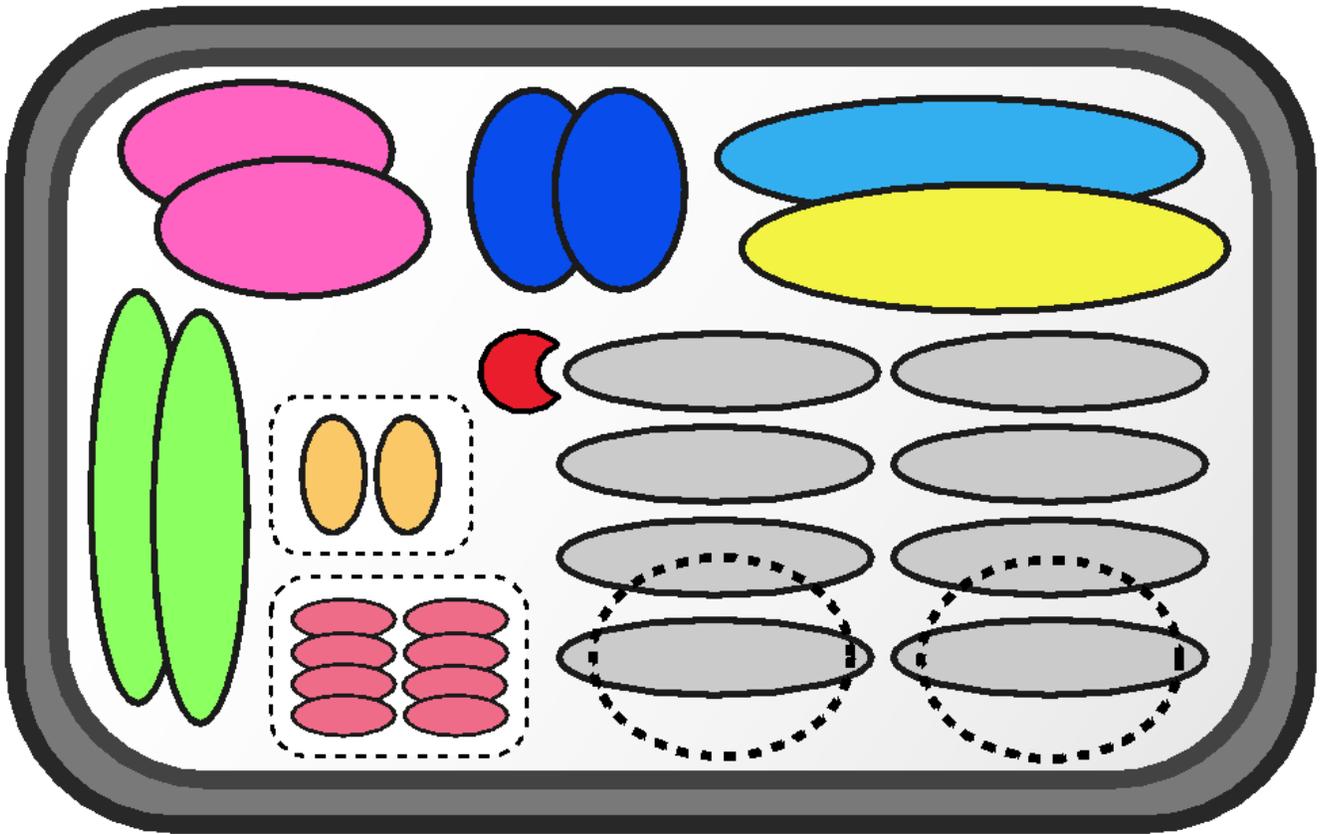


8 or more glider/spinal stones (only 3 shown)



Several toes stones ( 8 minimum)

## Arrangement of the stones in the heating unit



(2) Face Stones

(2) Erector Spinae

(8) Toe Stones

(2) Shoulder/Neck Stones

(1) Neck Anchor

(1) Sacrum Stone

(1) Belly Stone

(8) Gliding/Spinal Stones

(2) Hand Stones

(2) Chicken Stones

## ***Spirit, Mind and Body of Business***

**Spirit** – Know the very core of who you are and your dharma.

**Mind** - Envision your business with poetic precision and overcome limiting beliefs.

**Body** – Understand the nuts and bolts of daily business methodologies i.e., marketing and goal setting.

**1. Get clear on “who” you are.** What is your dharma? Before you can clearly set business goals, you must first be clear that you are in the right industry and fulfilling your “Life’s Purpose”

**Are you on the right path?**

**a. Notice the messages** ...all around you.

**b. Support from Nature:** Every time you take a step towards your goal, do you have support from Nature such that “doors effortlessly open” and you meet just the right people and experience unusual synchronicities?

**c. Blueprint:** Get a Jyotish reading or use another trusted oracle that can serve as an expression of your own consciousness.

**d. Meditation.** Devote yourself to meditation for 1 hour twice per day with the intention that you be divinely guided to your life’s purpose.

**e. Prayer:** Ask for divine assistance that your path be illuminated and that you receive very clear messages about your life’s purpose.

**f. Deva yagyag:** Listen to Ganesha chants or do a puja invoking Ganesha’s assistance that all obstacles be removed so you will be certain of your life’s work/purpose.

**g. Take Action:** Find an honest, open, professional person that you emulate. Get to know them more deeply, interview them or study with them until you are sure you would be comfortable in that field. If it’s a healing center, institute, spa or some other business, seek out a business that is already successfully operating and ask for employment or a consultation/interview with the owner.

**2. Clarify your goals.** Free your mind by capturing your thoughts on paper.

**Tips for staying organized:**

**a. End of day list:** When your workday is done, separate priority projects from important projects. Write a list of the things that need to be done tomorrow. Only write the things you know you can complete to avoid the feeling of overwhelm or disappointment. Envision them already done. Believe that you will cross off each item effortlessly tomorrow. Find some excitement and bliss about this sense of accomplishment! Trust that Nature or God will divinely work out the details, as long as you have clear intentions and agree to set time aside to accomplish what needs to happen.

**b. Week’s list:** The items that didn’t make it on your “End of day priority” list can go on this list.

**c. Dream board:** Paste pictures of the goals and things you wish to achieve or acquire

on a large poster board and hang it somewhere that you can see it frequently. The images will become imprinted in your consciousness over and over and will soon materialize. If you wish to acquire a particular feeling, then paste pictures that evoke those emotions for you.

### 3. Marketing your healing practice locally & online

**a. Become a member:** Your health club, YMCA or Gym is a great source for meeting wellness-minded people. Start teaching yoga or befriend the yoga teacher and ask her to announce your specialty to the class and introduce you. Hang your flyers there too!

**b. Frequent the chiropractor's office:** Get to know the most popular chiropractors in town and ask if you can leave flyers and business cards.

**c. Get a website!** Use key words sprinkled though out your homepage. Get other websites to link to your website for the best optimization. Write articles and submit them to [www.ezinearticles.com](http://www.ezinearticles.com), which is another way to optimize your site. Write a blog. Get on facebook and ask your friends to become a fan of your business. Replace Sanskrit words like pitta with English words like heat or summer so you don't intimidate the readers of your site. Explain Ayurveda in simple terms and remember your audience may not know any Sanskrit or ever heard of Ayurveda. Educate your customers! Dedicate a webpage to explaining the history and nuts and bolts of Ayurveda. Give your clients educational hand-outs after their sessions, promoting your practice, for example, explain shirodhara and include the benefits and a picture.

### 4. Success at the seat of the soul

a. When one does any or all of the following: yagyag, puja, prayer, meditation, yoga, silent retreat, purifications, pranayama, practicing random acts of kindness, darshan therapy using yantra or devotional chanting using mantra or selfless service, keeping the company of the wise, dancing, and laughing, one will invite the support of Nature into their lives in very magical, mystical and significant ways. More success will appear in your business and in all aspects of your life. Miracles happen.

#### 3 types of yagyays: (helps remove karma)

**Bhoota:** Helping the needy.

**Deva:** Listening the mantra and sacred devotional chants.

**Brahma:** Study spiritual literature, Sanskrit.

Hiring a pundit to chant for a certain cause or to help negate something negative in your blueprint is a good way to find fulfillment and bliss.

### ***Market Your Sacred Stone Therapy Practice***

- Before you can determine what you should charge for your stone therapy treatment, you need to look carefully at your self-esteem. Before you can give a worthwhile treatment and receive money that is worthy of such a treatment, you must have self-worth. Typically, stone therapy is more expensive because it involves a lot more than

traditional massage. Depending on where you live, stone therapists can charge between \$85-\$125 or more for a one hour session.

- Certified Sacred Stone graduates are entitled to use the official Sacred Stone logo on their business cards. You may download it from the website.
- Press release in the local newspapers. Include a picture of some part of the stone massage. Feel free to download a picture from the website.
- Design a handout to pass to your clients with pictures of the spinal layout or any other enticing photo. Include the benefits of sacred stone therapy as listed in this manual.
- Visualize yourself giving sacred stone treatments to your clients.
- Announce it on your voicemail.
- Hang your Sacred Stone certificate up in a high client/traffic area.
- Offer free demonstrations at local Wellness Fairs.
- Introduce one stone during your traditional massages, preferably the belly stone.
- Offer a day of free demonstrations at your local gym or beauty salon.
- List yourself on the AMTA website and the Sacred Stone website as a stone therapist.
- Leave your business card and flyers at Natural Foods markets, spas and gyms.
- You must be truly in love with stone therapy before it can be in love with you.



*A wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry. The wise woman opened her bag to share her food. The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation. The traveler left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime. But a few days later he came back to return the stone to the wise woman. "I've been thinking" he said, "I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give me the stone." Author unknown*

# Sample Client Profile



## Client Profile

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Workphone: \_\_\_\_\_

Cell phone: \_\_\_\_\_ Email: \_\_\_\_\_

Occupation: \_\_\_\_\_

What is the main reason you are here? *Stress relief • Pain relief • Curiosity • Healing • Other?*

Which Sacred Stone Treatment did you come for: Please circle-

1. The Full Ayurvedic Stone Treatment including the mini-shirodhara, lubrication of the nostrils with aromatic oils and warm oil application to the ears.
2. The Traditional Sacred Stone Treatment.

What medications are you taking & why?

Antibiotics?                  Accutane?                  Seizure medication?

What part of your body gives you the most trouble? \_\_\_\_\_

Have you ever had 3<sup>rd</sup> degree burns?      Do you have numb skin patches, open wounds, skin conditions?      Do you enjoy extremely hot showers?

Do you have sensitive skin?      Do you sunburn easily?      Do you perspire easily?

Have you ever had massage before?      Are you pregnant?

Are you in an angry mood?      Do you have heart condition?      Varicose veins? Menopausal hot flashes?      Are you menstruating today?

Do you have the following? (please circle)     skin graphing     herniated disks     osteoporosis  
 deteriorated disks     frail bones     numbness

May I apply a few drops of eucalyptus-based oil to your nostrils to clear sinuses, and nourish the brain?

May I apply warm oil inside your ears to help loosen wax and improve hearing?

Do you mind if we get a little oil in your hair?

How did you hear of Sacred Stone?

*As a part of the Vedic tradition, the sounds of “Hari om” will be chanted to initiate therapy. “Hari om” calls into being the force of “Oneness” (God), where no duality exists. Ayurvedic treatments traditionally use copious amounts of pure oil.*

*Sacred Stone Therapy is an intense form of thermo-therapy. Consequently, temperatures are strictly monitored. Yet, it remains your responsibility to communicate any discomfort during therapy. Failure to do so waives all liability of the Sacred Stone Therapist. You, as the client, must be aware of the temperatures used in this treatment and hereby consent to be responsible for communicating any discomfort if the stones are too hot or cold. It must be understood that ayurvedic bodywork is considered ‘integrative healthcare’, and not a replacement for allopathic medicine. Everything that is said during the treatment will be heard without judgment and held in strict confidence. Any information exchanged during the treatment is educational in nature and is intended to help you become more conscious of your own health. You agree to cancel 24 hours in advance or the full fee is expected.*

Please sign: \_\_\_\_\_ Date: \_\_\_\_\_

*The sweetness of your life will be renewed.....ahhhhhh.*

*After therapy, drink plenty of warm, filtered water, wait an hour before a bath or shower. Go gently and allow the healing to integrate into your system. It’s best to go home and avoid large crowds after therapy.*

## ***Suggested Reading***

**You may order these books on my website: [www.sacredstonehealing.com](http://www.sacredstonehealing.com)**

*Your Hands Can Heal* by Ric Weinman

*Ayurvedic Massage* by Johari.

*The Dove and the Stone* by Alice Howell.

*Laying on of Stones* by D.J Conway.

*Ayurveda & Life Impressions Bodywork* by Donald Vanhowten

*Ayurveda Revolutionized* by Edward Tarabilda.

*Lost Secrets of Ayurvedic Acupuncture* by Dr. Frank Ros.

*Ayurvedic Beauty Care* by Melanie Sachs.

*Absolute Beauty* by Pratima Raichur.

*Love is in the Earth* by Melody.

*The 3 Season Diet* by Dr. John Douillard.

*Healing Mantra's* by Thomas Ashely-Farrand

*The Global Oracle* by Edward Tarabilda and Doug Grimes.

*Ayurveda: Life, Health and Longevity* by Robert Svaboda.

*Acupressure Potent Points* by Michael Reed Gash.

*Secrets of the Pulse* by Dr. Vasant Lad.

*Body, Mind and Sport* by Dr John Douillard.

*Your Face Never Lies* by Michio Kushi

*Yoga and Ayurveda* by Dr. David Frawley.

*A Life of Balance* by Maya Tiwari.

*Ayurvedic Home Remedies* by Dr. Vasant Lad.

*Light Emerging* by Barbara Ann Brennon.

*Hands of Light* by Barbara Ann Brennon.

*Ayurveda: The Science of Self Healing* by Dr. Vasant Lad.

*Ayurveda and the Mind* by Dr. David Frawley.

*The Ancient Secret of the Flower of Life, vol 1&2,* by Drunvalo Malchizedek.

*The 7 Spiritual Laws of Success* by Dr. Deepak Chopra.

*Perfect Health* by Chopra.

*Healing Stones* by Sue Philips.

*Heal Your Body* by Louise Hay.

*Tao and Dharma* by Robert Svoboda.

*Essential Reiki* by Stien.

*The Book of Ayurveda* by Judith Morrison.

*Massage: A Career at Your Fingertips* by Martin Ashley.

*Woman Heal Thyself* by Jeanne Elizabeth Blum.

*Ask Your Angels* by Daniel, Wyllie and Ramer.

*The Ayurvedic Zone Diet* by Dr Dennis Thompson.

*Ayurveda and Aromatherapy* by Dr Light Miller.

*Everybody Needs a Rock* by Bryd Baylor.

*The Mystery of Talking Stones* by Robert Petro

*Luminaries* by Gemisphere

*The Encyclopedic of Ayurvedic Massage* by Dr. John Douillard

*Ayurveda and Marma Therapy* by Dr. David Frawley

*“The most beautiful emotion we can experience is the mystical. It is the power of all true art and science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead. To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty, which our dull faculties can comprehend only in their most primitive forms—this knowledge, this feeling, is at the center of true religiousness. In this sense, and in this sense only, I belong to the rank of devoutly religious men.”*



Albert Einstein (1879–1955)

### **Other Stone Training Organizations**

Since I started writing this book in 1999, there have been many new stone massage training organizations popping up everywhere, so this is not a complete list or a “best” list.

Kate Leigh (Nature’s Tools): Kate is a very sweet, gentle woman who also uses seashells for healing. She gives workshops throughout New England and has presented at the AMTA. 603-868-6846

Carollanne Critchon was one of my first students. Visit her website:  
[www.healingstonemassage.com](http://www.healingstonemassage.com)

European Stone Massage: These people have been very friendly with Sacred Stone, referring many students to us. We have only heard excellent things about them. Their style is very down to earth and practical and doesn’t involve the spiritual aspects of stone healing.  
[www.europeanstonemassage.com](http://www.europeanstonemassage.com)

La Stone Therapy: Based on Native American culture, this training organization is one of the largest ones in the world. They are very secretive and protective of their work and will ask you to sign legal documents if you study with them. [www.lastonetherapy.com](http://www.lastonetherapy.com)

Stone Journey, by Lynn Parentini. I have never spoken with this woman, but I have a good feeling about her work. Her manual is excellent. [www.stonejourney.com](http://www.stonejourney.com)

The Stone Spa, in NYC. I have had several great stone treatments at this spa and highly recommend visiting or taking a class.

Essensa Stone Training by Kristina Stanhope. Originates in Provence, France. 100% natural uses the powers of essential oils. A Renaissance and pure aromatic beauty care. [www.essensa.com](http://www.essensa.com)

## Chorus of the Stones

By Nelly Sachs

We stones  
When someone lifts us  
He lifts the foretime –  
When someone lifts us  
He lifts the Garden of Eden –  
When someone lifts us  
He lifts the knowledge of Adam and Eve  
And the serpent's dust-eating seduction.

When someone lifts us  
He lifts in his hands millions of memories  
Which do not dissolve in blood  
Like evening.  
For we are memorial stones  
Embracing all dying.

We are a satchel full of lived life,  
Whoever lifts us lifts the hardened graves of earth.  
You heads of Jacob,  
For you we hide the roots of dreams  
And let the airy angels' ladders  
Sprout like the tendrils of a bed of bindweed.

When someone touches us  
He touches the wailing wall.  
Like a diamond your lament cuts our hardness  
Until it crumbles and becomes a soft heart –  
While you turn to stone.

When someone touches us  
He touches the forked ways of midnight  
Sounding with birth and death.

When someone throws us –  
He throws the Garden of Eden –  
The wine of the stars –  
The eyes of the lovers and all betrayal –

When someone throws us in anger  
He throws eons of broken hearts  
And silken butterflies.

Beware, beware  
Of throwing a stone in anger  
Breath once transfused our minglement,



Which grew solid in secret  
But can awaken at a kiss.

## ***Product Resources***

### **Banyan Botanicals:**

1-888-829-5722  
6705 Eagle Rock Ave., NE  
Albuquerque, NM 87113  
[www.banyanbotanicals.com](http://www.banyanbotanicals.com)

### **The Ayurvedic Institute:**

1-505-291-9698  
11311 Menaul  
Albuquerque, NM 87112  
[www.Ayurveda.com](http://www.Ayurveda.com)

**Karma Kola: Mustard Oil:** <http://store.karmakola.net/mustardoil.html>

## ***Ayurvedic Terminology***

Ayur (life) veda (knowledge). Sanskrit translation.

Dosha: Refers to the three constitutions: V P K.

Vata: Translated: what blows. Ether & air.

Pitta: Translated: what cooks. Fire & water.

Kapha: Translated: what sticks. Water & earth.

Triphala: Three fruits to balance each dosha and bring them home. King of all herbs. Blood cleanser, laxative and restorative.

Prakruti: Kinetic energy, a genetic code determined at conception, a fixed constitution of the person. Ideally: V3 P3 K3.

Vikruti: Represents present state of health, when doshas are not home. Ideally: V3 P3 K3.

Prana: Primal life force—subtle energy of air and breath.

Tejas: Inner radiance—subtle energy of fire through which we digest thoughts.

Ojas: Primal vigor—the subtle energy of water and the essence of digested food and thought.

Sattva: Intelligence, imparts balance. (When balanced: alertness, joy, creativity.)

Rajas: Energy, causes imbalance. (When balanced: understanding, appreciation, recognition, judgment.)

Tamas: Substance, creates inertia. (When balanced: love, compassion, forgiveness, tenderness.)

Agni: Fire that kindles the immune system.

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## About the Author

Karyn Chabot M, Ay, LMT, RYT

I began offering professional massage therapy and Ayurveda counseling in 1997 as a result of experiencing my own healing from auto-immune diseases. In 2000, I opened Sacred Stone School where I brought in healers from all over the world, as well as taught numerous healing modalities, offering CEs for LMTs. Jumping ahead to 2011, I founded the first private state-approved proprietary Ayurvedic massage therapy school in RI called The Newport Massage School. After five successful years being the Owner and Director of this school, I realized that administration and accreditation was my least favorite activity and chose to walk away. I missed being able to serve one on one with my beloved clients and got back to teaching short seminars in Ayurveda at Sacred Stone. While I was giving three massages per day for nearly 30 years and running my schools, I learned that I was born with the gift of “seeing” and the gift of touch healing. I started offering astrology and the mystic cards to my students, massage and Ayurveda clients about eighteen years ago and now the world of metaphysics has taken front and center in my life. There is something about the cosmos, sacred symbols and shapes in these oracles that have initiated my earth eyes, activating my gift, and igniting my third eye. I work closely with the faerie kingdom, the Divine Mother and other highly evolved loving, helpful and wise beings from pure light. I am very sensitive with my delivery and use a positive approach to everything because all news is good news, even if it feels challenging at first. Sometimes we go thru health challenges as well as emotional turbulence for purification so we can learn how to make lemonade out of our lemons.



I pioneered Sacred Stone Massage Therapy in 1999 off the shores of Rhode Island and was the first to bring this beautiful therapy to the East Coast. Massage therapists from all over the country starting making appointments with me to experience this new therapy and asked me to start teaching classes. I was booking three months out. My clients became my students and my greatest teachers. Later, people took the word "Sacred" out and replaced it what is now in every spa as "Hot Stone Massage". I trained over 2,000 Sacred Stone Therapists and instructors and am a continuing education provider for licensed massage therapists and healers with the NCBTMB and PACE, approved by the state of Rhode Island's RIOPC and NAMA.

I discovered the healing power of stones while was struggling to relieve my own physical

pain due to Graves Disease, fibromyalgia and mast cell activation syndrome. At the end of a long day of seeing clients, I would find relief by laying upon the smooth, sun-baked stone cliffs in my backyard in Rhode Island. I started heating these velvety, textured sea stones from the cliffs and incorporating them into my oil massage practice (abhyanga).

Rewinding, I graduated from Goddard College with my bachelor's degree in Wellness in 1995. In 1997, I graduated and studied with the well-loved and renowned Dr. Vasant Lad, B.A. M.S at his prestigious school called The Ayurvedic Institute in New Mexico for two years, while simultaneously graduating from Universal Massage Therapeutics of New Mexico, where I also taught. I was former adjunct faculty professor at Bristol Community College in their massage therapy program in 2003 and studied two years at the Masters level at Maharishi University in Iowa in Vedic Science and was initiated as a Siddha in the Transcendental Meditation lineage in 2007. I studied Jyotish (Vedic Astrology) since 2008 with David Hawthorne in Fairfield, IA, as well as with Penny Farrow, Simon Chokoisky, Gandharva Sauls and many other experts. Finally, in 2012, I earned my Master's degree in Ayurvedic medicine from Goddard College, inspiring me to open the Ayurvedic Health Counselor Program as part of Sacred Stone School.

During the past 30 years of working in the health industry and dancing professionally, I earned other certifications in the following modalities: Ayur\*Yoga Instructor; nationally certified yoga instructor from the Nosara Yoga Institute in Costa Rica; Ayurvedic Blueprinting for many years with Gandharva Sauls; Ayurveda-Yoga Institute of NYC; Crystology with the Taomchi Association of America; Second degree Reiki, Quantum Touch Therapy; Fitness Training; Nutrition; Shamanism; Bodytalk System; Marma Point Therapy with Dr. Vasant Lad, Dr. Vaidya Mishra & Dr. Naina Marballi at Ayurveda's Beauty Care in NYC; Ayurvedic Beauty with Sonia Masocco; Cranio-Sacral Therapy; Chinese Cupping; The Yuen Method of Healing, Pancha Karma and Shirodhara Therapies; Medical Thai Therapy and Colon Hydrotherapy as a member of the I-ACT.

All the while, I presented Sacred Stone Therapy on national Fox TV, trained the staff at many international and national spas and schools, and presented at some of the leading industry conferences such as the National Ayurvedic Medical Association and American Massage Therapy Association. I have written many published articles in national magazines and am a monthly blog author for three local magazines currently. I am a member of the American Massage Therapy Association, The National Certification Board of Therapeutic Massage and Bodywork and The National Ayurvedic Medical Association, Ayurvedic Association of Professionals in North America, International Association of Colon Hydrotherapy and Newport Chamber of Commerce.

I produced eight comprehensive instructional DVDs on the art of stone healing and Ayurvedic spa therapies and wrote eight illustrated instructional books and sixteen correspondence CE courses for massage therapists and Ayurvedic Practitioners. Sacred Stone Therapy made the cover of the American Massage Therapy Association Magazine in Oct 2003 and March 2005. I aim to publish my book on Sacred Stone Therapy and another book on Ayurvedic Planetary Eating as well as a book on the mystic science of the cards, including new formulas I have cognized.

My most precious gift is my 32-year-old daughter, Jaeda Hamilton Chabot, LMT who is following in my footsteps (but marches to the beat of her own drum!) and working as a licensed massage therapist, holistic healer, organic chef, hair stylist and esthetician. She's also the first licensed permanent makeup tattoo artist doing micro-blading in Newport RI County! Click [here](#) for her micro-blading services and to make an appointment with her. She's also a talented singer and musician and hysterically funny!

*May your journey into the mineral kingdom deepen and bring you and your client's outstanding joy and healing. I hope that you will continue to harvest the benefits of the stones and the methodologies I presented in the Sacred Stone Therapy Manual. It is my hope that you be receptive to your own wisdom, which will lead you to the Guru within. On your path toward sacred fulfillment, I wish you inner peace and for love to guide you and support you from the stones, your clients, friends, family and the Earth. May you heal yourself in every way and continue to shine the light. My students are my best teachers.*



*Sacred Stone ~ Sacred Earth ~ Love is healing the Earth ~*

*With gratitude, healing & love,  
Karyn*

