

Headline: Bowling Green holistic boutique owners explain crystals

Many people have had health and wellness at the front of their minds over the past few years during the pandemic, so it's not surprising that the practice of using crystals for spiritual purposes has experienced a resurgence in popularity.

But why is that? Why are people looking to crystals to provide a sense of peace? How do they function as a healing tool? And the most important question many have: Do they *really* work?

Many people are skeptical that something as simple as a rock could provide such peace. However, using crystals for healing purposes is not a novel practice, according to local crystal shop owners.

While crystals saw a rise in popularity among young people and hippies in the 1970s, the practice of using them for healing purposes goes back more than 5,000 years.

Lia Ricci, the owner of Bowling Green's local holistic boutique "Asherah's Garden," said that crystals were even mentioned in ancient religious texts and used as medicine.

"With Abrahamic religions like Judaism, Christianity and Islam, we see the stones written into these historic texts," Ricci said. "If you go to India and look at Vedic texts, again we find writings about stones. And when we look at traditional Chinese medicine, crystals are present and they talk about energy and stones and so on. We really do see this everywhere."

Even outside of religious practices and texts, crystals have been used for a variety of purposes throughout history, especially one of the most popular crystals: quartz.

"Quartz was frequently used as tools, decoration and jewelry. There are Egyptian statues with quartz for eyes. Palaeolithic and Neolithic people used it for stone tools, projectile points, decoration and [occasionally] in burials," said BGSU geology professor Ina Terry.

As a geologist, Terry was able to provide some insight as to how crystals form and where they come from.

"Crystals form when magma/lava cools to about 1600 [degrees Celsius]," she said. "If the magma is deep underground and takes a long time to cool, you end up with larger open spaces and larger crystals. If it's lava above ground, it cools faster, and those crystals form tiny (microscopic-sized) crystals."

Given that crystals have a long history of being used in various ways and the fact that they're a natural product of the earth, it makes sense that some people believe crystals have some power, especially when you begin to understand the science behind them.

From a scientific perspective, crystals rely on the manipulation of energy and possess potential energy, which is stored energy according to the [U.S Energy Information Administration](#).

The energy crystals possess would be described as potential energy. Ricci says that not only do crystals have this energy, but a frequency as well.

“Through physics, we know that everything's energy and everything has a frequency. Homeostasis is something we're all trying to get to,” Ricci said. “So if you have a really high-frequency stone and you're a little blue today, and you hold that stone near you or in your energetic field, there's a sharing of energy.”

Each of the crystal's energies interacts with your body's energy fields, otherwise known as your chakras, Ricci explained. There are many different ways you can use crystals to let them interact with your energy fields.

Jenny Featherston and Sean Eblin, owners of Indigo Mystics, a relatively new holistic boutique in downtown Bowling Green, said there are many ways to keep a crystal in your energy field.

“You can put it in your pocket, put it in your bra if you feel like it's stable enough to sit in there, especially if it goes with the heart chakra,” Featherston said. “You could wear it in jewelry, you can carry it in your purse, and if you need it, you can pull it out. You always have it on you.”

But crystal's energies can still interact with energy even if they're not on your person.

“I even put it in my car door for protection,” Eblin said.

Crystals can even be placed in rooms of the home and interact with the energy in that space. However, Featherston said different rooms require different crystals.

“You might want the nice, calming ones in your bedroom and the ones that put out a little bit more energy in your living room and in your kitchen where you're watching TV with your family, where you're cooking, things like that,” she said. “You can even keep them at your office.”

Crystals “interacting” with your energy is a bit of a broad term. To get specific and really understand how a crystal can affect your energy, Ricci described exactly what the popular crystal amethyst does and how it works.

“Amethyst is really good at being the mother we all wish we had. Some of us had her, some of us didn't,” she said. “But what she does is she very gently and very efficiently pulls into herself energies that normally we would turn into knots and shove in our shoulders,” Ricci said. “So fear, anxiety, worry, those sorts of negative energies, she pulls them into herself.”

This leads to the question, 'What happens then when you have a crystal that has just absorbed all of your negative energy?' Ricci gave a theoretical situation to explain how the crystal functions after.

"Say I was very anxious, very depressed, very worried, and I've been holding on to amethyst for a week, then I hand it to you," she said. "It's not going to do anything great for you at that point because she's full and she is depleted."

She explained that a crystal won't be necessarily harmful to you in this state, it just won't be functioning at full capacity. In order to restore a crystal so it's able to function at full capacity, you must "cleanse" it.

Cleansing a crystal can be done in a variety of different ways. Featherston said you can even bury a crystal in the soil of the houseplant in order to cleanse it!

"If it's safe to put in water, you can cleanse it in water. You can put it in your house plant and just bury it in the dirt for a couple of hours and the soil will take the energy out of it," she said, "Then it'll be good as new."

Other ways you can cleanse your crystals are with incense, sage, moonlight, sunlight and even other crystals like selenite.

Featherston says it's also really important to cleanse new crystals you may buy.

"Especially when you're in a metaphysical shop like this, a lot of people come in and they will touch the crystals, she said. "And so you have a lot of energy in the crystals because they take in your energy, so they need to be cleansed."

Crystals can be an incredibly helpful healing tool if you're open to using them. They not only can absorb your negative energy but offer you positive energy on days when you need it most.

Eblin gave some advice to anyone who might be interested in learning more about crystals.

"Play around," he said. "There's no set thing that you need to do with them. Just have fun. Give yourself permission to do that."

If you're interested in "playing with" some crystals, you can visit Ricci at Ashera's Garden at 315 N. Grove St. as well as Featherston and Eblin at Indigo Mystics at 121 E. Court St., both located in Bowling Green, Ohio.