

How Crystals Reclaimed their Meaning, Recreating the New Age of Wellness

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Popping up in local boutiques. Cultivating more than [9,000 results](#) in the Barnes & Noble search engine. Getting featured in the everyday regimens of celebrities. Crystals are becoming more popular and normalized than ever before.

Crystals are beautiful rock formations derived from different elements of the Earth, and they come in thousands of unique variations and forms from all over the world. These special rocks have always held a special fascination for humans, due to their beauty and supposed “magical” properties, but interest has seemed to increase recently.



To understand this reemergence of crystals, we need to understand the historical context these gemstones hold.

The first historical reference to crystals can date back to the Sumerians in 4,500 B.C. They involved crystals in their magic formulas, jewelry, medicine and believed they offered protection. The use of crystals since then have been used in many religions throughout history, including mentions in the Bible and the Koran. The use of crystals developed into this belief that each specimen had a different property, to help you heal and give you strength in different areas.

“There are so many examples from different cultures that have never interacted, having the same crystals possess the same healing characteristics they believed the stone possessed,” said Jan Michaels, a crystal jewelry maker from the Bay Area.

All the way until after the renaissance era it was widely accepted by society as a valid form of healing, until some people started questioning the validity of crystals. In 1609, the court physician to Rudolf II of Germany claimed that the virtue of a crystal was determined by the presence of a good or bad angel within the stone. A good angel would bless the stone, but a bad angel means you would believe in the stone itself, not the powers of God.

Another factor to the decline of crystals is known as 'Faithful Lapidary'. It claims that crystals, gemstones and rock formations could not possess the supernatural effects civilians claim they have had in the past. This mindset followed into the Age of Enlightenment, ultimately ripping out the support system of crystal healing, making their use invalid and questioned for thousands of years to come.

It wasn't until the 1980's, where the belief and practice of crystal healing properties came back into society's attention. Two books were published that talked about crystals and how to use them as tools of manifestation, and spiritual self healing, making a stir in the current pop-culture. Those books were

"Crystal Healing: Applying Therapeutic Properties" by Katrina Rafeall

"Healing Crystals: The A-Z Guide to 555 Gemstones" by Michael Gienger

This was definitely the first step to the re-acceptance to crystal healing in our modern society, due to the support these writings received.

Recently the wellness industry has shifted its focus from its regular topics such as nutrition, gym habits and supplements, into a more alternative view of wellness. The prevalence of topics such as mental health, yoga, meditation, self-help books, and crystals have been the talking point of current society's wellness regimen, bringing the industry of wellness valued at over [\\$200 billion](#).

[Celebrities](#) such as Spencer Pratt, Miranda Kerr, David Beckham, Adele and many more are constantly supporting, and promoting the benefits of crystals, while showing off their beauty. This recent spike of their use in pop-culture has definitely impacted the increase in crystal's awareness of American society.

Thanks to the internet we can track a [40 percent increase in Google searches](#) in recent years for "crystal healing", as well as a 35 percent increase in searches for "crystal shops near me".

Crystals seem to be one of the most popular forms to come of this New Age view of wellness, falling specifically under the umbrella of the occult and mystic practices.

Occult is defined as matters involving the influence of supernatural or supernormal powers, holding a secret knowledge to them, closely related to mysticism. Mysticism is defined as believing in experiences about gaining spiritual truth, and gaining clarity to questions through intuition or insight. Other occult/mystic practices that have been making a comeback due to this increase of alternative health include: astrology, tarot cards, energy and psychic readings, reiki as well as palmistry.

Tracey Hudelson is the owner of Tranquil Mind, her business of 22 years, revolving around spiritual healing and conquesling as well as being an Executive Coordinator at BioTech Firm. She provides classes on meditation, crystal healing, psychic and energy readings, and reiki, a form of energy healing. She too has noticed a recent shift in attitude towards these spiritual practices.

"I used to feel judged at work with my scientist co-workers questioning my side job of so-called pseudo-science practices," Hudelson said. "But over the past 5 years I have had more positive inquiries and questions about my side job from my colleagues, than I ever had in my 15 years of employment."

However, this curiosity about crystals and mystic practices in modern times wasn't always so widely accepted. It wasn't until recently that our society started to bring the old ways of thinking about crystals back into modern day practices. These practices have had this taboo to them from the majority of society due to the questionable science behind these subjects. However, the recent increase of these beliefs, crystal healing specifically, have been extra apparent in recent years, *despite* the uncertainty.

So what is the reason for this uprising of crystals and alternative healing methods?

"People are ditching religion, and turning to claiming spirituality over faith. This is the modern religion per say," Hudelson said. "We are turning to things that make us feel good, find meaning and bring insight to our crazy lives. Crystals and these spiritual practices give a sense of hope and direction, who wouldn't want that?"