



## BELOVED SPIRIT

# ANSWERS TO THE MOST FREQUENTLY ASKED QUESTIONS ABOUT THE CRYSTAL BED TREATMENT

### General information:

Brought by special permission from Brazil from the healing center of John of God, this amazing bed uses specially cut crystals in combination with color and light therapy to balance your chakra's and energy field on the mental, physical, emotional and spiritual levels.

The crystal bed has 7 quartz crystals suspended above the bed which align with and correspond to the 7 chakras of the human body.

You lay quietly in a private area listening to soft music while specialized crystals are directed at your energy intake centers. While you may feel some sensations in your body, it is a very soft and gentle session that is intended to clear and align your chakra's and energy field. The sessions leave you feeling energetically cleansed, refreshed and energized. A general feeling of calm and relaxation is experienced and it is a wonderful way to experience an energy modality.

### How does the Crystal Bed treatment work?

The Crystal bed treatment boosts your body's natural ability for healing by combining light therapy directed through specifically cut crystals that are directed at your body's energy centers called "Chakras". Our bodies rely on balanced and an uninterrupted supply of energy (also commonly known as Chi) to function and maintain optimum health. Disruptions in our body's healthy energy intake can be caused by issues in our lives that created "blocks" or interruptions to a healthy energy flow. Physical injuries or health challenges, emotionally challenging situations, mental challenges, and spiritual concerns are all common conditions that can create blocks in our energy systems. Because the crystal bed is designed to address the blockages on all levels of our human energy field, balance and improved health occurs.

Light treatment is also commonly being used for the reduction of jet lag within our systems and the acceleration of the recalibration of our body clock. Light therapy has also proven effective in treating Seasonal Affective Disorder, and for some people it has helped sleep deprivation conditions. Additional benefits include improvement of skin conditions such as psoriasis as well as general overall skin rejuvenation that has been promoted as an "anti-aging" therapy. Collagen levels increase for a few days after treatment which results in firming and rejuvenating skin conditions.

How Often can I use the Crystal Bed System and how long of a treatment is suitable for me?

The crystal bed treatment has a very powerful effect on the human energy field. A 10 or 15 minute treatment is recommended for the initial session. Those who work with and are familiar with energy work in general and understand how their body responds may choose to go longer. A trained energy therapist who can easily assess a client's energy field is on hand to recommend treatment times.

Do I need to wear special clothing?

Any clothing is suitable, the treatment will penetrate most common fabric materials; however, it is best to remove leather clothing as well as heavy metal necklaces that might deflect the energy direction at the targeted energy center areas.

What does it feel like during treatment?

Most people report experiencing pleasant sensations of heat, tingling, pulsing, or fluttering in various parts of their body. Many see beautiful colors or images from past experiences of places or people. Some feel emotional release or an increase of physical discomfort in chronically painful regions of their body. This is only an indication of the treatment targeting a problem area and supplying support. Overall, the majority of people experience a general feeling of peace and relaxation, a reduction in stress related issues, and an increased emotional balancing. While most experiences are subtle in nature, it is not uncommon to experience a more pronounced and dramatic impact that happens quite quickly.

Sometimes my body feels odd after a treatment. Why does this happen?

You are having a healing reaction. In other words, your body is responding to the dramatic detoxification effects of the Light and color therapy. Blocks and disrupted energy channels are being cleared which includes the release of toxins that were once settled in various parts of your body that are now circulating throughout your system looking for a point of exit. Toxins are typically expelled through urine, sweat, and fecal matter. Drinking lots of water and resting are great responses to the readjusting of your body's energy system.

Are there any side effects with the Crystal bed Treatment?

No. There are no side effects because light and color therapy don't damage the body. However, you may experience a healing reaction such as those described above. Side effects are caused by toxic drugs damaging the body, especially the liver. In contrast, healing reactions are an expression of the body ridding itself of toxins.

Are there any conditions that would prohibit use of the Crystal bed?

Yes. If you are pregnant or have a pacemaker.

How much is a session?

Session costs are \$45.00 for 20 minutes. This includes 20 full minutes on the Crystal Bed and then a brief energy assessment at completion by a trained energy therapist to ensure the proper grounding and balancing has been obtained. \$60.00 for a 40 minute session.

**Save \$45.00 by purchasing a 5 session punch card for \$180.00 – that equals one full session FREE!**