

Crystals, with their special properties, work to rejuvenate all aspects of our lives

MYSTIC STONES

JR Ramakrishnan investigates the resurgence of the crystal trend, and how they heal the soul.

Crystals have been revered for hundreds of years as a means of mitigating illness and its metaphysical properties, a vital feed on chakra balancing. Fueled by celebrity endorsements (Jennifer Aniston wears a peach moonstone pendant in an Emirates Airline commercial) and more recently, Instagram influencers (Bella Hadid shared how she charges her shiny blue and silvery crystals under the pink moon and Kylie Jenner made manifestation grids with her own personal crystal healer), the crystal trend is on a surge again.

The mountains of polished and raw minerals for sale online, the shimmering of #crystalporn on Instagram, and crystal-infused wellness products suggest that stones are sparkling more brightly than ever in our collective consciousness. According to market forecaster JWT Intelligence's research, our digital-driven lives beckon us to look for alternative realities to get off the grid.

Sharing a similar view on this shift of attitude is Heather Askinosie, co-founder of California-based Energy Muse Jewelry. "Clarity is the new superpower we are all seeking," she says. "Who doesn't want to get clear, grounded, and out of their own way? Crystals are pretty, sparkly tools for this."

The current crystal age harks back to the 1970s New Age movement and into antiquity. "Crystals have never not been a trend," says Colleen McCann, fashion stylist-turned-energy practitioner and founder of Style Rituals, a website offering intuitive consultation on crystal use. "If I were to make a trend board, I would call it 'Ancient Future,'" she added. Indeed, whether we're talking about Cleopatra's lapis lazuli eyeshadow, the beloved jade trinkets of Chinese grandmothers, or the love of rubies and sapphires in India, crystals have been prized in many cultures for luck, aesthetic, and their curing properties. "We are returning to old and forgotten ways to heal ourselves," McCann says. "Crystals hold information, vibration, and, yes, medicine."

Contemporary practitioners, for instance, believe that the stones' vibrations can offer solace, clarification, and lead you to your goals. "Crystals talk to me and I listen. I can read the issues and blockages a person might have from them," says Tristen Churn, a crystal healer who offers hypnotic meditation sessions at RM240 in Kuala Lumpur's A New Earth (www.anewearth.com.my). Based

on the messages received from the crystals, Churn offers his clients guidance to help navigate their stressors and form clear intentions.

If booking a consultation is too costly to experience the modality, one can easily explore on their own with a bit of intuition and research. Walk into a crystal store, see what you're drawn to, and ask the vendor for assistance. "A hundred times out of a hundred, the crystal will have a message for your life at that very moment," says McCann. Her own journey began with a 13-sided, double-terminated clear quartz. "Clear quartzes are the black skinny jeans of the crystal world. They are neutral and go with everything. They also amplify and heighten the powers of other stones," she says.

Meanwhile, according to Askinosie, demand for types of crystals is often driven by what's going on in the world. For example, after the tragic 9/11 incident in New York, Energy Muse's black tourmaline protection necklaces sold out. This year, its bestsellers are shungite, a 100 percent carbon stone said to neutralise overexposure to electromagnetic fields; selenite, a high-frequency white stone that lightens gloom; and iron pyrite, or fool's gold, which offers hope, energetic protection, and helps overcome limitations.

Worshipped for its healing properties, crystals have also inevitably seeped into wellness products, and even the most essential one of all, water. VitaJuwel offers glass bottles with embedded pods of crystals, which charge the water's molecular structure. Pour in tap water and it's transformed into a smooth elixir. Blend options include Beauty (aventurine, amethyst, and rose quartz) and Golden Moments (rhine gold, halite, and garnet) for a cellular-level boost. "You tell someone to meditate with raw crystals and they sometimes wonder, 'What do I do?'" says Devi Eu, co-owner of Alchemie Boutique (www.facebook.com/alchemie.boutique) in Bangsar, which stocks the bottles. "Not everyone meditates but everyone drinks water, so the

bottles are a practical way to gain the benefits of crystals." The sleek bottles retail from RM400 for a blend of raw diamond shards.

Crystals can be applied to anything or everywhere. Different types of crystal yoni eggs are available to insert internally and supercharge every woman's love life. The practice is said to have been widely utilised by Chinese emperors' wives and concubines, and at present, Gwyneth Paltrow champions the use of these eggs on her website Goop, where she sells rose quartz and Nephrite jade eggs. McCann, who also serves as house shaman, proclaims, "For those who love crystals, it's the final frontier." ■

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AMETHYST

... for protection and keeping energy vampires away

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