



Crystals are known to have a positive effect on individuals and their surroundings

Crystals have been with us as a positive source of energy since time immemorial. It has been considered to be a form of medicine in ancient Hindu and Buddhist philosophies. It is thought to have many good impacts on human lives, physically, emotionally, and spiritually.



Reiki is a Japanese method used for healing purposes, and inducing crystals in this practice is believed to bring out healing at a much deeper level. For getting the most of these crystals one should get them from the [best supplier of healing stones from India](#).

It has been observed by Reiki practitioners that the healing energy could be made more intensifying when crystals are induced. To make the Reiki sessions more effective, it should be prosecuted from [Crystal Reiki Stone Suppliers](#). Various types of crystals are used for various healings of different regions of our body. Some of the most common ones used are Clear Quartz, Sodalite, Amethyst, Red Jasper, and the likes.

Crystals are used to adorn oneself, as an artifact like [Crystal Quartz Arrowhead Earrings](#) can go with any kind of outfit and are also believed to give protection to the wearer.