

A conversation with Nicole Lanning, author of

Practical Crystal Healing

555 TIPS & TECHNIQUES

Why did you decide to write about Crystal Healing?

I had noticed that a lot of clients were asking for my help with crystal work. Their most difficult challenges were that they did not know which crystals to use or how to use them effectively for a particular situation. I honestly love when clients ask questions because they have a knowledge to learn and can grow from each question they ask. With my love for crystals and helping others, I started working with different healings until I found one that worked successfully almost every time. That's where this book first started, many years ago, before I even knew it.

What makes Practical Crystal Healing different from other crystal books on the market?

My book is a no fill, no fluff, practical guide to working with crystals that anyone can use, whether they are a beginner or a bit more advanced. It is filled with information anyone interested in this field can use to help heal underlying issues in their life. There are no pages of pictures and pretty drawings, just good down to earth information to help anyone. I personally have some of the other books on the market, and they are wonderfully constructed with tons of pretty pictures and coloring, but still give the average person the same information, leaving them with tons of questions on which crystal is better, how to use them, or even combinations of them. I have taken my own work and study with crystals and put this in a format anyone can use, so it takes a lot of the testing and guess work out of it for the person learning. All they have to do is now is enjoy working with their crystals!

How do you know which crystals to use for which purposes?

There are so many crystals and gemstones out in the world today, it can be very confusing to know which ones to use and how to use them unless you have studied, learned, and practiced it yourself. That's where my work comes in, as all of the methods listed in my book have been tested and re-tested over many years for their accuracy and validity. I have personally used all 555 of them on family, friends, clients, colleagues, and myself so I know they all work!

Can you give us some examples of how you worked on each issue and narrowed down what works and what doesn't?

Absolutely! For example, let's say you want to work on financial issues and drawing more money into your life. Do you reach for your Pyrite, Peridot, Citrine, Carnelian, Malachite, or Tiger's Eye? Which one is best and how do you use it? Should you carry it, make an elixir, or place it around your home or office? Because there are so many choices to choose from, it can become confusing, overwhelming, and even frustrating to the point of giving up. I have already done all of the behind the scenes work for the average person. I have tried all of the different crystals in different ways and for different reasons. I then tried them on others as well, many times on many different people. This is how we can know which ones work in the best way for the average individual.

So, how do you work on financial issues and drawing more money into your life?

Pyrite is best for this. The vibrational level of Pyrite is the closest to money that you can find to draw this right to your wallet or bank account. I recommend carrying a piece of this around with you in your wallet, purse, or even putting this where you want your money to flow, such as your checkbook. We even did an experiment and put this in a our loose change jar and within 1 day we started finding all kinds of loose change all over the place! By the end of the week we had found over \$20 just in loose change alone.

You also incorporate healing issues into your book on an energetic level, how did you come to discover these areas?

I started out in this lifetime as an Indigo child and had a strong connection with my spirit guides. They have guided me through a very energetic and spiritual pathway. They have led me to the opening of Healing Art Forms Institute and now here, passing on my spiritual and practical wisdom in the art of crystal healing. I have learned wonderful energetic teachings along the way, from aura work to spiritual releasement and everything in-between. I then incorporated the work that I have studied into crystal healing. A combination of the two makes for very powerful sessions for yourself or clients.

If you could give one piece of advice to someone who wants to learn about crystals and healing, what would it be?

Trust your intuition, as it will never steer you wrong. If you follow your "gut" instincts when choosing your crystals they will always be the right ones for you and your work. Never let anyone tell you what is best for you and your energetic makeup or the work you provide, as you are your best source of information and support.