

Ewald Kliegel

Crystal Wands

*For healing,
massage therapy
and reflexology*

*Photography by
Ines Blerch*



EARTHDANCER

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Publisher's Note

The information in this volume has been compiled according to the best of our knowledge and belief, and the healing properties of the crystals have been tested many times over. However, bearing in mind that people react in different ways, neither the publisher nor the author can give guarantee for the effectiveness or safety of the use or application in individual cases. In cases of serious health problems, please consult your doctor or naturopath.

Crystal Wands

Ewald Kliegel

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The Muscle Test

Since kinesiology is a wide field of knowledge, this muscle test should never be used in any way other than a simple, but very useful, 'yes' - 'no' test. In principle, every muscle is suitable for this test, as the agreement/rejection response always encompasses the

whole person. However, we have found that we obtain the clearest signals using the thumb or the big toe.

After calibrating, ask for the information you will need in order to proceed with the test; for example, 'Which of these crystal wands is most suitable for this treatment?' or 'Is the pointed

end or the rounded end of the crystal best for this point?' or 'In which direction should I massage to obtain the best possible balance? In this way, you will obtain clear answers from your client for their own treatment.

Muscle Test: Calibrating

So that the person you are treating will know what you are looking for, push with a little bit of pressure against their thumb nail or big toe nail, while asking them to lightly resist the pressure. Then let go again. This is not some kind of measure of strength, so only apply a very little pressure. More is not necessary.

After your internal breath tuning, begin by asking your client for a clear, agreeing 'yes'. To do this, ask her to imagine she is sitting at a table and that her favourite dish is placed, piping hot, in front of her. Allow a few moments for the image to emerge, and when you see that the look on her face indicates that she is enjoying the dish, or if you perceive a nod, then say, 'Please test now' and press lightly for 1-3 seconds (no longer!) against the thumb or the big toe. You will then notice that the thumb or big toe of the patient remains stable in its joint and holds steady against the pressure. Then thank her and let go again. In this manner, you have obtained the 'yes' signal via a strong muscle response.

Then ask your patient for a clear, rejecting 'no'. To do this, ask her to imagine something she really does not like at all, that she finds distasteful, or even ask her to imagine a situation in which she felt weak. Please do not ask about people or events as doing so may evoke annoyance or other strong emotions, which will in turn cause defensive mechanisms to mobilize and, paradoxically, elicit a 'yes' signal. Look for the body's expression and then say 'please test now' and press briefly (1-3 seconds) against the thumb or the big toe. You will notice that the



*Test Indication 'Yes' -
The Thumb Holds Firm!*

thumb or the big toe of the patient bends at the joint. Thus you have obtained a 'no' via a weak muscle response.

You now have clear 'yes' and 'no' signals. Next, after asking permission to continue, ask, 'Is it acceptable for us to test in this fashion?' Again saying 'please test now', apply light pressure on the thumb or the big toe. If a 'no' comes up, we have to respect it and choose a different way of proceeding.



*Test Indication 'No' -
The Thumb Gives Way!*

Muscle Test: Testing

After the relevant signals have been clearly established and we have permission to conduct the test, we can begin with the actual testing. The example we wish to present here is a testing procedure for selecting a crystal wand for treatment.

The first step is to determine the overall energy direction for the treatment. The question to be asked is whether energy should be conducted in, conducted away, or whether this should be an energetically neutral treatment. So, start by holding the client's thumb or big toe and asking, 'What treatment do you need?' Then go through each of the three possibilities, and after each one remember to say, 'Please test now'. 'Conducting energy in?' (Please test now). 'Conducting energy away?' (Please test now). 'Neutral?' (Please test now). If the contact is good, the answers will be very clear; when the direction of energy is correct the joint will remain firm; with the other options it will bend. If the answer is not so clear, simply attune yourself to the patient's breathing once again and repeat the three tests.

Let us assume, for argument's sake, that the patient requires more energy in this treatment. Simply select about 3-5 crystal wands that would conduct energy in (no more!), and place them one after the other on the body. The best place is above the breastbone, but if you happen to be sitting at the patient's feet, then allow yourself to be drawn to a place that feels right.



Asking the question, 'Which of these 3 (or 4 or 5) wands would best suit this treatment?', touch the chosen place with each one of them with the request, 'Please test now'. The joint will bend with

each of the unsuitable wands, but will remain firm for the suitable one; naturally this should be followed by a brief 'thank you'.



*The Wand Does Not Suit -
The Thumb Bends!*



*The Wand is Suitable -
The Thumb Remains Firm!*

Pendulum and Dowsing Rods

Dowsing rods and the pendulum are often dismissively associated with 'magic', unjustly so. It is true to say that there are certain possibilities bound up with these tools that go far beyond our imagination. However, for what we are doing here, pendulums and dowsing rods are highly reliable and simple aids for performing clear 'yes' and 'no' tests.

And an added benefit, they can be used alongside what we call 'minimal clues'. The latter are subconscious changes in posture, facial expression, breathing frequency, or movements, with which we express our own internal psychic states. If we are excited and joyful, the eye area opens up, dimples appear at the corners of the mouth, and the complexion has a slight rosy tinge. The body

becomes firmer, we lift our shoulders and our breathing becomes deeper. If we receive a sad message, the 'minimal clues' look quite different: the skin becomes paler, the lips lose their fullness and the corners of the mouth sink sideways and downward. The entire body's posture loses its firmness.

These reactions also apply to the 'yes' - 'no' answers with which the client answers our questions. Usually we perceive these 'minimal clues' subconsciously as they are by nature subtle. Using a dowsing rod or a pendulum, these signals are transmitted by the micro-movements of our hands and amplified by the pendulum or rod. Thus these tools of perception resonate, and we can more easily observe the unconscious information that might otherwise be lost. The dowsing rod and the pendulum are, in this sense, wonderful



*'Minimal Clues' Relating to Joy and
Happiness*



'Minimal Clues' Relating to Sadness

aids for communication with other people, those who entrust themselves to us. They also school our attentiveness.

Dowsing Rods or Pendulum Tests: Calibrating

There is a big difference between calibration for muscle testing and calibration for testing with a dowsing rod or pendulum: calibration for muscle testing consists of calibrating the reactions of the patient, whereas with a dowsing rod or pendulum we carry out the calibration on ourselves. This is because the processing of the 'yes'—'no' signals happens through our own

perception when using a dowsing rod or pendulum. During this process we are in deep contact with our own subconscious, and it is therefore extremely important that we mentally clear ourselves before carrying out testing. Most failed tests with the dowsing rod or with a pendulum can be traced back to being mentally somewhere other than with the client.