

Stone Massage Therapy: A Catalyst for Health

By Sonia Alexandra, LMT

Stone massage is a physical practice with a vital spiritual root. This therapy utilizes heat-retaining warm basalt and cool sedimentary massage stones, and incorporates chakra balancing using semiprecious stones and crystals, and aromatherapy.

Thermal conduction in the warm stones brings about local and systematic changes in the body, and influences the energy centers for body and mind balancing. The application of hands in conjunction with the stones helps produce energy that assists with and directs vital flow to areas of blockage. The harmonious use of various massage techniques and the variegated transformational properties of the mineral and semiprecious stones produce a deepened state of relaxation.

Stone Therapy is an ancient way of treatment and health preservation. Traditional Chinese Medicine (TCM) recognizes the connection between crystals, stones and the physical body. In fact, TCM used crystals as part of its pharmacopoeia. Ancient stone therapy, as recorded in the Yellow Emperor, included moxibustion and breathing exercises, and was also incorporated with knowledge of meridians/collateral's therapy.

I was inspired by the healing techniques taught to me by a descendant of a Shawnee Indian tribe. The therapy was, in fact, key to healing a serious condition from which I suffered. Having experienced the amazing transformational energy of stones, I know that they are powerful; thus, I believe stone therapy is a catalyst in activating the body's healing mechanisms.

The energy and mineral content of the stones forms a powerful synergy of healing energies as they impart their natural antidote to ionic distortions and disorders. The stones transmit energy when placed on specific points on the body, and remove blockages, dissolve stress, neutralize negative energies, draw energy away from over-stimulated areas, and reenergize depleted areas. The result is an overall feeling of well-being and balance. The subtle electromagnetic energy of stones transmutes and transforms and results in what I call

"stone chakra bio resonance," a vibrational release.

Lymphatic drainage can also be addressed by combining cold and warm stones. As lymphatic flow is altered, the body is transformed on a cellular level. This combination is also effective for increasing general circulation to vaso-restricted areas of the body.

Stone therapy is a holistic approach that affects the individual on all planes: physical, emotional and spiritual. But don't take my word for it - the concrete proof is the experience.



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