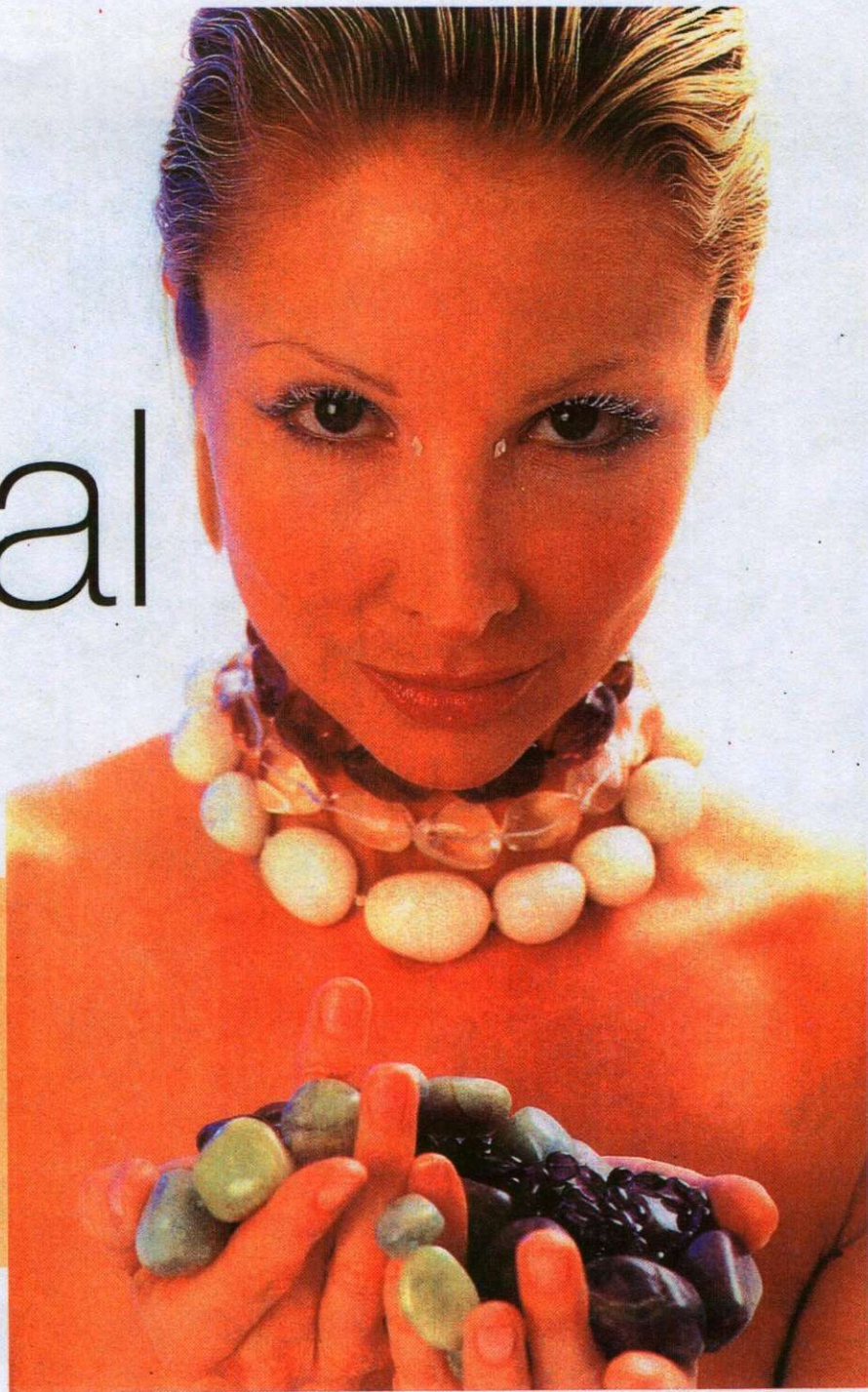


# Crystal clear

**Out of balance? A dose of electro-crystal therapy could well restore your body's equilibrium, bringing harmony where once there was discord. Tricia Welch reports**



**orgive** me for sounding frivolous, but I used to be one of those women who loved gemstones and crystals purely in terms of their aesthetic appeal (preferably dangling from the ears, neck or wrists). But, having witnessed their amazing healing powers, I'll never again view them as mere trinkets. My conversion to substance over style is all down to a meeting with Harry Oldfield, a biologist, physicist and inventor of electro-crystal therapy, which is now being used as a diagnostic and healing tool by practitioners all over the world.

Harry's own clinic is in the unlikely setting of a semi in a leafy West London suburb. Inside it's a hive of activity. Patients waiting to see Harry line the hall, while the living room is full of people diagnosed and despatched for treatment, various parts of their anatomy encircled with crystal-filled tubes.

Harry explained to me that electro-crystal therapy (EleCT) is a gentle, non-invasive method of healing which aims to balance the human

energy field using pulsed high-frequency electromagnetic stimulation of crystals. Electromagnetism has long been used in conventional medicine, and crystals have been used for thousands of years to aid natural healing – the beauty of EleCT is that it combines the two.

'The crystal in my watch has been activated to keep time,' said Harry, holding out his wrist. 'I discovered that by activating healing properties of natural crystals electronically, you could stimulate their energies at a faster rate than simply by holding the crystals in your hand. Placed over the area you wish to treat, energy is pulsed directly at a frequency you can't feel but which the organ or area finds highly therapeutic.'

## How it works

When my time came for a consultation, I was surprised Harry didn't ask me anything about my health, lifestyle or state of mind. He made his diagnosis and treatment recommendation purely

on analysing my energy field. No, he's not psychic, but he has developed a 3-D method of scanning the body using electrical fields, known as ESM.

In order for my energy field and potential trouble spots to be identified, I had to strip down to my bra and pants (in the presence of a female assistant). Then Harry used a special digital video camera linked to a computer to take pictures of the energy emitted by my head, torso, back and legs.

Suddenly on the computer screen was a picture of my aura – swirling bands of colour – showing scientifically what mystics already know, that we all possess energy channels (meridians) and energy centres (chakras).

The picture shows the energy coming out of your body. There is nothing going through you (as in an X-ray or laser) so it's completely safe and non-invasive. From the rainbow image, Harry was able to detect areas of stress, congestion and pain. Highly

simplified, this means problem areas are identified by vivid red patches where energy has become trapped, while long thin strands of green, blue or yellow reveal smoother energy flow.

Harry compares himself to a piano tuner, tweaking the body's strings with his crystal tuning fork, bringing harmony where there is discord. He doesn't pretend his therapy can take the place of conventional medicine.

'In an emergency I'd be the first to ring for an ambulance,' he admits, 'but complementary treatments are much-needed for healing chronic conditions.'

## The diagnosis

In my case, Harry detected a neck and shoulder problem. My energy field was leaking, apparently. In fact, I'd been carrying a heavy case on one side and it had, indeed, caused stiffness and soreness. He could also see an old lower-back injury, which had a tendency to flare up. From the colours

swirling around my liver Harry could see I was sensitive to animal fats (right again – my digestion is never good after a rich meal) and alcohol too. Again, true. I tend to feel squiffy after two glasses of anything remotely alcoholic. And, looking to the future, he told me to watch out for eyesight problems, though he felt confident that a few sessions would restore me to 20:20 vision. On the plus side he could see I had a very strong heart and lungs, so I'm not falling apart quite yet!

Then he said something that made me almost fall off my chair. Scanning the energy loss from my solar plexus, he could see the energy field was split in two, where it should look elliptical and smooth. This, he said, was likely to be the result of a traumatic upset, which probably occurred a few years ago but hadn't resolved itself.

True: I'd lost my mother and brother in the space of six months, and actually felt as though a permanent knot had formed in the area he pinpointed.

Harry knew nothing about this, but reassured me electro-crystal therapy could restore the energy balance, lessening the emotional load by loosening the uncomfortable tightness I'd been feeling.

'Orthodox medicine focuses on the physical, but man is also an emotional and spiritual being and needs to be looked at holistically,' he explained.

## The treatment

Harry recommended a homeopathic remedy (he's also a qualified homeopath): licapodium to aid digestion and detoxification, plus beta carotene to complement his EleCT treatment. Armed with my prescription, I was led to the back parlour to be wired up. Sitting in a chair, three separate tubes filled with crystals were placed on the various areas to be treated: a circle on my brow for my eyes, another under my chin for the

neck and shoulder problem and a third to comfort my solar plexus. Attached to an electro-crystal generator for half an hour, I was administered the balancing energies needed to normalise my energy field. I didn't feel a thing and was virtually asleep by the time my session ended.

Harry told me it could take several sessions before I noticed a difference. He can't promise a cure – some people simply don't respond at all – but, when pressed, he'll talk about cases that sound miraculous. The man who broke his neck and was told he'd spend his life in a wheelchair as a quadraplegic, who now drives a car; the cancer sufferer given weeks to live who is still alive years later; the chronic arthritis sufferer who is now pain-free.

All I can say is that, after just one treatment, I feel more aware of my body and potential problems, and I'm confident that I'm not as knotty in my solar plexus.

## The chakra connection

Electro-crystal therapy defines seven body zones which correspond with the ancient Ayurvedic medicine principle of the chakra system. Each chakra is associated with certain crystals or gems depending on the colour or ray.

\* Crown (top of the head): **clear quartz, white quartz, white sapphire**

\* Brow: **amethyst, violet sapphire, tourmaline**

\* Throat: **blue sapphire, lapis lazuli, turquoise, blue jasper, blue quartz, blue topaz, aquamarine**

\* Heart: **golden topaz, yellow agate, yellow sapphire, yellow diamond**

\* Solar plexus: **emerald, jade, agate, green quartz, green tourmaline, green opal, turquoise**

\* Splenic (navel area): **orange jasper, carnelian, orange agate, orange quartz**

\* Base (starts at base of spine, moves down): **ruby, garnet, red agate.**

## Who & where & how much

An initial consultation with **Harry Oldfield** (including a diagnostic scan) costs £45. Subsequent treatment sessions cost £18.

For appointments or details of local therapists, or for information about electro-crystal therapy practitioner courses, call 020 8841 1716. **Harry Oldfield's Invisible Universe**, by Grant Solomon, is published by Thorsons, £9.99.