



Quantum Resonance Crystal Healing

The Crystal Light Bed

Lark Street Crystal Healing

With Erica Scheer
352 State Street Albany, NY 12210

What is Quantum Resonance Crystal Healing?

Quantum Resonance Crystal Healing is the name for the healing process using The Crystal Light Bed. The Crystal Light Bed uses the powers of crystals, colors, lights, sounds, far infrared heat and negative ions and to cleanse toxic physical and energetic blockages, disengage old energy patterns and make room for healthy new ones. This is also known as “raising your vibration” or “tuning into a higher frequency”. Quantum Resonance Crystal Healing is helpful for overall wellness, anxiety, cleansing toxins, better sleep, better workouts, depression, getting vitamin D, reducing stress, enhancing meditation and much more (see customizations below).

The synchronization of each modality stimulates your brain to function at "whole brain state", where intense healing and energizing occurs on a quantum level. When you shake

off excess blocked up energy and replace it with healing light and color and sound, you become an activated vehicle of high frequency elements, attracting positivity to yourself and others around you.

What to Expect During Treatment

As you lay on a bed of heat-activated amethyst, turquoise and tourmaline crystals, chakra colored light streams down through healing quartz crystals into your specific energy centers. On headphones you listen to chakra tuning frequencies, enhancing the effectiveness of the therapy. Built into the bed is a Schumann Resonance generator, which sends out electromagnetic pulses matching the Earth's healing, creative & evolutionary frequency. Through this synchronized process, you cleanse your energy and raise your vibration to a place where healing, relaxation and manifesting your intentions takes place.

Quantum Resonance Crystal Healing using The Crystal Light Bed is an intense therapy. You may experience an emotional or physical response during or after your treatment. This is perfectly normal as you are literally shaking off excess negative energy and your mind and body may naturally respond. It's a good thing! Most of the time clients feel happily relaxed and recharged.

Benefits of Amethyst, Turquoise and Tourmaline Crystal Healing Mat



The Crystal Healing Mat is a thermo-electrotherapeutic device for enhancing the immune system by generating far-infrared rays and producing negative ions. Negative ions produce biochemical reactions that increase serotonin levels, helping alleviate depression, relieve stress and boost energy. Far-Infrared Heat has several benefits as well:

- Increases cellular metabolism

- Enhances vitality
- Reduces pain
- Distributes nutrients and energy throughout the body
- Assists in reducing inflammation and pain from joint stiffness and sore muscles

Amethyst is a natural tranquilizer. It relieves stress and strain, soothes irritability, and balances mood. Amethyst activates spiritual awareness, opens our intuition and enhances our psychic abilities.

Tourmaline aids in understanding ourselves and others. It enhances energy and removes negative blockages. Tourmaline reduces tension and attracts inspiration, compassion, tolerance and prosperity.

Turquoise has a strong connection to the throat chakra (blue is the color of the throat chakra) helping to enhance communication and expression. It helps balance your chakras. Turquoise assists us in becoming more open to love, forgiveness and release patterns of self-sabotage.

What to Expect After Treatment

Your Quantum Resonance Crystal Healing professional will gently rouse you and help you ground yourself prior to leaving. Most people feel energized after treatment. You feel different even if you don't understand why. As you progress with treatment, you will really start to see the subliminal effect it has on your life.

You may experience emotional and/or physical reactions during or after treatment. Try not to take anything too personally during the following days as you are going to be shedding built up negativity in your vibrational body which can affect your perception. Remember you are detoxing, recalibrating and elevating your energy and that's not always a smooth process. However, breaking up blockages and restoring healthy energy flow makes it all worth it. You will literally "lighten up" after each treatment. Remember to drink fluids, eat well and relax as needed.

Cost

\$1 Per Minute - Session Choices: 15, 30, 45, 60, 90 for standard chakra cleanse includes a short guided meditation followed by chakra tuning sounds on headphones

\$1 Per Minute per Customized Session includes chakra cleanse followed by guided meditation/hypnosis of your choice on headphones (i.e. Dolores Cannon inspired

“Healing Temple” chakra cleanse + meditation 45 Minutes - Cost is \$45).

Home/Office/Retreat/Store Appointments \$100 flat rate for one person for any amount of time + \$1 per minute for each additional person for standard or customized sessions

Recommendations

“Glow-Up” at least once a month to maintain the mind, body and spiritual benefits

Contact your physician to ensure far-infrared heat won't negatively interfere with your health and/or medications

Not for Pregnant Individuals

Drink Clear Fluids Before and After

Don't Come After Eating Too Much Food

Dress Clean and Comfortable

Types of Sessions

During a standard appointment, you will listen to a five minute talk down meditation followed by your choice of a chakra cleansing guided meditation or chakra cleansing sound frequencies on noise canceling headphones.

For a more specific appointment you can do a short full chakra cleanse (guided or sounds-only) followed by:

Meet Your Spirit Guides Guided Meditation

☀☀☀ *Visit The Healing Temple Guided Meditation: Based on Dolores Cannon's description of the interdimensional place we can visit any time to heal ourselves (See Research Recommendations below for more info) ☀☀☀ 45 Minutes \$45*

Enhance Workouts Meditation

Attract Money, Power and Abundance Frequencies or Guided Meditation/Hypnosis Minutes

Develop Healthy Eating Habits Frequencies or Guided Meditation/Hypnosis

Quit Smoking Frequencies or Guided Meditation/Hypnosis

Monk Sounds for Creating New Pathways in the Brain

Regenerate/Heal Your DNA Frequencies or Guided Meditation/Hypnosis

Quantum Leap/Astral Travel Frequencies or Guided Meditations/Hypnosis

Stop Nightmares Frequencies or Guided Meditations

Specific Organ Healing Frequencies or Guided Meditations

And many many more options. Your Quantum Resonance Crystal Healing technician will work with you to develop a specific treatment at a reasonable cost.

Please feel free to text, email, DM or call with any questions or concerns!


(518) 805-5654 quantumcrystalhealing@gmail.com @larkstreetcrystalhealing on FB & IG

Save Full Business Contact Info Using the QR Code Below



Recommended Research

Dolores Cannon on “The Temple of Healing”

 Dolores Cannon: The Healing Temple Revealed: An Intriguing Exploration of the Up...