

Crystal's Crystal's

Crystals have been used throughout history for countless things all over the world. Besides being used in jewelry, clothes, and representing wealth and power, they were also used for healing, protection, religious beliefs and more. Crystal healing itself dates back to 1609, but regained popularity around the 1980s.

The first historical references to the use of crystals come from the Ancient Sumerians. The Ancient Egyptians used crystals such as lapis lazuli, turquoise, carnelian, emerald and clear quartz primarily for protection and health. The crystal hematite was associated with the Greek god Ares and was used by Greek soldiers before a battle for protection.

The word 'crystal' comes from the Greek word for ice, as it was believed that clear quartz was water that had frozen so deeply that it would never revert back to a liquid. Greek sailors also wore a variety of crystal amulets to keep them safe at sea, and Jade was recognised as a kidney healing stone both in China and South America.

Crystal Mitchell started making crystal jewelry only one year ago, but in that short amount of time, she has created her own business, Crystal Healing Designz LLC.

Originally from Brooklyn, New York, Mitchell moved to Columbia, SC, about 20 years ago. Mitchell had always loved crystals, but did not begin dabbling in the art until she met Jackie Strong. "Ms. Jackie actually made me my first crystal piece, she's my inspiration and my motivation," said Mitchell.



"While Mitchell works to her goal of opening a store, Strong is only along for the ride. "I just want to play around with it and make pretty things, but I will help Crystal," said Strong.

Protection

"This piece is called the tree of life. It is a protection stone and it absorbs all the negative energy in your body and it also protects you from other dark energies," said Mitchell.

The Black Onyx stone is known for being a powerful protection stone. It absorbs and transforms negative energy, and aids in preventing the draining of personal energy. Black Onyx is also known for assisting the development of physical and emotional strength and stamina, and comes in handy especially in times of great stress, confusion or sadness.





Crystal Mitchell started Crystal Healing Designz LLC in May or 2018, and soon hopes to open her own store.



“You know what you put out in this environment is what you get back, that’s karma,” said Mitchell.

Strong had been making crystal jewelry for years and began making copper bracelets around the time she met Mitchell. After losing a copper bracelet gifted to her, Strong took it upon herself to master the craft. “I started educating myself about how to do this and looking at other artists, just trying different things to develop my own style,” she said.

“I met Ms Crystal at her place of employment. She let me know that she was interested in crystals, and at that time I had just started making pendants. Crystal admired it, so she asked me if I could make her one with the different colors of the chakras, and that’s kind of how we started,” said Strong.

Mitchell puts hours into each crystal, starting from hand picking each one and having them delivered to her. “I get most of them from Etsy or eBay but I have a couple of them that came straight from Africa,” said Mitchell.

After she receives the crystals, she puts hours into the

cleansing process. She uses sea salt, other stones and meditation to cleanse each crystal before she makes them into jewelry.

Mitchell began making healing crystal jewelry in October of 2017, and created Crystal Healing Designz, LLC, in May of 2018. With the motivation from the vast amount of progress they have made in such a short amount of time, Mitchell is making strides to open her own store.

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