



Discover Sound Energy Healing - To Increase your Life Force & Heal your Body, Mind & Spirit.

Tom McCarthy interviewing Dawn Crystal



Tom McCarthy

So you are in for a treat right now. I've just been talking with someone I just met, but I'm fascinated to be able to ask her lots of questions and learn more about what she does. Her name is Dawn Crystal, and she's got a really incredible story of all sorts of professions that she was engaged in her earlier life. And then finally discovering her true calling, which is what we're going to talk to her about today, which is being a medical intuitive and a sound healer. And it's going to be, you're going to learn.

It's a very interesting way that she creates the sound that removes blockages and helps people really become healthy. And a lot of her work too is around getting rid of pain. So if you're in pain, listen up to this interview, you're really gonna love it. Now she's done incredible work. She's been on shows like the Today Show, Dr. Oz, Rachel Ray, The View. She's published books. She has lots of great programs and her name is Dawn Crystal. So Dawn, welcome to the Global Energy Healing Summit. It's really wonderful to have you here.

Dawn Crystal

Thank you, Tom, for that introduction and a big Aloha to you and thank you for inviting me here. I'm so grateful to be part of what you're doing here today.

Tom McCarthy

Yeah, no I forgot to mention so Dawn said Aloha, she lives in Maui, Hawaii, but that's not where you grew up done was it? You were, from where, tell them where you were from.



Dawn Crystal

Originally I was born and raised in the Midwest in Chicago, Illinois, believe it or not. Where it's very cold.

Tom McCarthy

And I know it's part of your story, but can you tell them a little bit about why you're in Hawaii, how you got to Hawaii and how you found your gift?

Dawn Crystal

Yes, very long story, Tom, and I will make it as short as possible, but the long story of it all is that I'm here at Maui because obviously it's beautiful. Okay as you know, you've just mentioned Tom, that you come here usually several times a year. And I, before I discovered my gifts and I was guided to the Hawaiian islands everybody, I used to come here yearly just because I enjoyed the islands and I would just vacation here. This is a place in the world that I've just found. It felt very, just, I call it food for my soul. I just used to come here and just feel very peaceful. And it was just like self healing for me. And on my journey of life, I just grew up, you know, with like a lot of people with a lot of trauma and dysfunction. Most of my family killed themselves at an early age, from drugs and alcohol.

So I learned at a very young age how to survive and really fend for myself and really I didn't have a mentor. So going through schooling and was very hard for me because I had some learning difficulties as I grew up with a lot of chaos from just my family you know. So getting through schooling, I put myself through some college and had no mentorship at all. I just always, even from a young age, Tom, I always felt in my heart that there was something more to me or something more of life. And I think my hardship of growing up with all this trauma and chaos really forced me at a very young age to really reach in within my heart. And really just, it's almost like we call it internal guidance, but that internal guidance really became very loud as I grew because I needed it to really, I guess, to keep me safe in some ways as a child, because I had really no supervision growing up at all for my mom was on welfare, raising six kids.



So I could have, I remember just many stories in my life where as a child, I could have maybe lost my life or something happened to me. And I really feel that the divine, I call it angels at that time were really surrounding protecting me as a child. Now, as I grew older, I didn't have many friends growing up because I was, I guess in some ways I was an outcast and I grew up in a family that didn't have many material things to provide. So I grew up with like hand me downs from my sister and I looked kind of awkward and I had buck teeth. I had, I didn't have braces at that time. So kids used to make fun of me because I just want to bring this up. This is very important. I didn't know what love was as a child. I was not loved really from one from the first day of my birth. So I sucked my thumb, I think, as a child to pacify myself just because I was crying. So I had buck teeth and I know it sounds funny now, but it was really hard as a child to be made fun of just because you're wearing your sister's hand me downs and looking like that. So eventually my father, who was a deadbeat father, but he did come along after in my adolescence to pay for braces, which I was very grateful for because it saved my life.

Yeah, it was, I was very grateful for that, even though he was not around while I was growing up. Now to go through my story. So I can keep going here. Tom I've been through a couple of marriages in my life and I have on the journey of my first husband, we were police officers. You mentioned I had different paths and I've had different careers. I call it just different life experiences. And my first life experience of, I don't even know how this happened, but I was guided again internally guided to take the police exam for Chicago. And I passed it and I was like, wow, this is like the first real job I had. And I did. So I did that for about, I would say almost 10 years. And the husband that I was married to at the time got hurt on the job and he lost his career. And at that time is when I left and I retired early, so I could take care of him. He was, he lost his eyesight and it was just chaos.

So we lost that. We lost our relationship and I went on to just basically soul searching, I guess, just kind of empty, not really knowing what direction, but I was just kind of going through life. And then a couple of years later, then I met somebody else. And this time I was actually living on the east coast at that time. And that's where I owned a couple of beauty businesses. So I just went from there and did not want to do the law enforcement realized it was not for me. It was tragic what I had to go through and started my own businesses from the ground up that was very successful for a while. And I've met my second partner there. And that was also chaotic because again, everybody I grew up with no love in my life.



I was searching for love in the wrong places. This happens to a lot of people, right? So I, unfortunately that person had a motorcycle accident pretty much almost killed himself. And that was when I decided to leave that marriage. This is where the breaking point came, Tom, where I really decided, or I don't know if you want to say decided, but I was really down and out. And that's where at that time I've taken a couple of retreats. I was not really spiritual at the time. Okay I had no idea that I had was a healer and all these abilities that I have now. But after that divorce, I was strongly guided. I went into a store and saw a magazine, believe it or not that said, go to the sun. And it was almost like a psychic sign or something. Cause it hit me like over the head. It's like, okay, I've been going to Hawaii every year. I'm getting divorced and I'm so down and out. I don't even know if I want to be on this earth anymore. And then at that time I just, I was just strongly guided to just kind of suffer everything. I gave everything I had away, all my belongings and I just came with my faith and got a one-way ticket to the Hawaiian islands.

Now this is over 25 years ago, everybody okay. I'm not there anymore in those humble beginnings, but I just want to let you know, that's how low I was. And I got here and realized at that time, because I didn't know that it was going to cost that much to live here. At the time I came with pretty much my bags of clothes myself and my faith. And I realized I could not afford a place to stay. So that is when I was guided to live out of a rented car. And I lived out of that rented car for six months. And that's where I really did not. At that time, I was just so down and out and I just didn't know how I was going to survive.

But the strong guidance in the everybody came through this, like this really strong guidance that I've ever seen before started to tell me to go here, go there, do this, do that. And I, over the six months of being humbled in my ego if there was ego it was totally crushed to the size of an ant. I started following. And then, because I was at that time, I had eyeball jobs. I didn't have a whole lot to keep my gas going in my car. I would actually go to the beach. That's what a lot of people do anyway for leisure. I would go to the beach basically to just get myself out of this mindset that I was crazy. Why did I do this? Am I crazy for listening to this inner part of my being that was guarding you, which I knew beyond a shadow of a doubt, it was. But some part of my inner child was saying, oh my God, what did we just do? So I would go to the beach to sit there, to try to calm myself. And at that time is when the sounds, this is what I'm known for everybody now as a sound voice energy healer.



And we'll talk a little bit more about that Tom, but this is where the sound's came the sounds did not come for anybody else, but myself, meaning they came to heal me, everybody. I was just more mesmerized when I started hearing these sounds, thinking they were kind of weird at first, I'm like what the world is this. And then all of a sudden the sounds got louder and I'm like, oh, these sounds are kind of helping me. I think I'll listen to them. And that's where they started just coming through me to heal my trauma because I had so much heavy trauma from my childhood that I was just carrying the load, right? So this went on for quite a long time. But during that time Tom is really when people within this six month period, excuse me, where I was sitting at the beach, people would come by and back then over 25 years ago everybody, people were not open to energy work.

Okay they thought it was just up in the clouds and some weird stuff. So when people were hearing me making these sounds, they were actually like, "wow, this lady's making these angelic sounds. I don't know what she's doing, but I think I'm going to sit with her." So I had an entourage of people sitting with me for just, you know, randomly. And I'd say, sure, if you can sit down and I make these sounds, then believe it or not, Tom, all of a sudden, some people would say, well, my pain is going away. My neck I don't know what you're doing, lady, but just keep making the sound. And these are people that I was just like, well, they're sitting I'm just going to invite them to sooth me. I didn't care. And some people gave me a few dollars. I mean, I wasn't asking for any money. It wasn't peddling. I was just there trying to be me. And that's where I started to be my true self when I was actually just sold surrendered and humble to my gifts. And people felt it. And this went on for quite a long time. And then of course slow but short Tom I got on my feet. I got some gigs on the islands doing my sound healing work at like a spa. I did I worked out of a spa by a luau. And I used to do intuitive readings.

Believe it that's one of my other gifts. I'm a soul reader, but I would do intuitive readings. And I would actually have people go in the massage rooms because they didn't have the spa open at night for that. So they would have me come in with my little, they had like a little sign of on the door saying, come on in for sound energy healing work and try it out. So she would have me come in and sit in the massage rooms and I would work on people with my sound blowing on their bodies. That's what I was doing. I didn't know what I was doing, but I was blowing on their bodies and they were getting this miraculous healings and pain relief. And that's where I got my confidence. I was like, wow, there's something here.



Okay I'm just going to keep doing this. And I got more and more gigs and more people just invited me to go to their health fairs. And that's where I started from nothing humble beginnings, everybody. Okay it just letting you know that I can't, I started from nothing and just followed something that felt so right in me. And of course today, and I grew in, I work with people all over the world, worked with thousands and thousands of people of healing, but it started from just trusting in my heart, in my inner guidance okay. That's where my mind came from. And then of course, here I am today sharing my gift with those who are open.

Tom McCarthy

Cause that's available to anybody trusting in their inner guidance. So that's a wonderful lesson. Now, when you first started, with the sounds, did you hear them and then voice them or you just, you're just voicing them like right from the very beginning. How did that work?

Dawn Crystal

This is a great question, Tom, because my ego was so crushed, you might say it like an ant, they were just coming through me randomly. It was just like, it was almost like a, an energy boost would come through me and they would just start coming through me. And of course I just at first, I tried to shut them down because I thought it was just too weird. I don't know what. I mean what in the world 25 years ago is coming through me and me I was embarrassed really. And then I listened to them and I felt what they were doing. And that's where I just let them come through. They just started flowing through my heart and it comes through my voice. And that's just, I'd like to say, Tom, my voice is a carrier of the divine sounds. I really feel that this is just my connection to the divine. And this is how it comes through frequency through my voice to work with people. You know, if it's a person or a group of people or whatever, but that's just how it comes through me. I'm the instrument to that yes.

Tom McCarthy

Well, and sound, your voice is energy, right? So it's one of the conduits we have. It's vibrations and our voices and instruments. So really beautiful.



So tell us a little bit, how do you use sound energy to heal people, help people heal their bodies. And also, I know you use it too to help them optimize, increase life, force energy. How does that work? Take us through that process.

Dawn Crystal

Well, again, I still work beyond the mind, but I like to call myself an activator at this point, because I know now that the sound is not just in my heart, I'm actually bringing in frequency beyond the planet, which is what I like to say. I'm all I'm being upgraded at all times. Sometimes Tom, even yesterday, I'm a healer, I'm being upgraded. I was on the couch all day, just integrating. Okay so I honor the seasons with my energy because that's kinda how the universe works with me. Okay everybody's different. But I am downloaded at times with a lot of energy because I do other seminars, other places, and I need to bring an energy for not just a person, but a group of people. So when I do that, and even if I'm working with a person or a group of people, I actually have the gift of seeing just energy for the group of people, whatever they're needing for the day or the individual person that I'm going to have a session with, I call it a personal session by phone or Skype. That's usually how I work. And I don't have to see you so once I connected with your energy, I could see blockage in the body. That's, one of my gifts okay.

I just know it I see it. I can see it might be dark in some areas I can see where trapped emotions are because that's a lot of our blockage, everybody and our trapped emotions are usually caused from some kind of trauma. It could be from childhood or even later in adult. We've had people older than life having trauma but a lot of times what happens, Tom is what I go in is I just go in and start clearing it with my voice. My voice has frequency beyond the sound. So even though it may sound the same, I know what frequency tones to bring in to kind of. You know, the blocks that are there, I try to break up the blocks and that's what I do. So I start breaking up the blocks with sound, and then I start getting the energy moving. Now the energy moving usually goes through your crown chakra.

So what I usually do before we do this, I'll do a clearing up here, releasing the crown chakra for a group or a person, because I could see blockage here for a lot of people. Once I clear that off, then of course the energy has more flow that usually flows up. That's where it usually goes. It goes, flows up and out through your crown chakra.



Once I'm making sounds, I can keep this energy flowing through your body consistently clearing up blockages. I keep moving more and more energy through the organ systems in the body. Cause I see where people can hold a lot of blockage right in their organs, especially their liver. A lot of anger I could release. A lot of people have worked with who have had really traumatic childhood, such as myself will have a tendency to really store very low in our bodies in our lower shockers, everybody, this trapped emotions because our child, I mean, imagine our child has no reasoning abilities like an adult to know what to do with it, right? So what we do is we, I call it little compartments in our body.

They kind of a child is very wise child believe it or not most of our child's are very wise because they're close to the divine before we, they kind of get humanized in some ways with the belief systems, but they just know to put things and store things. And that's where I go in, move it out and with my sounds. And once I do that, I do because I like to ground people to their life force. Okay meaning that I like to bring their life force energy. Their personal power is what I call it down to your feet. And I call it, grounding it to planet earth because that's very important Tom especially the time and age and the uncertainty of this time that we're living in. A lot of people are just living in fear and they're not really sure of what their future holds okay.

And I understand some people have lost their jobs. So I'd like to bring in their personal power. So people have like a steadfast energy going through them, knowing that on some deep level, everything is going to be okay. And they feel on some level that they're connected stronger into the divine. I call it creator or God, whatever your word is. And they could feel it through their heart. It's just what I do. And it's just miraculous, but I do it for everybody. And I just kinda know what everybody needs. Cause everybody is, we're all our own divine unique instrument and everybody is not going to need the same assistance. So I just kinda know working with people over all these years of work to do, you know, what do they need? And I, and of course I'm an intuitive, so I can kind of know from just, I call it connecting in with their higher self, because that's what I do.

I can kind of hear that part of them saying, I need this. And I listen to your mind. Your mind will tell me what you need, but I also listen to your higher self. I call it your soul because your soul knows beyond what you need beyond your, our minds.



So I honor both your physical and your spiritual side. And I bring that together in my sessions. And it really creates so much harmony and balance and peace in a person. And people usually feel more life force. They could feel their own life force living in really. I clear off the blockages, meaning a lot of times, Tom, when I do work with people, clearing blockages, I can clear off like chords and tags. I call it unhealthy connections that you may have with somebody else that you might not know that there. Some of those Tom can be very draining for a person, especially if they're old energy. And I go in there and I start clearing off the chords and the connections of your past.

Now that could be something you just divorced. It could be somebody from your past you've dated that you have no idea that you're still connected to and I will just cut those off. And it really frees you on this is very important. It frees you to move forward in your life now to make different choices. And of course, if you feel stuck, this will really help people kind of open up to a more internal guidance or more universal guidance to bring a more, maybe a different reality that you've been currently created that's not working for you anymore. So it's really wonderful.

Tom McCarthy

Really cool. So let's talk about pain a little bit, because so, you know, so many people have aches and pains, and I know that's one of the things that a lot of people come to you with, how fast can people clear aches and pains, maybe even chronic pains that they've had for years. Tell us a little bit about that.

Dawn Crystal

Very good question. Yes, Tom. That's what I'm known for is I've been labeled as a pain release expert and I've worked with celebrities as well. And what I again do is I go into the body. That's the first thing I do. And of course I listened to what their pain is, but it doesn't always necessarily excuse me, mean that the pain is coming from those areas. Sometimes the pain, which I found because I can actually work with the mind. Okay unconscious blocks. Belief systems that we've taken on in this lifetime, from our families who, I mean just mentors. And sometimes we even bring in belief systems, Tom, from our ancestors. And that's another deeper part of my work. What I do is clear the ancestral DNA blocks, okay. I call it this the encodements.



So sometimes people have pain and I first, I always find out, do you have any injuries? Did you ever hurt yourself? And of course they say, some people say, "no, I had no accidents, nothing. And I have no idea why this pain persists." And again, then I go deeper and that's just having the ability to go deeper with the person. So they usually, most people will find relief right away. That's your question. Yes I could do that within minutes. That's no problem. But my goal when I work with somebody is not just to get someone out of pain, but I want it to stay. So meaning I want it to, you know, leave. I don't want it to come back. So I go into the mind, if I need to clear off your belief systems, I just know when I'm scanning the body, I just know where to go.

And again, if I get really a strong hit from have their higher self or their soul, that they need to go into the ancestral I'll go back generations into your family because I found this from doing this work over 25 years, that a of times we take on our families or ancestors traumas, everybody. I know it's been proven in some ways, but I'm just letting you know what I see. This is what I work with that we can, and we do. And a lot of times, if there are traumas, our ancestors was not resolved in their lifetime. A lot of times it will maybe skip generations. It could come to you. And a lot of times I've worked with a lot of people just clearing their ancestral, whatever they've taken on. And once we do that, I mean, they find immediate relief just by clearing the ancestral block, wherever this tragedy or whatever happened in that lifetime, that was not resolved. So it's, it goes deep it really does.

Tom McCarthy

And I'm a huge believer in that. My son who is 25 years old was a basketball player and he was college basketball player. And he this about two years ago when he was in his graduate year. So he went to Harvard. He sat out one year with an injury and had an extra year to play. So he went to a school called Rice University and he was having this debilitating back pain, you know, 23 year old kid, 22 year old kid, you know, in great shape, can't even walk or run. And so they take him in, they'd put them under the MRI and they said, "you've got one of the biggest herniated disc we've ever seen." And so then they shot him up with injections and things like that, but the pain didn't go away. And it was only when he realized, cause I had him read some books on the mind body connection and he realized that, yeah, see, you had a herniated disc, but that was not why he was having pain. It was trapped emotion. And once he was able to realize that and let it go, he's had no pain.



He still has a herniated disc, but he's got no pain ever since then. So I love what you're doing. It was trapped energy my son has, and I know a lot of us that, you know, that had been in pain. It really was not a physical injury per se. We might've had one there years ago, but it was something else that was trapped that was trying to express itself. So I love the work that you're doing. Hey, how long does when you do clear somebody of pain or blockages, how long does it last typically that, you know, cause we're humans, right? We go on living life and then we might form another belief system. But how long typically does something like this last, when it's cleared?

Dawn Crystal

Well, my goal is long-term that is what I was mentioning that yes, I can get people to feel good right away. That's just my gift, but I want to get to the root cause. Okay so that's when I start I kind of paper trail, or you might want to say go through people's energy systems and really go into, I connect really deeply with the person's higher self and I really have that gift, but that really has helped me tremendously because I can pinpoint these situations or where these, you know, root causes come from fairly quickly. I mean, most of my sessions are only less than 30 minutes and I'm doing this work that maybe somebody has suffered with for many years. And that's just what I do. I'm known to be really super Sonic speed, but I'm also very efficient in my work because I take pride in what I do. So, and not to say that somebody doesn't need another session, so please don't get me wrong.

It depends, you know, sometimes we clear one thing and then another layer does come up with something else. So usually I work in the moment and the way spirit works with me, it's everything is shown in the moment which needs to be worked on. So I, you know, this is what I work on and I'd let people know that, but people do feel the difference, but I let people know. It depends on how many, you know, I don't know how compounded it is, you know what I mean? So sometimes it could be several sessions. I'm very realistic what I do.

Tom McCarthy

So being a medical intuitive, you say spirit works through you. Earlier you were saying you can almost see like it's almost like someone going through an x-ray machine. How does all that work with you?



Dawn Crystal

Well, that's just my perception. So that's how I see it. So it's like, I just see into the body. So when I say like, I'm a human x-ray machine, I mean, it, like I could see into the person's body. I could see there. I can actually believe it or not this is maybe a little out there, but I could see every age of a person from birth to where they're at then. And I could see the ages of fragmentation or trauma that has happened with the person, which is wonderful because that's how I could be very efficient because it's not all ancestral blocks. I'm just talking a little deeper work that I do. It could be just, you know, like I said, it could be just beyond it.

It could be this lifetime, but it could be just part of your inner child having an issue. You know, sometimes I like to call it, our inner child can have a little tantrum spell because everybody thinks that they're an adult, that this inner child of yours is just kind of gone away somewhere. And I let people know there's still part of you. You just don't know it. And sometimes you need to give them a little talking to. And my ability is when I'm working with somebody is to, if I need to talk to their child, I will do so. It just depends. And a lot of times, if I could resolve by getting their okay, I have to get the okay from the child, they don't put blocks up to me because that's another thing too is if I don't get the, okay, all the time to work with the inner child in all parts of the abuse, sometimes the inner child could just shut me out and I don't want to do that.

I always want to keep the person open and quitting all ages, all aspects of the person to receive the healing or whatever they're needing. So there's a lot happening here beyond me just making sounds that I work with, but it's all divinely guided for my soul. I really say I'm the divine vessel. My soul is the, you know, works through me. And of course I've connected with the divine creator. And that's my, I give credit to the divine creator. Everything I have is comes from God or source, whatever your word for creator is. That's where this work goes to.

Tom McCarthy

So we've talked about pain. What other types of ailments do people come to you with that you've had success with? What types of things do you help people with?



Dawn Crystal

Well, I would say everything. I've had everything. And I also, I'm just trying to think if there's anything out of the ordinary that has, it's not, but I usually let people know when they have a session with me. I ask them, what do you want to work on? A lot of people come to me with money blocks. That's a big one right now. I've been doing a lot of sessions lately on just clearing abundance blocks. And that's part of the work I do. I have the ability to shift energy in people and really clear out old stagnant belief systems that are in the way of people manifesting. And that could be just manifesting money, whatever it is more love in your life.

I do work a lot on the heart with people, especially people who have had a lot of trauma or just heartbreak. That has a lot to do with abundance as well, creating more abundance, not just love, but abundance, money, whatever it is. Success has to do with how we feel really deeply and not talking about what our mind thinks or knows. It's what we really feel on a deep level about ourselves. And I have the ability to go in and really help work with that part of you. If it's a belief system you picked up from your parents or, you know, depending on your situation, not everybody grew up with a lot of money.

So I could tell you, even myself, I grew up with a lot of lack consciousness around me my parents complaining constantly about money and that has a lot of my clients have the same thing or like I said, it could be just passed down from, I had one lady I worked with about a week ago. It was passed down from her ancestors about the deprivation. I mean ancestors back then didn't even eat in winter months. Okay so she was bringing in some energy just from her ancestors about just lack of just being in deprivation.

So it goes deep and everybody's uniquely different. So I honor, you know, everybody is unique divine being. But I do want to mention one thing I do also work with pets. So pets just came out with my new book on pets, but I work with pet healing because pets are very divine beings and they really, I work with sounds so they don't need a conversation with them. And I found to have a really a lot of success of working with pets, especially there, I work a lot on their hip issues. A lot of the older dogs or large dogs have always usually these hip issues. And I know a lot of people go sometimes some people go to like acupuncture. That's really good.



I do have my own form of doing it just with my voice by just kind of moving up skirt inflammation, which is really huge for all of us, even humans, to really get the inflammation, to start clearing out the body, which is huge for disease. So I get the, just get the body moving the joints and everything in the dogs, their hips. And it's amazing. Just one little session. I mean, I don't even spend a whole session on animal. Usually people will comment I'll work on their pets for the last 10 minutes of their session because the animals are so open to the energy work and I've helped many animals just with the blockages they had in their bodies, such as in their organs. I'd like to just mention too.

That's really important to know is that our animals are part of us. So sometimes our animals could be very Tom connected to us. And my dog is I have a lot of animals, so they're very connected to me on a soul level. So they like to help us out as humans to maybe sometimes take on some of our dense energy, or our load of emotions. And we have to be conscious of that for the animals to let them know that it's not their job to do that because all it does is create a health problem a lot of times with the animals. And that's what I'm doing is clearing the human emotion. So usually what I'll do is I'll work on the owner, and then I work on the pet second. And once I clear the owner of their emotions, the pet just lets it go. It's amazing.

Tom McCarthy

That's so true. We had my wife's parents when she moved them in with us when they got older and my father-in-law passed away about three years ago when he was 90 years old. And we've always had dogs and they've been really cool dogs. And one, we had this one, we've had the past six years, his name is Yogi and he's a real character. He's this little, some way that always escapes. We call them the juvenile delinquent. It's like caused a lot of trouble, but you still kind of love him. But it was very fascinating when my father-in-law was passing away in our home and Hospice, the dog would climb right up on the bed to be with him. And really, and even after my father-in-law took his last breath, the dog was just there. And you know, with, his body at that point, you know, his soul left, but it was really fascinating this dog that is kind of like a alpha male dog, you know, when we picked him up, I remember they said, he's a little bit of a bully, right. You know, brothers and sisters, but there he was just totally loving to my father-in-law.



And then another instance, my mother-in-law had fallen. We didn't know. And the dog came down barking, like what is wrong with the dog? And he really was trying to alert us. So I love that you work with pets and they are so special, important to so many people. So that is so cool. Hey one thing that I heard you say in another interview was that with your sound, you release the blockages. And once you do that, you said the body was meant to naturally heal. Is that correct?

Dawn Crystal

I like to call it bringing ourselves back to our original divine blueprint. And that is, we are all created for the divine creator, which is perfect. But of course we live a physical experience. We have injuries, things that just happened to us. You know, we could have just anything and blockage happens. And that's where my work that I've been doing goes in. And it actually gets the body back to perfect harmony in a way that it was created to heal itself naturally, because it's all about, I like to empower people and my work of empowering people is getting their bodies so they can start feeling better.

And then, you know, they could, you know, I give them sometimes things that they could do to keep themselves healthy, because it's not just about me just giving them a session. I want them to keep that going. And they usually, you know, if they choose to do that, it really keeps your body healthy for the rest of their lives and everybody is different. So absolutely. Everybody is perfect, but it's like, we do come in with, you know, sometimes we just come in with things it's hereditary. I mean, we don't know, but either way, my goal is to get everybody back to healing themselves naturally. That's my goal.

Tom McCarthy

Well I love the fact that you give them exercises or things to do afterwards too, because one of the things that too many people, I mean, in the conventional world, they think it's a drug that they, you know, take and that's going to make them better or a doctor's gonna heal you or even in what we're talking about, you know, if I call Dawn then I'm going to be perfect and, you know, definitely going to help you release blockages, but there's still work for you to do too. So I love that.



That's part of your message. How can people find out now that we've got a great free gift with the Global Energy Healing Summit that you offered them? So please download that everybody who's listening to this, you're going to love it. And it's very valuable. How can people get in touch with you or find out more about you.

Dawn Crystal

Yeah, they're always welcome. If you're interested to learn more at my website, if I will say it it's www.dawncrystalhealing.com.

Tom McCarthy

D-A-W-N and then C-R-Y-S-T-A-L dawncrystal.com.

Dawn Crystal

It's healing dawn crystal healing sorry.

Tom McCarthy

Dawncrystalhealing.com. Okay thank you.

Dawn Crystal

No worries.

Tom McCarthy

Awesome I know a lot of people will be very interested. Any final words of wisdom that you have for everybody listening?

Dawn Crystal

Well, I just want everybody to know that, you know, we're all here to contribute to help each other. You know, my gift is here as that's just part of, I guess, think we're all part of, we have a gift to share with everybody. Mine just happens to be more energy work.



But I think that really what I do is try to connect people to their souls or their soul's calling. And I think we all are, when we're connected to our soul's calling, we could really, you know, just really find our true self, our happiness, our joy, what we're really meant to do in this lifetime and our abundance, whatever we're wanting. So I think that, I want to say, thank you, Tom, for bringing this beautiful show here because you're really helping a lot of people and I'm just so grateful to be part of it. So thank you.

Tom McCarthy

We are thrilled to have you on it. So grateful and all those experiences you had growing up that were so painful and traumatic. I wish we could take them away but honestly, that's what's made you this beautiful soul that can now help others. I mean, you probably would never have gotten on the path you were on had you not had those things, your life would have been pretty conventional, black and white. My father passed away when I was very young. And when something traumatic happens, when you're young, the world is not black and white anymore, it's a little bit gray and you start to explore. So we just are so thankful that you made that exploration and now the gift you bring to the world is really amazing. And thank you for sharing it at our summit. We really do appreciate you and lots of love to you and all the people you help are so incredibly lucky to have you in their lives. So thank you for being in our life. We really do appreciate it.

Dawn Crystal

Well, bless you, Tom, and just bless you for everybody being here today. I'm just so humbly grateful and just thank you for hearing my story. Grateful thank you.

Tom McCarthy

Thank you, Dawn.