



CRYSTAL HEALING DIPLOMA

Accredited with the
International Practitioners of Holistic Medicine



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Introduction

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This course is amazing, in that you get to workso enjoy the journey and let's get started.

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THIS IS A COURSE IN THE PRINCIPLES AND PRACTICE OF CRYSTAL HEALING

Welcome to our Chakra Balancing Course. By enrolling on this course you have taken the first step in understanding the principles of Chakra Balancing and how it can benefit you or your clients.

Crystal Healing Diploma

Module 1: How Crystal Healing works

Part 1: How Crystal Healing Works

Introduction

Our Crystal Healing Diploma Course is for those of you who wish to use a metaphysical approach to wellness and wellbeing. It provides all the information you need to use crystal healing with confidence. There are exercises throughout the course and questions after each module to help you build your crystal knowledge. You will find ideas on where to start, what to look for in a crystal, and how to build a well-rounded crystal collection. There is information on the meaning of each crystal and its inherent properties. You will discover many ways to use crystals in healing and learn several methods to incorporate crystal healing into your everyday life. Let a rainbow of colour into your life as you reap the many benefits found in the beautiful natural crystals of the Earth.

Learning Objectives

At the end of this module, you will:

- Be aware of how crystal healing works using the crystal's potential energy
- Be familiar with ancient civilisations and their understanding of crystals
- Understand the meaning of crystal healing terminology

How Crystal Healing Works

Crystals are formed by natural alignments of minerals over time. Crystals are always arranged in an organised fashion and are built up slowly. This formation, or lattice, is structured in such a way that an energy field is created within and around every crystal. This makes crystals special over and above other pebbles and stones.

When a crystal enters your aura, it can change the vibrations of your aura slightly and this adds to the healing properties of crystals. Crystals do not harm the body. They bring solace and healing properties through the intentions and affirmations placed in them by a crystal healer.

Piezoelectric effect

Crystals possess a special quality and this is known their piezoelectric effect. If a crystal receives a physical blow, is rubbed or twisted, it builds up a tiny electric charge across some of the planes within the crystal. The opposite is also true, and if a crystal is placed in an electric field, it will bend and flex in a minute way. This is known as the piezoelectric effect used in timepieces and chronometers.

The more a crystal is worked and handled, the greater the electric charge will be, although still incredibly small. It is enough to make a difference and cause a tingling effect when handled by sensitive people like crystal healers.

This special quality makes crystals respond to their owners and imbues a crystal with unique properties over and above any common or garden rock or pebble.

Intention

When crystals grow into specific shapes, they bring the energy to bear along the lattice. This makes each crystal contain potential energy that can be invigorated by intent.

Intention is the focusing of mental energy by a person on a particular crystal or stone. You can hold and rub a crystal to make it your own as your own internal energy crosses from your aura into the crystal. The longer you own a crystal, the stronger it becomes.

Not all crystals are made from the same elements and different crystals are good for different things. To tap into the healing power of crystals you need to understand the meaning of each crystal and which dynamic energy it can bring forth.

Uses

Crystals can be placed near to you in a room or on your body as jewellery (and therefore in your aura) and immersed in your personal energy field.

It is becoming more commonplace for people to pop a crystal into their pocket to help them in their daily life.

A Brief History of Crystal Healing

Crystals have been used for their powerful properties for thousands of years. Since humans first started recording history, they revered and admired crystals in all civilisations.

Sumerians

The early Sumerians made beads of obsidian and carnelian as far back as 5000 BC. They used lapis lazuli, which is blue, and red carnelian combined with gold to make jewellery and other adornments.

At this time, both men and women wore jewels in equal measure. They believed that crystals have special properties. They wore crystals carved into amulets around their necks in the belief that the crystal would ward off evil spirits and give protection.

Egyptians

The Egyptians left a vast record of their history and there are many instances of them using crystals in their jewellery and headwear. The pharaohs made extensive use of local crystals from this time.

Cleopatra was said to have her servants grind up lapis lazuli to mix with wax for her distinctive eye makeup. She insisted that this special blue crystal was only for use of the kings and queens of Egypt.

Some of the crystals in the magnificent death mask of Tutankhamen are carnelian, malachite, turquoise, obsidian, quartz and lapis lazuli.

Greeks

The Greeks were the first to name crystals and the word crystal is Greek for "ice" as they believed that clear quartz crystal was a special ice. The Greeks wore jewellery made of crystals like carnelian, agates and turquoise and enjoyed having earrings, cuffs, bracelets and upper armlets to match as pairs on both arms.

Most of their crystal items were designed incorporating the Greek gods, with Athena and Zeus being popular choices. The Greeks believed that the crystals were gifts from the gods and by wearing their symbols in their adornments, it made them, as mere mortals, closer to heaven.

Romans

The Romans soldiers and gladiators used crystals carved into amulets and wore them around their necks for protection. Young maids would give a talisman to their soldiers as they marched off to conquer the nearby lands during the growth of the Roman Empire. Because the Romans spread over the most territory in history at that time, they had access to a wider selection of crystals and colours than previous civilisations. The Romans began using jasper, and amethyst.

Chinese

The Chinese favoured carved jade pieces to bring abundance and this is still the meaning of jade today.

Jade is thought to ward off evil spirits and to protect the wearer. Jade beads are the basis for some of the Chinese alphabet, and numbers and jade can be found on old abacuses from that time.

Nowadays, many Chinese homes, restaurants and corporations will have a large jade carving in a prominent place to bring prosperity to the family or business.

Native Americans

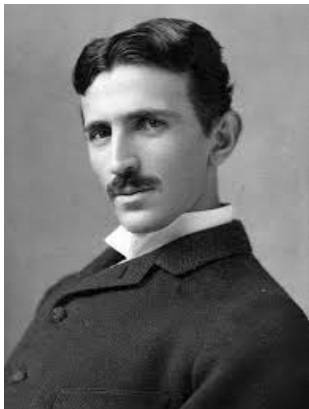
Native Americans used crystals as talismans and as carvings of images of their myths. They shaped crystal beads and weaved them into dream catchers, believed to ward off bad dreams.

Many bands (or tribes) wore hand-fashioned crystal beads in their hair and they believed that the crystals could help heal the sick and protect the whole community.

Medieval times

In the medieval times, alchemists discovered that crystals and stones did indeed have special properties. It was at this time that they started creating elixirs of crystals and other potions to drink.

Modern times



Many new age practitioners use crystal healing to improve their lives. It has become widely known that crystal healing can be beneficial in mental, physical, emotional and spiritual wellbeing.

Nicola Tesla believed that "Crystals are living beings at the beginning of creation" and he knew they had the potential to carry an electric charge.

Tesla was one of the many scientists to have studied the power of crystals and we have him to thank for much of the information used by crystal healers today.

Quartz Crystal Timepieces

A quartz clock or watch has a quartz crystal in it to regulate an electronic oscillator used to keep perfect time. The method of **digital logic** counts the seconds to mark time with exquisite precision. Quartz timepiece technology is more accurate than clockwork watches with gears. The discovery and harnessing of quartz time technology has changed the face of how we measure time forever, not only in clocks and wristwatches but also in all technical goods like computers, cameras and smartphones.

Part 2: Crystal Healing Terminology and Crystal Attributes

The world of crystals has its own jargon and there are several technical terms to learn. This condensed list covers the general words used to describe crystals and their properties by crystal healers and vendors. In crystal healing, the two words *crystal* and *stone* can often be interchangeable, as a crystal is usually a stone (but not always as salt, for example) but not all stones are crystals. There is a variety of crystals and stones available for you to collect.

Amorphous

An amorphous stone is one without a crystalline structure like amber, coral or opal, shown here. These stones are not strictly crystals although they are used by crystal healers for their beauty. You will see amorphous stones for sale at crystal shops.



Asterism



An asterism is a tiny star-like inclusion in the crystal or gemstone. It can also refer to the star-like effect you get from many stones. An asterism can seem like the crystal is twinkling.

Bi-colour



A bi-colour stone has two colours, like watermelon tourmaline. The colours that a crystal develops always depend on the minerals in the solution that were available at the time the crystal formed. Many crystals may be bicoloured, which adds beauty to the stone.

Brilliance

Brilliance is the refraction and reflection of light as it passes through the stone. In translucent stones, it can be referred to as the brightness of the crystal.

Cathedral



A crystal cathedral is typically a hollow circular cross section with crystals growing towards the centre. Crystal cathedrals can be very tall and impressive.

Cleavage

Cleavage refers to the tendency of a crystal to break, split or cleave along the crystal formation planes. This term is used for cutting gemstones.

Crystal

A crystal contains atoms arranged in an ordered manner, which forms a crystal lattice. Every crystal will always grow in the nature of their crystal lattice, which is called the crystal habit. All amethysts are the same structural shape even if their colours are different.

Crystalline

Crystalline means anything that has the structure and form of a crystal or is made from crystals, such as crystal balls.

Crystallography

Crystallography is the scientific study of crystals and their formation.

Dispersion

Dispersion describes the way white light is split up, displayed into the colours of the spectrum, and refracted through a crystal.

Facet

A facet is the flat side or face of a crystal. Facets are often parallel on either side of the crystal. The facet is what we see and that look is typical of a crystal. Crystals are immediately recognised because of their shiny facets. No other stones have facets, only crystals.



Gemstone

A gemstone is one of many crystals and amorphous stones typically used in jewellery, like diamond, ruby and sapphire. Gemstones are valued for their beauty and rarity. Gemstones are broken down into precious and semi-precious stones.

Geode



A geode is a naturally formed cavity in a rock (and typically, geodes were once volcanic rock bubbles) created over time.

A geode is often lined with crystals that have grown towards the centre. Geodes can be as small as a golf ball or as big as a man.

Geodes are often found in layers or seams, and can, in some instances, be collected by hand in riverbeds and the like.

Hardness

In crystals, hardness is measured on the Mohs 'hardness scale (named after the German mineralogist Frederick Mohs).

There are degrees of hardness in the mineral world, from one to ten. Each mineral is harder than the one before as the scale goes up from soft talc to hard diamond.

Mohs Hardness Scale		
Scale	Comparison	Mineral Test
1	Talc	Powdered by a fingernail
2	Gypsum	Scratched by a fingernail
3	Calcite	Scratched by a copper coin
4	Fluorspar	Easily scratched by a pocket knife
5	Apatite	Just scratched by a pocket knife
6	Orthoclase	Scratched by a steel knife
7	Quartz	Scratches a glass window
8	Topaz	Easily scratches quartz
9	Corundum	Easily scratches topaz
10	Diamond	Hardest known substance, cannot be scratched

Inclusion

An inclusion is a microscopic piece of dust or air that was trapped inside when the crystal was growing. Crystals will typically grow over things in their way (like dust or insects) and on top of each other.

Iridescence



Iridescence is the play of colour displayed and its effect, which comes from the interference of light on thin films inside the crystal.

Iridescence makes a crystal attractive.

Lattice

A crystal lattice is the atomic structure described in the three-dimensions found inside a crystal.

There are several distinct lattices for crystals - triclinic, monoclinic, orthorhombic, trigonal, tetragonal, hexagonal and isometric or cubic.

Trigonal lattices are sometimes referred to as rhombohedral, although this is not always strictly correct.

Lustre



Lustre describes the way light is reflected off the crystal surface, face or plane. Lustre adds attractiveness to a crystal or stone and it is often pearl-like.

Magnetism



Some crystals have magnetic properties because of traces of iron within in the crystal structure. This special attraction can be used to separate and distinguish them from other stones that may look similar. Magnetite (shown) and hematite are magnetic crystals. Magnetic crystals contain a powerful energy and can be used to attract what is needed.

Organic

Organic stones are not true crystals like amber and opal. Amber is fossilised tree sap or resin from trees living in ancient forests. Although organic stones are often spoken of as crystals, this is not correct.

Opaque



Opaque means that light cannot pass through and you cannot see through opaque crystals. Some crystals can be opaque at one end and translucent at the other. Opaque stones appear cloudy and may have swirls in them.

Pyrite

Pyrites typically have a shiny yellow look and are often in perfect cubes and straight strips. Pyrites are very attractive. Pyrites are often confused with gold pyrites and are called "Fool's gold" to the unsuspecting collector.



Refraction

Refraction describes the way white light bends as it enters and passes through the crystal and breaks out into the spectrum. Crystals can refract mainly green or red, for example, and this can be used for determining one crystal from another because many of them look alike.

Rutilated



A rutilated crystal has thin needle-like threads or streaks (which are usually red) from minute traces of iron inside the crystal. Rutilation can be found in any crystal but it is easily seen in clear quartz and light amethysts, which will then be referred to as rutilated quartz and rutilated amethyst.

Species

Species is a way to group a family of crystals. Some examples of crystal species are the quartz family that includes the stones amethyst, citrine and all the quartzes, and the corundum family that contains rubies and sapphires. Species can be loosely related to Mohs' hardness scale.

Terminated



Double terminated means a crystal with a point at both ends, otherwise known as twinning. Single terminated refers to a crystal with only one point.

Transparent



Transparent crystals are so clear that you can easily see through them. Light travels directly through them without any distortion.

Translucent

With a translucent crystal, light can pass through but objects cannot be seen through them clearly. A crystal may be transparent at one end and translucent at the other end. This depends on the conditions when the crystal grew.

Twinning



Twinning refers to a crystal that has first grown in one direction and then for some reason (breakage etc.) will start to grow in the opposite direction.

Twinned crystals are desirable in crystal collections.

Module 2: Crystal systems and structures

Part 1: All About Crystals

Learning Objectives

At the end of this module, you will:

- Be familiar with the process of how a crystal forms and grows
- Be aware of the Piezoelectric charge: how a crystal accumulates and holds an electric charge
- Understand crystal healing and its link to colour therapy



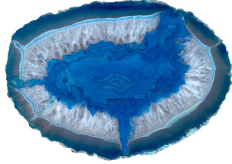
All About Crystals

The Earth has a vast array of mineral and metal deposits within the core. Under certain circumstances, mineral solutions can grow and produce beautiful crystals with healing and therapeutic properties. If you pick up a crystal, it is not easy to say if it is a diamond or a piece of glass. Being able to tell the difference between many similar looking rocks and minerals that have formed crystals is important. This section looks at how crystals grow and how they are classified.

How Crystals Grow

When water deep inside the Earth warms, it expands and allows minute solids to be dissolved into the water, and the particles move into the spaces between the water molecules. At the point when no more molecules can be absorbed, the water becomes known as a **saturated solution**.

Crystal formation



If the temperature changes and the warm solution cools or evaporates, the spaces between the molecules become smaller. At this point, the water freezes up, or releases, the excess solute and then crystals begin to grow. Crystals will form depending on which minerals were dissolved in the water. Some solutions will grow many tiny crystals and some will grow into large beautiful crystals.

Depending on the conditions at the time, crystals can grow very slowly over numerous years and they can stop growing and start again. This stop-start process can be seen in some misshapen crystals. Crystals can sometimes develop in one direction and then start to grow in another.

Crystals grow in clusters or ribbons deep in the Earth where the ancient water and underground rivers used to run.

Crystals very often grow in geodes, which are air bubbles often formed in volcanic rocks when hot lava ran over the Earth and eventually cooled, and so layers were built up over millions of years.



Crystal samples

Many crystal samples are round or circular, with the natural crystals growing in towards the centre. These are typically found in the old underground rivers or pockets of water in subterranean pools, lakes and geodes. They are cross cuts or slices through ancient crystal growing hot spots.

Today, crystals can still be picked up in riverbeds and on the beach. Crystals are mined near the surface of the Earth by opencast mining, where you can walk into the mine, and can also be found much deeper, as in diamond mines, where the shaft goes thousands of feet underground.

Everyday crystals

Examples of crystals that you use in everyday life are table salt and sugar.

These two crystals are both consumed as food and they are tiny, soft, formed crystals. Salt and sugar are easily reabsorbed back when dissolved in a glass of water. Most hard crystals, like those used by crystal healers, will not be reabsorbed once formed. Sugar crystals can be made into sweets and are the basis for rock typically sold at seaside towns.

Salt lakes

Salt lakes are huge, flat, shallow lakes. Some salt lakes developed as their incoming streams dried up or the watercourse shifted. Many salt lakes once contained seawater and as the Earth's tectonic plates shifted, the seawater was trapped inland as a salt lake.

Salt lakes evaporated over many years and usually have no water left, with only the salt remaining. This is known as a salt flat and the salt is harvested for use.

Salt lakes do not necessarily contain table salt but will have other minerals mixed in as well. Through processing, the clean salt is recovered for use on your table.

Part 2: Crystal Systems and Shapes

The shape of a crystal will give a clue as to its identity. Crystals are formed and defined by specific terms. The **habit** of a crystal is the usual shape it takes. Crystal habits describe the way in which the crystals have formed. Each crystal is given a number according to the **axes** intersecting it. This number is called the **Miller index**.

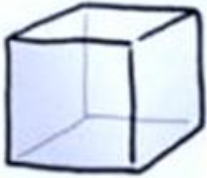
A crystal has a number of **faces** or sides, and each side can have three, four, five, six or many edges. A **form** consists of a number of identical faces and is termed “open form” if it can contain space, or “closed form” if it cannot contain space.

Seven crystal forms

Crystals take seven specific forms. Crystal forms are defined by the sets of parallel faces and axes each crystal has.

The classification for the seven crystals forms is as follows:

Isometric



cubic

Isometric crystals (or cubic crystals) have six sides, all of the same length, and they are at right angles to each other. This is the perfect cube.

Examples of isometric crystals are garnet (icositetrahedron) and spinel (octahedron).

Tetragonal



tetragonal

Tetragonal crystals have three axes at right angles to each other. The two axes on the same plane are equal in length and the third axis is perpendicular to the other two.

The third axis is a different length to the two on the same plane.

Examples of tetragonal crystals are the scapolite and the zircon.

Hexagonal



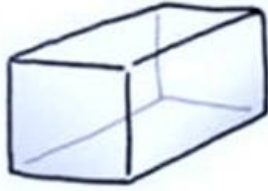
hexagonal

Hexagonal crystals may have three or four main axes in one plane that intersect at a 60° angle. The fourth axis is perpendicular and is of a different length to the other three.

In the hexagonal crystal, there are six planes of symmetry.

Examples of the hexagonal crystal are beryl (emerald) and apatite.

Orthorhombic



orthombic

Orthorhombic crystals have three axes of unequal length. Two are always at right angles to each other and the third is perpendicular. This crystal is a rectangular shape, like a brick. Examples of orthorhombic crystals are the topaz and peridot.

Monoclinic



monoclinic

Monoclinic crystals have three axes of unequal length. Two axes intersect at an oblique angle in one plane and the third axis is perpendicular to the other two. Examples of monoclinic crystals are epidote and orthoclase feldspar.

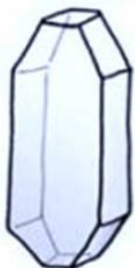
Triclinic



triclinic

Triclinic crystals have three axes of unequal length and all are inclined to one another at different angles. Examples of triclinic crystals are rhodonite and amazonite.

Trigonal



trigonal

Trigonal crystals are similar to the hexagonal system. This may be termed as rhombohedral. There are three axes at 60° to each other in the same plane. The fourth plane is perpendicular and there are four planes of symmetry. Examples of trigonal crystals are quartz and sapphires.



A crystal is different from a normal rock because it was grown from within its environment. This makes crystals special over and above other pebbles and stones.

Crystals possess a special quality and this is known their **piezoelectric effect**. What this means is that crystals can accumulate and hold an electric charge. Crystals and gemstones respond to the electricity in the Earth's energy field.

When a crystal enters your aura, it can change the vibrations of your aura slightly and this adds to the healing properties of crystals. Crystals do not harm the body. They bring solace and healing properties through the intentions and affirmations placed in them by a crystal healer.

Holistic approach

Crystal healing is a non-intrusive and uses a holistic approach to wellness. Crystals are usually charged or programmed and placed on your body or placed around your body, typically pointing towards the area that needs help.

It is the energy field that emanates from the energised crystals that can heal your body, spirit and soul.

Crystals can heal through their presence and can be used with other healing modalities like Reiki, Tarot and astrology.

Crystal healers can help other people and bring subtle changes into their lives through easing physical pain, relieving emotional stress, bringing clarity to their thoughts and raising consciousness with spiritual awareness and awakening.

As a crystal healer, you cannot tell others what to do but you can realign their own internal energy and bring strong, clear healing power to bear for them.

Distance healing

Crystals can heal from far a distance as well. A crystal healer can place an intention onto a particular crystal to help someone recover from illness, depression or to improve and uplift the person's day in some way.

Colour Healing Properties

Colour healing

Many cultures have used the power of colour to heal people. Expressions like "feeling blue" and "seeing red" are a way to express emotion through colours.

Interior decorators know that if you paint a restaurant or dining room with red walls, it will encourage scintillating conversation and the food will seem to taste better.

Likewise, painting a bedroom pale blue will bring a calming effect, which is desirable for rest and sleep.

Pale green has been a choice for many spas, clinics and hospital wards as it brings a tranquil feel to the space and hopefully helps the patients.

Colour therapy

Colour therapy is the method of choosing a colour to create the emotion that you seek.

For instance, if you go on a date and you wear a red dress, you are signalling your readiness for excitement.

Men wear red ties to indicate their dominance and competitiveness. In the animal world, dangerous and poisonous animals are often coloured red.

In this way, the choice of the colour of crystals used brings the energy of that colour to the healing.

The colours you choose to choose to wear can show the way you are feeling.

If you wish to boost your mood, choose the colour that expresses the feeling that you want to achieve.

Exercise: Your colour choices

If you look in your wardrobe, you will notice that there are a few colours that you choose repeatedly.

For your clothes, shoes, accessories and crystal jewellery:

- Decide which the dominant colour is.
- Consider what this colour suggests for you and the impression you make on others mood-wise. Does this colour come over as serious, confident and carefree or does it make you fade into the background?
- How would you like to be perceived by others or what is the message you would like to project about yourself?

This exercise is especially good for job interviews where you may not feel confident but you want to appear so to the interviewer.

The spectrum

Colour healing has been known for many years. In a rainbow, there are seven colours - red, orange, yellow, green, blue, indigo and violet. These are the colours of the spectrum. The seven colours of the rainbow match the colours of the seven chakras.

Crystals come in many colours and it makes sense to collect crystals in a variety of colours. To have several red or yellow stones in your collection is a good idea. You can bring in colour healing through your choice of crystals in that colour.

In this way, crystals can be used as an aid for healing through the actual colour of the stones.

Primary, secondary and tertiary colours

Colours can be broken down in another way on the colour wheel. There are three primary colours - red, yellow and blue. In between are the secondary colours - orange, green and purple. Between every primary and secondary colour are the tertiary colours.

These make up the twelve dynamic colours used in crystal healing. Each colour has a meaning.

Colours and Their Meaning	
Colour	Meaning
Red	Energy, courage, vitality, stamina, fire, passion, glory, drive and inner strength.
Red/orange (tangerine)	Strength, willpower, enthusiasm, vigilance, dedication and perseverance.
Orange	Joy, friendship, optimism, family, loyalty, community and belonging.
Orange/yellow (cantaloupe)	Success, enthusiasm, fame, authority, confidence and power.
Yellow	Enlightenment, optimism, decisiveness, honesty, warmth and awareness.

Yellow/green (lime green)	Awakening, change, independence, intelligence and learning.
Green	Renewal, growth, prosperity, good fortune, money and health.
Green/blue (turquoise)	Discovery, balance, calmness, peace and understanding.
Blue	Trust, honour, respect, faith, acceptance and purification.
Blue/purple (mauve)	Wisdom, experience, virtue, spiritual mastery and long life.
Purple	Intuition, luxury, magic, illusion, destiny, dreams and inspiration.
Purple/red (maroon)	Creativity, self-esteem, poetry, self-knowledge and perception.

Module 3: How to clear and cleanse stones

Part 1: How to Clear and Cleanse Stones

Learning Objectives

At the end of this module, you will:

- Be aware of the techniques to clear and cleanse stones before, during and after use
- Understand how we can activate crystals
- Understand the difference between programming a crystal and attuning a crystal

How to Clear and Cleanse Stones

Clearing and cleansing stones is a way to get them back to their original energy. It is a way to recalibrate the crystal energy so the stone is clear again. When you first get your crystals, it is important to cleanse them from negative energy or from other energy with which they may be charged. Crystals can be cleared for use after they have been touched by other people. It is always advisable to cleanse new crystals. It is through cleansing that the crystal will “talk” to you.

There are a few methods of cleansing crystals. You should choose the one that suits you best. You may be drawn to one particular approach or find that you prefer to do one method for one crystal and use another method for other types of crystals. You will find the technique that suits you. Use your intuition.

If crystals are left in a drawer and never touched, they will lose their strength over time and need to be cleansed again.

Water cleansing

Water is a very popular way to cleanse crystals as we associate water with washing. Hold the crystal in your hand and put it under running fresh water. Water from a stream or brook is naturally running. You can also cleanse your crystals at the beach by holding them carefully in the sea and allowing the natural waves to cleanse them. In either water method, hold the crystal lightly without dropping it for at least five minutes.

Earth cleansing

In earth cleansing, you bury your crystal in dry ground. This can be done outside if there is no chance of rain, as you must keep the soil dry. You can use a flowerpot in a dry place. Earth cleansing is deep cleansing and it is best done for a period of a full month from the new moon to the next new moon, although it can be a shorter time of a week if this feels good to you.

Smoke cleansing

To cleanse your crystal with smoke, hold the crystal lightly and move it back and forth through the smoke that rises from burning incense. Sage and sandalwood are good for clearing energy. Allow five minutes for smoke cleansing.

Brown rice cleansing

Take a bowl of uncooked raw brown rice and submerge the crystals in it. These crystals can be left overnight in the brown rice.

Discard the rice after cleansing your crystals. Do not eat the rice as it will hold the negativity and don't keep the rice for another cleansing.

Sound cleansing



You can use sound waves and their vibrations to cleanse your crystals. Hold your crystal near a singing bowl so it can feel the vibrations.

Other percussion instruments like a drum or a triangle will clear your crystal as well. Bells are excellent to clear crystals. You can ring a small bell or have a few little bells (finger bells) to clear your crystal.

Take at least five minutes to clear your crystal with sound.

Reiki cleansing

For Reiki cleansing, hold your crystal carefully between your cupped hands and give it a boost of Reiki energy. Better still; place it on an upturned glass so you can cup your hands around the crystal without touching it for Reiki cleansing.

Moon cleansing

Moon cleansing is done on the day before, during or after the Full Moon. Place your crystal outside in direct sight of the Moon and leave it overnight or as long as the Moon is visible.

The crystal can be placed for Moon cleansing on a cloudy night and it will still be cleansed. It is best to have the crystal outside and not on a windowsill through glass. Do not let the crystal get wet if it rains.

Sunlight cleansing

Some crystals enjoy Sun cleansing and being placed in a sunbeam. Leave your crystals in the Sun for only five minutes.

Be careful as Sun cleansing is better for the red, orange and yellow crystals and some crystals will fade if left in the Sun.

Sunlight cleansing is the most popular method as the Sun's prana or life force shines onto the stones.

The Sun is the giver of all life and, as such, is an extremely powerful energiser for crystals.

When to cleanse crystals

Crystals need cleansing at certain times in their lives. You may feel the urge to cleanse our crystal at any time and as always, use your intuition.

- When you first get them.
- After other people have touched them.
- After you have not touched them for a month.
- If you wish to use them.
- After you have used them for crystal healing on other people.

Part 2: How to Activate and Awaken Crystals

After you have cleansed your crystal, it is time to activate and awaken them. All crystals are old and some have been around for thousands of years before they came to you. They can be activated and attuned to your vibrations by touching, stroking and holding them.

This is best done by holding them in your hand one at a time or placing them on your skin as you lie down.

When you touch crystals, they enter your aura and pick up your vibrations. It is in this way that they become attuned to you and will work for you.

Crystal charging

Crystals can be charged with energy and this energy comes from you and your personality. It is important that you handle your stones with care, respect and love.

Programming your stones with intention

Giving a crystal your **intention** is called programming your stones or inspiring your crystals. You decide the intention but you choose each crystal instinctively for its special purpose.

Each stone has certain properties and is good for particular things in life. You need to choose a stone that is renowned for a particular healing modality and not to choose a stone that does not sit well with what you are trying to program.

Respect the age-old meaning of the stones and program in line with their natural healing properties for best results.

Why program your stones

As your crystal collection grows, you can find that some crystals speak to you more clearly and that you choose to work with them in a certain way. If you continue to use one stone for abundance and only for that, you can build up the programming of the stone each time you use it. This stone is then only used for abundance and grows stronger for you for abundance.

You may wish to have a crystal for the relief of a particular ailment and want to use that stone only for that purpose. You could have another stone that you program for abundance or to support love.

How to choose which stones to program

You could have many stones and some can be programmed or made extra special through working them.

Now all stones will be programmed. You get to decide which stones you like and feel good to you.

Start with a quartz crystal, as they are the best for programming due to their strong electric components.

Over time, you can program other stones as you see fit but start with a clear quartz crystal.

Exercise to select stones for programming

- Place all your stones in front of you.
- Pick up the first stone.
- Hold it in your hands.
- Close your eyes.
- Concentrate on what the stone is telling you, do you feel it would be a good stone?
- If yes, then place it to one side.
- Continue through all your stones.

You can choose to program a particular stone for a specific task. For instance, you may need one stone for abundance and one stone for pain relief. In both cases, you can choose the stone that seems to you to want to be programmed that way.

Exercise to choose the programming for selected stones

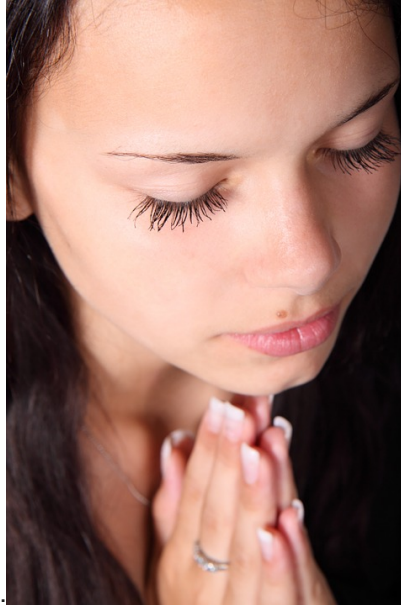
From the stones that you selected in the previous exercise, you can now choose to specifically program them for special purposes.

- Hold the stone in your hands.
- Close your eyes.
- Ask for guidance.
- Take your time and concentrate on the stone and its feel and vibrations.
- See what pops into your mind as you hold the stone.
- Go with your instincts and say what the stone will be programmed for.

How to Program Your Crystal

What you think, visualise, feel and bring into conscious thought has an energetic charge. As you program a stone or crystal to help you bring forth dreams or desires, you put the energetic charge into the crystal.

Exercise: To program your crystal



- Hold the crystal in both hands.
- Look at it carefully as you turn it slowly in your hands.
- Feel the surface.
- Breathe in through your nose and out through your mouth.
- Concentrate on what you want to program into the crystal. Keep focused on your intention.
- Every time you breathe out, impart your intention into the crystal. Your intention could be health, abundance, a new job (income), friends etc.
- As you breathe in, visualise what you desire and imagine living with what you want for the crystal.
- Now your intention has been programmed into your crystal. This special intention will remain in the crystal forever or until you remove it or change it.
- You can reinforce your intentions from time to time if you wish but this is more for you to remember than that the crystal forgets.

How to Dedicate or Bless your Crystals for Healing

Affirmation of intent

Hold the stone and say out loud the following affirmation,

“I ask that this crystal will assist me with healing on all levels for the highest good.”

You can repeat this every time you pick up this special crystal and every time after cleansing. To program a special stone for a specific energy, alter the words in the affirmation of intent.

How to choose the crystals to dedicate

Remember, all stones can be used for all types of crystal healing but some stones will be more inclined towards a particular task.

Not all stones in your collection will be programmed. You can choose to have three or four special stones that you program with your intentions. Over time, this will grow as you receive more and more crystals into your life.

Techniques for Crystal Attunement

Attunement is a way to let the crystal know you are for them. That you are privileged to have them in your life and that you respect and honour them.

Your crystals will respond to you and not to other people as you tune into their vibrations and them to yours.

Attunement by hand

- Hold the crystal in your dominant hand, so if you are right-handed hold, it in your right hand, and if you are left-handed, hold it in your left hand.
- Cover it with the other hand and concentrate on what you are doing.
- At this point, you ask the crystal to help you find its special energy.
- You can use your intuition to decide what to use this crystal for.

When you intuit what the crystal wants, you can say the affirmation of intent.

Attunement by body – chakra crystals

- Lie down and place the crystals on your skin on the chakras of your body, according to how you want them to be charged and energised. This can be done one at a time or all seven at once.
- Say the affirmation of intent.
- Lie still in this position for five minutes or longer to charge the crystals to your aura. These special chakra crystals can then be used for healing of the area they were charged.



With body attunement, you may have to switch the crystals around on your chakras before they feel good. Listen to your body and use your intuition.

To program or attune a crystal

Programming is different to attunement. When you program your crystals, you put the visualisation of your need into the crystal, and when you attune with a crystal, you get the crystal to 'talk' to you with clear messages as your own.

Module 4: Storing your crystal and honouring crystal beings

Part 1: Proper Methods of Storing Crystals

Learning Objectives

At the end of this module, you will:

- Be aware of how to store crystals
- Be familiar with what you need to do to respect and honour crystal beings
- Be able to conduct a grounding session

Proper Methods of Storing Crystals

If you have only one or two crystals, then you don't need to worry about special storage solutions. However, as your crystal collection grows, you will need a place to store them. Although you can simply have your stone on display on a shelf or a windowsill, you may need to store them properly. Many stones look similar and you will eventually have a few blue stones and several black stones but they will be different specimens. It is good to label them so you can remember which one is which, and also so you can quickly find the healing stone which you are looking for. It is best to store the same crystals together so they vibrate the same.

Printer's trays

A printer's tray is a large wooden tray with an assortment of little sections into which you can place your stones. Printer's trays were originally used by printers in the newspaper industry to keep the individual letters

that went to make up the main pages in a paper. There are various sections in different sizes to accommodate larger specimens. You can either keep your printer's tray on a shelf or in a drawer.

Velvet pouches

If you have one or two crystals you can keep them in little velvet pouches. If you have very special stones, crystal balls, eggs or wands, you may want to have a special bag for each of them. Small jewellery drawstring bags are good for transporting stones as well.

Gemstone jars



Gemstone jars are small individual glass jars with a little foam insert. You place the stone on the foam and close the lid. This keeps the crystal free from dirt but allows light in. You can add a label to the underneath with the name of the crystal.

Stone collections

There are many ways to store your stone collection. They say that when you have three of any item, you have a 'collection', so after you get your third crystal, you have the beginnings of a crystal collection. Everyone has different crystals and this makes each collection unique. You can enjoy caring for and arranging your stones. With each one, the touching and handling of the stones reinforces your connection to it, which strengthens the bond between yourself and your gems.

Respecting and Honouring Crystal Beings

Groups of people

Crystal beings are the group of people who were born around 1995 and onwards towards the early 2000s. Individuals in this group are known as crystals, crystal children or crystal beings.

Generational groups

Every few years, there is a distinct group of people who come into the world and eventually, as they grow up, they change things. Other population groups you may have heard of are the older baby boomers (born in the 1950s), indigo children (born in the 1970s) and the more recent millennials (born after the year 2000).

Characteristics of crystal people

Crystal people seem to have a natural healing ability. They are intuitive communicators but may have difficulty with speech in the regular sense. They are often spiritual early in their lives. They find crystals and stones at a young age in their lives and may experience vivid dreams.

It is thought that many of these children suffer from speech disorders but sometimes communicate through other means. Many crystal people are now grown up and use crystals in their daily life.

Many crystal beings are psychic and telepathic. They encourage us all to develop our intuitive abilities. The upsurge of crystal healing in general is a direct result of the crystal children.

Respecting crystal beings

Using crystals and working with crystals may be a way of life for crystal beings and their immediate families, but for many people, it is a new movement. To understand and respect the intuitive abilities of sensitive people such as crystal beings is critical to your own spiritual development.

This acceptance can come from the general public and from others in the spiritual community. To realise that not all new age people are the same can be a challenge, but if you can find it in your heart to be open to new ideas, you will be richly rewarded through the spiritual realm.

Many intuitive young adults were crystal children and are bringing us a more spiritual acceptance as a matter of course.

Part 2: Grounding and Centring Using Stones

Some days you may feel that life is getting a little crazy and things are getting out of hand or you are frazzled. This is the time for a grounding session. To be grounded is to be in tune with the energy of the Earth and to be in balance with nature. It can be a feeling of peace and 'coming home'.

In everyday life and over time, difficult feelings and stress can build up. These can be minute charges within your aura and they can be released through concentrated grounding, after which you feel better and lighter or relieved. Crystals will help in a grounding session.

Grounding

Grounding is when you make a direct connection with the Earth and negative energies can be dispersed back to the earth. This is like grounding in electricity and amazingly similar. If there is an overload of power or energy, it can be grounded to earth.

In the spiritual sense, it is all about letting go of negative and toxic energy that may have built up over time. Most people will benefit from grounding techniques. After you are grounded, you will be more aligned with your true self, which is centring.

Grounding cord

A grounding cord is usually an invisible ethereal cord that connects us to the Earth and holds the soul and spirit in this incarnation. The grounding cord can be connected to your aura and seen by those who can perceive auras.

Each person has one grounding cord that connects them to Mother Earth. A grounding cord can also be used in astral travel.

The negative energy will flow down from you to the earth and disperse into the ground. This is called grounding.

Exercise: A grounding session

When you feel overwhelmed or blocked in some way, a grounding session may be in order. You can do a grounding session at the end of every day before bed as part of your nighttime routine or once a week, however it suits you best.

As always, follow your instincts. In time, you will begin to feel when a grounding session is needed as your body attunes to the power of the healing crystals.

Choose a suitable grounding crystal or two from the grounding crystals in the list following. You can choose one or two stones for your grounding session.

- Stand with your bare feet on the floor, arms akimbo.
- Hold the crystals in your hands.
- Close your eyes and mentally visualise the toxic energy flowing down towards your feet and into the earth.
- Hold this position for about five minutes or until you feel lighter.

Good crystals to help with grounding and centring

Agate

Agate is a strong grounding crystal. Hold it in your hand and release the pent up energy to the ground. Agate protects your aura.

Bloodstone

Bloodstone protects from unwanted influences and is excellent to help with grounding.

Citrine

Citrine is an excellent grounding crystal because it can absorb and rid you of unwanted or negative energy. Citrine is perfect to safely ground and clear clinging energy.

Jasper

Jasper gives protection and helps ground negative energy. It clears blockages. Jasper is a great all-round support stone.

Smokey quartz

Smokey quartz is an excellent stone for grounding and centring. It neutralises any unwanted energy and dissipates toxic energy.



Module 5:

Common Crystals and Stones

Learning Objectives

At the end of this module, you will:

- Be aware of the most common stones, gemstones and crystals used in crystal healing
- Discover each stone's healing attributes, colours, meanings, associated properties and their individual correspondences to other disciplines

Common Stones and their Associated Properties

There are many crystals used in crystal healing. These stones are chosen for their special properties as crystal healers have determined that each one is exceptional in its own way.

Of the vast array of stones and crystals available, some are common, like quartz, and some are rare, like diamonds.

Always bear in mind that some will not actually be crystal structures but through their beauty and over time, they have become considered special and 'gems' of the healing world.

The most popular stones and crystals used in crystal healing are listed here.

Agate

Agate is a good overall healing stone.

Colour: Light blue.

Mental: Eases anxiety.

Physical: Eases arthritis, headaches and digestive discomfort. Relieves bruises, sprains and strains.

Spiritual: Used to facilitate contact with angels and for protection. Detoxifies the environment.

Astrology: Agate is associated with the sign of Gemini the Twins.

Numerology: Agate is related to the number seven.

Agate - Blue Lace Agate

Colour: Blue



Mental: Helps improve public speaking abilities. Gives courage. Good for communication and helps clear the throat.

Emotional: Holding a blue lace agate will give you the confidence to say what needs to be said even if it is difficult.

Physical: Strengthens the skeleton and bones.

Astrology: Blue lace agate is associated with the planet Mercury.

Amazonite

Colour: Mint green.



Spiritual: Healing and prosperity.

Intellectual: Truth, honour and the ability to communicate well.

Astrology: Amazonite is associated with the planet Venus.

Amber



Amber is not strictly a crystal. It can often contain tiny insects and what is trapped in the stone will lead you to understand each piece of amber's message in healing.

Amber does not have piezoelectric properties.

Astrology: Amber is associated with the sign of Taurus the Bull.

Numerology: Amber resonates with the number three.

Amethyst



Amethyst is known as "The traveller's stone" and provides protection when away from home. It is a good all-purpose stone. Amethyst is one of the first stones you should get because it has so many uses.

Colours: Lilac, mauve, violet and purple.

Physical: Relieves headaches, bruises, swelling and fatigue. Promotes good skin and bones. Clears up skin conditions and acne.

Mental: Supports good dreams. Improves concentration and clarity of thought. Brings honesty. Enhances creative thinking. Overcomes insomnia. Quells restless thoughts.

Emotional: Relieves overwhelming grief and sadness. Helps alleviate deep feelings and brings calm. Amethyst can soothe emotional situations so they can be viewed clearly.

Spiritual: Good for spiritual wakefulness, meditation and centring. Clears the channels for messages. Helps develop spiritual awareness. Amethyst resonates with the crown chakra and the third eye chakra.

Astrology: Amethyst is the birthstone for Aquarius and is also associated with the planet Neptune.

Numerology: Vibrates with the number three.

Aquamarine

Aquamarine is a calm and tranquil stone.



Colour: Aquamarine (blue/green).

Spiritual: Used in meditation, astral projection and astral travel. Aquamarine opens the spirit to its true destiny.

Physical: Supports the gastrointestinal system, helps with indigestion and eases acid reflux.

Mental: Aquamarine improves memory retention. Soothes nerves and reduces phobias.

Emotional: Improves emotional energy and releases pent-up stress. Provides warm-hearted energy.

Astrology: Aquamarine is the birthstone for Pisces.

Numerology: Aquamarine is associated with the number one.

Aventurine

Green aventurine is known as the "Lucky stone" and it brings good luck.



Colour: Assorted but mainly green tones.

Meaning: Truth, true love and lasting relationships.

Mental: Aventurine can calm anxiety and fears. It reinforces decisiveness and suppresses mental restlessness.

Astrology: Aventurine is associated with the planet Mercury

Chakra: Resonates with the heart chakra.

Numerology: Associated with the number three.

Bloodstone

Colour: Bloodstone is dark green and often speckled.



Physical: Assists in regulating blood pressure, detoxifies the liver and kidneys. Supports the circulation. Good for colds. Purifies the blood and reduces toxins in the body.

Spiritual: Promotes spiritual grounding and protection. Overcomes electromagnetic stress from the environment.

Mental: Reduces confusion and stimulates decision-making. Encourages your intuitive ability.

Emotional: Promotes creativity and the ability to see the bright side of life. This is an optimistic stone.

Astrology: Associated with the sign Cancer the crab.

Numerology: Vibrates with the number four.

Carnelian

Colour: Brick red/orange with swirls and stripes and is often used in jewellery.



Mental: Carnelian gives clarity to thought and assurance when speaking. Provides good concentration ability.

Spiritual: Supports connections to your inner-self and promotes spiritual evolution.

Emotional: Inspirational, motivational and confidence building ability. Sensuality may be heightened.

Physical: Carnelian is an energy booster. It helps with addictions, eases impotence and menstrual cramps. Aids the kidneys, lungs and liver to excrete toxins from the body.

Chakra: Carnelian resonates to the sacral chakra.

Astrology: Carnelian is associated with the sign of Virgo the Virgin.

Numerology: Vibrates with the number five.

Cinnabar

Colour: Red/pink/orange.



Cinnabar is known as "The Merchant's Stone" and can help in creating wealth and abundance. This is a good stone to attract good things into your life. Carry this stone when making major purchases.

Spirituality: Cinnabar helps you find your divine life purpose. This crystal is associated with the third eye chakra.

Physical: This stone will help you develop ardent sexual feelings.

Emotional: Cinnabar can help in the development and opening up of your intuitive abilities.

Intellectual: It is a stone of transformation.

Numerology: Cinnabar resonates with the number eight.

Citrine



With a deep yellow/cantaloupe colour, citrine is a favourite with crystal healers for its abundance-attracting ability. Keep citrine in your wallet or purse to support wealth and abundance.

Physical: Aids weight loss, carbohydrate addiction and diabetes control. Relieves upset stomachs and indigestion. Supports the spleen and the pancreas in their function.

Spiritual: Provides protection and creativity. Supports a strong psychic energy and protects from psychic enemies. Citrine encourages self-realization and opens the spirit.

Mental: Boosts concentration and memory retention. Supports confidence and courage. Raises self-esteem.

Emotional: Reduces feelings of being found wanting and inadequacy. This stone is good for general emotional wellbeing.

Astrology: Citrine is associated with the sign of Cancer the Crab and the Sun.

Numerology: Associated with the number six.

Coral



Coral is amorphous and not strictly a crystal but is often used in healing.

Colour: Pink and pink/apricot shades. Coral fades over time.

Numerology: Associated with the number eight.

Diamond

Mainly white but can be pink, yellow and other rare colours.



Emotional: Helps with true love and truth seeking.

Physical: Strengthens the whole physique.

Mental: Brings clarity and genius to thoughts.

Astrology: Diamond is associated with the planet Uranus.

Numerology: Diamond vibrates with the important master number thirty-three.

Emerald

Colour: Emerald green.



Emotional: Jealousy, avarice and envious feelings.

Astrology: Emerald is the birthstone for Taurus and is associated with the planet Mercury.

Numerology: Associated with the number four.

Garnet

Colour: Red/dark red.



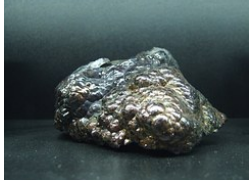
Physical: Gives strength to the body and back, boosts the libido and provides physical force. Supports calcium deficiencies and helps with tissue regeneration after surgery.

Astrology: Garnet is the birthstone for Capricorn and they are related to planet Mars, the red planet.

Numerology: Associated with the number two.

Hematite

Colour: Dark grey/green



Spiritual: Provides spiritual protection and transforms negative energy. Seeks a higher plane of consciousness. Hematite is an excellent stone to have in a crystal healing space.

Emotional: Therapeutic and soothing.

Mental: Boosts self-confidence. Clears the mind and promotes clarity of thought.

Physical: Clears the blood and aids anaemia. Helps stave off jet lag. Protects from the effects of physical trauma. Helps protect the body.

Astrology: Hematite is associated with the Moon and Saturn.

Numerology: Resonates with the number nine.

Jade



Jade is a traditional good luck stone as it brings wealth and abundance. Jade is often carved into intricate shapes. Jade can be found in large pieces.

Colour: Green.

Physical: Supports the adrenal glands and relieve headaches.

Astrology: Associated to the planets Jupiter and Neptune.

Numerology: Jade is associated with the master number eleven.

Jasper

Colour: Red/orange



Emotions: Aids control of emotional responses to aggressive or competitive situations. Reduces gut reactions and helps to control mood swings. Hold jasper when faced with an emotional situation where you need to keep your head.

Mental: Soothe nervousness.

Numerology: Associated with the number six.

Astrology: Jasper and especially red jasper is associated with the planet Mars.

Jet

Colour: Black



Spirituality: Peace and tranquillity.

Astrology: Jet is associated with the sign of Capricorn the Sea-goat.

Labradorite

Colour: White, grey, silver or blue.



Spiritual: Labradorite is an excellent centring and grounding stone. It soothes the spirit and provides aura protection.

Emotional: Calms and soothes frayed emotions. Reduces sadness and melancholy.

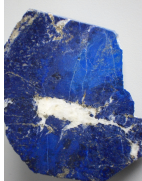
Mental: Diminishes anxiety and relieves depression. Cleans negative thoughts. Clears the psyche.

Labradorite supports wisdom and understanding.

Physical: Aids relaxation and rejuvenation of the body.

Numerology: Associated with the number six.

Lapis Lazuli



Lapis lazuli is known as "The Stone of Friendship."

Colour: Blue.

Mental: Intensifies the intellect and brings clear thinking. Provides wisdom and makes for clear communication. Supports the telling of the truth, honesty and the courage to speak your truth. Dignity.

Spiritual: Used in meditation to provide clarity. Helps to discover the truth in mysteries.

Physical: Helps migraine suffering and supports the immune system. Reduces blood pressure and aids insomnia. Good for overcoming dizziness and travel sickness. Stabilises the thyroid gland. Protects from physical danger.

Astrology: Associated with the planet Jupiter.

Numerology: Vibrates with the number three.

Malachite

Dark green/black with swirls.

Spiritual: Known as "The Stone of Transformation." Good for meditation and inner harmony. Promotes spiritual evolution and supports visions. Good for scrying and crystal ball reading.



Mental: Dreams can become reality. Supports the use of your "mind's eye." Imagination.

Emotional: Helps in times of change and transformation. Reduces shyness.

Physical: Eases muscular cramps, menstrual cramps and contractions during childbirth. Helps with arthritis and all muscle pain and strain.

Numerology: Associated with the number nine.

Moonstone



Colour: White/blue pearly iridescent.

Mental: Promotes honesty, dignity and courage. Helps to find the true self. Provides flexibility.

Physical: Ease the throat, neck, larynx and the vocal cords. Relieves insomnia, vertigo and dizziness. The moonstone is said to lower blood pressure and support the thyroid gland. A moonstone is helpful during pregnancy.

Emotional: Sensitivity, perception, creativity, intuitive and humanitarian love. Feminine attributes.

Spiritual: Supports the clarity of mind needed for meditation. Nurtures.

Astrology: Moonstone is the birthstone for Gemini and is associated with the Moon.

Numerology: Associated with the number four.

Obsidian



Obsidian is a volcanic glass and not a true crystal although used by crystal healers.

Colour: Black.

Spirituality: Removes any negativity and protects. Obsidian is a good grounding stone. Related to the root chakra.

Onyx



Colour: Black.

Spirituality: Cleanses the air of negative energy.

Astrology: Onyx is associated with the sign of Leo the Lion and the planet Saturn.

Numerology: Onyx resonates with the number six.

Opal

Opal is an amorphous rock and does not have a crystalline structure but is often used by crystal healers.



Colour: Iridescent and often white and pearly. Opal can come in many colours and can be clear and translucent.

Spiritual: Increases inspiration and creativity and brings forth the muse.

Physical: Alleviates menstrual symptoms, aids eyesight and eases headaches.

Astrology: Opal is the birthstone for Libra.

Peridot



Colour: Lime/dark green.

Astrology: Peridot is the birthstone for Leo.

Numerology: Associated with the number four.

Quartz

All quartzes help to relieve stress, frustration and anxiety.

Spirituality: Excellent channellers for healing.

Emotional: Gets rid of negative emotions.

Quartz - Clear Quartz



This crystal is well known as “The Master Healer” and works well for all healing.

Colour: Clear and translucent.

Spiritual: This stone cleanses the aura. Opens you up to your angels and spirit guides. Facilitates past life regression. Helps with meditation.

Physical: Relieves pain. Helps reduce blood pressure and headaches. Aids hypochondria and dizziness. Eases convulsions.

Emotional: Happiness.

Resonates with the higher chakras. Divine. White light.

Astrology: Clear quartz is associated with the planet Uranus.

Numerology: Resonates with the number four.

Quartz - Rose Quartz



Rose quartz is known as “The Love Stone.”

Colour: Pink and light pink.

Spiritual: Brings peace and protects from affairs of the heart. Supports love and the soul mate.

Emotional: Love, peace and harmony in relationships. Enhances the ability to give and receive love. Balances the yin-yang energy. Rose quartz has a calming influence on partnerships.

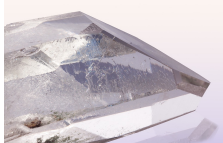
Mental: Openness in love and the ability to focus on the love interest.

Physical: Aids the heart and stabilises an irregular heartbeat. Regulates the pulse. Helps with peaceful sleep.

Astrology: Associated with the planet Venus and the sign Libra.

Numerology: Associated with the number seven.

Quartz - Smoky Quartz



Colour: Smoky grey/mole grey.

Emotional: Smoky quartz grounds negative thoughts and helps with being timid.

Intellectual: It provides the confidence you need to speak up.

Astrology: Smoky quartz is associated with the planet Pluto.

Numerology: Associated with the number two and eight.

Ruby

Revered in many cultures throughout history, Ruby has always been a talisman of passion, protection and prosperity. It symbolises the sun, and its glowing hue suggests an inextinguishable flame within the stone. It was worn as an amulet or charm to ward off plague and pestilence, warned its wearer of impending danger, kept the body safe, and banished sadness and foolish thoughts. It was reputed to bring its owner peace, drive away frightful dreams, restrain lust, and to help resolve disputes. Burmese legend declares inserting a Ruby into the flesh would make one completely invulnerable.



Colour: Red

Astrology: Ruby is the birthstone for Cancer and is linked to the planet Mars.

Sapphire



Colour: Blue

Sapphire is one of the precious gemstones.

Astrology: Sapphire is the birthstone for Virgo and the planet Neptune.

Numerology: Associated with the number one and three.

Sugilite

Colour: Indigo and purple.



Spirituality: Sugilite is related to the third eye chakra and the crown chakra for spiritual protection.

Emotional: Helps purifies the dreams and visions.

Astrology: Sugilite is associated with the sign Virgo.

Tiger's Eye

Tiger's Eye is known as "The Confidence Stone."



Colour: Brown with tawny stripes.

Intellectual: Encourages integrity.

Mental: Provides the broad view that rises above the mundane. Helps in the decision-making process. Focuses the thoughts. Stimulates a brave and sensible approach.

Spiritual: Helps open up the third eye and lets you see clearly. Brings a new vista of enlightenment.

Physical: Protects during travel. Stabilises the energy flow within the body and stops runaway ailments. Protects the nerves.

Numerology: Associated with the number three and four.

Topaz



Colour: Dark orange and blues.

Physical: Combats ageing and hormone imbalance.

Astrology: Topaz is the birthstone for Scorpio.

Tourmaline - Black Tourmaline



Tourmaline is a good balancing stone. It is often long and slender with vertically striated crystals. It has a distinctive appearance. This long crystal structure makes tourmaline act with electrically charged poles at each end.

Colour: Black.

Spiritual: Tourmaline is a good protection stone and can shield you from evil spirits.

Mental: Promotes understanding and clarity of thought.

Emotional: Gives protection from the negative vibrations from others.

Numerology: Associated with the number three.

Tourmaline - Green Tourmaline

Colour: Green.

Numerology: Associated with the number six.

Tourmaline – Watermelon Tourmaline



Colour: Pinkish watermelon colour radiating to green. Distinctive.

Numerology: Watermelon Tourmaline is associated with the master number twenty-two.

Turquoise



Turquoise was used extensively in Greek and Roman mosaic and it is still a desired colour with tiling and mosaic crafters today.

Colour: Turquoise (blue/green).

Physical: Supports your immune system and your whole body. Turquoise is a great stone for physical wellbeing in general.

Mental: Helps you open the channels of communication between close family and friends. Supports your family bonds through discussion.

Emotional: Reinforces emotional bonds. Turquoise is excellent for bonding with your newborn baby.

Spiritual: Supports meditation and grounding. May incline towards developing your psychic ability. Good for astral travel, exploration and discovery.

Astrology: Turquoise is the birthstone for Sagittarius the archer.

Numerology: Associated with the number one.

Module 6:

Part 1: Crystal Healing and Other Therapeutic Techniques



Learning Objectives

At the end of this module, you will understand how to combine crystal healing with other techniques such as massage, Reiki, palm reading, teacup reading, astrology and numerology.

Combining Crystal Healing with other Therapeutic Techniques

Crystal healing can be brought together with other new age techniques to support intentions and enhance wellbeing. If you are skilled in any of these related practices, using crystals as well can boost your healing abilities.

Body Massage

Any type of body massage allows the practitioner to enter the aura of the other. This is a crucial step and all aura treatments will change the electric charge of the body in some way.

Massage is beneficial for many people and the benefits often go to the masseuse as well.

On a simple level, even patting your dog is a form of massage and it relieves stress in the pet's owner and reduces blood pressure. These are very subtle effects and can be powerful in the right circumstances.

The highest good

Trust is needed with all close healing modalities. Touching another person puts you in a powerful position and you need to make sure your intentions are pure. You need to intend to help heal or support the client to the highest good.

Massage with intent

Once you touch your client for the first time, don't keep lifting and retouching them as this breaks the connection and can be irritating to the client.

Always have your crystals to hand and always have one hand on the client at all times, even when you reach for oil or crystals. If you place crystals on the body, they will be effectively in the aura or electromagnetic field of the client.

This is a powerful placement. You can protect yourself from negative energy from massage clients by having a crystal of your own hanging around your neck so it touches your skin. Place quartz stones around the head on the table and two quartz crystals at the feet on the table to draw negative energy away.

Good crystals to have to hand for massage healing

Massage with crystals by holding a smooth stone in your hand and gently draw it over the body. You can go in a circular motion or sweep down and out through the feet. Always use a massage oil to which you can add one drop of crystal essence before you start. Take care not to press the stones into the flesh but to glide them over the body for best effect.

You can choose any crystal or specifically for grounding, use hematite or onyx. For general balancing, use a smooth quartz. Massage with crystals for about twenty minutes. Your client will enjoy the experience and may feel rested or released.

Reiki

Reiki originated in Japan and is a new age healing method where the practitioner sends healing energy into the patient with their hands by touch, or by hovering their hands within the client's aura to stimulate the body's own healing process.

Reiki practitioners hold their hands close to but often not touching another person. This is used to ease blocked energy flow, release pain, and help healing. Typically, the Reiki practitioner will 'cup' their hands around the client's body on either side to bring universal healing.

Experts in Reiki are called Reiki Masters. They harness the universal life force to bring good, strong healing to another.

How to use crystals with Reiki healing



Similar to massage, you can hold crystals in the Reiki position towards the patient's body. If you have a pointed stone, you would aim it at the person directly.

As with all healing sessions, care must be taken.

- Ask for guidance.
- Lay the client down on their back.
- Stop talking.
- Stand at their head.
- Hold your chosen crystals with one in each hand.
- Start at their head and neck and move down the body.
- Slowly enter their aura by hovering your hands about two inches above the body on either side.
- Reach as far as you can concentrating on the head and neck and shoulder area then move down the left side, and then the right side.
- Use your intuition and stop when it feels right.

Part 2: Palm Readers

Palm readers, or chiromancers, do a reading by looking at the lines on your hands. This is an ancient technique and can be learnt by anyone.

In palm reading, the reader holds the client's hands and thus enters the aura of the client.

As we have seen before, this is a powerful position for a crystal healer because every time you move into another person's aura, you change their vibrations with your own and at the same time, their vibrations could cross over to you.

You can use crystals to help with the reading and have them placed on the table in front of you, or you can protect yourself from toxic energy from your client by having a crystal around your neck or in your pocket.



Exercise: How to do a crystal palm reading

- Ask for guidance.
- Have your biggest and brightest crystals on the table in front of you.
- Sit facing your client.
- Take their hand and read their palm (to do this you need to be able to read palms in the first place).
- A palm reader may hold both hands to start with or start first with the left and then go on to the right hand.
- Always continue to hold their hands, even if you change hands, and do not let go until you have finished the reading. You can touch their arm as well but keep contact throughout the reading.
- As the reading unfolds, you can touch your crystals with one hand to reinforce the message developing from the palm reading. For example, for abundance, touch jade, for overall healing and well-being, touch quartz and amethyst.
- Listen to your intuition on the crystals to touch as you continue the reading.
- When you have finished, saying all you need to say, let go and hold your hands together in front of you on the table.



Teacup Readers

Teacup readers, or *tassomancers*, read the tea leaves left behind in a teacup after the client has drunk the tea.

Teacup reading is a pleasant procedure as you will sip tea and maybe have biscuits as you chat with your client before the reading.

It is a wonderful way to break the ice and discuss what you do in your readings and how crystal healing can come into play in a teacup reading.

You must discuss with your client if they want the crystal elixir to drink in their cup because it is their choice and not yours.

What you will need:

- Tea leaves. You can choose regular tea and for best results, use tea with medium sized leaves like English Breakfast tea.
- A china cup with a handle and a saucer. For best results, do not use mugs or beakers.
- Homemade crystal elixir in a dropper bottle.
- Crystals on the table.

How to prepare the cup for tea cup reading

- Make a pot of tea using loose tea leaves and boiling water.
- Let stand to brew.
- Pour your client and yourself a cup of tea.
- Add one drop of crystal elixir in your client's cup if they choose as discussed earlier.
- Add milk, lemon or sugar to taste.
- Get your client to drink the tea and leave about one teaspoon of tea in the bottom of the cup.
- Ask your client to swirl the dregs around a few times and then quickly turn the cup upside down onto the saucer to drain for one or two minutes.
- Read the teacup as usual (you have to know how to read a teacup in the first place).

Two ways to use crystals in teacup readings

1. Teacup readers can hold a crystal when they do the teacup reading to help them with the reading.
2. Place one drop of crystal elixir in the teacup before the client drinks it.

Tarot Card and Angel Card Readers



If you can read Tarot or Angel cards, you can use the power of crystals in your reading.

Some clients will arrive at the reading and know which card represents them, so use that one. You can also let them look at the major arcana and select a card that they feel is right for them, and if they don't want to do this, you can use the basic Tarot signifiers as listed below.

- Young women - pages
- Young men - knights
- Married and older women - queens
- Married and older men - kings

To help you fine-tune the signifier for your reading, each suit has an element and an experience associated with it, and this can support the whole reading.

- Swords - air - intellectual
- Cups - water - emotional
- Wands - fire - spiritual
- Pentacles - earth - physical

In the usual spreads, you choose the card that indicates the person you are doing the reading for and place it in the centre. You then lay out the other ten cards of the spread.

In all card readings, take the signifier card and place it face-up on the table.

Then place the crystal associated with the question (love, money, health etc.) and lay it on top of the signifier card.

Exercise: Your Tarot card crystal reading

- Take the signifier card and place it face-up on the table.
- Choose one or two crystals that align with the question being posed at the reading and place them on top of the card.
- Continue the spread as usual.

Part 3: Astrology



Crystals can be used in an astrology reading to support the astrologer.

Again, you need to know how to read an astrology chart before combining it with a crystal astrology reading.

Not all astrology readings are done face to face and in fact, many are not.

This means that you, as the reader, can prepare the chart beforehand and place the crystals that you need on the chart to rest overnight. In this way, you can step up the vibrations of the chart and do a better reading.

There are two main ways to incorporate crystals into astrology readings.

Compass points reading

Take an astrology birth chart and place the crystals on the four compass points of the chart. Select the colour for the sensitive areas of the chart. The four sensitive spots are:

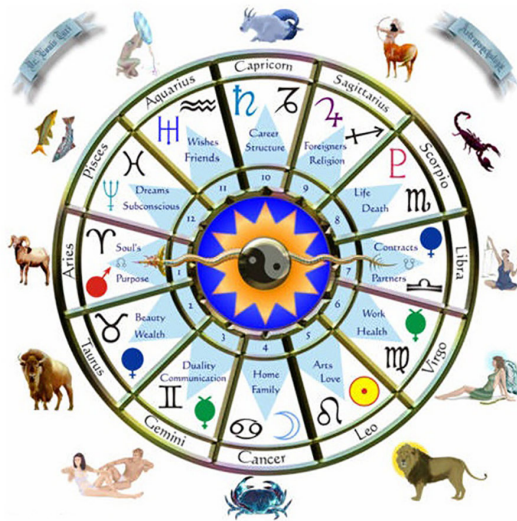
- The Ascendant
- The Midheaven
- The Descendant
- The Immum Coeli

There will be a different astrology sign on each of the four sensitive points and each sign has a colour with which it is associated. Choose a crystal in the colour of the chart points and place them on the chart when doing the reading.

The astrology signs colours

- Aries - red
- Taurus - red /orange

- Gemini - orange
- Cancer - orange/yellow
- Leo - yellow
- Virgo - yellow/green
- Libra - green
- Scorpio - green/blue
- Sagittarius - blue
- Capricorn - blue/purple
- Aquarius - purple
- Pisces - purple/red



Using planetary energy with crystals

In each unique astrology chart, some planets are stronger than others. This strength or weakness can be used in two ways.

1. If you want to focus on stimulating the chart-ruling planet (the planet that rules the sign on the ascendant), which is typically the **strongest** planet in the chart, then use the crystal for that planet.
2. If you want to bring forth the energy of a **weaker** planet to reinforce the person's weak spots, then use a crystal in the colour of that planet.

Place the crystal associated with the planet that you want to develop on the chart over the planet when you do the reading.

Planetary related colours

- Sun - gold and yellow
- Moon - silver and white
- Mercury - green
- Venus - pink and magenta
- Mars - blood red
- Jupiter - sapphire blue
- Saturn - black and shades of grey
- Uranus - electric blue and turquoise
- Neptune - cyan and aquamarine
- Pluto - dried blood red or maroon
- Chiron - beige and taupe

When speaking directly to your client in a face-to-face consultation, you can have a necklace that lies on your throat chakra to help you find the words. Blue lace agate is a wonderful stone to help you find the words you need to say to your client.

Which crystals to choose for a crystal astrology reading

Either choose stones in the colours of the compass or main planets and if you have a colour programmed stone, use that one.

Or, select the stone that supports the reason for the astrology reading or the question posed by your client, for instance, love and romance, abundance and money or a new job or career.

Each case is different and as usual, always use your intuition.

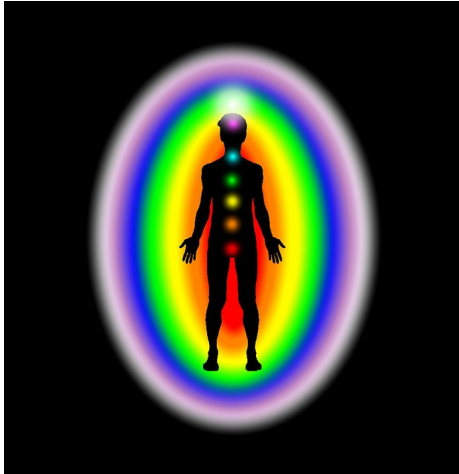
Part 1: Chakra and Aura Scanning Techniques

Learning Objectives

At the end of this module, you will:

- Understand the importance of the seven chakras
- Be aware of the relevance of your aura
- Be able to conduct an aura scan

Chakra and Aura Scanning Techniques



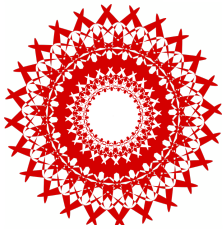
Chakra means “Wheel of Light” in Sanskrit. The chakras are seven special points in the human body that circulate and release energy. The chakras are all laid out down the centre of the body from the crown of the head to the base of the spine. They are coloured as the seven colours of the spectrum or rainbow.

When the chakras are clean and free, they promote spiritual, intellectual, physical and emotional wellbeing. If a chakra is blocked, it can affect your ability to function properly in these areas of life.

The Seven Chakras

The chakras are energy portals in the body. There are some crystals associated with each chakra. Colours are powerful. You can use the colour of the chakra to help you choose a crystal in line with its meaning.

Root Chakra



Keywords: Basic trust

The root chakra is found at the base of the body in the area where things are eliminated and expressed from the body.

The root chakra’s colour is red.

Crystals for use at the root chakra are garnet and red jasper.

Sacral Chakra

Keywords: Sexuality and creativity.

The sacral chakra is also known as the navel chakra.

The sacral chakra is coloured orange.

Crystals associated with the sacral chakra are carnelian and orange zincite.

Solar Plexus Chakra



Keyword: Confidence.

The solar plexus chakra is just under the breastbone in the soft tissue.

The colour for the solar plexus chakra is yellow.

Crystals associated with the solar plexus chakra are all yellow/amber stones including citrine, yellow topaz and yellow sapphire.

Heart Chakra

Keywords: Love and healing



The heart chakra is over your heart in the centre line of your body. It has to do with how you give and receive love and your methods of overall healing and health.

The heart chakra is coloured green.

Crystals associated with the heart chakra are aventurine, emerald and jade.

Throat Chakra

Keyword: Communication

The throat chakra is found on the front of the neck near the vocal cords. This chakra has much to say about speaking and communication. The ability to speak up and speak out is governed by the well-being of your throat chakra.

The colour for the throat chakra is blue/turquoise.

Crystals associated with the throat chakra are turquoise and blue lace agate.

Third Eye Chakra

Keyword: Awareness



The third eye chakra is found at the centre of the brow above the eyes, thus the term third eye). Your third eye is said to be the ability to read psychic messages and have a highly developed intuition.

The colour associated with the third eye chakra is indigo blue.

The crystals for the third eye are sapphire, lapis lazuli and sodalite.

Crown Chakra

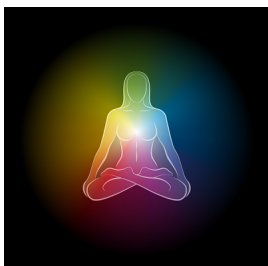
Keyword: Spirituality



The crown chakra is coloured violet and the energy emanates upwards out of the crown of the head. This is the ultimate evolution for souls.

Crystals for use in the crown chakra are amethyst and clear quartz.

Part 2: Your Aura



Your aura is the electromagnetic area around your body. It is usually around thirty centimetres deep from your skin outwards but it can extend further in some sensitive people.

Several cultures need more “personal space” than others, like the Asian community, who lean very far backwards when shaking your hand so as not to be too close to your body and enter your aura. Other nations will get up close and personal and hug all and sundry without a care for your aura. Your aura should be fresh and bright and this indicates good health and well-being. Your aura can be different colours at different times in your life but typically, it will be one colour. Your aura can grow or diminish at certain times in life.

If you are pregnant, your aura can grow to twice as deep to accommodate the second life force in your body. Your aura will go back down after the birth. This is believed to be the basis of the pregnancy “glow” that many women have at this time.

If you are depressed, your aura can drag on the ground behind you as you walk, which indicates that you are unwell. When ill, your aura can change colour from bright to dull, dusky or grey.

At death, your aura eventually leaves your body.

All living things including humans, animals and plants have auras. Kirlian photography and some x-rays show the energy field around people, animals and plants.

Aurora Borealis

Your aura is much like the aurora borealis that can be seen around the Earth’s poles.

It covers the whole of the Earth but we can mostly only see it at the poles where the energy enters and leaves the Earth.

Just because you can’t see it, it doesn’t mean it’s not there.

Some people will enter your aura

You are only comfortable with some people entering your aura. Strangers are not welcome. This is why it is awkward in a crowded elevator as people crush together and enter each other’s auras.

It can be uncomfortable for you if people you don’t like step too close into your personal space and touch your aura.

Babies and children can enter your aura easily. Animals are mostly welcome and you will happily pet a dog or let your cat sit on your lap.

It gets tricky with adults. Holding hands is usually the first romantic closeness between people, and kissing or other intimate acts bring two auras together. At this point, the auras merge and can blend.

When you spend a lot of time in close proximity with other people, you get used to them in your aura. This happens at work and leads to a closeness with those people.

Crystal healers will enter the aura of their client as they touch them or place crystals on or near their body.

Who can see auras

Some people can see auras. It is said that children can see auras, and in fact, that we all as children could see auras, but this special ability wanes as we grow older.

Aura scanning

Aura scanning is seeing or sensing the aura for colour, depth and tears.

Visual aura scanning

Look at the person and see if you can see their aura. Some people can see the moving waves of the energy field as the person moves and talks.

Kinaesthetic aura scanning

Some people can sense any disruptions in the energy field around a person. This can be sensed by the feelings or warmth and cool or a tingling or raising of the tiny hairs on the arms.

You can do a blend of both techniques and with practice, you may begin to see or sense auras.

Exercise: How to do an aura scan

- Have your client lie down.
- Stop talking.
- Ask for guidance.
- Create a psychic protection for yourself by visualising a shield of pure light around your body.
- Working from the client’s head down towards their feet, slowly place your hands into their aura without touching them.
- Hold your hands for short intervals and slowly move down their body, paying attention to any feeling in your hands or any energy you can intuit as you move over them and through their aura space.
- As you gain experience, you will start to notice hot and cold spots or weak and strong areas in their aura.

Afterwards, make notes about where you sensed or saw thin areas or felt weak spots. It may take several attempts before you can start to “read” auras. Open your mind and always ask for guidance before doing an aura scan.

Part 1: Methods of Clearing Cords and Connections from Chakras

Learning Objectives

At the end of this module, you will:

- Be aware of how to clear chakra cords and connections
- Be familiar with aura combing techniques and how to use them safely
- Understand how to repair energy leaks and release blockages

Methods of Clearing Cords and Connections from Chakras

Cords

Cords are thin, light connections from your chakras to other people or things, so you are likely to have seven or more cords. You will typically have cords to loved ones, your spouse, children and parents.

You can have cord connections to grandparents and older people who have passed over as well.

You will probably create friendship cords to people in your social groups and you can have cords with people you work with on a daily basis and whom you see all the time.

Issues with cords

Cords can deteriorate over time or when they are connected to toxic people. Sometimes a cord will float from your body but have no end.

- A damaged cord can become thin, spiky or slimy.

There can be problems with negative energy that flow towards you from difficult people through cords with them. You may not always realise this is happening and cord clearing is the best thing to do.

Exercise: How to clear chakra cords

You can clear cords with bare hands or when holding a crystal. For clearing of cords, there are a few special preparations that you can do.

- Choose a crystal in the colour of the chakra.
- Ask for guidance.
- Be patient and respectful.
- Smooth the cord with your hands or when holding a crystal in slow movements away from the body.

Be gentle with cords as they are connected to the chakras and the person will feel tingling if you are too rough.

Aura Combing and Cleansing

Aura combing and cleansing is also known as sweeping and is a method of clearing out stuck energy that is slowing down your aura.

How to comb an aura with your hands

Your client can stand, sit or lie down.

- Visualise a protection of light around you.
- Ask for guidance.
- Hold your hands with the fingers outspread as a comb.
- Place your hands two inches away from the skin of your client.
- Gently comb through the aura.
- At the end of each sweep, flick your hands and flick away the negative energy (this is so it does not come to you).

Always take care of yourself and flick your hands after aura combing someone else. Always ask for guidance before helping others.



How to comb an aura with crystals

As with all healing techniques, ask for guidance. Choose a crystal in the same colour spectrum as your client's aura, or choose a crystal with the healing properties that you want to bring to bear for this cleansing. Good all round crystals to use for aura cleansing are clear quartz and amethyst. If you have a crystal with a point, you can use that.

- Hold the crystal in your hands facing towards the client.
- Run your hands down the body away from the heart.

Keep sweeping and combing until you feel it is enough and the aura is smooth and fluffy again. This can take a few sessions if the person's aura is very distressed or ragged.

Part 2: Repairing Energy Leaks and Blockages

When the aura is torn or has gaps, it allows vital energy to sap through and be lost. It is important to repair all weak and broken auras.

Energy can leak out through tears in the aura or through broken or ripped cords.

Typically, you can see or intuit the dips in an aura, as the area is not as deep as the rest of the aura around the body.

If there is damage to the physical body, the aura may be weakened as well, so pay attention to any injury the person has experienced. Even old wounds or bone breaks can still show as weak spots in their aura.

Women who have experienced a miscarriage or other unfulfilled pregnancy can have a weakness in their aura in their womb area. Be sensitive to such things.

Exercise: How to repair an energy leak

Spiritual energy is important for holistic well-being. Any energy leak will cause distress and fatigue the person.

- Always ask for guidance.
- Visualise a protective shield of white light around you.
- Ask your client to lie down and stop talking.
- Choose an all round healing crystal like clear quartz or if you have a special crystal, use that one.
- Hold the crystal in the area of the energy leak, about five centimetres above their body, for at least five minutes.
- You can move it slowly in a circular motion.

Exercise: How to release blockages

Energy blockages can occur in the aura or on cords but they are typically in the aura at the chakras. Auras are delicate and can show the true feelings and experience of people.

- Ask for guidance.
- Visualise a protective shield of light that surrounds you.
- Get your client to lie down and stop talking.
- Select a crystal in the colour of the chakra or take a clear quartz crystal.
- Gently hold the crystal in the client's aura at the point of the chakra and move in a circular motion over the chakra.
- After you have done that, you can place the crystal on the person's chakra and leave it for five minutes.
- Remove the stones and finish.

Always let the person have some recovery time after a chakra blockage healing session, as it can sometimes be exhausting for them.

Baths for all over aura boosting and fluffing

- Take a salt bath - this can be table salt or bath salts but it must be strong. Use about half a cup of salt to one bath full of warm water.
- Take a crystal bath – add five drops of crystal essence or elixir to the water.
- Add a whole crystal to the bath water and run a warm bath.

With all baths and soaks, use warm water and stay in the bath for at least fifteen minutes. This is a good time to light candles and listen to relaxing music.

When you emerge, you should feel better as your aura is enhanced

Module 9;

Part 1: An Introduction to Laser Wands



Learning Objectives

At the end of this module, you will:

- Be familiar with laser wands and how to use them in healing
- Be aware of some quartz healing techniques and balance techniques
- Understand when and how to practice self-healing

An Introduction to Laser Wands

Laser wands



A laser wand is a crystal shaped into a point like an obelisk. It is best to be a naturally grown crystal like quartz but you can get milled crystals, which are polished into the wand shape.

A laser wand is usually long and wider at the base than the tip. The tip has small facets and most laser wands are made of clear quartz crystal. Most wands can be held in your hand with ease.

Laser wands can be made from any crystal that grows in a natural pointed shape, or it can be other crystals that are manufactured, cut and polished into the wand form.

A laser wand can bring together strong energy that comes out of the tip and so the wand can be pointed at the area of the body that needs healing.

How to use a laser wand

Laser wands can be used to protect and rebuild your aura, for aura combing and to focus energy to one particular spot.

They are powerful crystals and the larger the wand, the stronger its capability for energy release, although small wands are as effective and can be energised to high levels as well.

The wand shape itself brings focus to the energy emanating from the tip. This ability aids in healing and meditation, as the energy released from the wand brings forth all that the crystal has to offer.

A laser wand is an advanced tool used for crystal healing.

You can protect yourself with laser wands by working the area around your body and aura with the wand. It is a good idea to wear a laser wand on a cord around your neck for total protection.

Protecting yourself with the laser energy field can be accomplished, in a similar manner, by directing the energy to surround your physical body. It can also be done by wearing or carrying the laser wand.

A laser wand is an excellent component of your crystal healing toolkit.

Laser wand pendulum

A small laser wand on the end of a pendulum pointing down will increase the emphasis of the pendulum, as the point draws the energy and expels it out of the tip.



Quartz Healing Techniques

Quartz crystal is used in healing techniques because it is a strong resonator of energy and oscillates with the highest vibrations of all crystals. Quartz has been found to be the best all round crystal.

It comes in many colours like rose quartz and smoky quartz and the well-known clear quartz, which looks like ice.



Crystals that grow into points as quartz does can be used directly in their natural form or they can be polished to a smooth surface.

The electromagnetic component found in crystals is the healing property as it adjusts with the human body's natural electrical field.

Direct pulse method for pain relief

As a healer, you can project and absorb energy through your hands. If you are right-handed, it will project from your right hand and be absorbed by your left hand, and if you are left-handed, you will project energy from your left hand and absorb from your right hand.

Cup and move your hands around your client in a pulsing manner to remove pain and release blockages.

When you hold and wield a crystal laser wand, this energy is amplified.

To bring new energy into the body, point the wand inwards.

To release unwanted energy, point the wand outwards from the body.

Crystal Balance Techniques



Balancing yourself with crystals is the method of using the crystals to release, free up and re-energise your body, mind and spirit.

There are several systems in the body that can benefit from crystal balancing - the neurological, circulatory and the lymphatic systems.

Balancing is all about realigning and balancing the energy that is flowing and or trapped in your aura. The chakra balancing technique is a great all round method to clear and balance the energy.

Internal Balance Techniques with Crystals

Internal balance techniques focus on the systems of the body and the chakras. In a balanced body, the energies flow easily in the chakras and the body's life force systems.

Signs that your systems and chakras are not balanced are:

- Feeling tired all the time
- Listlessness
- Fears that plague you
- Pain

Signs that your body systems and chakras are in balances are:

- A positive outlook
- Confidence
- Hope for a bright future
- Acceptance of circumstances

Part 2: Neurological Balance Technique

Neurological system

The neurological meridians flow down from your brain and spinal cord as the nervous system ending in your fingers and toes, with the paths running up and down your arms and legs. Acupuncturists use the meridians to stimulate the part of the brain that aids release and healing. You can place crystals on the meridians and the soles of the feet.

When to use the neurological balance technique

Sometimes you can just feel out of sorts but at other times, you may be suffering from nerve blockages.

There are signs that you need a neurological balancing. For instance, when you are jittery or nervous, when you fidget and chatter on and when you start to feel dizzy.

Crystals to use for neurological balancing

- Sapphire
- Topaz
- Tourmaline
- Agate
- Jade
- Lapis lazuli

Body positions - First position

- Lay down on your back
- Place the crystals in the open and up-faced palms of the hands
- Leave in place for at last five minutes

Alternate position

- Lay face down with your arms by your side
- Place crystals in your up-turned palm
- Place crystals on the base of the foot
- Place small crystal on the toes or between the foot and the toes
- Leave in place for at least five minutes

You will often feel a tingling as the energy is moved, released and stabilised in the nervous system. This is natural as the nerves process messages to and from the brain, using tiny electric sparks and placing crystals in these sensitive areas can stimulate clearing and a tingling sensation.

Always use your intuition and ask for guidance when using crystals.

Circulatory Balance Technique

Circulatory system

Circulation refers to all the capillaries, veins and arteries that flow the blood around the body, starting at the heart. Balancing your circulation requires you to clear blockages in the actual circulation of blood in your body.

When you exercise, your face can get flushed and this shows a good blood flow. Sometimes if your feet are cold or turn blue, there may not be a good flow of blood.

Good circulation allows oxygen to arrive at your cells and toxins, like carbon dioxide in your breath, to be removed.

When to use the circulatory balance technique

It is ideal to have a constant flow to every cell, and with crystals, you can achieve this. You can improve your circulation with the circulatory balance technique.

Crystal to use for circulatory balancing

- Rose quartz
- Agate
- Green Aventurine
- Bloodstone

Body positions for circulatory balancing

For circulation issues and blockages, focus on the heart chakra.

- Lie down on your back
- Place a crystal on the heart chakra
- Leave for at least five minutes
- Concentrate on your breathing to slow the heart

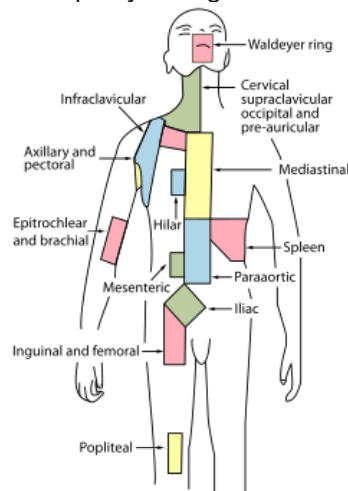
Wear a crystal pendant that lies over the heart chakra. This will bring constant support for your circulation and blood balancing.

Part 3: Lymphatic Balance Technique

Lymphatic system

The lymphatic system contains lymph, which is similar to blood plasma, and helps regulate the body's blood circulatory system when necessary. Lymph contains waste products and cellular debris.

Lymph nodes are found throughout your body, for example, under your armpits and in your crotch area at the top of your legs.



Lymph drainage removes unwanted toxins and fluids and brings relief.

When to use the lymphatic balance technique

The other systems of the body, like the circulatory system and the neurological system, have clear physical indications that they need balancing more so than the lymphatic system.

Use the lymphatic balancing system when you feel sluggish or stiff in the limb joints. This technique can be performed after the first two systems have been balanced.

Do not do more than one major body system balancing in one day. For best results, and to allow your body to heal itself, it is recommended that you do one a week over a three-week period.

The lymphatic system is subtle and can be delicate, to which you will become more attuned with practice.

Crystals for lymphatic balancing

- Clear quartz
- Amber
- Sodalite
- Tourmaline
- Sulphur
- Larimar

Use crystals that aid release and have a gentle purging effect. You can listen to your intuition to help you choose the right crystals.

Body positions for lymphatic balancing

- Lie down on your back.
- Place a crystal on the main seven chakras and in the armpit and groin areas.
- Remain in place for five minutes or as long as needed.

After lymphatic balancing, you will feel more relieved and the body will be slightly cooler as the toxins move back into the blood for excretion by the liver and kidneys.

Self-Healing Techniques

If you are interested in crystal healing and all it can offer you and others, it is advisable to learn how to self-heal for yourself.

You may have visited a crystal healer in the past and experienced the wonderful effects that a crystal healing session can have, and maybe you want to learn how to do it yourself.

You can easily self-heal with crystals and as always, ask for guidance and use your intuition.

How to start to self-heal

When you start to self-heal, take it slowly and only try one crystal method each day. If you do too much crystal work that is balancing and draining for your body, it can be tiring. Although each technique is good by itself, you can easily become exhausted as the crystal healing gets to work.

Only do one method each day and learn which ones work well for you. After you have experienced each technique, you will find one or two that speak to you and that you enjoy.

Crystals can support and give you a boost even if you feel well.

A daily system to start self-balancing

When you start crystal healing and balancing, it helps to be organised and have a plan.

Do the following techniques over the space of one week.

Day 1: Chakra clearing.

Day 2: Cord clearing.

Day 3: Aura combing.

Day 4: Massage session.

Day 5: Circulatory system balancing.

Day 6: Neurological system balancing.

Day 7: Lymphatic system balancing.

After you become more experienced with the powerful energy, you can fine tune your methods and learn to wield the power of crystals.

Crystal tools and methods that you can use on yourself

- Laser wands
- Chakra healing stones
- Surrounding yourself with crystals
- Carrying a crystal in your pocket
- Wearing crystal jewellery
- Crystal grids

Crystal tools and methods that you cannot use on yourself

Because you are trying to get rid of negative energy or other blockages, it is not easy to do this yourself.

Although the motion of flicking may help to get rid of unwanted prana, it is best to have someone else clear you using the following methods:

- Aura combing
- Aura cleansing
- Cord repair

Always ask for guidance and stop if things don't feel good. You can do too much crystal healing and whilst getting the energy flowing is a good thing, you can feel exhausted from too much crystal work in the space of a few days.

Take care of yourself and do everything in moderation. If you listen to your body, you will not go wrong.

Crystal healing is powerful and stimulates your body, mind and spirit.

As a new crystal healer, take care and go slowly at first until you become familiar with all the healing techniques.

Module 10: Crystal Techniques, Layouts and Grids

Part 1: Crystal Techniques

Learning Objectives

At the end of this module, you will:

- Be familiar with crystal techniques for karmic release, past-life healing and parental release
- Understand how crystal healing can be used to self-heal
- Be aware of crystal grids and how they can help with crystal healing

Crystal Techniques for Karmic Release and Past-Life Healing

You can use crystals for clearing issues and energy that have been around you for a long time and that you may have brought forward from a past-life or gathered during this lifetime. It is also possible that you are being held back by people in your past and crystals can help to free you from any karmic debts that you still owe.

Past Life Healing

Your past life memories are like individual stories that you carry forward into this life. They are usually recollections and dreams of how you may have lived and what you may have done when you were incarnated into another mortal body in the past. You are likely to have had more than one past life and this can be the challenge in the explorations of past lives.

Not everyone agrees with past life regression and past life healing, and it is a personal choice. As a crystal healer, you will meet people who want you to do a special releasing for them with the vibrational help of your crystals.

Healing past lives will free you from bonds to people who no longer serve you and from situations or the person you were in a past life. We are not all saints and at the same time, we are not all sinners. Most people walk the narrow path and try to live a fair and good life full of hope and beauty and to have a happy family.

It is human nature to look back and have regrets on what was done and how things could have been done better. This is where past life healing can come into its own.

Karmic Release

Karmic release is a method to rid you of energy, connections, cords and ties that may have been holding you back. Sometimes you do not know you have these energy sappers connected to your body.

There may be a special day when you realise that you need help releasing yourself from past karma and this is known as a karmic release. You may visit someone who can see your aura and they tell you that you have a strong connection to many people from your past.

The past can be at any time earlier than today. It can be something that happened last week, last year, when you were young or many eons before in a past life.

3 Ways that karmic energy can be stored

1. Things you did and people you knew (including your ancestors) in a past life – requiring past life healing.
2. Things your parents did (or did not do) for you when you were a foetus, baby and child – requiring past parental healing.
3. Things you did yourself when you were a younger person – requiring past self-healing.

Past-Life Healing

Your past lives are anytime your soul was incarnated into another body and you walked the Earth. You may be able to recall your past lives or you can consult a past-life expert who will carefully walk you through any past lives you have.

Types of issues for past-life healing

Some things that you did in a past life may bother you now in your enlightened conscious state today. There are both good and difficult things in everyone's past lives.

You may wish to cleanse and balance yourself through past life crystal healing for the following:

- Being unfaithful
- Abandoning your children
- Criminal activity
- Not being a nice person

Method for past-life healing with crystals

- As always, ask for guidance.
- Have stones for protection like obsidian at hand.
- Lie down on your back and close your eyes.
- Concentrate on your breathing.
- Clear your mind and visualise what you want to change that happened before. Visualise you saying and doing the things you wish you had said and done.
- Take your time.
- Let it go.

Sometimes it will take more than one past life crystal healing to free you from ties that are not good for you. You cannot expect to be completely free in one go but you can commit to work through what has been around for a very long time with the protection of crystals.

Afterwards, you should feel lighter, at ease and happy, knowing you are becoming free or have become free of unwanted karma from the past that is not serving you in this lifetime.

Part 2: Parental Healing

Parents and those who took the role as parents like stepparents, grandparents or other caregivers fall into this category.

It is about the people who looked after you until about that age of accountability or around age seven years.

Your parents shaped and moulded you by the environment they provided and the care and nurturing they gave you. This includes attitudes and prejudices from these people. We all have them and sometimes as you grow into adulthood, you will question whether these mindsets and principles now continue to serve you.

Types of issues for parental healing

It can be basic right-from-wrong issues or subtle prejudice attitudes that no longer are accepted.

Issues that you may wish for yourself for parental healing are:

- Abandonment and absentee parents
- Abuse and dependency
- Attitudes of prejudice
- Material dependency
- Poverty and a feeling of 'lack'

Method for parental healing with crystals

Always ask for guidance and use your intuition. Lie down and place crystals on your heart chakra and your third eye chakra. Choose the stones that speak to you.

Affirmation for parental healing with crystals

During your crystal healing session, say the following two affirmations:

"I release myself from attitudes and behaviours learnt from my parents which no longer serve me," and "I love my parents and they love me."

Use the heart chakra for love and the third eye chakra for enlightenment for parental healing.

Self-Healing

When you were younger, you may have made choices and lifestyle decisions that you now regret. This can linger as unwanted energy and the day will come when it is time to release yourself from the redundant energy of things you did as a younger person.

Types of issues for self-healing

For example, you may wish to stop smoking or overeating. Crystal therapy can help to free you from these habits with strong affirmations to help you change.

When making changes in your lifestyle, you often have to give yourself permission to let things go.

Ideas for self-healing are:

- Stop smoking.
- Weight management.
- Be a nicer person.
- Help others.
- Love yourself.
- Accept yourself.

Affirmation for change in yourself

Change starts with a thought, a word and a deed. First, you think about the changes you want to make (lose weight or stop smoking), then you say the words (your affirmation) about the changes you want to make and then you do what it is that you want to change.

Say your affirmation out loud every morning and at the start of a crystal self-healing session. Below is an example of an affirmation that you can say or you can create one more suited to your specific needs.

"I free myself from decisions I made in the past that no longer serve me. I move forward this day free and in charge of my life."

Change does not come easily but you can bring the power of crystal healing energy to help you in a good way. Let the vibrations of crystals elevate you to become a better person and kick the habits that are no longer serving you.

Exercise: For self-healing with crystals

- Find a quiet spot.
- Take the crystals that support the changes you want to make and hold them in your hands. Use clear quartz if it is a general healing or well-being. You could also sit in a circle of stones specifically chosen for their support and protection.
- Clear your mind and stop talking.
- Concentrate on your breathing.
- Focus on the issue at hand and visualise any unwanted energy or bad habits leaving your body.
- Say your affirmation.
- Stay in this position for five minutes.

After every self-healing session, you can give thanks to your crystals and carefully put them back where they belong.

You can also carry a small tumbled stone of quartz that you used in the self-healing in your pocket to remind you of the specific session that you just did.

Optional affirmation for general self healing with crystals

During your crystal healing session you could say the following two affirmations:

"I am a good and worthy person."

"I love myself and so I can love others."

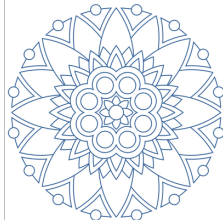
Part 3: Crystal Grids

Crystal grid diagrams are templates used to place crystals and stones into certain patterns for manifestation. They can resemble mandalas used for meditation.

There are three basic types of crystal grids and each grid is based on a number 2, 3 or 5, and two special grids based on the higher vibration numbers 7 and 9.

Crystal grids of the number 2

All patterns of two, four, eight or sixteen spokes are based on the number two crystal grid pattern.

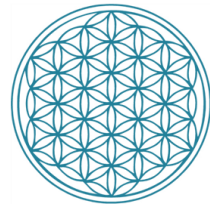


Two-based numbers are the **manifesting** numbers and can help to change things and make things happen. These grids facilitate transformation and can be used to great advantage for healing work where change is required.

Intentions can be clear with the two-base crystal grid.

This grid works well with isometric crystals and cubes.

Crystal grids of the number 3



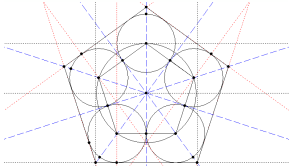
All patterns with three, six or twelve spokes are of the crystal grid number three. These look like hexagrams, honeycombs and clock faces.

Three based numbers show **latent talents** that you may possess but of which you are unaware.

Use this grid to manifest your untapped talents and skills to enrich your life. This grid will help to open up closed areas of life and hidden prejudices.

This grid works well with crystals formed on the number three crystal axis, like quartz and amethyst.

Crystal grids of the number 5



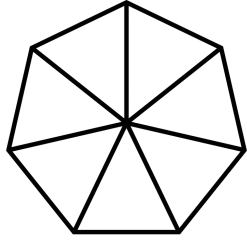
Patterns with five, ten or twenty spokes are of the crystal grid number five. These are clearly seen as pentagrams.

Five is the number for **creativity** and you can use this grid to manifest inspiration, creativity, ideas and to connect with your inner child.

This grid can be used to help with affairs of the heart, love and romance and to fix broken hearts.

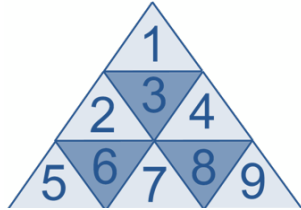
It is the special place in your heart-of-hearts and where you are true to yourself. This number represents the innocent child you once were and still carry within.

Crystal grids of the number 7



Grids with seven, fourteen or twenty-eight spokes are based on the number seven pattern. Seven is a number for **spirituality**. It is no coincidence that there are seven chakras and seven colours in the spectrum. Seven is the number that comes up often in evolutionary work. Seven based grids are good for timing events. There are seven days in a week or quarter Moon cycle, and fourteen days in a fortnight or nearly a half Moon cycle, and around twenty-eight days in a Moon cycle. Use this grid carefully to develop your unconventional side. The side where your beliefs are yours alone and you do not follow the herd.

Crystal grids of the number 9



All patterns with nine, eighteen or thirty-six spokes are based on the number 9 pattern. The number nine is associated with **karma**, universal love and spiritual awareness. Nine suggests things will come full circle. Things will go their course and situations can often be fated. The number nine suggests that in these circumstances, you follow your fate and do not have free will.

Types of crystal grids

Crystal grids can be printed on paper, cotton, silk or other materials. There are many varieties of patterns but they all come back to the base numbers and this is important. Use the correct number of spokes on the crystal grid for the purpose and intention that you want to achieve.

Ultimately, you don't have to use a printed grid as you become more confident in what you are doing with crystal grids and the power of numbers.

How to Charge a Crystal Grid

Every combination of crystals that you place with precision in a grid needs to be charged. To charge your grid is to connect all the crystals so they work in unison for the intent of the grid. Always choose a big, bright or well-loved stone for the centre crystal.

- Place all the stones in the grid and the centre stone.
- Take a pointed stone programmed with colour (red, yellow, blue etc.) or intent (abundance, health or love etc.) and touch the centre stone.
- Then touch the first stone in the grid and go back to touch the centre stone.
- You can go around the grid a few times touching each stone in sequence.
- Repeat this for as long as seems right.
- Make sure every stone in the grid has been touched by the pointer stone.

This is how you program the grid with your intention. Try to leave the grid in place for a day or two or one month as suits you. As always, use your intuition.

Where to put Crystal Grids

In plain sight

When you get a collection of several crystals, you can set up semi-permanent crystal grids around your home. For instance, you can have one on your mantelpiece, dressing table or your altar. Choose a place that won't be disturbed and you can see the grid every day.

Your home grid

You can place several crystals in the extremities of your home in different rooms, all connected to the main crystal in the middle. Always connect and charge your grid. A full home grid will protect or bring abundance to the home. These types of grids can stay in place for a long time.

At work

You can do the same type of thing with a vast crystal grid connecting all the rooms in your work or just in your office. You can have a small grid in your desk drawer to help you cope at work.

How to Use a Crystal Grid for Specific Healing

Select a peaceful spot for your crystal grid where it is in the light, but not direct sunlight, and where it will not be disturbed. An altar or shelf is a good idea or if you have a crystal consulting room, do it in there.

In all grids, choose the biggest and most prominent stone you have in the centre. Place other stones on the spokes, at least two, three, five, seven or nine stones on each grid. You do not have to cover every spoke in the large number grids but only the base numbers of the grid you are using.

If you have crystal wands or pointer stones, face them towards the centre stone.

Once you have assembled the crystal grid, leave it for a day or two, or longer as you see fit.

Healing intentions for people

Use a photo of the person you want to heal and this can be placed either under the centre stone or prominently near the grid.

Write your intention on a piece of paper and place it under the centre crystal or near the grid.

As always when working with crystal energy:

- Use your intuition.
- Ask for guidance.
- Give thanks.

Crystal grids from memory

Once you understand the layouts of grids, you do not have to use the actual diagram under the stones but it is important that you place the stones correctly.

One-step further from this is that you can place rocks and stones in patterns in and around your home and gardens. You will start to notice other stones placed by other people in a grid layout in public parks, community gardens and on trails. Once you know what you are looking for, stone grids become easy to spot. The magnificent stones at Stonehenge may have been used for intention work for the community that built it, as they are related to sacred geometry.

Module 11:

Part 1: Healing Amplification with Quartz Crystals

Learning Objectives

At the end of this module, you will:

- Be familiar with special intensifying techniques and healing amplification
- Understand the special qualities of quartz crystals in clusters or as a group
- Be aware of remote and distance healing with crystals and crystal grids

Healing Amplification using Quartz Crystals

Healing amplification is the method of increasing the intensity and duration of any crystal healing session.

Quartz crystals are often clear but can be smoky, translucent and opaque. They are easy to program and their vibrations have a strong healing effect. Quartz can be a great stone to help you seek what you desire. Quartz crystals are the best crystal to use for healing amplification because of their immense piezoelectric ability and their oscillations are at the highest frequency of all crystals.

Quartz crystals are also known as rock crystals. They are bountiful in the Earth and come in many colours.

Crystal clusters

When crystals grow, they often do so in clusters underground in pockets of water, old river courses and geodes, as we have seen before.

A crystal cluster is almost like a mini family of the same crystal type, all living and growing in the same spot. This concentration of crystals creates the ideal situation for crystal amplification.

If you place a crystal cluster in a room, as well as projecting its own energy, it will amplify the energy already present.

Amplification

As a crystal healer, you will be able to create a stronger healing amplification of energy when you use clusters of crystals in the room where you practice your crystal healing.

Clustering separate individual crystals together can have the same amplifying effect as using one big natural cluster. If you group five or more crystals together, they become synergistic and this means that they have the value of six crystals (and not five) just by being close to each other.

Quartz crystals in amplification techniques

Simply placing a quartz crystal cluster in a room will amplify the energy. The inherent meditation and metaphysical healing properties of quartz crystal are what makes it the best all round stone that you can have. Even carrying the non-shiny tumbled quartz stones in your pocket will raise your vibration and energy fields.

Quartz crystal is found in great swathes around the Earth and this is why it is the most common crystal to be shaped and carved.

Quartz crystal shapes in amplification

A naturally growing quartz crystal will develop in a definite pointed way. Like all crystals, if left alone, and the conditions (temperature, moisture and dissolved solution) remain the same, it will continue to grow. Nature provides us with quartz crystal wands and although many are misshapen, they are still very desirable by crystal healers because they are naturally shaped and the crystalline structure is intact.

Most highly polished wands, obelisks, balls, eggs and skulls are machined from larger quartz deposits. They look beautiful but the crystalline structure may be running across and not along the point. A crystal itself can be machined and polished into many shapes.

Crystal balls in amplification

Quartz crystal balls are unique in that they send the energy radiating from the centre of the ball all around. Crystal balls can be beautiful when made from rose quartz and are also popular in amethyst. Clear quartz is typically used for crystal balls, which are used by gifted readers for scrying the past, present and future.

Crystal eggs in amplification

Crystal eggs are similar to crystal balls as they are machined or carved, but their energy is focused at the small end of the egg. Crystal eggs should always be placed with the point upwards so the energy can radiate above. The egg shape is universally symbolic of conception, fresh beginnings and the start of something new.

Crystal skulls in amplification

Crystal skulls are carved in the shape of a human skull. Crystal skulls symbolise the intellect and the mind.

Crystal skulls placed in a room will amplify the human evolution of thought and awareness.

Skull-shaped crystals epitomise human consciousness and are used by crystal healers in consciousness lifting and elevation. Skulls bring awareness to those in their proximity. They also are suggestive of past lives from others who have passed over.

Part 2: An Introduction to Remote Healing with Crystals and Crystal Grids

What is distance healing?

Distance healing is a method of projecting your healing energy to other people who may be far away. They may be ill, frail or need help in some way. Sending your healing energy is a way to care and help people from a distance.

The person to whom you are sending the healing may not know that you are doing so.

You need to be very clear with your intentions when performing distance healing for someone else.

How to use crystals in remote healing

Decide on the type of healing you wish to send. For example, you may wish someone a quick recovery from surgery, offer help overcoming grief, wish abundance for them or support in their job search.

Be careful and always ask for guidance before you start. You will need a photograph of the person or you can write their name on a nice piece of paper.

- Place the photograph or name of the person for whom you are doing the healing on the table.
- Charge your stones with healing intentions.
- Put your largest and most powerful healing stone on the photo or paper.
- Say your affirmation for the person.
- Leave the photo and stones in place for a whole day or longer.

Techniques to use crystal grids for distance healing

Preparing a crystal grid for someone who needs healing and is far away can be done easily.

When using your crystal grids, choose the one with the number that aligns with the healing intention that you wish to send.

Module 12:

Part 1: Creating Crystal Elixirs and Essences

Learning Objectives

At the end of this module, you will:

- Understand how to make your own crystal elixirs and essences and how to use them safely in crystal healing
- Discover some recipes and tips on making essences and elixirs

How to Safely Create and Use Crystal Elixirs and Essences

Crystals can be used in many ways and one technique to tap into the energy of a crystal is with crystal elixirs.

Crystal and gemstone elixirs

An elixir is a liquid or potion. Elixirs can be used in many ways, for instance, by putting a drop under your tongue or through writing on your body or with a drop in your drink.

How to Create a Crystal Elixir

Water is the basis of crystal elixirs as water is a potent programmable liquid. Water will pick up on energy and vibrations and carry the charge and intention for a long time.

Elixir for chakras

To create an elixir for each chakra, you will need the seven stones of the chakras and seven bottles. You can use different coloured bottles for each chakra or stick with plain glass.

Elixir for intention

Decide on the intention you want for the elixir, for example, abundance, well-being or healing, and choose the crystals to suit.

Sterilising jars

Always sterilise your jars or medicine bottles and lids before you store the elixirs in them. To sterilise glass, place it in a pan of cold water, slowly bring it to the boil and have on a rolling boil for five minutes. Allow to cool and then drain before use.

Recipe: Direct method to make a crystal elixir

- Pour spring water, distilled water or tap water into a clear, glass, see-through jug.
- If you are going to use tap water, let it stand in the fridge for two days beforehand. This allows the chlorine and other vapours to escape (this is much like preparing water for a fish bowl).
- Always use clear glass for intention elixirs and coloured glass for colour elixirs. If you use a coloured glass jug, the colour will energise the water as well. Do not use a ceramic jug as it blocks the light to the water.
- Add one crystal that has been charged for a particular thing, an overall good crystal like amethyst or you can use tumbled stones.
- Place a cloth cover (or paper towel with an elastic band) over the top to stop things falling in such as flies and dust.
- Write an intention on a paper and place the jug over the intention.
- Stand the jug in the light for at least three hours but preferably one whole day and night.
- You can even take it outside into the Sunlight or full Moonlight (it depends on what you are trying to create).
- After enough time has passed, pour the elixir into bottles (leaving the crystals behind) with lids or pickling or mason jars and seal.
- Remove the crystals, dry and place them back into your collection.

You can make single elixirs using only one crystal or several of the same crystal or you can make crystal elixir **cocktails** with two or three combined crystals to create an all round elixir.

For crystal elixir cocktails, only put a maximum of three different types of crystal to avoid confusion.

Another way to use crystal energy is to add a crystal to your drinking water glass and top it up as you drink the water. This is lighter but some energy will be imparted. Again, know which crystals you are using.

Recipe: Indirect method to make a crystal elixir

Use this method if you do not want the crystals to touch the water because they could be toxic.

The indirect method does not let the crystal contact the water so it is safe to drink and ingest a crystal elixir created in this way.

- Take two jam jars, pickling jars, mason jars or Pyrex bowls, one small and one large, so that the smaller one will fit inside the bigger one.
- Place the crystals in the smaller inside jar.
- Fill the gap between the bigger jar or bowl and the smaller jar or bowl with water.
- Cover and continue as above.

In this method, the crystals do not touch the water but the energy can still pass into the water from the proximity of the crystals.

Crystals to use for elixirs

Copper, magnetite and some other crystals can be toxic. Always be sure.

It is better to use tumbled stones as they are smooth and bits are not likely to fall off into the water.

Optional fixatives for crystal elixirs

There are three basic ways to make elixirs.

- Plain water with no fixative.
- Plain water and an alcohol fixative.
- Plain water and an apple cider vinegar fixative.

A fixative can preserve the elixir for a longer time. Without a fixative, an elixir can be stored for up to one month in a fridge.

Always add the fixative after the elixir is made.

Alcohol as a fixative

The best alcohols to use are clear alcohols like vodka or white rum. If you use alcohol, you will typically add 25ml alcohol to one litre of water.

If you use alcohol in your products, always inform your clients or buyers if you sell your elixirs in a crystal shop. Never give alcohol elixirs to children. Some people cannot consume alcohol for health reasons.

Apple cider vinegar as a fixative

If you choose to use apple cider vinegar, you can add 50ml to one litre of water.

Apple cider vinegar can give a sharp taste to your elixirs but you will only use one or two drops at a time if you are going to consume them so taste will not likely be an issue.

How to use crystal elixirs

Once you have made your crystal elixirs, you can use them in several ways.

By mouth

- A drop under your tongue.
- A teaspoon in your herb tea.
- A drop in your dog's bowl.

In anointments and massage

- Drop onto the painful area for healing.
- Drop onto the chakras, especially the third eye for enlightenment.
- Rub into the body for relief.

Where full crystals can't go

- When travelling to cleanse a space (aircraft armrests and taxis, etc.).
- When staying in other people's homes, put a drop in every corner of the room.
- Place a few drops in a spray bottle of water and spritz your whole home with the crystal energy.

Care in using crystal and gem elixirs

Do not drink or ingest crystal elixirs unless you know about the crystals used. Take care in making your own elixirs and potions.

Some crystals are not recommended for elixirs.

Use the indirect method for crystals that you are not sure about.

Part 2: Crystal Essences

Crystal essences are like crystal elixirs but they last longer and are oil based. Crystal essences are strong, potent and are never taken by mouth or ingested.

Oil selection and care

The best oils to use for homemade crystal essences are clear coconut oil or other nut oils. Avoid vegetable oils such as canola and sunflower. Do not use mineral oils like baby oil.

Crystal selection for essences

Some crystals will change when immersed in oil. Only choose smooth polished stones to make crystal essences.

Crystal essence recipe

- Place one crystal in a small glass jug.
- Add clear oil, just enough to cover the crystal by 5mm.
- Cover and place in the Sun for one day.
- Pour into a dropper bottle and label.
- Use sparingly.

Where to use crystal essences

Use crystal essences in several ways:

- A drop on a handkerchief so you can inhale the energy.
- A drop on a light bulb oil warmer ring to essence the room.
- A drop on a lavender bag to freshen clothes.
- A drop on your pillowcase at night for healing sleep and good dreams.

Module 13:

Part 1: An Introduction to Meditation with Crystals

Learning Objectives

At the end of this module, you will:

- Learn how to use crystals in meditation and how to position them for best effect
- Discover Earth and Moon healing meditations with crystals
- Explore crystal journeying as related to astral travel, and how this practice can raise your awareness

An Introduction to Meditation with Crystals

Meditation

Meditation is a method of reaching a higher consciousness with your mind. It is a result of a conscious effort of thought to clear your deliberations and bring about a state of inner peace. Meditation is a popular practice for many people. It is used almost daily to calm the mind and gain a feeling of centeredness. Meditation is about clearing your mind and finding some calm in the midst of your busy day.

Exercise: How to meditate

Before starting a meditation, you can consider why you are planning to meditate and what you would like to gain or benefit from the practice. Perhaps you want to cope with a busy day ahead or you wish to get rid of frustration that has built up at work or at home.

- Wear comfortable pants and a soft top, as you will be sitting for a while.
- Find a quiet spot free from noise and distractions. Put your mobile phone in another room and turn off computers.
- Play some soft music or whale music. You could light a candle or burn incense for ambience.
- Sit on the floor, either on a rug or on a meditation mat called a zafu.
- Cross your legs and maintain a straight back.
- Attempt to meditate for at least ten minutes. At first, this may seem an incredibly long time but as you get better, it will become easier to meditate for a longer time.
- Close your eyes and place your hands either face-up on your lap or by your side, open and relaxed. Do not clench your hands into a fist.
- Slowly breathe in, to the fullest extent of your lungs, and then gently exhale in a long controlled breath. Concentrate on breathing in and out, in and out. Breathe in and out through your nose.
- Keep going, paying attention to your breathing and nothing else. If you start to think about other things, refocus on your breath. In and out.

Make a commitment to yourself to meditate every day for one week for five minutes. In the second week, up the time to ten minutes each day and in time, you can grow your meditation time until you get it up to one hour each day. Not everyone can spend that long meditating but the practice will become easier the more you do it, so eventually you can meditate for less time but gain more peace.

Body Positions

It is often advisable to place your body in a certain way to aid the meditative process. There are a few well-known physical positions used in meditation and these can be incorporated in crystal meditations as well. The idea is that if you move your body the same way repeatedly, you automatically reach a state of meditation sooner.

Sitting - Lotus position

Sit cross-legged with your feet above both knees. Close your eyes. Hold your hands loosely on your knees with the thumb and middle fingers touching, thus closing the circuit. Hold this upright position and breathe. Place crystals around you in a circle.

Sitting – Full fold

Sit with your legs straight out in front of you. Feet together and toes up. Slowly lean forward with your arms outstretched and grasp the soles of your feet or if you are limber enough, hold your hands past your feet on the floor. Hold this position and breathe.



Place crystals around you in a circle.

Prone – Laying down

Lay down on your back and close your eyes.

Place crystals on the seven chakras or lay in a circle of crystals and wands facing inwards towards your body. Hold this position and breathe.

Tai Chi – Controlled movement



Tai chi is the practice of standing and making slow, controlled movements in a rhythmic pattern. This method requires good balance and with practice, can be excellent for meditation.

Tai chi consists of slow feet and arm movements and turning the head in a measured rhythmic pattern.

Tai chi is practised in the East and can be seen in public parks in many countries where people go to do tai chi before going to work.

For tai chi in a public place with other people, place crystals in your pockets.

If you do tai chi alone at home, you can stand in a circle of inwards facing crystals.

Mantras for crystal meditation



A mantra is a chant or saying that is voiced or whispered and repeated. Mantras can be used to clear your mind in meditation or as an affirmation.

The “oom” mantra is used to reach a state of meditation and clear your mind.

You can say the oom mantra on the outward breath of your daily meditation.

Affirmations

Affirmations can be combined with meditations. They are a way to rewrite a negative inner dialogue that may be plaguing your thoughts.

If adverse thoughts are constantly going through your mind, a positive affirmation can help.

Affirmations that are repeated such as, “I am worthy of love”, can create a peaceful meditative state and build good feelings.

Part 2: Earth Healing Meditations

Connections to the Earth - earthing and grounding

Earth healing meditations are done when your body actually touches the earth. You can either just remove your shoes or lie down on the ground. This works well when done on the beach with your feet on the sand. Crystals come from deep inside the earth and some may have grown in caves or other places in the Earth. The Earth's magnetic field is all around us and flows from the poles vertically up and down the Earth. Doing an Earth healing meditation is a good way to recalibrate yourself and your body with Mother Earth. It can be a time for purging unwanted stress and materialistic ideas that may be holding you back. It is a time to get in tune with nature.

- You should always face east or directly up when lying down.
- Lie in line with the Earth's magnetic field.



Full Moon meditations

Full Moon meditations are done at the Full Moon or the night before, or the night after, a Full Moon. There are thirteen Full Moons every year. Plan a Full Moon meditation outside in the early evening when the Full Moon rises in the east.

Your meditation can start when you first view the Moon and it can continue for the three hours until the Moon is overhead and could be out of sight. Full Moon meditations have to be done at night.

Exercise: Your Full Moon meditation with crystals

You can do this alone but it is nice to do it with someone else or in a group. Before you start, get a cushion or place to sit outside. You may want to take a wrap along, as it could get cold.

- Energise the crystals that you will use earlier in the day.
- Choose seven crystals and place them nearby or in a circle around you.
- Pour a glass of your own crystal elixir to sip.
- Think about what you want to meditate on beforehand.
- Sit on a chair or on the ground, face the Moon and get comfortable with your feet touching the earth.
- Close your eyes and clear your mind.
- Concentrate on emptying your mind of thoughts.
- Remain in this meditative position for at least five minutes or as long as you can.

Sunbeam meditations

Meditations outside on the grass in the Sun are also known as sunbeam meditations. Sunbeam meditations have to be done in the daylight.

Exercise: Your Sunbeam meditation with crystals

To prepare for your sunbeam meditation, you can either get a rug or lie on the ground.

You can do this alone or with a friend or group. Choose seven stones and crystals in the yellow-orange or red spectrum.

- Hold the crystals in your hands palm up, lay them on your chakras or place them around you in a circle.
- Lie down spread-eagled facing the Sun.
- Close your eyes.
- Clear your mind.
- Hold this meditative position for at least five minutes or as long as is comfortable.
- Use your intuition.

Sunbeam meditations can get hot and you may even nod off into sleep. These can be done on the beach or lying next to the pool on a sunny day.

Walking the labyrinth

A labyrinth is a special convoluted path that is walked slowly to the centre. There is only one path in the whole labyrinth.

A labyrinth is different to a maze in that with the labyrinth, you will walk the whole length of the path whereas with a maze, there will be dead ends that you don't go down.

Exercise: Crystal labyrinth walking meditation

Before you start, select seven crystals to leave behind in the labyrinth. Not your best stones but ones that you have programmed for goodness. Have these stones in your pocket and at the ready.

- Ask for guidance.
- Enter the labyrinth.
- Do not talk but you may nod to others walking the path.

- Walk one small step at a time.
- Clear your mind as you did for other meditations.
- Focus on your breathing, in and out.
- When the time is right, take a stone out of your pocket and place it on the path to the side. Other people who walk the labyrinth will see it and maybe pick it up. At the same time, if you come across a crystal in the labyrinth, you can take only one each time you walk the labyrinth.
- Save one crystal for the centre where there is often a seat, altar or sundial. Place your last stone here.
- Pause in the centre and clear your mind.
- When the time is right, retrace your steps out of the labyrinth.

Crystal Journeying

Astral travel

Astral travel is the phenomena where your consciousness leaves your physical body and travels around the Earth to visit other places and people. Astral travel can also cross time parameters and you can go back in history to when you were younger, or go into the future.

Crystal travelling

Crystal travelling is when you hold crystals or sit in a circle of crystals and your spirit travels whilst being attached by an astral cord.

Crystal travelling is closely connected to the meditative state and you will need to be good at meditation before you can start to crystal travel.

Spiritual enlightenment

Spiritual enlightenment refers to several methods and new age practices like crystal healing, which bring you to enlightenment.

There are many ways to raise your consciousness and using crystals and chakras is one of them.

To live in a state of spiritual enlightenment is to pose the question, "Who am I?" Only people who lift their sight from the mundane can begin to evolve their spirit.

This is not easy and many who have come to discover crystal healing are on the path of awareness.

Module 14:

Part 1: Programming Stones with Colour Energy for Enhanced Treatment Potential

Learning Objectives

By the end of this module, you will:

- Learn how to program stones specifically for colour energy work
- Be aware of crystal healing energy safety and ethical practices as a crystal healer
- Be aware of the possible contra-indications of crystal work
- Understand how to handle a healing crisis
- Be familiar with common crystals and their relationship with the systems of the body

Programming Stones with Colour Energy for Enhanced Treatment Potential

The power of colour energy is another way to use crystals for healing. Energy, emotion, intent, thought or colour can be programmed into stones. Choose one type of energy for each special stone.

It is not a good idea to program a stone for abundance and green at the same time. You will use your colour-programmed stones to bring their meanings to your crystal healing sessions.

In your collection of stones and crystals, there will be a few special stones that you can program for their colour energy. It may take a while for you to collect all the stones you need for programming but as you get more crystals, you can build up an excellent selection of colour-programmed stones.

Initially, you will need crystals in the seven colours of the rainbow and afterwards, when you gather more red or blue stones, you can program them for colour as well.

Programming crystals with colour energy

Colour energy has to do with the colour of the stone. A stone programmed with colour makes for a valuable tool for use in general healing.

It is quite clear which crystal is programmed for which colour simply by the hue of the stone.

You will program a yellow stone with yellow colour and a red stone with red colour. Do not program a blue stone with red colour, as this will be a conflict and render the stone unusable for colour healing.

When programming stones, your focus, intent and clarity of thought is the best way to ensure your stones are programmed well. This will become better with practise as you master the programming techniques.

Exercise: Visualisation programming for colour

From your crystal collection, select seven stones in the rainbow – red, orange, yellow, green, blue, indigo and violet.

- Lay them out in colour order on the table in front of you.

- Starting with the red stone, pick it up and cup it in your hands.
- Close your eyes.
- Visualise the power of red being sent in waves into the stone from your mind.
- Concentrate on waves of red and focus on the stone.
- Use your intuition.
- Put the stone back on the table.
- Choose the orange stone and repeat the process sending orange energy.
- Program all seven stones in this way.

Exercise: Breath programming for colour

Place your carefully selected coloured stones in front of you as in the visualisation method above.

- Lay them out in colour order on the table in front of you.
- Starting with the red stone, pick it up and cup it in your hands.
- Close your eyes.
- Clear your mind and concentrate on the colour that you are programming.
- Take a deep breath in, and then slowly breathe out onto the stone, keeping the focus on the colour you want to program. In this way, you breathe the life and energy of the colour into the stone.
- Use your intuition.
- Put the stone back on the table.
- Choose the orange stone and breathe orange energy.
- With breath, program all of your seven stones in this way.

When you have programmed the stones for colour energy, keep them in a line or in a circle in rainbow order. This makes them easier to find in a hurry and it reminds you that they are your colour-programmed stones. Try not to let your colour-programmed stones become mixed up with other stones that are programmed for other things like abundance or pain relief etc.

How long does colour programming last?

Colour programming is like other programming for intent. When you program a stone, the energy will remain until you clear the stone.

If you use the stone for healing, it is always good to clear the stone and reprogram it before you use it again. A programmed stone will keep its charge until it is removed. Some crystal practitioners like to reprogram their stones each month, at the New Moon, as a way to keep their stones 'tuned up' for colour healing.

Part 2: Enhanced Treatment Potential of Colour Programmed Stones

When you have programmed your stones for colour, you can use them for a crystal healing session and they will bring their extra intensity to all energy work. This is seen mostly in chakra work where the colour of the chakra the stone joined together creates synergy to enhance any healing potential.

The power of colour programmed stones

If you have a red stone and you program it for colour, it becomes a super red crystal and can be used in all situations where red is needed. Some examples are in work on the root chakra, and when combining crystal healing with astrology and you want to invoke the energy of the planet Mars.

Uses in treatment with colour programmed stones

Simply having an array or a line-up of your coloured programmed stones in a room will bring a multitude of energies. The seven colours in the spectrum contain all the possible colours and they focus colour energy and its therapeutic properties where they are.

Red stones

Red stones are red jasper, garnet and ruby. Red is the symbolic colour for action and activity. It is a stone to get you off the couch.

Orange stones

Orange stones are carnelian and amber. Orange is the symbolic colour for friendship, sharing and finding joy in simple things.

Yellow stones

Yellow stones are citrine, spinel, yellow tourmaline, yellow diamond and yellow agate. Yellow is the symbolic colour for optimism and being cheerful and to have a bright outlook and it suggests intellect.

Green stones

Green stones are aventurine, jade, and peridot. Green is the symbolic colour for harmony, balance, optimism, abundance and wealth.

Blue stones

Blue is the symbolic colour for trust and being dependable.



Blue stones are lapis lazuli, sapphire and turquoise.

Indigo stones

Indigo stones are blue azurite.

Indigo is the symbolic colour for sincerity, traditions, structure and rituals.

Violet stones

Violet stones are amethyst and sugilite.

Violet is the symbolic colour for fantasy, magic, quality and creativity.

Special non-spectrum colours

Two other colours are black and white, which are not strictly colours but are the absence of colour. Grey and brown are all combinations of other colours.

White stones

White stones are opal, quartz, calcite and selenite. White is the symbolic colour for innocence, simplicity and minimalism, and for instances when you do not know where you are going. It suggests an open heart.

Black stones

Black stones are obsidian, onyx, jet, some agates and black tourmaline. Black is the symbolic colour for power, knowledge and experience. Combining black with colour will bring gravity to the situation.

Grey stones

Shades of black or grey stones are hematite and grey agate but many stones can appear grey. Grey is the symbolic colour for conservative behaviour, rest and being neutral and impartial. Grey can be a paused stone and will give you time to think, consider and contemplate. Grey is a good colour to combine with other stones to bring their meaning down a notch or two and give you pause for thought.

Brown stones

Brown stones include the smoky stones like smoky quartz. Brown and tawny stones are tiger's eye. Brown is the symbolic colour for being down-to-earth and reliable in a comfortable way.

Clear stones

Clear stones are diamond, clear quartz and some opals. Clear stones are symbolic of clarity and seeing your path but maybe not taking it yet. They suggest your visions and horizons await.

Clear stones have special properties in the absence of colour and are transparent. Clear stones may have a hint of colour like a pale amethyst.

Pink stones



Pink is a tint of red and pink stones are rose quartz, pink tourmaline, pink opal and some pink corals. Pink is the symbolic colour for love, self-love, acceptance and calmness.

Part 3: Energetic Safety and Ethics

Ethics of crystal work

The ethics of crystal work centre around being considered a pseudoscience by the establishment, and that there is no regulation for crystal healers as anyone can call themselves a crystal healer.

This negative perception is overcome by the good work that a properly trained and knowledgeable crystal healer can do.

Scepticism for crystal healers is erased by the excellent results from many thousands of good, caring and competent crystal healers who are making a difference to people's lives.

You can expect to come up against an attitude of dismissal from some people who do not understand, nor would wish to comprehend, the power and benefits of crystal healing.

It is not your job to debate and try to change their minds. It is your responsibility to do the work you were called to do and if crystal healing is part of this work, then you are on the right track. Let your successes speak for your craft.

Ethically sourced crystals

There is much debate on collecting crystals, gems, semi-precious and precious stones. These objections come in two forms:

1. That the collection of crystals is depleting our planet's mineral resources.
2. That to collect, mine and remove crystals, gems and other stones encourages conflict in some developing countries where these mines are often located.

You can make sure that the crystals and stones that you buy and collect are sourced from conflict-free areas, and you may ask your crystal vendor to provide a certificate to support this before you make a purchase.

Personal ethics

It is important that you choose to do crystal healing to help others. You are likely to be a generous, spirited person yourself if you choose a career path as a crystal healer. You probably want to help others either, physically, emotionally or spiritually. Typically, you will do work and practices that are in the form of general healing and consciousness raising for the spiritual evolution of your clients.

It is clear in the crystal healing world that some practitioners may decide to use the energy for other means than good.

Always be aware of what you are doing and why. This clarity will help you to make decisions for the good of your clients.

Exercise: Your personal ethics

On a piece of paper or in your notebook, write the following:

- List five reasons why you want to be a crystal healer.
- List five instances in the past where maybe you could have helped someone if you had known how to do crystal healing.
- State if you are actually medically trained or not.
- Write one sentence that clearly states why you are doing (or will soon be doing) crystal healing.
- Do some research online into "conflict diamonds" to understand the extent of the crystal mining industry and to better appreciate the stones you do have.

Client privacy and ethics

If you have clients, you have to respect their privacy at all times.

This means not discussing their crystal treatment, results or any other personal information that you talk about at the session with anyone else at all, including their husband, wife, mother, sister or even the person who pays for the session.

You are also expected not to divulge that someone has an appointment with you either. Be discreet and your clients will appreciate it.

Workroom safety

Safety in your crystal healing room or workroom should be in place before you start doing crystal healing for others.

Workroom safety is mostly common sense but there are particular areas to pay attention to.

- If you light candles, you ought to have a fire extinguisher in the room.
- If you run a crystal healing business from your own home, you ought to have public liability insurance in case your client injures themselves whilst in your workroom. Consult your insurance advisor for this.
- You ought to have each client to sign a waiver for all crystal work undertaken by you, stating that you are not a medical practitioner and that you do take care but that you cannot be held responsible. You can seek advice from your attorney for the specifics of this waiver as each area and country is different.

Personal energy protection

Spiritual energy can take many forms and typically, it will be contained and brushed aside, released to the ground or be earthed. However, any work with auras and crystal energy will move the energy and it has to go somewhere.

Personal energy protection in the workroom is important to consider before you start crystal healing for other people.

In a healing situation, powerful energy from your client can sometimes become free and available during the session. You need to make sure unwanted negative or toxic energy does not attach itself to you.

- Say a meditation before you commence each healing session.
- Ask for guidance.
- Say the following affirmation, "I protect myself from unwanted energy and I reject any undesirable energy from entering my aura."

After each session, cleanse the space and clear the air.

Part 4: Possible Contra-indications of Crystal Work

Too much energy

In a crystal healing session, you never know how much energy will be released, cleared or otherwise freed up. With practice, you will learn how to moderate the session by your client's reactions to the procedure or cleansing.

If it is a first time client or you are doing the healing for the first time yourself, take it slowly and do not rush. Client reactions can vary and if there is too much energy, you may expect:

- Crying, sobbing weeping or tears of relief.
- Laughter, chuckles or belly laughs.
- Tingling or pins and needles.
- Pain, stabbing pain or dull aches.

If there are indications of too much energy, it is important to stop what you are doing and let them stay where they are and rest. Stop talking and cool the room. Some people will fall asleep at this time.

Too little effect

If you are inexperienced or your client is particularly closed off spiritually, you may not be able to do much for them. You may then have a session with little or no effect.

Signs of too little effect are:

- Your client keeps chatting.
- They keep fidgeting and can't relax.
- Your client complains nothing is happening.

If you have a client that shows see no clear effect of the treatment and they start to complain, ask them to lie still for five minutes and be quiet. This should stabilise the energy if any has been stimulated. Some clients will jump up and dash off but you have to let them go.

Over stimulation of the client

In some exceptional cases, you may over stimulate your client. This can happen for many reasons and it is often because you are inexperienced in crystal healing or they are extremely susceptible to healing efforts. This usually happens if they have had previous crystal or other aura work done on them in the past.

Signs of over stimulation of your client are:

- When they start sweating.
- Your client goes red in the face.
- They start to feel hot and bothered.
- Male clients may get an erection.

In the case of an over stimulated client, stop what you are doing. Stop talking and cool the room by opening a window or turning on a fan.

Allow the client to lie still for about ten minutes until they have composed themselves.

Your client's negative energy and you

Do not allow your client to become stressed during the session. If they do become upset, simply stop what you are doing and let the client compose themselves.

You may take a few moments and try the procedure again or you could decide that that was enough for this time. You can then reschedule the client for another time.

Part 5: How to Handle a Client Healing Crisis

A healing crisis can sometimes occur if your client becomes distressed in any way. They may find the experience of the crystal healing too intense and this may cause them to become overwrought.

Healing crises can happen at any time but are most common in first-time clients who have never had a crystal healing session before, and in those who are having too many crystal therapies one after another without letting their body rest.

How not to choose your client

Your clients will choose you and then you choose them. This means that the first approach will be from a person who wants to be your client, but it is up to you if you accept them. In other words - if you will choose them to be your client. You do not have to do healing for everyone who asks. It is your right to choose not to work with some people.

Stranger danger

The best way to find clients is through word-of-mouth. You start doing crystal healing sessions on your family and close friends and they tell other people they know who may then come to you. That person (whom you have never met) has been referred to you by someone you know (your family or friend). This is known two-degrees of separation.

When someone you know tells someone else about how fantastic you are, they come to you through a referral from the original contact.

Word-of-mouth is the best way to find clients. Accepting clients off the street or who answer your adverts can be a challenge, as you do not know who they are.

You are in charge

In the crystal healing room, you are in charge. Your client looks to you for help, guidance and solutions. If they ask for a technique that you are not confident in or that you don't usually practice, you do not have to do it.

Clearly state what will be done at each session. Only do the sessions that you are confident in doing and do not feel pressured by your client.

Take control

- Have tissues nearby.
- Have a washroom nearby.
- Keep being positive.
- Ask for guidance.
- Use your instincts.

How to Handle a Crystal Practitioner Healing Crisis

As a crystal healer, you can experience a healing crisis yourself.

Being a crystal healer is often seen as a 'calling' or vocation and you feel that you have to do this. You are drawn to help others and you do so through your knowledge of crystals and their healing ability.

Crystal healers may also combine their skills with other new age techniques and you can see that some of these challenges will cross over into other healing modalities.

Your healing crisis

The nature of this type of crisis can stem from a few areas:

- You keep being negatively affected by your client's challenging energy.
- You become overwhelmed by other people's pain.
- You worry you are making things worse and causing problems for your clients.
- You feel like you want to stop.
- You lose your belief in the power of crystal healing.

You are not alone

All crystal healers feel the same and experience the issues as listed above at one time or another. The very nature of the practice leads to these concerns and rightly so. However, if you conduct yourself in the proper manner and respect your client's boundaries and feelings, you will become a better crystal healer because of it.

Being a crystal healer is not for everyone, but if it is for you, then the rewards are tenfold. Many crystal healers become used to the emotional, physical and spiritual challenges of the profession. It is the nature of the work.

Trust your instincts and always ask for guidance and you will not go wrong.

Part 6: Common Crystals and their Relationship to the Systems of the Body

There are several systems in the body and they each have a special purpose and have crystals associated with them, often by their relationship with the organs in the system. An awareness of which crystal will help and support each system can be used as a guide in crystal healing.

There is a brief explanation of the systems of the body below.

Cardiovascular system

The circulatory system is the blood flow in the body including the heart, veins and arteries. This is associated with the heart chakra and so the stones are green.

Crystals for help with heart problems, blood flow and varicose veins are green aventurine, jade, green tourmaline and emerald. Also bloodstone for blood pressure.

Digestive system

The digestive system draws nutrients from food eaten and includes the stomach, small and large intestine. Crystals to help with digestion, acid reflux, ulcers and indigestion are amber, citrine, moss agate and sunstone.

Endocrine system

The endocrine system relates to hormones and glands. Crystals to aid relief from hormone disruption are aquamarine, citrine and moonstone.

Detoxification systems (Excretory and Renal)

The excretory system eliminates toxins and waste products from the body. The renal system contains the kidneys, blood filtering process and urea production.

The root chakra is related to the eliminatory system and this is red. All red stones like red jasper, garnet and ruby will help. Constipation and diarrhoea can be helped with citrine and quartz. Crystals that help with detoxification are tourmaline.

Immune system

The immune system protects the body from germs, bacteria and viruses. When the immune system is weakened, the person feels lethargic and is open to infection.

Crystals to improve the immune system are amethyst, emerald and quartz.

Integumentary system

The integumentary system is mainly the skin, hair and nails, and protects the body on the outside. Crystals that help with skin disorders and weak nails and hair are rose quartz, aventurine, blue lace agate and labradorite. These crystals can also be used to heal skin if you have stitches or bruises.

Lymphatic system

The lymphatic system pertains to the lymph glands and lymph fluid. Stones for relief and help with lymphatic draining are clear quartz, amber, sodalite and tourmaline.

Muscular system

The muscular system contains all the muscles and ligaments of the body so it can move. Crystals to ease muscle fatigue and strain are moonstone and malachite.

Nervous system

The nervous system relates to all the nerves running through the body, which take messages back to the brain. Stones that soothe frayed nerves and reduce stress are amethyst and clear quartz.

Reproductive system

The reproductive system covers the sexual organs in males and females. This includes menstruation and pregnancy. Crystals that support the reproductive system are garnet, jade, rose quartz and smoky quartz.

Respiratory system

The respiratory system contains the lungs and windpipe and is for breathing. The respiratory system relates to the throat chakra. Agate, amethyst and amber are crystals that support the respiratory system and help with breathing difficulties.

Skeletal system

The skeletal system is all the bones of the body including the backbone and skull. The crystal to help with bones and osteoporosis is black tourmaline.

Module 15:

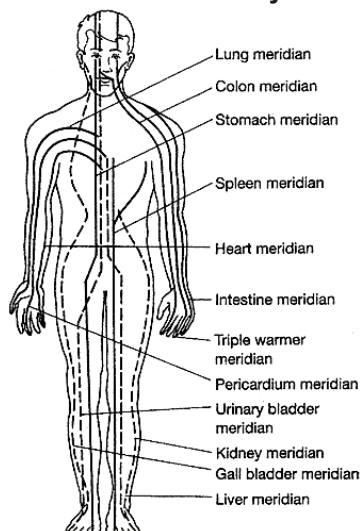
Part 1: Meridians of the Body

Learning Objectives

At the end of this module, you will:

- Be familiar with meridians and the principle of Kundalini in crystal work as it relates to the evolution of spirit
- Discover methods to prepare your own healing space and tips on how to keep proper client records

Meridians of the Body



The meridians are energy channels that transport the life energy throughout the body.

Sometimes there can be blockages, which results in a lack of energy available.

Body energy blockages can happen due to injury, stress or an accident, which damages the body in some way.

Meridians are used in acupuncture and crystal healing.

Meridian blockages

Blockages can develop through lifestyle choices such as:

- Self-destructive diets.
- Drugs and prescription medicines.
- Smoking.
- Drinking.
- Lack of sleep.

Blockages may occur from emotional issues such as:

- Hate
- Jealousy
- Frustrations

Blockages can be intellectual as well, for instance:

- Overwork
- Stress

A sedentary lifestyle can add to blockages in the body meridians.

Clear meridians

A healthy body will have clear flowing meridians. The energy can circulate easily and the person feels healthy and at ease with themselves.

Clear meridians come from living in balance with nature, reducing toxins, eating plant-based foods and living clean.

Body meridians all run to the feet and can be accessed through reflexology.

Kundalini

Kundalini is the esoteric concept of latent energy believed to lie as coiled serpents at the base of the spine at the root chakra. Kundalini is a system of meditation directed toward the release of the kundalini energy.

Evolution and spiritual enlightenment is achieved in seven stages from the root chakra, up the spine to each of chakras in turn and ends at the crown chakra.

The serpent is symbolised as two snakes intertwined about your spine and each serpent twists three and a half times. This twisting crosses the spine at each of the seven chakras.



Kundalini and seven chakra placements

Where the two serpents cross each other at the backbone are the seven chakras or energy hot spots.

Opening the chakras and raising the kundalini is a process of spiritual evolution.

Each chakra is a colour of the rainbow from the root chakra (red) and going up through the spectrum to the crown chakra (violet).

Raising the kundalini is a deep emotional and spiritual awakening and is not to be attempted lightly. You should meditate on doing this process before you try it.

Kundalini can be raised one chakra at a time and this is how you would naturally develop and evolve your consciousness.

Kundalini and the chakras

The **root** chakra speaks of basic survival. Eating food and excreting waste and the basics of staying alive.

The **sacral** chakra speaks of sexual maturity and lovemaking in adults. It shows development but this chakra needs to be respected as well.

The **solar plexus** chakra speaks of caring for and respecting others. This includes your family, your tribe and includes the human race and the animals on our planet.

The **heart** chakra is related to unchecked and uncompromising love. The knowledge that love is light, and light is love. This chakra supports you loving yourself as well and accepting your flaws.

The **throat** chakra is about speaking universal truth. Your truth and controlling your speech, and what you say, with only good intentions, develops the throat chakra.

The **third eye** chakra speaks about finding, understanding and accepting your life and your body. Opening the third eye is powerful and a very enlightened state to reach.

The **crown** chakra focuses on your full spiritual evolution and about moving your consciousness to the ultimate highest state possible.

Kundalini, Chakras and Evolution of Spirit

Kundalini and the root chakra

Many people live their lives working through their root chakra of survival eating, working to pay for the home, warmth, shelter, food and the basics of life. The root chakra is red and crystals for opening this chakra are garnet, red jasper and ruby.

Kundalini and the sacral chakra

Some people live up to their sacral chakra and find enlightenment through the correct use of lovemaking and orgasm as a consciousness-raising technique and not a base activity. This chakra is orange and crystals in this spectrum are carnelian, coral and rose quartz.

Kundalini and the solar plexus chakra

A few people live up to their solar plexus chakra where caring for others and being active in their community begins. This is the "It takes a village" mentality and requires a certain elevation of the spirit to invest in your society, strangers and other people for the good of the many. Yellow is the colour for opening the solar plexus chakra and the crystals for this are all yellow stones, especially citrine, yellow diamond and yellow sapphire.

Kundalini and the heart chakra

Some people live up to their heart chakra and find love for all humanity without restraint. This is the principle of universal love from the heart. The heart chakra is green and stones for this chakra are aventurine, peridot and emerald.

Kundalini and the throat chakra

Not many live up to their throat chakra and can speak the truth at all costs. The truth of life is not easy at this evolutionary stage. The truth is often shrouded in words and indulging in gossip can be a display of not being ready yet. The throat chakra is coloured turquoise and the blue lace agate is the best stone to help open the throat chakra.

Kundalini and the third eye chakra

Highly evolved people will live up to their third eye chakra, see what others cannot, and have psychic abilities. These can manifest as visions, auras of other spectres that regular folk cannot see. They can connect with spirits who have passed over and receive messages. These people may see angels and even God. The crystals associated with the third eye chakra are blue coloured stones like lapis lazuli and sapphire.

Kundalini and the crown chakra

Extremely few people live up to their crown chakra where pure light emanates and love is all. These are the highly evolved and spiritual leaders of our time. They are the prophets, psychic channellers, masters and seers. The crystals for the crown chakra are coloured violet, and amethyst and clear quartz are among the greatest crown chakra crystals.

Part 2: Methods for Preparing your Healing Space

Where to do crystal healing

You can do a crystal healing in many spaces. It depends on the type of crystal healer you are and the type of healing session you offer. Some activities have to be done indoors and some can be conducted outside. There is no need to make hard and fast decisions at your first session about where to do a crystal healing session, as you will develop your own style in time and change the way you do healings.

Healing spaces in your home

- In your own home - in the living room or bedroom.
- In your special 'crystal' room - you may have a special room in your home that you can use solely for the purposes of crystal healing like a study or spare room.
- In special rooms - you may have a double room with an entrance room like a vestibule or hallway and a second room for the healing.

To have a double room, or entrance and healing room, is excellent as there is a physical divide between the place where you meet and greet and they take their coat off, and the actual inner sanctum of the healing room.

The benefits of the double room concept can be found at the end of the session as well as your client leaves the healing room and re-enters the entrance room in preparation to leave.

This allows the conversation to move onto other things and it is where you keep your diary and where you can suggest the next session booking or accept any payments for the session.

Creating ambience in your healing space

If you have a special room for your crystal healing, you can decorate it attractively and make it a welcoming space for your clients. You can hang inspirational pictures on the walls. These can be in light tones and be relaxing to contemplate.

You can have a crystal cathedral, cluster or group of special crystals on your table or a special shelf. You can place a bowl of fresh flowers as they add life to the room. It is always pleasant to enter a clean and tidy space that brings confidence for your clients.

You could place candles or a salt lamp to add soft lighting. Mirrors always reflect light and add charm to a room.

What you need in an indoor healing space

When you do a healing session indoors, there are some basic things you will need.

- Somewhere to work in peace.
- A table or treatment plinth (a healing table) for work with a clean sheet, draw cloth and paper towels.
- Soft music (optional).
- All of your best crystals ready cleansed and programmed with intentions or colours that you plan to use.
- Your crystal grid diagram for reference.
- Notes on the crystals you are using (as a reminder).
- Your crystal healing business cards.
- Tissues.
- Water to drink for both you and your client.
- A crystal cathedral if you have one.

Healing spaces elsewhere

Public spaces are not ideal for all healing modalities but they can be good if you want to lead a group meditation or New Moon healing event related to crystals.

- At a psychic fair - this can be in a booth (with or without a screen) and is a public place.
- In other people's homes (this can be a crystal 'party' like setting).
- Public places may suit you like a coffee shop or on the beach.

Mobile healing spaces

If you plan to do a healing outside in your garden in the park or at the beach, you will need several things.

- A blanket or rug to lay on the ground.
- Pillow.
- All of your best crystals ready - cleansed and programmed with intentions or colours that you plan to use.
- Your crystal grid diagram for reference.
- Notes on the crystals you are using (as a reminder).
- Your crystal healing business cards.
- Tissues.

Part 3: How to Keep Proper Crystal Healing Session Records

Privacy

When you work with clients at first, they may be your family and friends, but at some point, you will reach out and do work for strangers or people who have been referred to you by others.

Respect

At all times, you must respect your clients' privacy. This means you cannot discuss their treatment, sessions or results with other people. They are coming to you for help and it is up to you to respect that special relationship you will have with your clients. Let them know that you will not talk about the session with their husband, sister or whomever, and that what is said in the session between you and them.

Healing records

You will prepare a healing record for each and every crystal healing that you do. This means one file for each person. In time, you may become an expert in crystal healing and you will be able to go back over your notes for each client and for your own research purposes. So it makes sense to get organised early on in your crystal healing life.

Client information

You will need their name, email address, phone number, birthdate and optional postal address.

Use their email address to confirm the appointment and discuss the treatment required. Give them your phone number and get their phone number so you can receive and send last minute texts about arrival delays etc. Their date of birth lets you know their age and with it, you can discover their zodiac sign and thus choose crystals that will resonate with their Sun sign. Use their postal address to send thank-you notes after the session and a reminder note six months after their last session for a new booking. In this way, you can build your business.

Your Client Crystal Healing Session Notes

For every client for whom you do a crystal healing session, you need to keep client notes. Get a manila file and write their name on the cover. Your client notes are private. These notes will be about what you did and how it went.

You will have one file with a page for each session with that client. If they come back to you next year, you can refer to your files and see what you did, how it worked and note what to do next. Client notes are there to help you remember and design a healing program tailored to each person's individual needs.

You may eventually need to get a filing cabinet in which to keep your files. You can also keep electronic notes but physical files are a good start.

Keep your client files in a drawer or elsewhere and never have other people's treatment files in the room when you treat another client. You will only have their file in the room when it is their session.

Feedback from Client

After the session has concluded and in a light conversational tone, ask your client the following:

- Do they feel better?
- Did they like it?
- Will they come back another time?
- Will they recommend you to others for crystal healing?
- Do they need/want a follow-up session?
- How could you have done it better for them?

Your notes and what to do next - Next steps

Devise a crystal healing time frame for your client. Perhaps you will see them again every week, month or at three-month programs.

Note their payments if any.

Note any personal lifestyle information about upcoming weddings, divorces, surgery or any illnesses they have. This depends on the individual client and their situation.

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Client Information Sheet

Printout the following client information sheet or create your own with your details.

(Your Crystal Healing Business Name) Client Information Sheet				
Name				
Email				
Phone		Date of birth		
Address				
Date	Treatment Details	Stones used	Grids used	Session comments

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Module 16:

Part 1: How to Build Your Crystal Healing Tool Kit

Learning Objectives

At the end of this module, you will:

- Be aware of what to look for when building your crystal healing toolkit with suggested stones and other equipment
- Understand how to care for your crystals
- Discover how to conduct a crystal healing session for your client from start to finish

How to Build Your Crystal Healing Tool Kit

When you first come across crystals and learn about crystal healing, it can be overwhelming to know where to start.

You may be given a crystal and that is the start of your collection or you could visit a new age shop and see the wealth of crystals available.

Where to get crystals

Good sources for crystals are new age shops and gemmologists who often trade in mineral samples as well as crystals.

You can visit New Age fairs and exhibitions as there will often be crystal traders there.

If you look online, there are many crystal sellers and these can be both good and bad. You can choose virtually all the stones available and so your choice is vast. However, you cannot pick up and feel the vibrations in the crystal before you purchase.

Your first crystal

Buying your first crystal is an important time. It heralds your entry into the world of crystals and crystal healing.

It is good to be prepared to use your intuition and tactile ability to assess the power of the crystals you want.

In the days before you go to buy a crystal, you can say the crystal seekers affirmation before you buy crystals, **“Guide me to find the crystal that is waiting for me”**, and in this way, you will be drawn to the place and the crystals that are good for you.

Which crystals to collect first

When you set out to buy a crystal, it is important to have done some research so you know which stone you want. If you arrive at the crystal vendor, you will be amazed at the variety of crystals that you can have. This can be confusing. It is often the case that you go in to get one stone and end up leaving with a bag full.

Good choices for your first stones are:



- Amethyst
- Clear quartz
- Rose quartz
- Citrine
- Black tourmaline

All of these stones will be readily available by most crystal merchants. They will be a good starting point for your crystal collection.

Which seven crystals to collect for chakra work

Crown chakra

Violet: Amethyst

Third eye chakra

Indigo: Sodalite

Throat chakra

Blue: Blue lace agate

Heart chakra

Green: Green aventurine

Solar plexus chakra

Yellow: Citrine

Sacral chakra

Orange: Carnelian

Root chakra

Red: Red jasper

What shapes to look for in a crystal

You may also want to get a wand or at least a pointed crystal. You could get a crystal ball or an egg-shaped stone. These are beautiful items and your collection will be enhanced by their presence.

Some people like to have a crystal skull and all it portends.

Again, the list above is great for shaped stones.

What stones to collect

Everyone's crystal collection is different because the stones choose "speak" to the owner. You may wish to collect all the hundreds of gems that you see in the store. You may be drawn towards only clear stones or only blue crystals. You won't know until you begin to collect what appeals to you.

You can get many of the same type of stone. Perhaps you are attracted to amethyst and continue to buy amethyst stones in all shapes, colours and sizes. Amethyst is a very popular stone, both for its healing properties and how it looks.

At best, you will get seven chakra stones and these can be polished and flat for chakra work. You will also need one or two pointed tips and wands to direct energy.

It is up to you, as there is no wrong way to collect crystals.

What to look for in a crystal

It is preferable that you pick up and handle the stone. Sample a few of the same type so you can feel the difference in each stone. Some are smooth, some are rough, and you may prefer one stone over another, even if they look the same.

What to choose

- Choose stones that are heavy.
- Choose stones that feel warm.
- Choose stones that are large.
- Choose stones that are clear.
- Choose stones that are smooth (for smooth stones).
- Choose stones with bright iridescence (for iridescent stones).
- Choose stones that feel good or tingle.

What not to choose

- Don't pick stones with nicks or scratches.
- Don't choose clear stones with too much cloudiness.
- Don't select stones that feel bad.

When collecting stones, always use your intuition. You may be drawn to a little rough stone and that is ok. Start your main collection with beautiful, large, warm, heavy, strong, clear and good stones.

In a way, you are looking for happy stones and ones that bring you joy, and that you will love.

Part 2: How to Care for Crystals

Caring for your crystals is a pleasure. It is part of the beauty and joy of using these beautiful pieces of nature in your everyday life.

Always cleanse new stones in the methods outlined before.

Special stones

Special stones are ones like large, clear crystal balls used for scrying. These need to be covered in black cloth to protect them and so they keep their charge for your scrying purposes.

You can keep other special stones like eggs and obelisks in a little velvet bag or pouch. Other general stones should be placed carefully in a storage box with dividers for each stone. Although you can put stones together, if possible, place them so they do not touch each other unless they are the same variety of stone.

Stones on view

Crystals are beautiful items and are a pleasure to look at, so they can be on display in your home. You can keep clear stones on the windowsill but not in direct sunlight.

You can have your stones out and on display, perhaps in a circle or in a crystal grid.

Gifting crystals

Many crystal healers and crystal collectors are good people. They are usually evolved and question the world around them.

It is becoming the unwritten rule that when you buy crystals for yourself, you buy one to give away as well.

This means that if you go to your local crystal shop and get five or six balls, wands and tumbled stones for your own collection, you could get one or two beautiful crystals to give to others.

You can give your "gift" crystals to your friends, family or people at work or to strangers you meet as you go about your day.

Gifting crystals spreads the beauty of crystals and raises the consciousness of the recipients if they so choose. It is a nice way to promote the crystal age and to help other people in a small way.

Gifting with intent

Before you give a crystal away, take it home and charge it with a beautiful intention. This would usually be of love and light for the next person. Always give freely and don't say what it cost you, as this does not matter.

Step by Step How to Perform a Complete Crystal Healing Session

After you have practised healing with one or two stones, the time will come for you to do a full crystal healing session. This may be a volunteer session or the first one where you are a professional crystal healer.

Your first client may be a family member, friend or someone you have never met. In all cases, it is best to be as professional and respectful as possible. This can be attained by some preparation beforehand, by performing a good healing session and by correct closure and follow-up afterwards.

Take a booking for your client

Your client may contact you, call or email you and make an appointment. You need to be ready with some times and dates to offer them. Perhaps you work on afternoons or weekends and you need to know your availability beforehand.

When they approach you, set a time and date. Get their name, email address and discuss the type of session they want.

Always send a follow-up email to your client that contains:

- Confirmation of the time and date.
- Say how long the session will be (half an hour etc.).
- State the nature of the crystal healing session (general, affirmation etc.).
- Tell them how much it will be if you do charge a fee.

Before they arrive

Wherever your healing space is, you can prepare it before they arrive. Some things are common courtesies and others are helpful for you to aid in your preparedness. Being ready for your client makes the crystal healing session better for you.

Preparations before they arrive:

- Air the room. You can either open the window or burn incense to clear the air and remove any unwanted energy.
- Meditate for calm and focus, and ask for guidance.

- Prepare the table with a clean sheet and draw cloth for the feet (some people won't want to remove their shoes so a small cloth known as a draw cloth over the end of the plinth where their feet go is a good idea).
- Place fresh paper towels at the head of the table for their head. Use new paper for each person.
- Have the client's file with their details and a pen ready on a side table.
- Five minutes before they arrive, light a candle and turn on soft music.
- Have your crystals ready either in a box or on a cloth on a side table.
- Remove your pets from the room.
- Turn off phones and computers that may be pinging away.

When they arrive

Welcome your client into your healing space. If you have a hallway, let them take off their coat and shoes. Although they will want to take their bag into the room.

Provide space for them to leave their coat and remove their shoes. If necessary, you can give them a clean white cotton robe to wear or a spa robe.

Ask them to remove any jewellery that may be in the way. Ask them to turn off their mobile phone.

Position your client

It is up to you to make your client comfortable in your healing space. Many people are nervous and don't know what to expect.

Ask them to lie down on the table or plinth. Offer iced water. Always ask permission before you touch your client for the session.

Show respect at all times. Resist gossip and discussing how the last session was for you. Be discrete.

What to wear

Whilst crystal healing is New Age, it is still important that you instil confidence in your client and this is done in part by your dress.

There are two ways to go with your outfit.

1. Choose a white top, black pants and clinical looking fresh clothes.
2. Choose the multi patterned many-beaded and jewellery look of the New Age person.

It is up to you and the type of clients you wish to attract.

Make sure your personal freshness and grooming is good. Clean nails, hands and fresh hair are always pleasant. Warm your hands by rubbing them together before touching your client.

After the session

Allow your client to dress back into their clothes. Do not stand and watch but keep yourself busy writing notes and light comments.

Go back into the vestibule and discuss how it was for them.

Discuss their healing program and suggest another appointment for next week or the next Moon cycle.

Thank your client and say good-bye.

After your client leaves

Open the window. Say a cleansing affirmation. Put your stones away either back in their box or on your altar.

If you feel your crystals need cleansing again after a challenging session, do the cleansing immediately.

Throw away used tissues and paper towels and tidy the space ready for your next client. Blow out the candles.

Write your full client session notes.

Write a physical thank-you card and post it in the mail.

Part 3: Types of Crystal Healing Sessions that You Can Offer

One-on-one is by far the most requested session method for crystal healers. You may be comfortable doing group healing for families or friends.

Whether it is one-on-one or a group, there are several types of crystal healing that you can offer and they are found in the four groups shown below.

Over time, you will gravitate to one or the other as your crystal healing practice grows. It is said that your clients will find you, and that they discover you because you can help them.

This is why you will eventually become a specialist in one particular crystal healing niche as you find that you only seem to do one type of healing, and that most of your clients seem to have the same issues.

Physical healing

Physical healing is all about the body and getting it to peak health and well-being. Obviously, some things you cannot fix, but you can ease pain and discomfort for others. Physical crystal healing can help with:

- Breaks in bones, muscular strains, aches and pains.

- Surgical recovery, for those who have had an operation and need help with pain and rebuilding their body.
- Easing the symptoms of disease or ailments.
- Providing hospice support and pain relief for very ill people.
- Overweight habits.

Clearly, some physical issues will get better like broken bones and this is where you can help. However, some physical problems will never get better or just get worse and all you can do is ease the pain. Never profess to have medical knowledge if you do not. If in doubt, refer them back to their physician.

Emotional healing

You can provide emotional healing for those who are distraught or upset by circumstances in their lives. This is often combined with the other types of healing, as emotional issues can be associated with physical, spiritual and intellectual healing.

Emotional crystal healing may support your client in the following areas:

- Bereavement from the death of a family member, friend or a pet.
- Postnatal depression support for new mothers.
- Sadness, hopelessness and anxiety.
- Melancholy.
- Finding love or romance and healing broken hearts.

It is a sad fact that clients don't come when they feel good or elated about life but at the times when they feel down and can't cope. This is when they turn to you for support and help.

Always have a box of tissues to hand, as patients may cry and tears can well up. This is especially so with emotional healing sessions.

Do not become upset if this happens. You too may want to shed a tear but try to hold it in until they have gone. Emotional healing has a distinct outward response of tears and as a crystal practitioner, you always know when you've hit the nail on the head.

Over time and with repeated sessions, you will become more at ease with client responses to your treatments. It does not mean that you are doing something wrong if you have a tearful response from your client but that the healing is doing its job.

Spiritual healing

You can help others with spiritual healing if they are floundering in their faith. You do not press your religious views on them, but rather help them to discover their own beliefs.

People will benefit from spiritual healing at any time in their life. This is good for everyone in the alternative healing business and can support a raising of consciousness in general.

Giving thanks and believing in a higher process can be an uplifting session and crystals are almost made for this.

- Finding God
- Healing prayers
- Meditation and affirmations of intent
- Faith healing
- Finding peace with religion

Intellectual healing

Many people will want to find clarity in their thoughts and you can help them with intellectual healing. This is about using their unique mind for good and not to become distracted from their true purpose.

The mind is a powerful thing and can create attitudes and assumptions that may be out-dated or incorrect. Some people will benefit from recalibrating their intellectual awareness to create a more positive outlook.

Intellectual healing can be supportive for situations of:

- Finding mental focus
- Striving towards achievable goals
- Overcoming self-defeatist attitudes
- Embracing positive attitudes and looking on the bright side
- Finding hope and direction in life
- Quelling negative inner dialogues

Part 4: How to Do a Chakra Cleansing

Remember that a chakra cleansing is a deep whole body healing. It is probably the most powerful cleansing you will do.

A chakra cleansing will spruce up the whole body and refresh the aura at the same time. It is a powerful crystal healing with excellent results and your client will feel invigorated and refreshed after the session. Select the seven coloured crystals you will use for the chakra cleansing. You will need one stone in red, orange, yellow, green, blue, indigo and violet.

Many crystal shops will sell seven chakra stones in a little bag and these are perfect to get going with chakra work. It does not matter how big the stones are but it is better that they are all much the same size when being used together.

Suggested stones for a chakra cleansing are red jasper, citrine, peridot, blue lace agate, turquoise, amethyst and clear quartz.

Chakra cleaning regular

- Always ask for guidance.
- Lay the client on their back on the plinth.
- You can place the stones on bare skin, over clothes or over a sheet under which your client is lying.
- Slowly position the stones on their chakras from the root to the crown chakra in sequence. Take care to place the crystals as seems comfortable.
- If the stones move or roll off three times, then leave them there.
- Do not talk.
- Leave the stones in place for five minutes.

If the client feels uncomfortable with one or other stone or complains it is too tingly or hot, simply take the stone away and continue without that one.

Remove the stones from the crown chakra one by one down to the root chakra. Place your stones back on the cloth or in their box.

Chakra cleansing alternative

An alternative to a regular chakra healing is one that you can do for yourself. With your seven coloured chakra stones to hand, place them under your mattress in colour order, where you would lie in bed.

Sleep on the bed for one night and wake-up refreshed in the morning.

This is a good way to use crystals that belong to you and to ensure they are in your aura for a long period.

How to Do a Laser Wand Healing

A laser wand healing can help alleviate specific areas of blockage for chakras or help with localised physical pain or injury.

Your laser wand should be ready and charged before the session starts.

Remember a laser wand is a powerful crystal tool and can often have multiple crystals on it for extra oomph.

Laser wand healing

- Always ask for guidance.
- Sit or lay your client on the plinth.
- Ask them to close their eyes.
- Do not talk.
- Pick up the laser wand and cup your hand over the point not touching it, almost as to shield the energy.
- Take your charged laser wand and hold it pointing towards the person either on one spot for pain relief or over the centre of the body for overall healing.
- You can circle the wand over troubled areas or chakras.
- Do this for five minutes or as long as feels right.
- If your client complains, stop what you are doing.
- Use your intuition.
- Do not wave the wand around.
- When you have finished, place the wand back on the table facing away from the client.

Part 5: Sequence for Crystal Healing Techniques

You may decide to do one, two or many different healing techniques at one session. This can be tiring for your client but it may be what they need. As always, you will use your intuition.

How often to do a healing

If you are new to crystal healing, you will want to practice what you have learnt and whilst this is a good idea and you need the practice, it can be hard on one person if they have multiple crystal healings in one day.

When you start to do crystal healing, all your family and friends will want to "have a go" and this is natural.

You need to understand the power of stimulating their auras and realigning their blockages, and you may not realise at the very beginning of your studies.

Use your intuition and if you do not want to do a session for someone, you do not have to. On the other hand, if you want to do a few different practice sessions on one person and you believe they can take it, then carry on.

You may feel the need to repeat a specific cleansing or healing for a person but it is not advisable to do more than one each day. Ideally, you will build your business by making weekly appointments for your clients. Although you could do the same healing one day after the next, it can be extremely tiring for the person.

Multiple clients

You are better off to have two or three people that you can work on as you build your skills so as not to wear them out spiritually. With several people, you can do repeated sessions such as chakra cleansing only on one of them to help you get better at that particular healing method.

Suggested sequence for healing sessions

Always ask for guidance on the sequence you choose but a suggested sequence is as follows:

- Chakra cleansing – full body healing.
- Laser wand healing – specific areas and whole body.
- Aura combing – full body.
- Affirmations to reinforce what they want.
- Intentions to help them focus on things that they need to change.
- Distance or remote healing.

Next Steps

This course has touched on several areas that may open up topics for further research for you. If one or two interest you, then do go and find out more.

Crystal healing is a wonderful adventure into awareness and enlightenment. This course serves to get you started and you will improve with practice.

Collecting crystals and gemstones is a fascinating hobby in itself and one that can be done by all people. Not everyone will become a crystal healer who does this course but having the knowledge of crystal structure and their unique piezoelectric properties is enlightening in its own way.

Colour alone is something worth perusing and the effect of colour on mood is being researched by many. Carefully selecting colour every morning when you get dressed is a way to understand the powerful properties it contains.

Auras, their care and attributes can be difficult to understand if you can't see them but as we said earlier, "just because you can't see it doesn't mean it's not there." Paying attention to people in close proximity to yourself in your day-to-day life will sharpen your awareness of your aura, its extent and reach from your body.

Sacred geometry such as in crystal grids and other monoliths is another way to bring a richness to your crystal understanding. The placements of stones, rocks and pebbles do mean something as it did thousands of years ago and will next year. Visit places near you to discover more about sacred geometry.

Meditation and the physical placement of your body during meditation when sitting, lying or walking is a subject worth understanding. Seek out labyrinths in your area and see how you enjoy walking the walk.

Case Studies

Please complete 4 Case Studies and submit to anna@theschooloffinetuning.com

Your case studies can be any form of Crystal Healing that you choose.
Please provide in your case study:

Client profile
Medical History
Lifestyle Consultation
Type of Crystal Healing Method
What Crystals you have chosen
Why you selected them
Note down your findings
Aftercare
Feedback from client.

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