

Crystal Healing Training

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Clear Quartz Pendulum



History of Crystal Healing

Lesson One

Ancient Egypt



The Ebers papyrus (Egypt) states the medicinal uses of many different healing gem stones. Healing with crystals is also recorded in India's Ayurvedic records and in traditional Chinese medicine from around five thousand years ago.

Celtic Circle of Life



Druids at Mabon Celebration



Celtic tribes in Britain from as early as 2,000 B.C., were unified by a priesthood known as Druids. Druids are one of the earliest known peoples to have used crystals in divination.

“Our health, in shamanic terms, is the result of our empowerment, or lack of it. It is the result of our ability or inability to tap into the flowing light of creation.” Celtic Shamism.com

Clear Quartz Pendulum



Crystal Healing uses the Chakra System to “view” what is happening within the energy centres. By using a pendulum to test the sluggishness of a Chakra (by how freely the pendulum rotates) a “reading” can be taken and an appropriate crystal prescription can be made. Chapter 2 describes the Chakra Systems and what each chakra energy centre influences.



Rose Quartz Wand

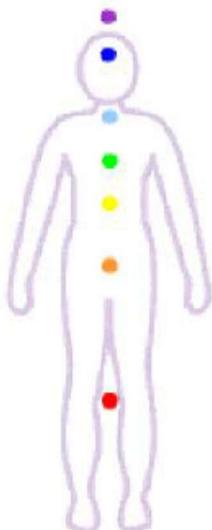
A crystal Wand is used to unblock Chakras and release negative energy, used pointed up and circle counter-clock wise to release negative energy and use pointed down and clock wise to put positive energy into the Etheric Body, which is the Auric copy of the physical body.



Chakra Clear Crystal Wand

This wand combines Chakra Crystals and Clear Quartz wand for use of the “master healer” clear quartz and extra boost of Chakra stones.

Seven Major Chakra Systems



- Crown Chakra – Clear Stones**
- Brow Chakra – Purple Stones**
- Throat Chakra – Blue Stones**
- Heart Chakra – Pink or Green Stones**
- Solar Plexus – Yellow Stones**
- Sacral Chakra – Orange Stones**
- Root Chakra – Red and Black Stones**

Red Jasper ROOT CHAKRA



Located at the base of the spine. Colour is **red** (life energy) or **black** (signifying stability or grounding). Governs adrenal glands, it looks after our bones, teeth, nails, spinal column, anus, rectum, colon, prostate gland, blood and cell building, circulation. Concerns about security, money, survival, individuality.

(Root Chakra).

Base Chakra gemstones are mostly red and black, including: Bloodstone, Red Coral, Garnet, Haematite, Brown Jasper, Red Jasper, Obsidian, Smoky Quartz, Ruby, Black Sapphire, Red Tiger Eye, Black Tourmaline.

Carnelian

SACRAL CHAKRA



Located at about three inches below the navel.

Colour is orange representing creativity and wisdom). Sexual organs, pelvic area, kidneys, bladder, body fluids. The sacral chakra is associated with our relationships with others, our ability in giving and receiving, sexual / passionate love, and our creativity. Sacral Chakra gemstones are mostly orange, including: Amber, Orange Calcite, Carnelian, Citrine, Orange Coral, Goldstone, Orange Jasper, Orange Sunstone, Tiger Eye and Topaz.

Citrine



SOLAR PLEXUS CHAKRA

Located just below the ribs. Colour is yellow (presenting thought and self-determination). Pancreas, lower back, abdomen, digestive system, stomach, liver, spleen, gallbladder and nervous system.

The solar plexus chakra is our emotional centre. It aids in control of the "digestion of life", self-empowerment.

Solar Plexus Chakra gemstones are mostly yellow, including: Amber, Ametrine, Golden Beryl, Citrine, Yellow Jade, Yellow Jasper, Peridot, Smoky Quartz, Yellow Sapphire, Sunstone, Tiger Eye, Yellow Topaz and Yellow Tourmaline.

Rose Quartz



HEART CHAKRA

Located at center of chest at the level of the heart. Colour is **green** (healing and balance) or **pink** (unconditional love and compassion). Thymus gland, heart, upper back, lower lungs, blood, circulatory system and the skin. The heart chakra is about unconditional love, connection, acceptance, transformation and powerful healing. It is the centre of compassion, love, group consciousness and spirituality associated with a “oneness” with “all that is”. Balances and bridges between the lower three chakras and the upper three chakras.

Heart Chakra gemstones are mostly green and pink, including: Amazonite, Green Aventurine, Green Calcite, Charoite, Chrysoprase, Emerald, Green Fluorite, Pink Fluorite, Jade, Green Jasper, Kunzite, Malachite, Peridot, Rhodochrosite, Pink Rhodonite, Rose Quartz, Green Sapphire, Pink Tourmaline, Green Tourmaline, Watermelon Tourmaline, Turquoise and Unakite.

Lapis Lazuli



THROAT CHAKRA

Located at the throat. Colour is **blue** (Communication)

Thyroid gland, neck, throat and jaw, vocal chords, respiratory system, alimentary canal and arms.

The throat chakra is our communication centre, enhances our ability to think and express ourselves verbally. Release of emotions, grieving, matters of the mind.

Throat Chakra gemstones are mostly blue, including: Amazonite, Amber,

Angelite, Aquamarine, Azurite, Blue Lace Agate, Blue Calcite, Blue Chalcedony, Chrysocolla, Blue Fluorite, Lapis Lazuli, Malachite, Blue Sapphire, Sodalite, Blue Tiger Eye, Blue Topaz, Blue Tourmaline and Turquoise.

Amethyst



THIRD EYE CHAKRA (BROW)

Located between and approximately one finger space above the brow. Colour is **indigo** (spiritual search). Pituitary gland, face, left eye, ears, nose, sinuses, cerebellum (lower brain) and central nervous system.

The third eye chakra is involved with our intuition, viewing our self-direction, higher consciousness, emotional and spiritual love centre.

Third Eye Chakra gemstones are mostly indigo, including: Amethyst, Angelite, Azurite, Blue Calcite, Charoite, Purple Fluorite, Iolite, Lapis Lazuli, Lepidolite, Sapphire, Sodalite, Sugilite, Tanzanite and Turquoise.

Clear Rock Quartz



CROWN CHAKRA

Located at the crown of the head. Colour is **violet** (enlightenment) or white (purity, perfection and bliss).

Pineal gland, it looks after our cerebrum (upper brain) and right eye.

The crown chakra is the centre of our connection to the Divine, the search for truth, self-awareness, material detachment.

Crown Chakra gemstones are mostly clear or violet, including: Amethyst, Ametrine, Angelite, Charoite, Diamond, Lepidolite, Clear Quartz, Sugilite and Tanzanite.

Preparing Stones for use

Cleansing

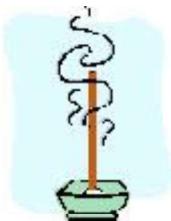
Gem stones are cleansed by using running water or Bach's remedy in spring water (especially useful at functions when used repeatedly).

Tingsha Chimes



Tingsha chimes (sound) or a sounding fork can also be used to cleanse crystals as well as an area used for Healing.

Sounding Fork



Passing crystals through incense such as sandalwood, frankincense, cedar or myrrh is also a traditional way of cleansing crystals and an area.

Charging



Amethyst Cluster

After crystals are cleansed they need to be charged. This can be done by placing them on crystal clusters.



Carnelians

Charging can also take place by placing crystals with carnelian stones. Crystals can also be charged by placing in sunlight, cautions for Amethyst and Rose Quartz which can fade in sunlight.

Programming Dedication for Healing

Then they are then dedicated to healing through meditation before being used in Crystal Healing sessions.

Meditations with Crystals

Candle Crystal Meditation



Kneel in front of crystal, facing north, light candle, meditate on light beings and light workers to be present with you, draw in white light, imagine it is filling your whole being, you will feel warmth and vitality passing through you, focus light in heart chakra, hold your hand over crystal and direct the light through your hand into the heart of the crystal. This is the dedication for love, freedom, truth and understanding.



Drawing white healing light into Crystal

Hold crystal in left hand, place

right hand over crystal, draw in white light through crown chakra, feel it descending in your heart chakra,

then visual energy being drawn in from deep within in the earth through the feet, this energy warms you until it settles in your solar plexus, now feel the white light in your heart, join the shape or a colour take this symbol to your heart chakra, this will enable you to give your crystal unconditional love.

Let the white light move from your heart through your hands and into the stone. You should feel the stone warming up as you do this, if not, repeat the process. You may dedicate the stone to truth, light and understanding.

Palm stones can be held during Crystal Healing Sessions and for Meditation.

Rose Quartz – Heart Chakra, Burns, Swellings



Tiger Eye Palmstone

Self-confidence, Digestive System, Solar Plexus Chakra



Jade Palmstone

Good Balancer,

Heart Chakra



Malachite/Azurite

Palmstone

Good combination for

deep healing



Lesson Two: Pendulum Use & Crystal Grids



Pendulums are an ancient tool used in healing that taps into the “higher consciousness” of the mind. Before using, establish “yes” and “no” direction. Pendulums are used in Crystal Healing sessions to see what “state” the Chakra energy centres are in and what blockages might exist. Pendulums can also be used when establishing which crystals or aromatherapy treatment to use.

Pendulums serve a twofold purpose, as they are registering the energy levels they also repair at the same time and should be used several times during a healing session to monitor the effectiveness of the crystal treatments being used.

The British Society of Dowsers (www.britishdowsers.org.uk) publishes information on dowsing, provides workshops on the subject and has an online shop for the purchase of pendulums, dowsing equipment and books on related subjects. One such book is **The Definitive Wee Book on Dowsing** by Hamish Miller.

Sig Lonegren is a speaker and consultant on dowsing, labyrinths and sacred energy sites as well as an Honorary Life Vice President of the BSD and author of several books on dowsing and sacred energy sites.

Spiritual Dowsing by Sig Lonegren covers the subject of dowsing and its use in healing work.

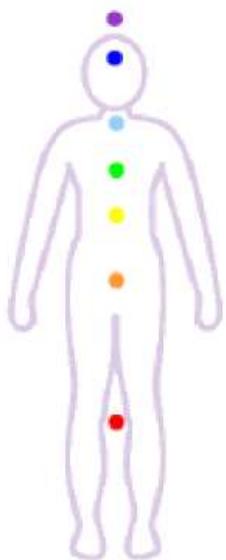
The “**A Little Book of Pendulum Magic**” by D. J. Conway is a compact but informative book on the history and uses of dowsing that includes charts for choosing crystals and aromatherapy treatments as well as stone meanings for pendulums.

Amethyst is noted as a healing pendulum.

Clear quartz pendulum as a protection crystal

Rose quartz is used to balance emotions, bringing love and healing.

How to Use Crystal Grids



Crown Chakra

Clear Quartz

Brow Chakra

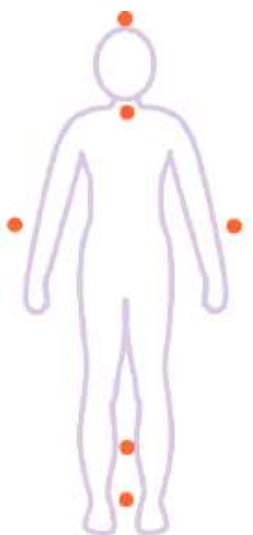
Amethyst

Throat Chakra

Sodalite

Heart Chakra

Rose Quartz



Carnelian Crystal

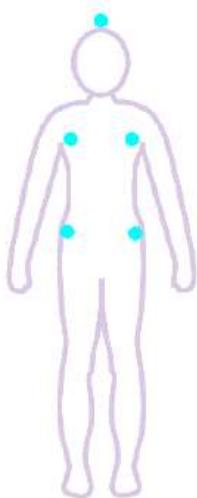
Grid Layout

Carnelian Crystal Grid is an energy booster and healing grid, especially useful after an illness or when feeling rundown.



Amethyst Headache Layout

By focusing the amethyst clusters healing energy is directed to the head area.



Moonstone Crystal Grid Layout

Moonstone Crystal Grid is a calming and relaxing nurturing grid useful when anxious and stressed.