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An Introduction  
to  
Crystal Healing

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## **Introduction**

Hello and welcome to my Introduction to Crystal Healing e-book.

I wrote this short book as a response to many clients and students asking if I could give them a quick guide on how to use crystals for self-healing.

I am sure that many of you have at some time purchased a crystal as a decorative item and have not really appreciated how powerful crystals can be.

This e-book is not intended as step-by-step instructional manual as my crystal healing courses cover everything in much more detail, but simply as a start to help you use your own crystals and get more enjoyment from them (as I know you will). I wish you every success and hope that you continue to develop your interest in these beautiful and powerful stones.

## **Energy & Protection**

Everything in the physical world is made up of energy and information. Energy vibrates at different frequencies but we are unable to see this energy as our senses only provide us with receive chunks of information that allow us to perceive the chair we are sitting on, our body, other people and so on.

When you walk into a room and it feels like you can 'cut the atmosphere with a knife', this is referred to as negative energy and likewise, if you go to a party, you hopefully will feel excitement in the air - or positive energy.

In the same way, when we open up our energy centres in healing, meditation, prayer, visualisation or working with crystals, we are attracting energy vibrations to us (negative as well as positive). It is therefore necessary that we protect ourselves from the negative energy.

## **Grounding**

Grounding is important to perform before you start to work with your crystals as it keeps you in touch with your earthly surroundings. Working with crystals will take you onto a higher plane and when you finish your work, if you have not grounded yourself beforehand, you may experience a floating feeling and be emotional (similar to a healing curve) as you have opened yourself up and could be susceptible to other's negativity.

To ground yourself, take three depth breaths, sitting with feet firmly on the ground and visualise that there are roots (like tree roots) extending from the bottom of your feet. They are growing down through the floor, through the earth and right down through to the earth's core – this will ensure that you are fully grounded. To test your grounding, try to lift one of your feet from the floor. If you find this difficult, you know you have grounded yourself correctly.

## **Prayer**

Before you start to work with your crystal, it is important that you ask the Universe to protect you. The following prayer can be done silently.

Dear Universe

Please surround me with the pure white light of your divine being.

Protect me from all negative vibrations to be dispersed in the universe without harm to any living thing.

Please place me in my own cocoon of brilliant white light providing complete protection.

In love, light, peace and harmony.

## **Visualisation**

Next you can visualise yourself standing in a beautiful pink bubble and know that nothing can penetrate this bubble only divine white light and unconditional love.

White is the colour of divine protection and pink is the colour of unconditional spirit love.

## **Cleansing & Blessing your Crystals**

There are many ways that crystals can be cleansed. Be aware that not all crystals can be placed in water without being damaged so it is important that you are careful about the way you cleanse your crystals.

When crystals are obtained from Carnelian all manual cleansing has been done. If your crystals were obtained elsewhere then you will have to cleanse them yourself.

To safely remove dust and pollution from your crystal a baby's hairbrush can be used to gently brush the crystals (those that are hard). The brushing will not only remove the dust but will also stimulate the crystal at the same time.

Crystals also need to be blessed before use. Once the crystal has been manually cleansed the following prayer is required so that the crystal is ready to work with you.

### **A Blessing**

Dear Universe

I give thanks to mother earth for providing these beautiful crystals for the benefit of mankind.

I ask that the crystals be blessed to release all negative vibrations to the universe to be dispersed without harm to any living thing.

In love, light, peace and harmony.



## **Working with Your Crystals**

Before working with your crystals follow the basic steps:

1. Protect and ground yourself
2. Cleanse and bless the crystal
3. Centre yourself by sitting with your eyes shut and concentrate on your breathing for a few moments.

If working with a single crystal, hold the crystal in your right hand with any point on the crystal towards your fingers, asking that you release all negative vibrations without harm to any living thing.

Now place the crystal into your left hand with the point towards your wrist and ask for the specific help you require. Work with the crystal in each hand for at least ten minutes.

## **Crystal Healing Techniques**

### ***Explore Your Crystal***

When you first acquire a new crystal you should spend time exploring it. You will find that this helps to develop your ability to sense its energy field.

#### **Step 1**

Look at your crystal from different angles, close your eyes and hold it in both hands noting any thoughts you have.

#### **Step 2**

Hold the crystal in both hands and breath in imagining the air entering through the crystal and gently breath out over the crystal so that you have a cycle of breath going through the crystal, this will build energy.

#### **Step 3**

Sit quietly with your eyes closed and focus on the colour you can see, how the crystal feels in your palms and sense any vibrations or thoughts that cross your mind.

#### **Step 4**

Lie down and place the crystal on your solar plexus and sense how it feels, again visualise the colour of the crystal, the shape and any thoughts you pick up on.

Do this again with the crystal on your third eye, notice any changes.

#### **Step 5**

Once you have finished working with your crystal simply thank the Universe for the crystal's healing help that you have received during your session.

### **Treating Others**

Ask the client to lie on the couch (head pointing north, feet south). Tune into your client's higher self and ask that they be healed for their highest good. Upon completion of the treatment, give thanks for the receiving of the healing.

## **The Chakra System**

The Chakras are conductors of energy and they help to distribute energy for our mental, emotional, physical and spiritual functions. There are seven major chakras where there is greater electromagnetic activity within the auric field. There are twenty-one minor chakras. Crystals and gemstones are extremely effective when laid on the centres of energy. The following outlines the chakras. Each chakra is linked to specific systems and organs within the body.

### First Chakra

The first chakra is concerned with our basic survival and need for food, shelter, warmth, health and safety. It connects us to the earth – it's element – as well as the physical world where we are self-sufficient. The related colour is deep red.

### Second Chakra

The second chakra is about our self-worth, our feelings and our ability to accept things and go with the flow as in the water that is it's element. The related colour is burnt orange.

### Third Chakra

The third chakra is associated with self-esteem and personal identity. It is known as the 'power centre' and it processes energy through the digestive and metabolic systems. It encourages us to follow our gut instincts and make decisions. The colour is golden yellow and the element is fire.

### Fourth Chakra

The fourth chakra is the place where emotional experiences are stored. This chakra is related to compassion and love.

It's element is air and it's colour is emerald green.

#### Fifth Chakra

The fifth chakra is related to communication, clear and creative self-expression. This chakra encourages truth and honesty. It is considered to be the centre of change and transformation. It's element is the ether and it's colour is turquoise.

#### Sixth Chakra

The sixth chakra is related to sight and seeing (intuitively and physically). Through the chakra we can tune into our higher self to have clearer vision and intuition, thus inner guidance. It's element is light and it's colour is indigo.

#### Seventh Chakra

The seventh chakra is the symbol of purity and spirituality. It represents great knowledge, inner wisdom and a connection to the higher self. It's element is energy and it's colour is white or violet.

## **Clearing & Balancing Chakras**

A crystal treatment will either clear any blocked energy, balance the chakra energy or develop spiritual awareness. The following outlines the crystals that can be used for each chakra placement for this process.

First Chakra – Red Tiger Eye

Second Chakra – Carnelian

Third Chakra - Citrine

Fourth Chakra - Aventurine

Fifth Chakra – Blue Lace Agate

Sixth Chakra - Amethyst

Seventh Chakra – Clear Quartz

### **Clearing & Balancing Chakras**

With hand held Clear Quartz crystal form a protective seal around the body.

Connect with each crystal seven times.

Run the hand held Clear Quartz crystal in a straight line connecting the chakra stones five times.

## **About Jane**



Jane has been a Usui Reiki Master and Teacher since 1999. She uses crystals and other complementary therapies to assist her clients with healing and self-improvement.

Her background is in coaching and training and she has worked with individual clients as well as many corporate clients during period of change and development.

Jane is interested in helping people deal with the things that hold them back from being who they really are. She enjoys training and coaching individuals so that they can identify and learn the skills and knowledge that will help create the future they want.

## **Further Information and Training**

I hope you enjoyed this short introduction to crystal healing. If you are interested in learning more about healing with crystals we are pleased to offer on-line training, workshops and of course healing treatments.

Please contact Jane:

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