

Crystal Therapy Foundation

Manual for students





www.soulcentering.com

**NAMASTE**

I honour the place in you in which

the entire universe dwells.

I honour the place in you which

is of love, of truth, of light

and of peace.

When you are in that place in you,

and I am in that place in me,

WE ARE ONE

 **INVOCATION FOR MERGING WITH HIGHER SELF**

I call to the Highest reaches of my own Divine essence,

in Love, Surrender and Gratitude.

I invite, I allow and I anchor my own Divine Essence

into my daily life and activities through this body now.

I invite, I allow and I anchor my own Divine essence into my thoughts, words and deed,
into my meditations, my creations and my choices, through this body now.

I delight in our merging and bless this day with love.

[CHEMICAL COMPOSITION OF CRYSTALS 4](#_Toc402272278)

[CRYSTALLINE STRUCTURE AND CRYSTALLINE PROPERTIES OF HUMAN BODY 5](#_Toc402272279)

[HOW CRYSTAL ENERGY WORKS 7](#_Toc402272280)

[SEVEN CRYSTAL SYSTEMS 7](#_Toc402272281)

[Cubic System (Isometric System) 8](#_Toc402272282)

[Tetragonal System 8](#_Toc402272283)

[Hexagonal System 9](#_Toc402272284)

[Trigonal System (Rhombohedral System) 9](#_Toc402272285)

[Orthorhombic System (Rhombic System) 9](#_Toc402272286)

[Monoclinic System 10](#_Toc402272287)

[Triclinic System 10](#_Toc402272288)

[Amorphous 10](#_Toc402272289)

[DIAGRAM OF CRYSTAL SYSTEMS 10](#_Toc402272290)

[MOHS SCALE OF HARDNESS 11](#_Toc402272291)

[INTRODUCTION TO CRYSTALS and MYTHOLOGY of Crystal History 12](#_Toc402272292)

[SETTING/STATING AN INTENTION BEFORE HEALING SESSION 14](#_Toc402272293)

[PROTECTING AND GROUNDING YOURSELF 14](#_Toc402272294)

[CENTERING YOURSELF 15](#_Toc402272295)

[PLANETARY MEDICINE OF LOVE 16](#_Toc402272296)

[SOUND AND VIBRATION 16](#_Toc402272297)

[Vogel Crystals 17](#_Toc402272298)

[NATURAL MOVEMENT OF ENERGY IN YOUR HANDS 17](#_Toc402272299)

[CRYSTAL CARE 18](#_Toc402272300)

[Photosensitive crystals 18](#_Toc402272301)

[Water sensitive crystals 18](#_Toc402272302)

[Touch sensitive crystal 18](#_Toc402272303)

[PHYSICAL CLEANING OF CRYSTALS 19](#_Toc402272304)

[CLEANSING CRYSTALS 19](#_Toc402272305)

[RESTING CRYSTALS 21](#_Toc402272306)

[BLESSING AND DEDICATING CRYSTALS 21](#_Toc402272307)

[RECHARGING CRYSTALS 22](#_Toc402272308)

[ACTIVATING CRYSTALS 23](#_Toc402272309)

[CRYSTALS AS OUR TEACHERS, GUIDES AND FRIENDS 23](#_Toc402272310)

[BEFORE HEALING 24](#_Toc402272311)

[DURING HEALING 24](#_Toc402272312)

[AFTER HEALING 24](#_Toc402272313)

[FEELING THE CRYSTAL ENERGY and CHOOSING CRYSTALS 25](#_Toc402272314)

[Choosing crystals 25](#_Toc402272315)

[AURIC MASSAGE 26](#_Toc402272316)

[SELF-HEALING WITH CRYSTALS AND GEMSTONES 27](#_Toc402272317)

[HIGH VIBRATIONAL STONES 28](#_Toc402272318)

[Striated crystals 29](#_Toc402272319)

[CRYSTALS AND COLOUR 29](#_Toc402272320)

[Warm and cool colours 29](#_Toc402272321)

[COMBINING THE CRYSTALS 31](#_Toc402272322)

[MEDITATION 31](#_Toc402272323)

[RE-ENERGISING THE BODY AND QUCKENING THE SPIRIT 31](#_Toc402272324)

[GENERAL RE-ENERGISING 32](#_Toc402272325)

[HEALING – GENERAL 32](#_Toc402272326)

[CLEARING SPACE WITH CRYSTALS 32](#_Toc402272327)

[CRYSTALS FOR RADIATION and ELECTROMAGNETIC POLLUTION 34](#_Toc402272328)

[OTHER USES OF CRYSTALS 34](#_Toc402272329)

[HUMAN ENERGY FIELD 34](#_Toc402272330)

[HUMAN CHAKRA SYSTEM 36](#_Toc402272331)

[COLOURS AND CHAKRAS 38](#_Toc402272332)

[USING PENDALUM FOR CHAKRA BALANCING 39](#_Toc402272333)

[DOWSING TO BALANCE CHAKRAS 40](#_Toc402272334)

[FIVE LINE CLEARING 41](#_Toc402272335)

[BALANCING YOUR OWN CHAKRAS 41](#_Toc402272336)

[PULSE AND PRESSURE POINTS 42](#_Toc402272337)

[PROGRAMMING YOUR CRYSTALS 44](#_Toc402272338)

[PROGRAMMING 48](#_Toc402272339)

[Programming a crystal through sound 49](#_Toc402272340)

[Programming by travelling into the crystal 49](#_Toc402272341)

[Different ways of programming crystals 51](#_Toc402272342)

[Programming crystals with Reiki 52](#_Toc402272343)

[HEMATITE 52](#_Toc402272344)

[Activating and charging the Earth Star 52](#_Toc402272345)

[Hematite Shield 53](#_Toc402272346)

[QUARTZ CRYSTAL 53](#_Toc402272347)

[CLEAR QUARTZ CRYSTALS 53](#_Toc402272348)

[Cleansing yourself with Quartz crystals 55](#_Toc402272349)

[Recharging yourself with Quartz crystal 55](#_Toc402272350)

[Manifesting with Quartz 55](#_Toc402272351)

[Clearing head with Quartz 55](#_Toc402272352)

[Meditation with quartz crystals 56](#_Toc402272353)

[Meditation for raising consciousness 56](#_Toc402272354)

[Reducing stress and recharging 57](#_Toc402272355)

[Practice/Homework 58](#_Toc402272356)

[Suggested reading 58](#_Toc402272357)

[Further reading on energetic and crystalline nature of the human body 58](#_Toc402272358)