



Reiki Crystal Healing

BY: LAURELLE SHANTI GAIA

One of the many beautiful things about Reiki is that no special tools are needed to affect a healing. However, we also know that Reiki can assist and enhance other forms of complementary, natural, or allopathic treatment, and that such treatments can in turn enhance the power of Reiki. I have found this to be true with crystals. When used with Reiki, crystals magnify the Reiki for healing.

Although in modern times working with crystals and gemstones for healing is often considered occult, mystical, or new age, the concept of using crystals to transmit energy has actually been mainstream for many years. Crystals are used to generate, modulate, and transmit energy in computers, satellites, watches, radios, and even the LCD screens on alarm clocks, VCRs, etc.

Ancient civilizations from the Aztecs to the Egyptians made use of crystals in various ways, as have Native Americans and indigenous peoples around the world. There are references to the use of gemstones within the spiritual traditions of Christianity,

nadis, as well as the actual cells of our bodies, facilitate the integration of these healing energies. This combination of energies helps to access deep levels of consciousness and awaken inner healing power.

In his book, *Vibrational Medicine*, Dr. Richard Gerber explains: "... human beings are, to some extent, living crystals. Certain aspects of the human energy system have the same transformational properties as natural quartz crystals. *When one uses natural quartz crystals to heal the body, energy transference occurs partly because of a resonance effect between the quartz crystal and those cellular crystal systems with quartz-like properties.* These same biocrystalline elements amplify certain aspects of the life force in special energy circuits that run throughout the body. Biocrystalline systems are intimately involved with mediating the input of higher vibrational energies into the body."

The lymph system, pineal gland, fatty tissues, cell salts, and blood cells are all bio-crystalline in nature. Crystals and gem-

The more we open to receive the guidance from the Heart and Mind of God, made accessible to us with the help of Reiki, the more ways we will learn to apply crystalline energy to heal ourselves, others, and the world.

Buddhism, Hinduism, the Kabbalah, and Vedic astrology. Crystals have been employed to enhance clairvoyance, to locate disease, for healing, as an antidote to poison, and in various rituals to serve the living and the dead, to name but a few uses.

Many crystals and gemstones have the unique ability to transmit high frequency energies for extended periods of time. In so doing, crystals, minerals, and gemstones affect the Earth's electromagnetic field and her aura. Metaphysically speaking, all of creation is energy (light) vibrating at varying frequencies. When included in a healing session, crystals and gemstones similarly affect the human energy field and the physical body. It seems logical, then, that crystals could be used to transmit and amplify Reiki energy.

Combining Reiki with Crystalline Energy

Reiki crystal healing sessions employ the color, light, and sacred geometric forms contained within crystals and gemstones in combination with Reiki energy. The chakras, meridians, and

stones can resonate with these liquid crystals in the body. Healing stones can communicate information to the bio-crystalline structure within the cells to encourage rejuvenation of the body. The stones can also encourage the release of toxic information that has been locked in the physical body and etheric field. This can be accomplished by placing specific stones on and around the body, as well as by carrying or wearing gemstones.

When Reiki is combined with crystal energy, a unique form of "vibrational medicine" is created.

The Importance of Respect and Gratitude

We must always remember that crystals and gemstones are much more than tools for healing and meditation. Crystals are alive and deserve the same respect as all forms of life. Some Native American cultures refer to them as the "Stone People." When you obtain crystals and gemstones you also acquire a responsibility. When crystals and gemstones form within the Earth, they assist in balancing planetary and Universal energies.

When we are guided to specific stones, and we include them in our healing work, we affect the earth's balance. We must respect and honor the stones we are entrusted with and in return, give the earth gratitude for the beautiful stones.

The Importance of Grounding

A wonderful attribute of Reiki energy is that it never causes harm. Over the nearly 17 years I have been practicing Reiki, the intuitive insight the energy offers and the subsequent results have proven to me that when Reiki is activated at the beginning of a session, I can trust that I will be guided to the right application of the various healing methods and tools that I have been trained to use. This is true when crystals are used to enhance a Reiki healing. Reiki's inherent wisdom assists us in communicating with the Divine mind and the higher self of the client as well as with our own higher self and showing us what to do.

When one is grounded, one's lower chakras are open and connected with the flow of Earth energies. It is vital that both the practitioner and the client be well grounded during a Reiki crystal healing session. It is important for the practitioner to be a totally clear and open channel, with ego and personality completely aside. The practitioner must also be alert to the client and observant of their energy and their breathing patterns throughout the treatment. Grounding is essential to the client for fully integrating the healing process and is important for both physical and spiritual healing. Physical symptoms such as dizziness and hyper-ventilation could result, if the client is not well grounded.

To remain grounded on an ongoing basis, it is advisable to wear grounding stones, such as hematite, garnet, tiger's eye, and black tourmaline. Exercising the physical body is also beneficial for grounding. Walking, stretching and cardiovascular exercise can assist in grounding one to higher frequencies. (Of course it is always recommended that a medical professional be consulted before beginning any new physical exercise routine.)

Activating Soul Level Chakras

In addition to grounding, the activation of two transpersonal chakras, the soul star and the earth star are vital for safe and effective crystal healing sessions. This is, in part, what certain crystal energy techniques can do for us – crystals help our transpersonal energy system to become more fully activated. Please refer to the diagram of the stone layout for the location of these chakras.

The **soul star chakra** is a portal through which very high frequency light can enter the etheric field. The soul star is the filter through which the light is measured and flows. The **earth star chakra** anchors the etheric field and thus the physical being to the earth plane. It ultimately facilitates our connection with the heart of the earth.

In a crystal energy session, both your energy system and the client's are affected. As we anchor these higher frequencies through the use of crystals, our energy bodies are able to speak to one another through a language of light. Through this interaction between practitioner and client, crystals receive and transmit the "information" that is needed to bring about balance.

Giving a Crystal Energy Session

A crystal healing session includes three main components, which are similar to the three pillars of Reiki. First we clear and prepare, next we apply the specific technique, and third we express gratitude. Begin the session with the strengthening of your light as described below in "Creating Sacred Space." Next apply the crystals and stones in accordance with the procedures outlined for the specific session. Finally, close the session with a prayer of thanks for the healing that has taken place, the guidance received, and then acknowledge that the healing will continue.



Grounding Stones.

Creating Sacred Space

Strengthen Your Light

Say a prayer of thanks for the Divine assistance you will be receiving. Then strengthen your light by clearing the energy in your "inner space." Do this by balancing your chakras and calling in the healing energy, spiritual guides, and the Masters. In doing this, begin with a prayer of sacred intention, and then focus on each chakra, **beginning at the earth star**, and visualize or imagine it filling with a spiral of white Reiki light. (Note: if you are attuned to Reiki level II or higher, replace the simple spiral of light with the Usui power symbol CKR in each of these instructions.)

Imagine the spirals one at a time forming as seeds of light in your chakras, growing brighter, and stronger, and larger until the light they are radiating flows outward to permeate your energy field. During this process hold the intention that anything less than light is lifted from you and is replaced with the healing energies you are invoking.

Clear the Room

After completing the self-preparation, you are ready to clear the physical space. You can clear the space with Reiki, burn sage, or use an aromatherapy mist of sage oil, lemon oil, or sandalwood. Aura-soma also offers color essences and special blends of fragrance, crystals, and color that can be used for space clearing. All of these clearing methods can help your physical senses recognize the cleansing process. Next beam Reiki healing light from the palms of your hands and your energy field out onto the four walls, the ceiling, and floor. This completes the clearing of any dense or darker energy from the room.

Fill the Room With light

To infuse the room with Divine Love, peace, compassion, wisdom, and healing, beam this Reiki healing light into the center of the room and **call on the soul light and guardians of the crystals and stones**. Visualize or imagine the light that they contain permeating everything in the room and flowing outside the perimeter of the building and the grounds.

Prayer

The final step is to give a prayer of thanks for the work that has been done, and for the healings that will take place in the sacred space that has been created.

Cleansing and Charging/ Programming the Crystals

It is possible that your stones may have picked up negative energy or programming in some way. Therefore, it's necessary to do a clearing process to be sure they are ready to be programmed for your healing purpose. To do this, hold each stone between your hands and channel Reiki into the stones with an intention of purify it. (Helpful symbols: Usui CKR and DKM; Karuna Rama & Iava) Also, storing your stones on a large quartz cluster that has been infused with Reiki is also a good way to cleanse them and to maintain their purified state.

Next, pray for Reiki to flow through you and into the crystals, intending to charge them with Reiki and asking them to serve as instruments for healing for the highest good. Invite the spirit or guardian of the stone to assist in the healing. You may also use the Japanese Reiki breath technique, koki-ho to program your crystals for healing.



Cleansing and charging the crystals.

Laying the Stones

After your stones have been cleansed and energized with Reiki, they will be ready to place on the client. The following layout is a safe and effective method and is intended specifically to strengthen one's etheric field and provide deep relaxation.

This layout is adapted from one that I learned through the Crystal Academy. I have been guided to modify it with additional stones and Reiki energy. Stones to be used are: hematite, clear quartz, pyrite, and Herkimer.

Hematite is a form of iron oxide, which geologists believe to be very similar to the iron core of the earth. It is a powerful, grounding, and reflective stone. Wearing hematite enables us to emanate a powerful healing light to those around us and into our environment. The reflective attributes of this stone help us repel energies and negative thoughts that may be directed toward us from others, or even from our inner shadows.

During a crystal energy session, an energetic border can be constructed with hematite to help the practitioner and the client maintain a strong inner light. This layout helps strengthen both the practitioner and the client's inner light with the help of clear quartz. The hematite border reflects the light back to the practitioner and client. Quartz combined with Reiki and hematite in this layout also helps build ones inner light that provides protection from being negatively affected by empathic thoughts or feelings.

Pyrite is another stone that amplifies high frequency light and neutralizes denser energies. It can oxygenate blood and enhance brain functions. Working with pyrite with the upper chakras in conjunction with quartz and Herkimer diamond

assists in receiving the light of Divine Will and infusing it into the energy field and chakras, ultimately anchoring it into every cell of the body.

Herkimer is an amplification stone. It enhances spiritual vision. Herkimer is known as the “attunement stone.” In this particular layout one is attuning to the light of Divine will. Herkimers can also help us access dimensional doorways to deep healing.

Steps in creating the layout:

Practitioner—Pray, and invoke the guardian of the stones.
As you prepare to set each stone, hold it and thank it for:

1. Hematite—reflecting light within and without
2. Quartz—amplifying your inner light
3. Pyrite—strengthening your field and grounding Divine light within
4. Herkimer—assisting you and your client in attuning to Divine will

Central Channel Breathing

Breathwork is a term that is used for a variety of breathing techniques which can facilitate healing, meditation and expansion of consciousness. We have found that working with specific breathing patterns in Reiki Crystal healing sessions is beneficial and can deepen the level of healing the client receives. As Reiki and the crystals work together to reach blocked or stagnant energy, the breath helps to move emotional energy and helps to release unconscious resistance to healing.

Conscious breathing helps us breathe through difficult feelings or even physical discomfort. The results can bring a wonderful sense of relief and a feeling of freedom.

The breath techniques we teach vary according to the type of crystals used, the specific stone layout, and the intention for the session.

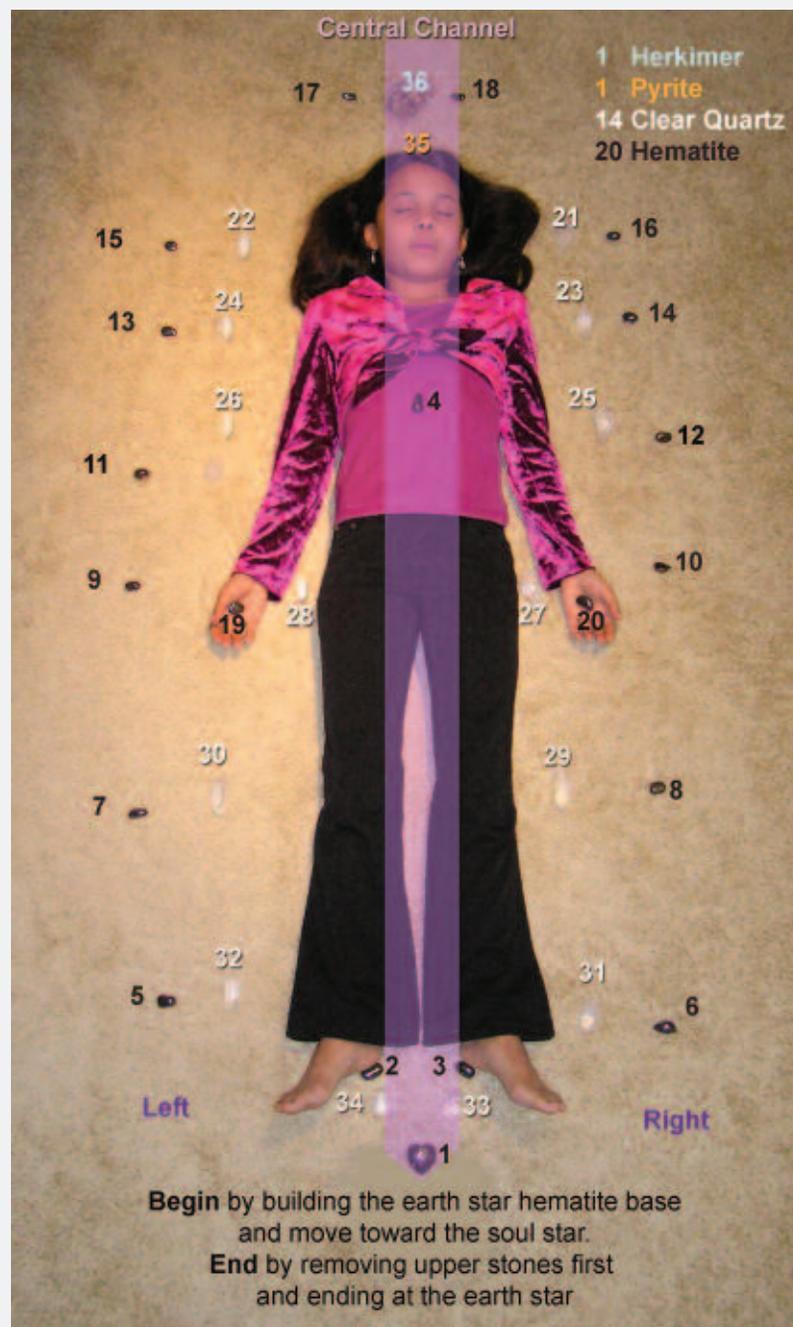
One fundamental breath technique we use is called Central Channel Breathing. The central channel (illustrated in the diagram) connects vertically within the body and carries energy through the soul star, into the crown chakra and continues down the chakra system through the root/base chakra to the earth star chakra. You might visualize or imagine this as a cylinder of light within your body.

Ask your client to relax, and focus on his/her breath. Instruct the client to breathe from the soul star, sending the breath down the central channel to the earth star, and then returning the breath on the exhale from the earth star to the soul star. This breath will help in grounding and in activating the soul chakras. As you place the stones, both you and the client are to breathe together in this way.

Stone placement:

Place stones in numerical order per the diagram below. The diagram has been color coded to help with identifying the crystals/stones to place in each position. Aqua=Herkimer Orange=Pyrite White=Quartz Black=Hematite.

1. Place a hematite at the earth star (position #1 in the diagram) and a hematite touching the sole of each foot (positions #2 and 3), creating a triangle. As you place these stones, affirm: “Only Divine light flows in and only Divine light flows out.”
2. Next, place a hematite at the solar plexus (position #4). The solar plexus is the chakra located slightly above the navel.



3. Place hematite at all other points on the diagram indicated by numbers in black, beginning with the ankles (positions #5 and 6) and moving up to the crown (# 17 and 18), alternating placement as indicated, and ending with placement of a hematite on the palm of each hand (#19 and 20).
4. Now place the quartz stones, indicated by numbers in white, beginning with position #21 and alternating as indicated, moving down to the feet and ending on the left (position #34). Note that the quartz stones are placed between the body and the hematite stones. Quartz amplifies inner light and you may affirm this for the client as you place these stones.
5. Next place the pyrite stone so that it touches the crown (#35). Pyrite strengthens the ethericfield and connects to Divine light. Affirm this as you place the stone.
6. Place the Herkimer at the soul star (#36). Affirm that the client is attuned to Divine will.



Hematite Grid.

Gridding the Earth Star with Hematite:

In a basic layout, often placing one piece of hematite can be sufficient. However, it can prove useful to actually “grid” your client’s earth star with hematite, or a combination of grounding stones. Creating such a grid forms a type of reverse vortex that transmits the specific intention of helping the client stay grounded. At the same time, they are accessing the expanded awareness that can be experienced during a crystal session by grounding the energies. Please refer to the photo on this page for an example of a hematite grid.

Client instructions:

After the stones are placed, ask your client to shift their breathing focus with the intention of breathing from the chakras, and breathing light from the quartz, pyrite, and Herkimer into every cell.

Sit beside the client and channel Reiki energy. The session will last eleven minutes. (It is not wise to leave the stones in place for longer than 11 minutes unless one has considerable experience with the process.) As you channel Reiki, match your breathing with the client’s breath. Gentle, yet deep breathing is an important part of integrating the crystalline energies and helping the client stay grounded. If the client’s breathe becomes shallow, remind them to breathe deeply.

When it is time to close the session, ask the client to shift the focus of the breath back to the central channel, breathing from the soul star to the earth star, continuously sending energy down the body.

Ask the client to continue to breathe in this fashion as you gently, and gradually remove the stones. Begin at the top and

remove the stones from left to right, i.e. remove Herkimer and pyrite first, then quartz from left to right and top to bottom, then the hematite to the left of the soul star, and then the hematite to the right of the soul star, and so on down the body. The large hematite at the earth star is the last to be removed.

When the session is complete, offer a prayer of gratitude to God, the guides, angels, and guardians of the stones, as well as to the client’s higher self. Bring your client a glass of water, and ask him/her to share about their experience and how they are feeling.

Crystal Healing Stories

Arthritis

My mother who is 73 years old, has been suffering from arthritis since she was in her 40’s. I searched for something to help her with the pain. She cannot take conventional pain medications as they cause more problems than they solve. That’s when Reiki found me. My mother has been interested in everything, is fairly open minded and willing to try anything her daughter comes up with. When I returned from the crystal healing class I asked her to try a crystal healing. She moaned and groaned getting onto the floor. She could not even stay in the pattern for the full 11 minutes. She stayed only 5, and then jumped right up. She immediately felt less pain and more energy.

~Elyse Savoy

Practitioner and Client Receive Healing

I did a crystal layout for my friend Barbara. We took before and after aura photos of me and an after photo for Barbara. Her

picture showed her energy field to be expansive and her chakras were perfectly balanced. She shared that she felt a lot of healing energy from the crystals. She is processing something in her life, and the fact that her chakras were perfectly balanced was amazing. Barbara enjoyed her session very much and was relaxed and soothed by it.

My first photo indicated that two of my chakras were quite distorted. After I gave the crystal healing session for Barbara, we took another aura photo of me. It was apparent that I too received a healing during her session. My chakras were more in balance, including the two that were distorted in the first photo. My energy field was much more expansive all around me in all directions, and I felt wonderful.

~Myra Foland

Conclusion

In this article I have offered the crystal layout that I find to be the most fundamental, however, there are many others. The possibilities are infinite, as are the combinations of crystals, gemstones, and energy fields.

The more we open to receive the guidance from the Heart and Mind of God, made accessible to us with the help of Reiki, the more ways we will learn to apply crystalline energy to heal ourselves, others, and the world. 

—Laurelle can be contacted by email at ReikiInSedona@aol.com or through her Web site at www.ReikiClasses.com or www.ReikiCrystals.com or by phone at 928-204-1216 (Pacific time).

RESOURCES: *The Book of Stones* by Robert Simmons & Naisha Ahsian, *The Crystal Bible* by Judy Hall, and *The Crystal Journey* by Jane Ann Dow. Other helpful sources for crystals and gemstones are: www.ExquisiteCrystals.com www.SatyaCenter.com www.SpiritualStuff4u.com www.HeavenAndEarthJewelry.com



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