



## Caring for your Crystals

### **Cleaning;**

Place your crystals in a small bowl and let running water flow over them for at least 5 minutes.

#### **Options for cleaning:**

1. Use an outside hose  
Place the bowl by a tree or flowerbed that can benefit from the trickle of water that fills and overflows the bowl.
2. Inside at a sink  
Place the smaller bowl full of crystals inside of a larger pan to capture the overflowing water to dump outside on your plants.
3. Set them out in the rain

#### **DO NOT:**

Use salt water to clean crystals  
Place them in the ground as they will travel

### **Storing Crystals**

Keep them together in a small cloth bag to protect them from getting lost or damaged.

Sacred Anatomy Energy Medicine Technique

## **Setting up a Healing Stone Array**

1. At your edge, dowse to see if a Stone Healing Array is needed.
2. Determine which array to use with your clean crystals.
3. Use the specific array's guide for placement.
4. Prepare to place the stones on their front:
5. Place the crystals on the physical body with the pointiest part in the direction shown on the array guide.

#### **In Person:**

Have the client lie down.

Place crystals on their body according to the array type dowsed



Remote use with a thought form:

Ask them to lie down where they are.

Move their TF into a supine position to place crystals on their front

Consider having an outline of a human body beneath the TF to help guide in the placement of the stones.

6. Remove the array when the amethyst jumps or moves off of its original placement on the head. You may also dowse to see if the rock is done, "full" or "spent."
7. Prepare for placing the stones on the back:

Place the crystals on the back of the physical body with the pointiest part in the direction shown on the array guide, noting that crystals can point in different directions if they are on the front of the body or on the back.

In Person

Ask them to turn over and prop a pillow under their forehead so the amethyst on their head can balance on top of the back of their neck and head

Remote use with a thought form:

Gently flip the TF over to a position with their belly and nose facing down.

8. Remove the array when the amethyst jumps or moves off of its original placement on the head. You may also dowse to see if the rock is done, "full" or "spent."
9. Bring in *ULL*
10. *Integration, Blending (IBWSIB when taught)*