

Caring for Your Crystals & Healing Stones

Cleaning:

- Place your crystals in a small bowl and let running water flow over them for at least 5 minutes.
- For larger rocks place them in the sink in a large basin and let the tap trickle over them for 20-30 minutes. Empty the basin onto landscape.

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. In the rain

Set them out in the rain for an hour or so to wash clean. Make sure to place your rocks on a table or tray putting them on the ground they may pull up minerals from the Earth into existing fissures and discolor.

DO NOT:

- Use salt water to clean crystals
- Place them in the ground as they will travel and can become lost.

Storing Crystals

- Keep them together in a small cloth bag to protect them from getting lost or damaged. Wrapping them individually is a nice precaution.
- If you leave them out all the time- remember they are amplifiers and will increase or intensify the energy in a space. So if there is difficulty such as an argument, illness, upset, or injury make sure to wash your crystals to neutralize their impact on any difficulty in your home.
- If you use a stone to anchor a thought form on your alter for healing work make sure to clean it after use. They can potentially hang onto energy for good or ill and this can impact the next thought form.
- Wash all your crystals and stones at least twice a year whether they have been used in healing work or not. I like to use a good rain storm to do this.

Sacred Anatomy Energy Medicine Technique

Setting up a Healing Stone Array

1. At your Edge, with permission, dowse to see if a Stone Healing Array is needed.
2. Determine which array to use by dowsing the list.
3. Use the specific array's guide for placement.
4. Always begin by placing the stones on the front of the body:
5. Place the crystals on the physical body with the pointiest or most *dynamic part** in the direction shown on the array guide.

In Person:

- Have the client lie down flat. A massage table is ideal but a couch or bed will be fine.
- Make sure to place a blanket on them if they need more warmth *before* placing crystals. If you try to do it afterwards you make inhibit the stones.
- Place crystals on their body according to the array type dowsed.

Remote use with a thought form:

- The client can lie down where they are or remain seated. This will not affect the work of the stones.
 - You have 2 choices: move their TF into a supine position to place crystals on their front or...
 - Build your TF vertically on top of an outline of a human body. Then use this outline beneath the vertical TF to place the stones.
 - Doing this allows you to continue a session on the vertical extension of the TF while the adjunct outline holds the activity of the stone array.
6. Remove the array when the stones start to *jump* or move off their original placements on the body.
 - This *jumping* will only occur on a physical body "in person".
 - If you are working on a TF you will need to dowse for how long to leave the stones in place.
 - You may also dowse to see if the stone is done, "full" or "spent."
 7. Seal the points on the front of the body where the stones were placed with *ULL*.
 8. Placing the stones on the back:
 - Remove the stones from the front of the body set them aside to be cleaned later.
 - For an in person session: have them flip over.

- For distance work: Use the picture of the back to place the stones on a horizontal TF.
- Place the crystals on the back of the physical body or TF of the body with the pointiest part in the direction shown on the array guide.
- Note that crystals can point in different directions if they are on the front of the body or on the back.
- Sometimes a slightly heavier stone is better used on the back especially in person. But this is not essential.

In Person

- Lying on their stomach, prop a pillow under their forehead so the stone on their head can balance on top of the back of their neck and head.
- A face cradle helps with this when using a massage table.

Remote use with a thought form:

- One way to do this: remove the stones from the front and gently flip the TF over to a position with their belly and nose facing down.
- Another way: Place an outline of a human body underneath the vertical TF when you build it at the start of the session.
- Place stones on the outline where they go according to the array you are using.
- Simply think of the outline of the body as part of the existing vertical TF.
- Doing this enables you to continue to work on the vertical extension of the TF while waiting for the stones to “work” saving time and energy.

9. Remove the array:

- In Person: Take the stones off of the back when the stones start to jump or move off of their original placement on the body.
- Remote: Check your stones at the time you set initially when you dowsed they would be done. Make sure they are spent by asking: *Is this stone: spent?*
- Live or Distance: you may also dowse to see if the stone is done, “full” or “spent.”

10. Seal the points by bringing in *ULL* directly into the locations where they were placed.

11. *Integration, Blending, Witnessing, Stabilization, Integration and Blending*

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- If you have a rounded stone feel into it and use the strongest or most dynamic part at the point.
- If you cannot sense the most dynamic part, run your fingers over the stone while dowsing for the strongest part.
- You can adjust the dynamic part through the healing experience if a section of the stone “speaks” to you either visually or energetically.

Feeding the Stones

This is an augmentation when you are already placing a stone array.

1. At the Edge, with permission dowse the need to feed the stones.
2. You may also “*feel or sense the need*” for feeding when you are placing the array. If so, always check and correct the need by dowsing.
3. Specific energies will up the shift and coordinate with the natural power of the stones themselves and the array. Bringing in different frequencies into points where the stones are placed brings a great result. Don’t set up generators in relationship with the stones and their points.

Energies to use for Stone Arrays:

Anti-Inflammatory
Clarity
Manna
Rainbow Colors
Rejuvenation
Replenish
Restoration of Hope
Sanctuary
Vim & Vigor

4. Monitor the selected energies as they come in. Release when complete.
5. As you remove the stones bring in *ULL* into the structure.
6. *IBWSIB*