

Helping you managing Stress & Anxiety

Why healing with crystals?

Crystals are formed under the earth by the natural movements and changes of our planet. They have evolved and adapted to the vibrations and frequencies of the Mother Earth creating all the different stones and crystals we know. Each crystal has a unique vibration which can be harnessed to promote different aspects of health and wellbeing (energy flow).

Crystals are a powerful source of energy healing and can help you to cope with all the stress and anxiety you might be facing in your daily life, especially during these difficult times.

With this step by step guide I encourage you to you open up from your heart to accept the healing energy of crystals into your life.



ChokuReiki
•Healing Hands•

www.chokureikihealing.com
Emiro Mendoza - Reiki Master

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The crystal grid.



The Star of David is associated with the heart chakra and can be used to help create harmony within by helping us release the emotional clutter that is preventing us from experiencing balance. This is a powerful symbol to release stress and connect with the higher self.

The crystals you need.

- **Smoky Quartz** (Get 1 big / medium size crystal)
Neutralizes negative vibrations, disperses fear, brings emotional calmness
- **Amethyst** (Get 6 small / medium size crystal)
A natural tranquilizer, balances mood, dispels anger and activates spiritual awareness
- **Lepidolite** (Get 6 small / medium size crystal)
A grounding stone that brings emotional healing reducing stress and anxiety

Before placing the crystals on the grid give them a rinse with cold tap water for a minute to cleanse their energy so they are ready to fulfill your purpose.

Crystals and grid activation

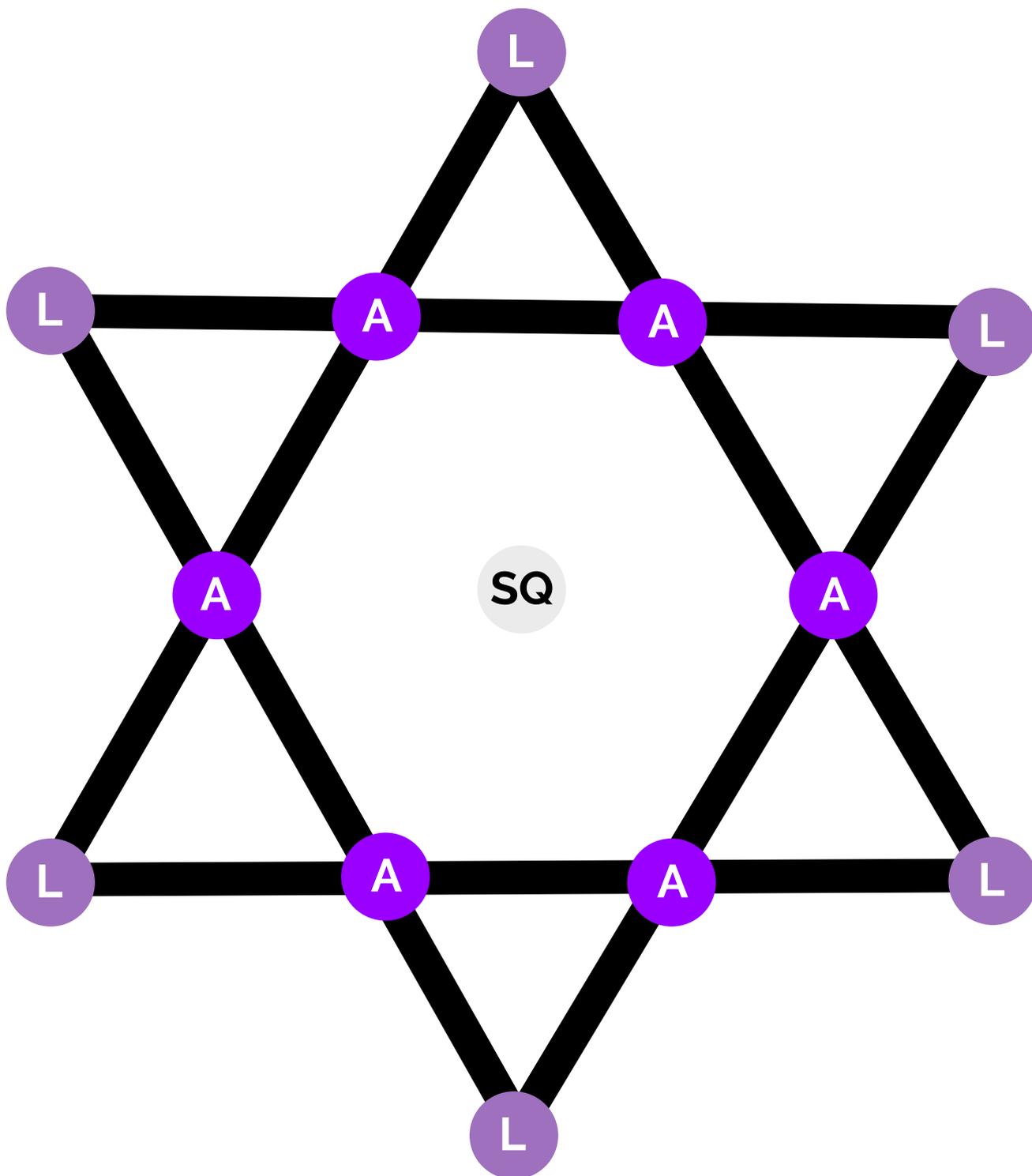
In the next page you will find a printable grid with indications of where to place the crystals, if you don't have a printer at home you can draw the grid in a clean piece of paper. Next is the process to activate the crystals. (Activation time 15-30min)

1. Sit or lay down in a quiet place holding the crystals in your hands
2. Close your eyes and set the intention of getting rid of any feelings of stress and anxiety by asking the universe to strengthen the power of the crystals. Focus your thoughts on balancing your mind and body through the stones you hold in your hands.
3. Focus on your breathing and listen to the sound of your breath slowly in and out. This will help you to get into a state of meditation. Try to feel the vibration of the crystals in your hands
4. Imagine a white and purple light coming up from the universe and entering the crown of your head all the way down to your toes, covering every space of your body inside and out (be creative and play with the visualization of this beautiful light) You can stay here for as long as you like...
5. When ready, bring your focus back into the room by opening your eyes and becoming aware of the energy around you.
6. Take one more deep breath, in through your nose and out through your mouth blowing the paper where you have the grid. (imagine you are fogging a mirror).
7. Place your activated crystals on your grid.

I would recommend putting the grid with the crystals in a place where you can see them everyday connecting with your intention. If you practice yoga or meditation you can use the grid as a focal point. Try to spend a few moments each day connecting with the grid, this can be any time of day.

Enjoy the benefits of incorporating this into your routine to help you feel calmer and less stressed.

Releasing Stress & Anxiety



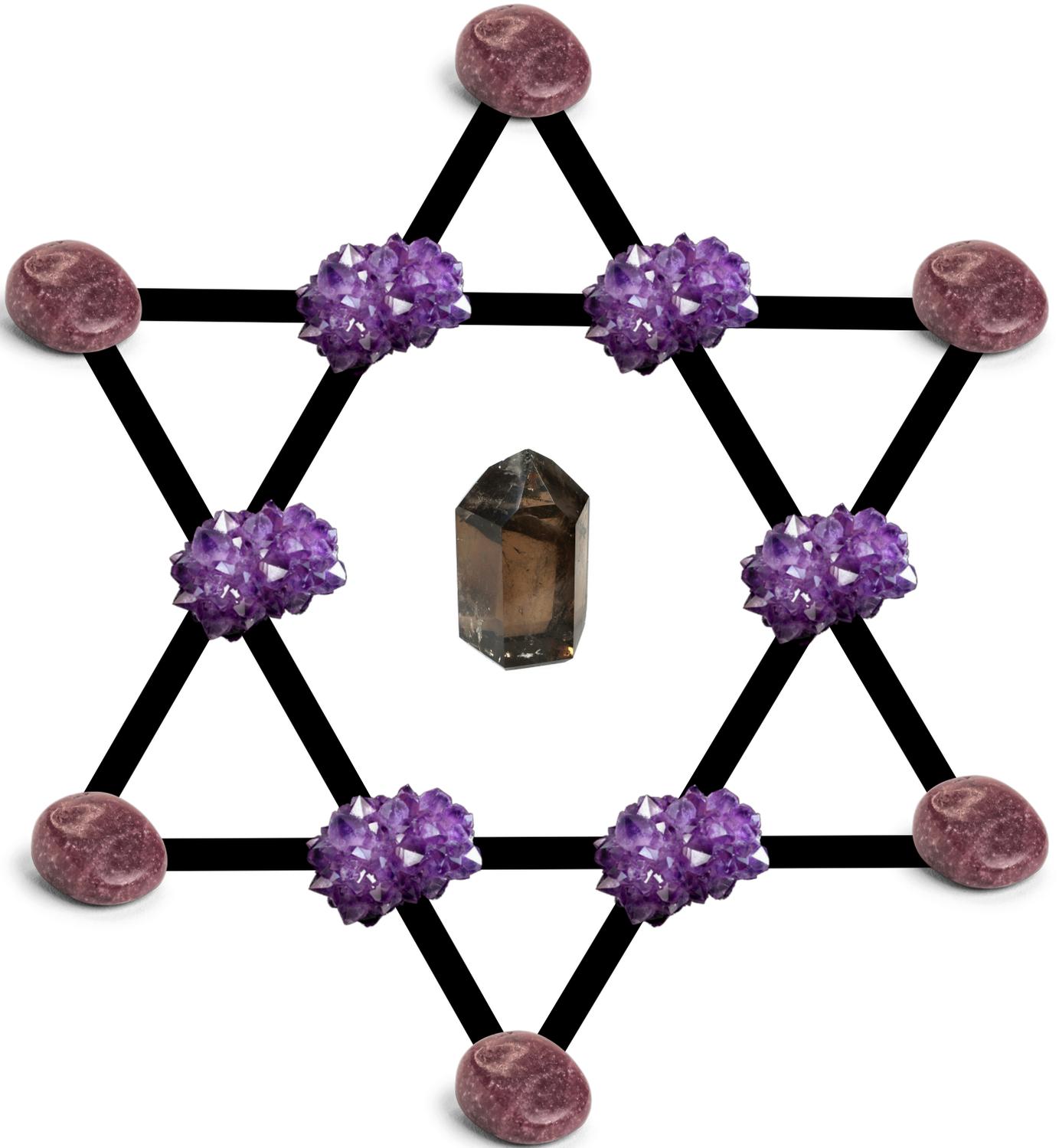
- **Smoky Quartz (SQ)** goes in the middle as center stone amplifying all the energy
- **Amethyst (A)** go in the surroundings of the center stone conducting the energy
- **Lepidolite (L)** go in the outside leading the energy and healing intention of this grid

I would love to hear about your experience using this grid so feel free to contact me to share your feedback.

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