



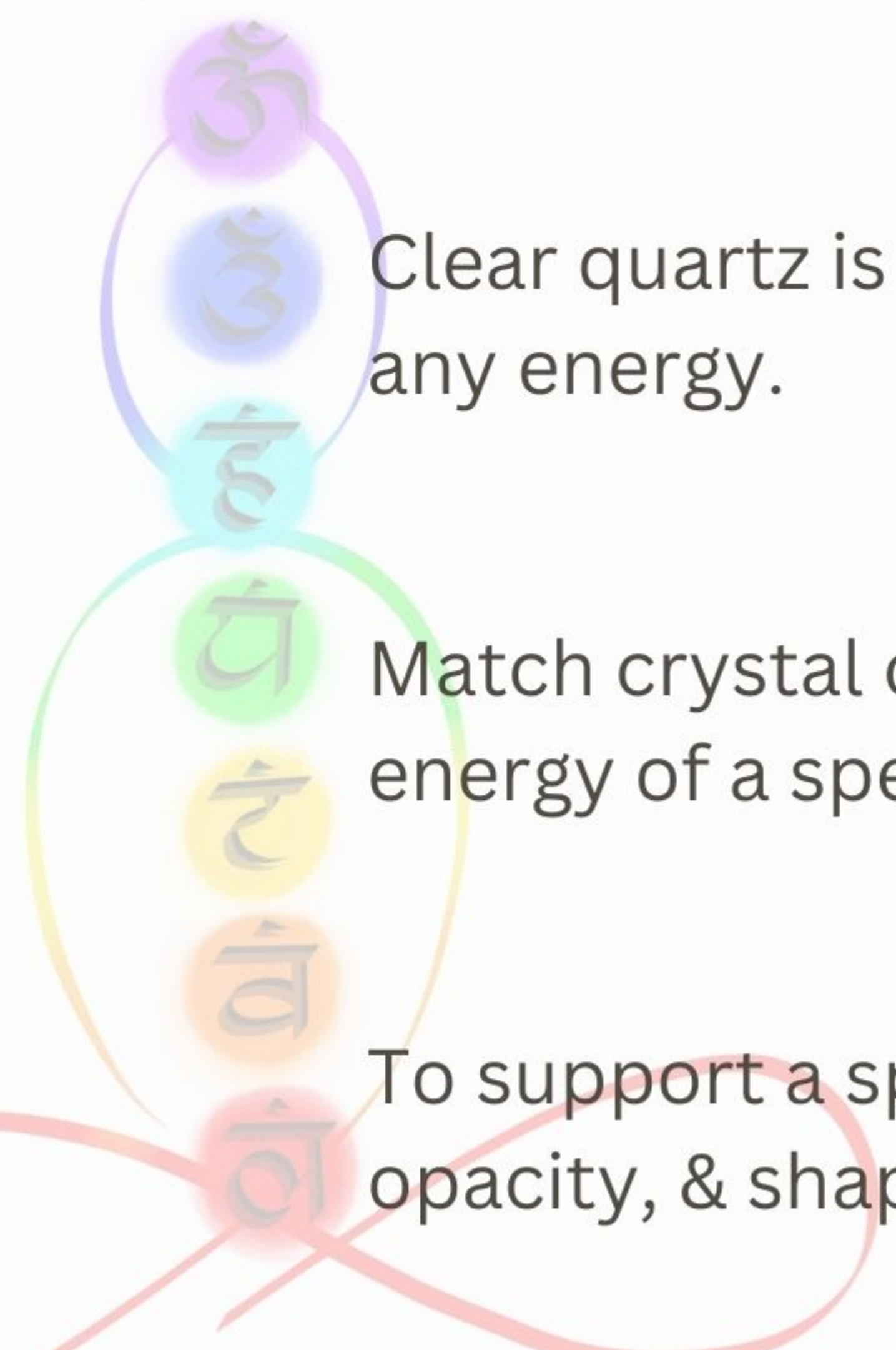
CRYSTAL
REIKI



HOW DO CRYSTALS WORK?



QUICK CRYSTAL PRIMER



Clear quartz is a universal healing crystal & can support any energy.

Match crystal colors to chakra colors to balance the energy of a specific energy center.

To support a specific energy, select crystals based on color, opacity, & shape.

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CRYSTAL COLORS



Yellow/Gold: Supports self-esteem, confidence, ego, air element energy



Green: Love, empathy, forgiveness



Pink: Kindness, empathy, romantic love



Blue/Indigo: Emotions, communication, integrity, trust, self-expression, water element energy

CRYSTAL COLORS



Purple/Violet: Intuition, intelligence, critical thinking, guidance, dreams



White/Clear: Divine connection, Source energy, ether element



Multi-colored: Combining the aspects of each color

CRYSTAL OPACITY



Translucent: Amplifies and expands energy

Opaque: Absorbs excess energy

CRYSTAL SHAPES



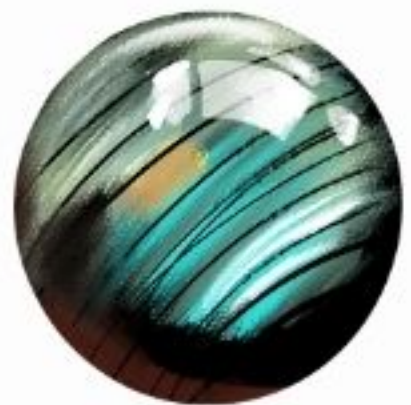
Points: Gather & direct energy



Clusters: Scatter/diffuse energy throughout a space

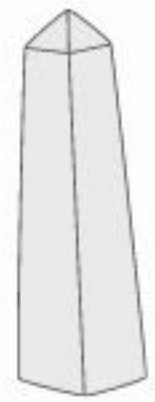


Pyramids: Stabilize & ground energy



Spheres: Radiate energy evenly in every direction

CRYSTAL SHAPES



Towers/obelisks: Direct energy



Wands: Focus energy



Eggs: Attract new energy



Other shapes: Personal & universal symbolism (example: heart=love, butterfly=metamorphosis)

THINGS TO KNOW BEFORE USING CRYSTALS FOR REIKI

Always start with freshly cleansed crystals.

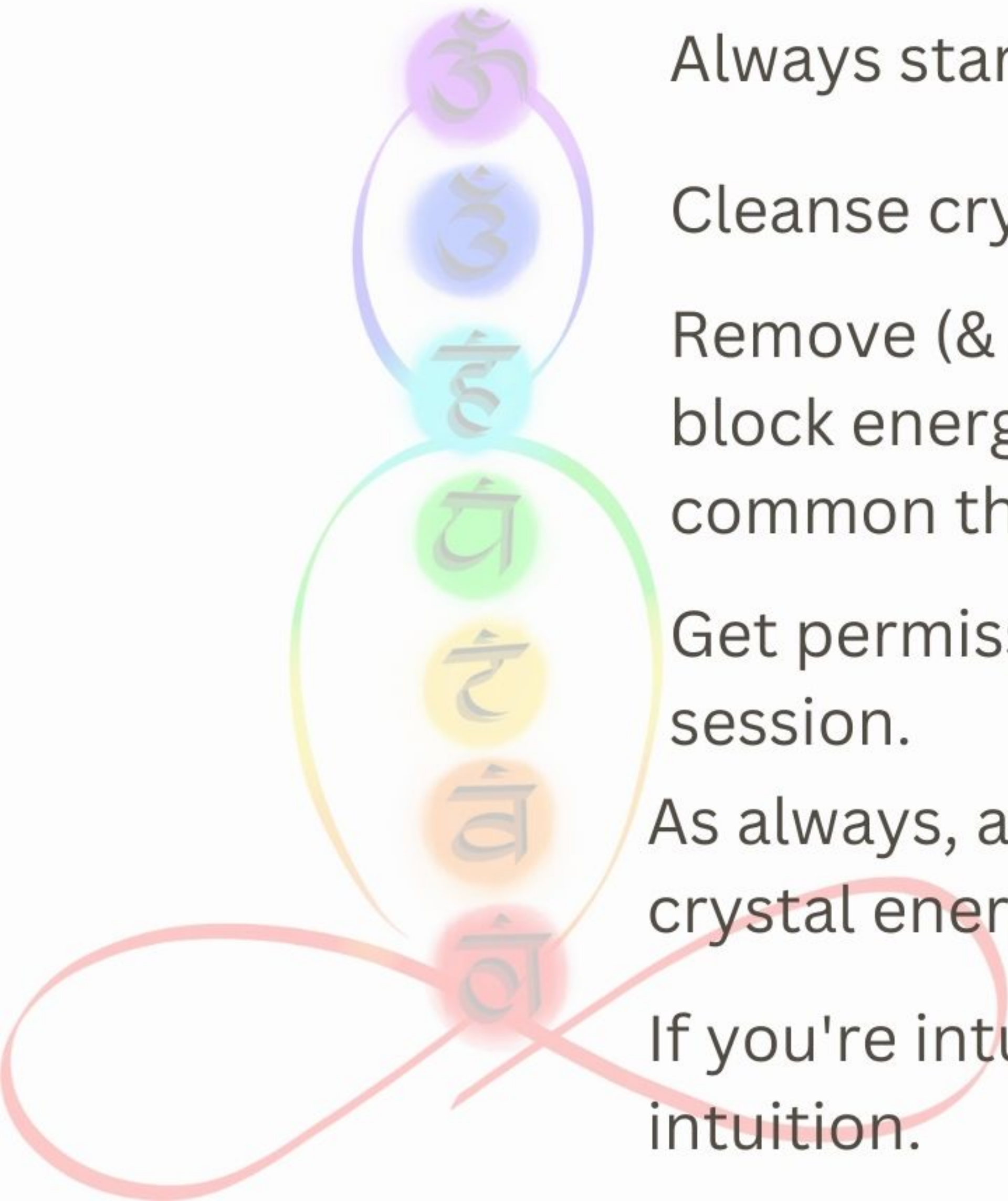
Cleanse crystals & reset any grids between sessions.

Remove (& ask healing partner to remove) any crystals that could block energy exchange (hematite, black tourmaline are the most common that do this).

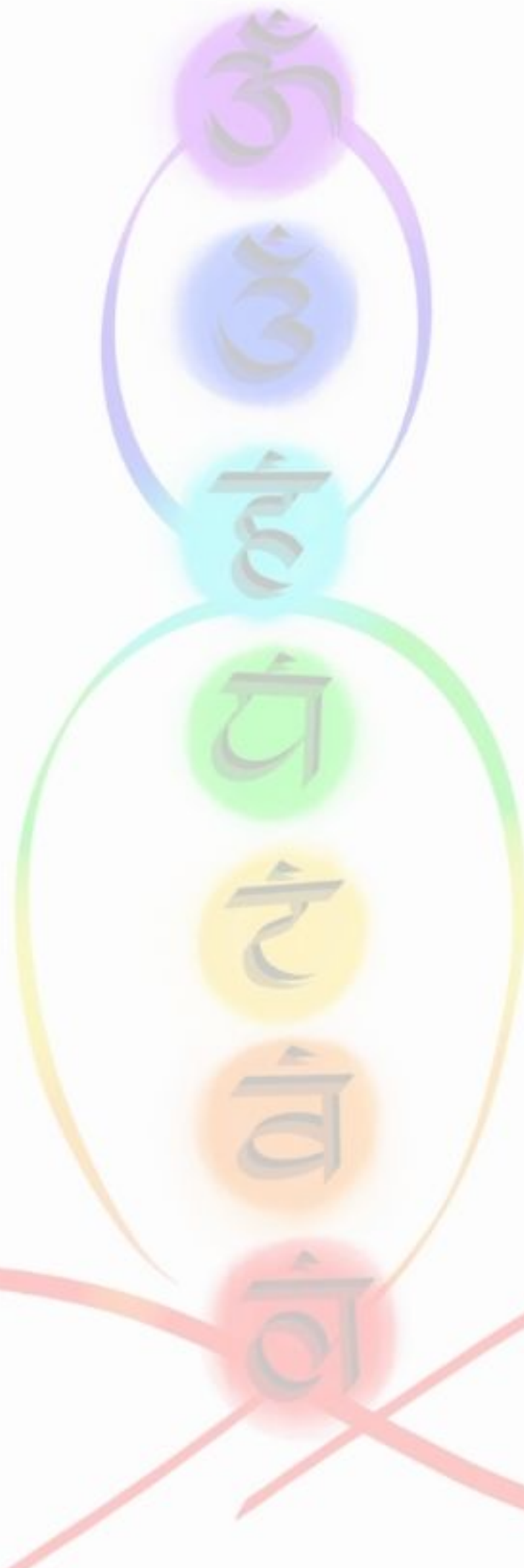
Get permission from healing partner to use crystals during their session.

As always, avoid attachment to outcome and intend that the crystal energy work for the greatest good.

If you're intuitively guided to use a specific crystal, trust your intuition.



USING CRYSTALS FOR REIKI



Cleanse the space & support healing energy.

Support intentions for the session.

Cleanse aura; amplify, balance, absorb, & direct energy.

Provide an energetic takeaway from the session.

Ground yourself & your healing partner at the close of a session.

Use for distance healing & attunement.

Support your Reiki practice & personal healing goals.

CLEANSE THE SPACE



Use a clear quartz wand (or another crystal wand) to draw CKR in the corners & entrances to the space .

Sprinkle smoky quartz chips around the perimeter of a space to turn all energy to positive energy when it enters a space.

Place selenite throughout the space to maintain positive energy and cleanse the energy between sessions.

SUPPORT HEALING ENERGY

Place crystals throughout the space that support & amplify healing.

- Rose quartz to support unconditional love energy
- Himalayan salt lamps & pink salt crystals (halite) to bring positive vibes
- Amethyst crystals for intuition & guidance
- Shungite crystals for grounding
- Clear quartz crystals for meditative focus, and to amplify and direct energies

SUPPORT HEALING ENERGY

Use a crystal grid or simple crystal layout under the healing table to support healing energy.

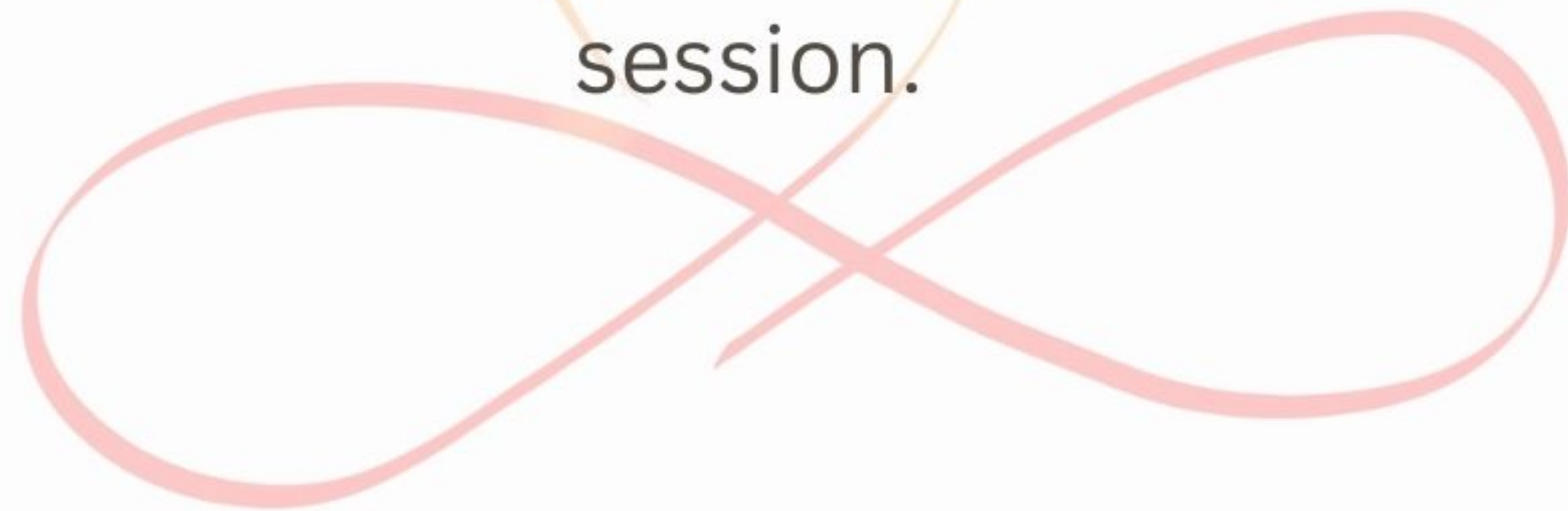
- Move energy through chakras with a simple line layout below each chakra: garnet (root), carnelian (sacral), citrine (solar plexus), rose quartz (heart), blue lace agate (throat), amethyst (third eye), clear quartz (crown).
- Place a simple circle with an amethyst in the center (guidance) and clear quartz points surrounding it (move and circulate energy).

SUPPORT INTENTIONS FOR A SESSION

While the intention for a session is always to support the greatest good & follow the energy, if your healing partner has a specific intention they'd like to work on, such as finding forgiveness, self love, greater clarity, or a deeper connection to the Divine, you can select an appropriate crystal (based on color). Have them hold it during the session in their non-dominant hand.

SUPPORT INTENTIONS FOR A SESSION

If you'd like to support a specific intention you have for yourself as a Reiki practitioner, such as receiving guidance, feeling more intuitive, being more grounded, or releasing releasing attachment to outcome, choose an appropriate crystal and keep it in a pocket during your session.



CLEANSE AURA

Selenite is an excellent aura cleanser. You can sweep a selenite wand (or any piece of selenite) through your healing partner's aura at the start of a session if you include that in your session.

You can also place two pieces of selenite on the table - one above the top of your healing partner's head and one between their feet - or place them on the floor under the head and feet to maintain aura cleansing throughout the session.



KEEP ENERGY FLOWING THROUGH ALL ENERGY CHANNELS

Snowflake obsidian balances energy and can keep energy flowing through energy centers and channels throughout a session.

Place one piece at the top of the head (either on the table or underneath) and one piece beneath the bottom of the feet (on the table or underneath) throughout the session to keep energy flowing.



BALANCE ENERGY IN A SESSION

If energy feels overactive, use an opaque crystal in a color that works with that energy, placed where the energy is overactive, to absorb the excess.

If energy feels underactive or blocked, use a transparent crystal placed in the location where that energy is sluggish to amplify or strengthen the energy.

You can channel Reiki directly through the crystal. The crystal will retain the energy, even after you move your hands and continue to channel that energy to your healing partner.

DIRECT ENERGY IN A SESSION

You can also use crystals to direct energy throughout a session.

- Wands, obelisks, and points work best for this.
- Use crystals to trace energy paths.
- Use a double-terminated point to move energy between two energy centers to create balance.
- Use a single terminated crystal to direct unwanted energy away from the body (flat end against the body).

PROVIDE AN ENERGETIC TAKEAWAY

Your healing partner can retain the energy of the session afterwards using a clear quartz crystal. While your healing partner is still on the table at the end of a session & before grounding them:

1. Have them hold a clear quartz in their dominant hand.
2. Ask them to visualize the energy they feel now running through their body, down their arm, into their hand, & into the crystal. Have them do this for 2-3 minutes.
3. Now, they can keep the crystal with them & hold the crystal in their non-dominant hand when they need to recreate the energy.
4. Reset this after each session.

GROUND YOURSELF & HEALING PARTNER AT THE END OF A SESSION

Use any black crystal for this. Shungite, black tourmaline, & hematite are all excellent for grounding.

Have your healing partner stand with their feet flat on the floor & hold a grounding crystal in their non-dominant hand for 30 seconds.

You can do the same to ground your energy.

USE FOR DISTANCE HEALING

Use a crystal as a small surrogate for your distance healing partner (any crystal will work).

1. Start by starting your distance energy flowing using the symbols in any way that you do it.
2. Hold the crystal in your dominant hand and connect with your healing partner's energy.
3. State your intention for the crystal to serve as a surrogate for your healing partner.
4. Hold the crystal in both hands and channel Reiki to it until you feel guided to stop.
5. Cleanse the crystal.

USE FOR ATTUNEMENTS

I use a clear quartz crystal wand for this called a Vogel wand, but any crystal wand that's meaningful to you will work.

Use the crystal wand to draw the symbols you use for attunement to amplify the energy of the attunement.



SUPPORT YOUR GOALS FOR YOUR PRACTICE & PERSONAL HEALING

- Meditate with amethyst for greater connection to your Reiki guides.
- Keep citrine in the space where you do your finances to attract the energy of prosperity & abundance.
- Channel Reiki to a clear quartz crystal and keep it with you. Hold it in your non-dominant hand any time you need a Reiki pick-me-up.
- Use the appropriate crystals in your self-Reiki sessions to amplify healing benefits.
- Channel visualization & affirmations for your practice into any crystal & keep it with you as a reminder of your goals.

HOW TO CLEANSE YOUR CRYSTALS

- Incense & palo santo smoke work well.
- You can also place them on a windowsill in moonlight overnight.
- Cleanse with sound using a singing bowl or tingshas.
- Hold them in your hands and channel Reiki to them for 3-5 minutes to cleanse.



HOW OFTEN TO CLEANSE YOUR CRYSTALS

- Cleanse any you use during a session either at close of the session or before your next use.
- Cleanse crystals that are in your healing space before you start the sessions for the day & between sessions if the energy was particularly powerful.
- Cleanse your personal crystals daily if they're working hard for you, or at the very least weekly.



QUESTIONS?