

## **HOMEWORK MODULE 1**

Read through all the notes and make sure you understand everything. If you need clarity please email me.

Begin by observing your own energy and practising grounding, centering, protecting and channeling healing energy. Be aware of your own energy throughout the day. Make any notes for yourself.

Practice the exercise of feeling the aura a couple of times on different people so you get an idea of how different people are energetically. Make notes for yourself.

Work with all four of the crystals for this module starting with clear quartz - listen to the mp3 for this. Read the notes on attunements. Carry clear quartz with you for a few days and check in with yourself each day to monitor how your day went and to see/feel how the crystal has affected you. Then move on to rose quartz, listen to the mp3 - work with rose quartz in the same way. Attune to smoky quartz and hematite in the same way using the same methods and spend a few days with each. Write up all your notes using the format provided - **IMPORTANT** - I need to see these notes so I can tell how well you are connecting to the crystals.

When you feel ready, do the rose quartz aura massage at least twice, preferably on different people. Write up what happened using the healing record sheet format. **IMPORTANT** - I also need to see these notes too.

### **Self - Healing and Development**

**Begin a learning journal for yourself that you can write in to record your own insights, self-healing, revelations and deep feelings. This is important as its your own record of your journey and development. Write down a statement of intention for the course and your journey to becoming a crystal healer.**

**Listen to the mp3 journey of the inner landscapes - record any impressions in your journal.**

**Create a sacred space or altar for your crystals to honour Mother Earth and spend some time there when you can.**

**Please answer these questions:**

Why do you think it's important to make sure someone is grounded after a healing?

What was your favourite crystal to work with this time and why?

What is your favourite method of cleansing a crystal and why?