

Module One

In this first module you will learn how to:

Hold sacred, healing space for others.

How to ground, centre and protect yourself in preparation for healing.

**How to draw down and channel healing energy.
(pdf's and mp3 files)**

Attune to crystal energies. (pdf and mp3s)

Feel the auric field. (mp3)

Cleanse, charge and activate crystals. (pdf)

Give a rose quartz aura massage. (video)

Create your own sacred crystal altar. (pdf)

Give a basic crystal healing with the crystals you are working with during this first module. (video)

Contraindications of crystal healing (pdf)

Your own personal healing - a guided meditation (mp3)

Basic introduction to the subtle bodies - auric field and chakras. (pdf)

Procedure:

Read through all the notes first.

Listen to the mp3s on holding space and grounding and Centring. Practice this.

Listen to the mp3 on 'feeling the aura'. Practice this

Attune to clear quartz and rose quartz via the mp3s and make notes on your crystal attunement sheets.

Attune to smoky quartz and hematite.

Experience all your crystals, spend time with them.

Watch the video on the rose quartz massage and practice. At least twice. Watch the video on basic healing and practice at least twice.

Written Homework - email back to me all notes on your crystal experiences, healings and practice exercises.