

## Using Focussing Techniques during a Crystal Healing Session

Using focussing during a session will:

- Create a deeper conscious awareness of the healing process.
- Encourage more self-responsibility for the Client and their healing.
- Helps the Client to feel 'involved' in what's happening during the session.

Focussing may not be a technique that all your Clients will want to embrace. For some people its enough to place themselves in your care and to relax and drift off allowing you to do the healing.

However, many Clients enjoy hearing afterwards about what you felt within their energy body and the crystals you used and why.

With this in mind, focussing is a valid technique to help your Clients be involved and get a deeper understanding of energy and how to take care of themselves.

Please read through step by step instructions for focussing. Don't be afraid to use your own intuition. The process of crystal healing is still an intuitive exercise with the addition here of talking to your Clients and having their participation.

**Set up your couch as usual - you may wish to have a large mirror handy to show the Client the layout of crystals you've laid on the body towards the end of the healing. Obviously tell your Client you'll be talking to them throughout the healing. You may play soft ambient music at a low volume.**

**Allow your Client to relax on the couch. Deep breathing etc whilst you ground and centre yourself. Have all your crystals to hand.**

**Create the sacred space around the client as usual with a wand or chunk of rose quartz.**

**Ask your Client now to visualise a pure white light flowing down from a point above their head and into the crown, through the third eye, through the throat, the higher heart, the heart, solar plexus, sacral chakra and root all the way down to the toes. Tell them to keep visualising this Light flowing.**

**Whilst they are visualising this, use the time to scan the body if you wish to or to lay any crystals you intuitively feel are needed as a grid around the body.**

**Ask the client if they are still visualising the white Light, ask them how they feel in this moment. When they respond, intuit whether you need to place a crystal anywhere on the body.**

**Still visualising the white light begin to focus on each chakra with the Client. Start at the crown. Hold your hand just above the crown chakra within the emotional layer and ask them to how this chakra feels. Do this with all the chakras, still asking the client to see the white light flowing through them.**

**At each chakra : Ask the Client to feel into the chakra.**

- What do they feel?**
- Does the feeling relate to an event?**
- Does the feeling have colour, shape or sound?**
- Place crystal or crystals on the chakra as you intuit via their response.**
- Ask the Client how the chakra feels now the crystals are present. Is the feeling easing? Getting Lighter? Has it changed? Do they feel a shift in energy?**

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You may wish to create mini mandalas on a chakra that you are focussing on.

There will be one or maybe two chakras that are worked on deeply in this way.

You will see this process unfold as you go. Be patient and hold the space constantly for the Client so they feel safe to open up.

Use your wand to charge or cleanse each chakra as you go. You are working from head to toe.

Be intuitive throughout. Once you have completed this process, allow the Client to relax for a few minutes or as long as you feel is necessary. Allowing them to let go fully of whatever they've needed to release through the focussing process.

Finally, ask the Client if they wish to place a positive image or colour within one of the Chakra's for positive empowerment. You will be surprised that the image and colour will just appear to the Client with no problems at all. If they are apprehensive allow it to be. Just use a brief positive affirmation of your own creation to help them feel empowered.

You may then if you wish to, hold the mirror over them so they can see the array of crystals placed on the body. 'Seeing is believing'.

When you feel the session is over, use the selenite to sweep down the aura three times as usual and remove all the crystals from head to toe.

Pay attention to grounding and allow a little time for any further discussion after the session. It is deep.

Document everything you have done. The focussing will only be needed to be performed on one or two chakras, this is where we see the power of chakra relationships. You may of course place crystals on other chakras to support the deeper work.