

Welcome to **CrystalHeart Journeys!**

Thank you for taking the first steps on this exciting new concept of learning about crystals and their beautiful, amazing properties online.! You are taking the first steps to begin a self-healing adventure with crystals that will help you feel more connected and more aware of yourself, your intuition, your truth and your subtle energies. Crystal Journeys classes first began 5 years ago as a small group who met up and investigated the energies of two different crystals each week. That particular group went on for some 18 months almost continuously! Crystal Journeys has changed and evolved since then and CrystalHeart Journeys has devised an enjoyable package of 5 sessions which will give you insight and personal learning experience of 10 different crystals. You will receive:

Full feedback of your crystal experiences from Gwyneth, Principle of Crystal Heart School of Crystal Healing via email and a private closed sharing Facebook Group, so you can share your feelings and experiences with others if you wish to.

Full instructions of how to care for your crystals, what they are made of and where they come from.

Full instructions via mp3 recordings of how to best attune and work with the crystals you have been given.

Mp3 recordings of crystal layouts and visualisation journeys for you to experience PLUS your ten different crystals.

How to get started

Please begin with lesson one. Its important that you work with the crystal energies in the order they are given – this assists you in your healing journey.

Read through the pdf information on cleansing your crystals. Make sure that you have read through the grounding and centring exercise at least once although grounding and centring will be part of the mp3 recording during the attunement process.

Download your mp3 recordings onto your computer or device so that you can listen to them easily when you are ready.

Get yourself a journal either with a beautiful cover or decorate it yourself – something that inspires you and fills you with a sense of appreciation and love. Whatever inspires you! Write down all your feelings and impressions whether it is to do with the crystals or not in this journal – you will be able to look back in 10 weeks time and see the changes you've made.

Choose a good quiet time to begin your attunement to rose quartz. You may repeat the process as many times as you wish to. We then suggest that you spend a few days or up to a week experiencing your crystal. Please read and download the pdf on [Experiencing your crystals](#).

When you are quite happy with rose quartz and have made your notes please move onto moonstone and repeat the process, listening to the mp3 recording of the moonstone attunement as many times as you wish and then spending a few days to a week experiencing the energy of moonstone.

Then – move onto the Crystal Journey layout and visualisation this is Journey 1. Do this when you can be relaxed and focused. Make notes of your feelings/thoughts/body feelings in your Journal.

Whilst you are working with the crystals PLEASE DO NOT LOOK THEM UP IN BOOKS!!!

The reason for this is that it will bring in the logical side of your brain and cut off your natural sensing abilities and intuitive flow. It's always interesting to see what other people say but it will interfere with your own impressions. Allow your natural sensing and healing to flow and to just BE. Remember that when you are working with a crystal it is a very unique and personal experience for YOU. Someone else will get a different feeling and experience. (even though there will be similarities)

What to Expect

Working with crystals is a unique experience. You will certainly receive healing during your time with the crystals, it may be quite subtle or profound. The truth is that when we begin to work with crystals, we are connecting to Light. Crystals will offer you back some of what is lost within you. When this happens we are affected on all levels of our being; physical, emotional, mental, spiritual. You may not feel different on all these levels but experience shifts of thoughts, perspectives, emotions may come up that need to be released and accepted, you will hopefully feel closer to Source, more connected to the Light and more whole generally. I am here to help you. So if you feel confused or need to shed some light on something – please let me know through the facebook sharing page or personally through email: gwyneth@crystalheart.org.uk.

Happy Crystalling!