

Further Suggestions

I hope that by working through this online course you will have gathered some insights and received some inspiration on how to work with the crystals further and how to listen to their wisdom and apply it to your own personal situation.

Some of you may have started to use crystals in the following ways:

Try placing your crystal in a spray container full of water to make a crystal spray. You can use this to clear energies in your environment and around your own aura.

Try drinking crystallised water (please make sure that the crystal of your choice is not poisonous). Simply place your crystal in a water filter jug and drink in the energies! Clear Quartz and rose quartz is particularly lovely!

Create some of your own crystal jewellery by obtaining beads. You can get some lovely beads from www.kernowcraft.com

Place crystals in your environment to nurture yourself and reduce stress.

Experiment with some crystal grids of your own, that is, placing crystals or combinations of crystals around you and on your body. Please do be careful with this and don't practice on people you don't know as you are not a qualified crystal healer. As you may have realised, working with crystals intuitively is the best way to learn.!

Please do keep up with us on facebook through the Crystal Heart page.

There are also crystal posts on thehealingcrystal.info site which is a blog site for your information.

More information about treatments and courses on www.crystalheart.org.uk