

Notes on Journeying with Your Crystals

With each of the sessions you will receive an Mp3 recording of a visualisation journey to do with your crystals.

Each one will be different. You will be given instructions/diagrams of where to place the crystals on or around your body.

There are a few points to take into consideration.

1. Each journey will be a unique experience for each person. This is because we are all different and our energies are constantly changing. Some people may receive a healing from the crystals, some experiences may be quite profound and deep and others very gentle and subtle.
2. You can journey in the layout as often as you wish. Remember it is only for your use. Do not attempt to use it on other people.
3. The journey will deepen your connection to the crystals, may help you find a part of you that was lost, may help you relax or perhaps receive some insightful information.
4. Do not worry if you do not visualise easily. Don't stress or strain, just listen to the journey and relax. You will still receive the benefit of the crystals at a deeper level. If you fall asleep – don't worry – try again another time.!
5. Always make sure that you are comfortable. Have some water to drink afterwards. Come round SLOWLY. You need time to make sure you are grounded and back to normal awareness before getting up.