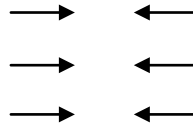
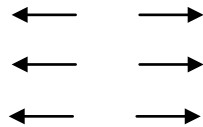


Placement of Crystals

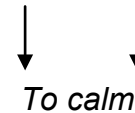
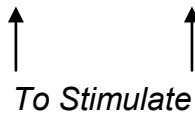
- Crystals are more effective when placed in geometric shapes/intuitive patterns on or around the body.
- Use as many crystals (within reason) as required. The more crystals are placed on a client – the stronger the energy of the healing. (Use less for children, the elderly, pregnant, frail or when a client is feeling weak or extremely fatigued).
- To energise, rejuvenate and heal the client, place terminated crystals with their points facing **inwards**, towards the client.



- Point terminated crystals **away** from the body (or facing **downwards** towards the feet) to release stagnant, excess or negative energy from the body - assists with lowering high temperatures, drawing away any inflammation etc.



- Place crystals pointing upwards towards the client's head to stimulate and downwards, away from the head to calm. (Do not point crystals towards the head if the client has a headache).



Point the crystal towards the head to stimulate



Point the crystal towards the feet to calm (and to release)

Note: the crystal can be placed wherever the stimulating or calming energy is required.