

# Week One

## Foundation

### Day One:

▷**Warmup:** Take a moment to journal your beliefs regarding crystal healing. Do not edit yourself. The metaphysical claims that we will be assessing in this course are that crystals (also referred to as gemstones) can affect the subtle energy field, have components different enough from each other to be able to affect the subtle energy field in different ways, or have physical properties that can affect the body when the stone is heated or soaked in water.



**Answer the following questions:**

1. What is the difference between scientific method and scientific theory?
2. What are some common ways that crystals are used in science?

### Day Two:

▷**Warmup:** What do you expect to discover in taking this course?

**Find the definitions for the following:**

- |                       |                  |
|-----------------------|------------------|
| - Crystallographers   | - mineral        |
| - Crystals            | - Gemstones      |
| - Precious Stone      | - silica         |
| - Semi-precious stone | - Periodic Table |

## **Day Three:**

▷**Warmup:** What did you learn about crystals from finding definitions yesterday?

**Find the definitions for the following:**

- |                    |                    |
|--------------------|--------------------|
| - Chelsea Filter   | - Refractometer    |
| - Dichroscope      | - Spectroscope     |
| - MOH              | - Specific Gravity |
| - Refractive Index | - Phonon           |

**If you have learned a lot in these three days and would like to continue, you can purchase the full version in our store. I will ask for the warmup journal entries from the last three days so that we can continue from here.**

**I look forward to exploring the world of crystal theory with you!**