



## CRYSTALS AND YOUR REIKI PRACTICE

By Lourdes Lebron

Many Reiki practitioners find that crystals augment their energy work in a very positive manner. Crystals can increase vibrations to assist in the release of blockages or can send more positive vibes to help a person achieve a more relaxed state. In the following article I'd like to give some ideas on how crystals can enhance your practice.

Before doing any energy work on a person (or yourself), I find cleaning the room with a combination of crystals and Reiki beneficial. I also like to invoke angels, guides, ascended masters, fairies, and any other spirits I feel a connection to at the time. My personal preference to clean with is to use Clear Quartz Points, but use any crystals or shapes that feel right to you. First, I open the windows to let clean energy in. Then, starting at the east, I make CKR symbols and place them in each of the corners with the intention of it keeping the room clean and protected. I proceed in a clockwise manner around the room. When I am done, I go to the center of the room and do a double CKR to the front, sides, and back of the room. If you are not attuned to these symbols, you can still follow this formula, but channel Reiki through the crystals and keep them pointed at the area you want clean and protected. After doing this please thank not only the spiritual energies you have invoked, but the crystals too.

When doing an attunement (of any type, whether for yourself or others), I like to use crystals under the chair or table. If you are a Reiki Master and attuning someone to Reiki, a Howlite crystal can strengthen the spiritual connection to Reiki. For clients that may have a tendency to become ungrounded during an attunement, I use Hematite, or Dravite. Some of your students may also be nervous when receiving an attunement; for this type of student I use Moonstones under their chairs. After an attunement, I like to give students Obsidian, Jet, or Black Tourmaline to hold to help integrate the energy into their physical bodies.



When working on clients I usually like to put crystals on all their chakras. I place crystals on them for a few minutes to allow the vibrations of the crystals to start flowing. I then ask clients how the crystals feel. Some are more sensitive than others and the use of crystals may be too much, in these cases I take the crystals off. Others are fine and can handle the crystals with no problem.

With the following tips, the rule of thumb will be crystals on all the chakras unless specified. As always, please check with the individual client (or your intuition) to make sure the crystals and the client are in sync. Most importantly, whether using crystals or your hands, please make sure that your clients are comfortable and at ease with what you are doing.

For clients who need a chakra clearing, I like to use Selenite, not only on their chakras but around their aura. After placing crystals on the energy centers, I place one between the feet, one on each side of the feet at a 45 degree angle, one by each of their hands, one at 45 degrees to each of the shoulders, and another one 3 to 4 inches above their head. The crystal pattern I just mentioned above is the “aura” grouping that I usually use and will refer to it in this article as the “aura pattern”.

Some people who come to you may be experiencing the “blues”. I use Sunstone for these folks, and besides placing them on the energy centers and using the aura pattern, I like to place an extra two on their hand chakras. Many people receive a lot of energy through their hands, but aren’t aware of it. By placing the crystals in the client’s hands you increase the amount of positive energy flowing through them.

Many people who come in for Reiki may just be fatigued and tired. I use Double Terminated Clear Quartz on the Solar Plexus chakra and Clear Quartz tumbled or rough stones on the rest of the chakras. Clear Quartz can be placed around their aura too.

For folks who suffer from sinus issues, I like to break up the energy blockages with rounded tips of Selenite wands. I trace the eye socket gently with the wands, and massage the forehead and scalp (in that order) with the wands. This usually helps open up the sinus passages.



Some folks suffer from migraines. When working on someone with migraines, I like to use Amethyst or purple Fluorite around the entire head like a halo. If working on them with wands, I use these crystals to massage around the back of the throat, neck, ears, and head. The easiest way reach these areas is to have your client sit up in a chair.

During cold and flu season I highly recommend Amazonite. Not only do I use it on the clients, I also keep some on myself during sessions. You can also use Amber, Moss Agate, and Rainbow Fluorite.

Some clients may experiences feelings of being unloved or do not have a positive image of themselves. For these clients, I like to use Rose Quartz. In addition to the chakra and aura pattern, I like to give a Rose Quartz massage. I take two Rose Quartz wands and when the client is on their stomach, I massage the client's back gently with these crystals. I go in circular patterns around the shoulders, working my way down the back and stopping at the waist. This is a favorite among my clients.

There are times when you may have to do psychic surgery on someone. I prefer Vogel type wands. They feel very precise to me and can focus energy easily. A singer terminated Selenite wand or Clear Quartz wand can also be used.

Although I have given suggestions for the types of crystals to use, always use your intuition and keep in mind the comfort level of your clients. If a crystal doesn't feel right to a client, I change it out. Sometimes it is the texture of a crystal. Many people may feel more comfortable with tumbled stones as opposed to crystal roughs. Always work with your clients to help them get the most out of the Reiki Session.

When finishing your session don't forget to thank the spirit energies around you and your crystals. Also remember to clean your space and your crystals. For cleaning, you can use essences made out of crystals (Black Tourmaline is my favorite) or even herbs (Sage) and put them in a spray bottle to clean out the room. You can also use the same method to clean the room (explained at the beginning of the article) at the end of the session.



The possibilities of using crystals in your Reiki practice are endless. I hope this article has opened you up to more ways to get the most out of your practice using crystals as your allies and guides.

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