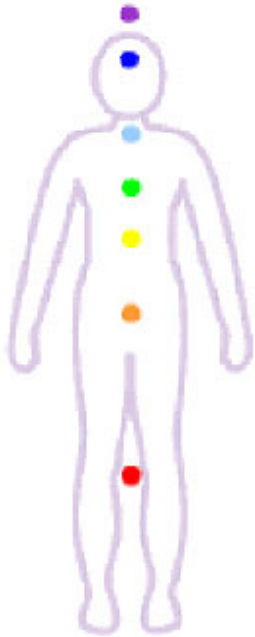


# Crystal Healing Course



Chakra Crystal Grid Layout

## Lesson 2

Using Crystal Grids in Crystal Healing



Chakra Colour Meanings



## Crystal Arts & Health

Cara E. Moore (Crys.) (Herb),

64 Heol Maes Y Gelynen  
Morryston, Swansea

SA6 6JU

Wales, U.K.

Phone: 44 01792529393

moore.cara@ymail.com

[www.crystalartsandhealth.org.uk](http://www.crystalartsandhealth.org.uk)

UK Provider Reference Number

10032655

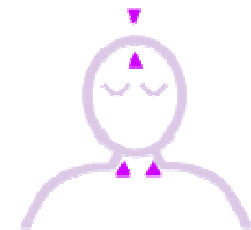
# Crystal Healing Course

## Online Course – 5 Lessons



### Seven Chakra Stones

Root – Garnet, Sacral - Carnelian,  
Solar Plexus - Citrine, Heart - Rose  
Quartz, Throat – Lapis, Brow –  
Amethyst, Crown - Clear Quartz

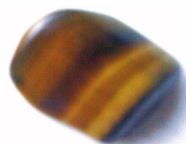


Amethyst Point

Headache Layout



## About the Course



Tiger's Eye – Solar Plexus Chakra Useful for digestion, self-empowerment

### Crystal Healing

Crystal Healing is about healing the etheric body which is the source of any imbalances that may manifest themselves in the physical body.

An important aspect of this balance maintenance is keeping the flow of energy moving through the Chakra System. Various meditations, vibration frequencies and colour of gemstones and Yoga exercises can help with this process.

This 5 Lesson Course explains the chakra system in relation to mind body and spirit, what crystals are helpful in the process and how to use them.

### Lesson 1

History of Using Crystals to Heal

### Lesson 2

Pendulum Use, Crystal Grids

### Lesson 3

Crystal Uses

### Lesson 4

Identifying Stones

### Lesson 5

Therapy Room Setup, Making Crystal Essences

### Crystal Healing Final Exam

80% pass rate is require to receive completion certificate



Amethyst

### Lesson 3 Crystal Uses

**Head and Eye:** Azurite, Amethyst, Fluorite, Sugilite, Diamond

**Ears, nose, throat and neck:** Amazonite, Aquamarine, Blue lace agate, Celestite, Lapis lazuli, Kunzite, Preseli bluestone

**Chest and lungs:** Moss agate, Turquoise, Aventurine

**Heart:** Ruby, Aventurine, Emerald, Coral, Labradorite, Unakite

**Digestion:** Citrine, Tiger's Eye

**Large intestines, kidneys, bladder:** Obsidian, Peridot, Jade

**Reproduction organs:** Silver, Carnelian, Rhodocrosite, Moonstone, Selenite, Opal, Pearl

**Circulation:** Haematite, Bloodstone

**Nervous System:** Citrine, Silver, Gold, Sapphire, Rutilated quartz

**Immune System:** Turquoise, Aquamarine, Clear Quartz, Tourmaline, Chialstolite

**Bones and muscles:** Black Tourmaline, Lodestone, Spinel, Rutilated Quartz

**Energy Boosting:** Jet, Smoky Quartz, Tiger's eye, Garnet, Jasper, Amber, Gold

**Uplifting:** Petrified wood, Moldavite

**Calming:** Moonstone, Chrysoprase, Dumortierite

**Stress reduction:** Copper, Malachite, Haematite

**Stabilizing Emotions:** Sunstone, Kyanite, Dumortierite, Sapphire, Sodalite, Charoite, Rhodonite, Rose Quartz, Clear Quartz