

The five most essential steps to preparing YOUR crystal layout.

Laying crystals on or around your body is fun and simple to do and can be extremely beneficial for your physical and emotional well-being.

★ Take a moment and reflect on what healing benefit you would like.

Are you feeling stressed and need to feel relaxed and calm?

Do you need a boost to your immune system?

Are you feeling ungrounded and lack motivation?

Does your energy need protection from being drained by other people?

Or are you suffering from geopathic and electromagnetic stress?

Be clear what you are hoping to achieve and the best and most trusted way to obtain clarity of mind and thought is through meditation.

★ Preparing your space for the layout is very important. Your crystal layout will be enhanced in an uncluttered area as the energy will move more freely. You may decide to lay the crystals around or on your bed, so you can be comfortable. As you prepare the space for this crystal layout, set your intention that this space be blessed by your High Self and Light Beings. The space will then transform into a Sacred Space which will serve your highest good. Take the phone off the hook and ensure anyone who is with you in the house, appreciates that the next 15-20 minutes you wish to be undisturbed.

★ If you know how, programme your crystal to the intention of the layout. I have an article about how to do this, if you are unsure. If you are purchasing the crystals from me, then I would be delighted to program the crystals for you as a gift.

★ Place the crystal(s) against your thymus (just above the heart) and bring your awareness to this area. Then ask that your energy be fully aligned to the crystal frequencies. Sitting up, begin to place the crystals from the feet upwards until you are surrounded in the layout. Alternatively you can lay the crystals in their appropriate positions beforehand, then carefully manoeuvre yourself in the centre.

★ Listen to a guided meditation(I have recorded a couple of CD's which would enhance any layouts) or relaxing music. You may wish to follow your breath and go into your own visualisation and meditation. Set a timer for 15-20 minutes or finish when the healing feels complete.

Drink some water and when you are ready, give thanks to the crystals, your High Self and the Light beings that were with you in the light.

Cleanse your crystals afterwards.

www.healing-glow.co.uk

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You are very welcome to send this article to friends as long as it has the link to my website and remains unaltered.

Many thanks