

Benefits of Crystal Layouts

- ★ You can decide which layout you need.
- ★ Helps to bring quick relief from stressful feelings and also physical ailments and pain.
- ★ You can add visualisations and affirmations to your layout.
- ★ You can mix different crystals which resonate to the same healing properties.
- ★ You can decide how much time you spend in the grid.
- ★ You can practice this layout wherever you choose.
- ★ It is empowering to be in control of your own healing.
- ★ You don't have to wait until you see a practitioner- you can apply the crystal frequencies exactly when needed.
- ★ No need to travel.

What can go wrong

- ★ Have you relaxed and set your intention for the layout?
- ★ Are you honouring the time you have set aside for this healing?
- ★ Are you being disturbed by people and/or noise.
- ★ Are your crystals cleansed?
- ★ Is your space full of clutter and untidy?
- ★ Clutter impedes the flow of energy
- ★ Are you using affirmations when you are resting in the layout?
- ★ Are you visualising the crystal colours flowing around and within you?
- ★ Are you listening to relaxing music or guided meditation CD's?
- ★ Are you showing respect for yourself and the healing?
- ★ Maybe you need to try a different layout.
- ★ May require repeated sessions before benefit is tangible
- ★ Have you been in the layout for 20-30 minutes?
- ★ Don't give up! Persistence may be required.

You are very welcome to email me and have a chat about the layout and crystals you have chosen. I am an intuitive and will gladly dowse your layout and your energy to confirm the correct layout for you.

Please feel free to forward this to anyone who may benefit.

Joanne Duffy: healing.glow@googlemail.com www.healing-glow.co.uk