Basic Crystal Healing Layouts

Approved for 2 CE Hours from the NCBTMB

In this class, you will learn the timeless art of laying-on-of-stones. Topics covered will include fundamental layout systems utilizing Quartz crystals (including the Star of David Layout), Crystal Layouts for the Auric Field, integrating Laying-on-of-Hands with Laying-on-of-Stones, Crystal Layouts for Meditation, Layouts for Individual Chakras, and Layouts for common ailments (including sleep disorders, cold and flu symptoms, menopause, stress, and anxiety). PLEASE NOTE: Full-body Chakra Layouts will not be covered in this course as they are very information-intensive and are covered in their own course, “Chakra Healing with Crystals.”
The ancient art of the Laying-on-of-Stones is the most common way that crystal energy healing is performed on a client. This technique involves placing healing crystals on and around the client’s body in order to balance the flow of energy, correct imbalances, repair leaks, and remove blockages.

By creating layouts, you are placing stones in geometric patterns in order to facilitate the flow of energy. For this reason, proper alignment of crystals is very important so that energy is directed on the path of least resistance.

**QUARTZ CRYSTAL LAYOUTS:**

**8 Crystal Layout:** Place one crystal at the head, one crystal at the feet, two crystals at the knees, two crystals at the hips, and two crystals at the shoulders. Used to re-polarize imbalances, to bring peace, to balance Yin & Yang, and for infinite energy.
7 Crystal Layout: Place six crystals in a Star of David configuration (one crystal at the head, one crystal at the feet, one crystal at each shoulder pointed toward the crystal at the feet, and one crystal at each hip pointed toward the crystal at the head) and place one crystal in the center (pointing straight out – i.e. vertical). Used for absentee healing (with a photo or symbol of the subject underneath the center crystal) or for relaxation.
6 Crystal Layout: Place crystals in a Star of David configuration (one crystal at the head, one crystal at the feet, one crystal at each shoulder pointed toward the crystal at the feet, and one crystal at each hip pointed toward the crystal at the head). The Star of David is composed of two separate triangles (one male and one female). This layout harmonizes energies.
5 Crystal Layout: Place crystals in a Pentagram configuration (one crystal at the head, one at each foot, and one at each hand). Protects and energizes. This layout can be used before working on a specific area or chakra. This is a sacred shape to Pagans and in Chinese Medicine because it represents the five elements. This shape represents change and movement.
4 Crystal Layout: Place one crystal at the head, one at the feet, and one at each hand. This layout represents the four directions. Use for grounding, stability, and balancing.
3 Crystal Layout: Place crystals in a triangle formation (one above the head and one at each foot OR one below the feet and one at each shoulder) for the whole body. Also, you can place crystals in a triangle formation over the upper body (one at each shoulder and one at the navel OR one at the head and one at each shoulder) or over the lower body (one at the navel and one at each foot or on each thigh OR one at the feet and one at each hip). Use to focus or disperse energy. In Chinese Medicine and Taoism this number is considered transformational and alchemical.

3 Crystal Layout (Full Body) Head & Feet

3 Crystal Layout (Full Body) Shoulders & Feet
3 Crystal Layout (Upper Body) Head & Hips

3 Crystal Layout (Upper Body) Shoulders & Navel
3 Crystal Layout (Lower Body) Navel & Feet

3 Crystal Layout (Lower Body) Hips & Feet
LAYOUT FOR AURA REPAIR:

This layout balances the energy within the seven auric layers (i.e. the layers of the subtle energy body). The stones used correspond with each layer in order to facilitate a return to a harmonious state.

The layers of the aura are as follows:
- Etheric Body (4 Red stones)
- Emotional Body (6 Orange stones)
- Mental/Vital Body (8 Yellow stones)
- Astral Body (12 stones – 6 Green stones & 6 Pink stones)
- Etheric Template (16 Light blue stones)
- Celestial Body (2 Indigo stones)
- Causal/Ketheric/Intuitive Body (1 Violet stone)
LAYING-ON-OF-HANDS WITH LAYING-ON-OF-STONES:

The combination of these techniques allows a healer to better channel universal energy through the stones and into the client's energy body. After placing the stones for the layout, you should re-center yourself. Then, you should gently place your hands on/over the stone farthest from the client's head. You should visualize pulling universal healing, white light in through your crown chakra and pushing it out through your hands into the stone. See the stone filling with the light and then gently transmitting the healing light into the client’s energy body. If you choose, you may direct the client to visualize this transference of energy as well. Hold this position for approximately five minutes or until you intuitively feel that the energy transference is complete. Move to the next stone and repeat this visualization again. One by one, perform the Laying-on-of-Hands over each stone until you have channeled energy through each stone.

This technique is a way to amplify the power of a crystal healing session and works well for all types of layouts (especially full-body chakra layouts). Melody writes, “Those from ancient civilizations have used this art to facilitate healing of another on all levels; first affecting an aligned connection between the perfection of the etheric body and the physical form and, subsequently, promoting the energy transfer from the minerals to the physical form. The laying-on-of-stones can be used to initiate healing, astral travel, travel to the center of ones being, etc.” (from Love is in the Earth: A Kaleidoscope of Crystals – Updated).
LAYOUTS FOR MEDITATION:

These layouts help to facilitate the transference of Universal energy into the body in order to enhance the depth of one’s meditation.

Meditation Layout 1

- Amethyst Point
- Tumbled Citrine
- Tumbled Lapis Lazuli
- Rose Quartz Heart
Meditation Layout 2

- Spirit Quartz
- Rutilated Quartz
- Azurite
- Amethyst
INDIVIDUAL CHAKRA LAYOUTS:

Chakras: Whirling energy centers deep inside the body, typically about 3-4 inches in diameter, which act like power stations in the body to energize the vital organs. They absorb and distribute energy as well as being the centers of the psychic faculties. There are seven major chakras and eleven minor chakras.

1. **Root/Base Chakra:** Located at the base of the spine in the pelvic region. This is the center of vitality, strength, will, courage, survival, sexual energy, circulation, blood, and cell repair.

2. **Navel/Sacral/Hara/Spleenic/Lower Dan Tien Chakra:** Located about two fingers’ widths below the navel. This is the center of assimilation, letting go, connecting with feelings, endurance, productivity, and reproduction.

3. **Solar Plexus Chakra:** Located at the center of the stomach or hollow area between the ribs. This is the center of confidence, personal power, stimulation, inventiveness, and emotional storage. This is the center which re-distributes energy to the rest of the body (an energy clearing house). 

1. The Crown Chakra
2. The Third Eye Chakra
3. The Throat Chakra
4. The Heart Chakra
5. The Solar Plexus Chakra
6. The Sacral Chakra
7. The Base/Root Chakra
4. **Heart Chakra:** Located in the center of the chest. This is the center of growth, balance, compassion, and love.

5. **Throat Chakra:** Located in the upper chest at the base of the neck. This is the center of communication, creativity, peace, the metabolism, and the nervous system.

6. **Third Eye/Brow Chakra:** Located between the brows. This is the center of intuition, expansion, uplifting energy, psychic awareness, the brain, and spirituality. This chakra acts as a command center or master chakra, controlling all other chakras.

7. **Crown Chakra:** Located at the top of the head. This is the center of transformation, trust, and Oneness (or Tao).

**Stones & Chakras:**

Stone have an affinity to the individual chakras through their color association, frequency of energy, and purpose or use. To choose one stone from a group to place on a specific chakra, you can scan them. To do this, hold one hand over the client’s chakra that needs the stone and use your other hand to scan the group of stones. You should detect a resonance with the appropriate stone.

**Root Chakra:** (Black, Brown or Red Stones)
- Garnet – regeneration, blood, purification, sexual energy
- Black Tourmaline – eliminates negativity, protects, grounds
- Smoky Quartz - (See “Varieties of Colored Quartz” section above)

**Navel Chakra:** (Orange, Peach, or yellow Stones)
- Carnelian – sexual energy, creative energy, menstruation, cleansing & purifying
- Citrine - (See “Varieties of Colored Quartz” section above)
- Rutilated Quartz - (See “Varieties of Colored Quartz” section above)
- Golden Topaz – strength, energy
- Golden Tiger’s Eye – empowerment, stabilizer, grounds, integrity

**Solar Plexus Chakra:** (Yellow Stones)
- Citrine - (See “Varieties of Colored Quartz” section above)
- Golden Topaz – strength, energy
- Yellow Calcite – transitions, wisdom, adjustments
- Peridot – endocrine system, emotional tension, clarity, balance, regeneration
- Malachite – penetrates suppressed emotions, draws out energy, focuses energy, the subconscious
- Rhodochrosite – heals emotions, smooths energy
Heart Chakra: (Pink & Green Stones)
  • Green Aventurine - (See “Varieties of Colored Quartz” section above)
  • Rose Quartz - (See “Varieties of Colored Quartz” section above)
  • Pink Calcite – opens the heart
  • Tourmaline – major healing & balancing energy
    -Green – purifies
    -Pink – Joy, enthusiasm
    -Watermelon & Bi-color – Combines qualities

Throat Chakra: (Blue Stones)
  • Blue Fluorite – balances, calms emotions, peace
  • Aquamarine – soothing, acceptance, eases moods, fears & phobias
  • Celestite – expresses highest truth
  • Tourmaline – major healing & balancing energy
    -Blue – Communication, speech problems

Third Eye Chakra: (Violet & Indigo Stones)
  • Amethyst - (See “Varieties of Colored Quartz” section above)
  • Tanzanite – communication with the spirit world
  • Purple Fluorite – psychic, spiritual, calming
  • Lapis lazuli – penetrates the illusions of the mind, purifies
  • Sugilite – spiritual love, opens all the chakras

Crown Chakra: (White, Clear, Violet, or Golden Stones)
  • Clear Fluorite – purity, aligns, clears, energizes
  • Clear Quartz - (See “Varieties of Colored Quartz” section above)
  • Amethyst - (See “Varieties of Colored Quartz” section above)
  • Clear Calcite – clarity
Root Chakra Layout:

- Black Tourmaline Crystal
- Double-Terminated Quartz
- Red Jasper
Sacral Chakra Layout:

- Herkimer Diamond
- Carnelian
- Clear Quartz
Solar Plexus Chakra:

- Imperial Topaz
- Tiger's Eye
- Citrine
- Rutile Quartz
- Pyrite Cluster
Heart Chakra Layout:

- Rose Quartz Heart
- Tumbled Rose Quartz
- Rhodochrosite
- Green Tourmaline
Throat Chakra Layout:

Clear Quartz Point

Blue Calcite
Crown Chakra Layout:

- Tumbled Amethyst
- Tanzan Aura Quartz Point
- Tumbled Charoite
LAYOUTS FOR COMMON AILMENTS:

Layout for Sleep Disorders:

- Blue Lace Agate
- Amethyst point
- Lapis Lazuli
- Red Jasper
Layout for Cold and Flu Symptoms:

This layout is best used as soon as symptoms are felt. It is more effective if set under/on/around the bed and the ill person sleeps within the layout overnight.
Layout for Menopause:

- Ruby
- Angelite
- Black Tourmaline
Layout for Stress:

- Tiger's Eye
- Carnelian
- Dravite Tourmaline
Layout for Anxiety:

Chevron Amethyst

Clear Quartz Point