Welcome, everyone, to part two of our Basic Crystal Healing Class. So I think that most of you were here last night, so you might have a little bit of a feel for how these classes work. Feel free to use that chat box again in the lower right-hand corner of your screen. That's where you can ask questions and connect with me and other people in the class, add to the discussion, share what you have to share with others. I'm really, really excited for this evening. So if you want to go ahead and pop a little friendly hello in the bottom of the screen there, I see a couple of people here. I see Jamie, woohoo. Ready for another great class? Awesome, Jamie. Happy to have you with us. Marie is popping in. Jen's popping in. So welcome, welcome, welcome. I'm really, really excited about tonight.

We have a lot of things to get through today just like we did yesterday. But I know it's going to be amazing. So please, ask those questions, this is our time together to kind of get to tackle out things we don't normally get to because we're actually kind of a little bit more face to face, a little bit more personable than just by email. So please do pop in with those questions as you have them. Hopefully, you guys weren't too overwhelmed yesterday. I know there was a lot to cover and there's a lot to cover tonight, too. We might go a little bit over on time tonight depending on the material and what we have to cover. But I'm hoping we should be about on track. We did pretty good yesterday on time, so we will see.

So, I just want to quickly pop over to the slideshow. If you remember from yesterday, we actually left off on crystal systems and that's where we are going to start tonight. So let me go ahead and screen-share that slideshow with you, guys. We can go ahead and get started. So we're going to start tonight with crystal systems that's where we left off last night, so we'll pick right back up there today. Again, just like last night, if you have any questions or you want to communicate with each other, converse about sharing different things that you know about crystals or things you've experienced, please feel free to just use the chat box to do that in the lower right-hand corner of the screen.

Uh-oh, Alice says some people use the other link. I don't know if the other link was going to work or not. So everyone should be using the registration that I sent out today. And that would generate a new link for today's class. So if anyone knows someone else using the other link, if you can get a hold of them by email, Facebook, telephone. I tried to get the word out by email and Facebook today. Yeah, the first link shouldn't work, Melinda.
Unfortunately, I thought we could use it for both nights and apparently the system doesn’t work like that, so I had to create that new link today. Oh, oh no, Cathy says there are about 15 people over there. I’m so sorry, guys. So yeah, if you know anyone else that’s over there, if you could type a little message in the chat and let them know to use the new link that was sent out today, I would really, really appreciate it. We’re already about almost 10 minutes behind now so we really have to get started. So if anyone knows anyone over there and you want to Facebook or email or telephone them and let them know that we’re started over on the new link, that would be great. So thank you.

Okay, so I’m going to go ahead and start our slideshow where we left off last night. Tim, if your screen is frozen just refresh. Some people have some internet connectivity problems that cause it to happen. So if that doesn’t work, just close out of your screen and come back into the session. So I'm going to go ahead and open up where we left off yesterday, Our Crystal Systems. So here we go. Our Crystal Systems, this is part of our little bit more scientific terminology. So these are different geometric formations that describe the crystal's proportions and symmetry. Originally, there were six of these systems but now there are actually seven. I'll talk a little bit about that when we get to the ones that have changed over time and why that happened.

So the very first system I want to talk about tonight is the isometric system. This is also commonly called the cubic system. And each of these seven systems is a huge, huge group of crystals. You’ll find all different types of crystals in this system that are related based on their symmetry and their geometry. And that goes right back to the molecular arrangement, that crystalline blueprint and how those atoms and molecules stacked on each other that's kind of reflected in the outward appearance of the crystal structure. So these cubic crystals are correspondent to the root chakra, so they connect with root chakra energy. And this doesn't necessarily mean that every single crystal in the cubic system will connect to root chakra energy, but what it does mean is that if you have a cubic crystal, it is likely that it will connect to the root chakra. And so this is just kind of a different way to think about crystals and how they relate to the chakra system rather than like say their color or their other regular associated properties. So looking at the system can give you kind of a hint as to how the crystal can be used. And that goes as well for these properties, so many crystals in the cubic or isometric system can be used for grounding, for purification to help release energy and also to stimulate or enhance creativity.
So some examples include halite, which is salt; fluorite, which I'm sure many of you are familiar with; spinel, which you can actually see in the upper right-hand corner of the screen, that pinkish red crystal, that's called a spinel crystal, and that was actually often mistaken for ruby. So you'll see, even in some of the most famous of crown jewels, originally it was thought that the stones we're rubies but they're actually spinel, which is a little bit less valuable because they're a little bit more common and not quite as durable as the ruby. Remember that kind of distinction between the precious and the semi-precious gem stones that we talked about last night. And then pyrite, pyrite is another amazing cubic crystal, so you can see that in the upper left-hand corner of your screen. And with the pyrite there, you see it's actually three cubes kind of intertwined, growing together. And in the spinel, it doesn't really look like a cube, it looks like an octahedron, and the reason for that is there are lots of different crystal shapes that can come about these systems.

So just because you have a cubic crystal doesn't necessarily mean it will be and exactly a cube. This is kind of confusing when you're trying to identify the crystals that you have because they don't always look exactly how you would think that they would look. I'm going to share a link here in the chat box. There's a really great, little image on Google and I'm going to share this with all of you just so you can get an idea of some of these different shapes. So here's a link going up in the chat box for you. If you want to click on that link, it'll open up the picture in a new window and you can kind of see the cubic crystals come in lots of different shapes. So this is just kind of important to help you with identification. I would definitely recommend bookmarking this image on your favorites list or printing it out for reference. Because when you're looking at your stones at home, it can help you kind of determine what sort of crystal you might have from which system.

So these crystals also include many types of metals. Silver, gold, copper and platinum are all in the cubic crystal system. And here's a picture of a basic cubic crystal. So you're going to have all the sides have equal length, so the A represents one particular distance. So each of those three sides, the length, the width and the height are all going to be the same distance. That's how you have a true cubic crystal. But again you can have these sort of other shapes. But they'll all follow these ideas of the symmetry and geometry that's created within each system.

Next, we have the hexagonal system. The hexagonal system corresponds to the sacral chakra. Crystals in this system can frequently be used for things like balance, personal exploration, stability, this can be mental, physical, emotional stability, and also past life healing. So it's this kind of a big important group.
This includes crystals like emerald, which you see in the upper-left there. You can actually, if you look at that emerald crystal, you can see the six sides that create the hexagon shape for this hexagonal system. Then there's also aquamarine. Emerald and aquamarine, like I mentioned last night, are actually both the same type of crystal. They're both beryl crystals but emerald is the name that we give to the green variety and aquamarine that you see in the upper-right, is the name that we give to the blue variety. And then apatite and some quartz are also part of the hexagonal system. Now the reason that it's only some quartz is kind of interesting. So this is where we go to that split in the system.

So originally there were six and now there are seven. That's because quartz crystals actually gave scientists a little bit of a hard time in their classification. Most quartz crystals are part of the hexagonal system but there are some that are part of the trigonal system. And the reason for that is -- excuse me I'll just flip through my slides here really quick. The reason for that is sometimes after quartz grows, it usually grows originally into the hexagonal shape. But occasionally, it will actually become melted due to heat or pressure in the earth and then reform. And when that happens it can take on a shape known as β-quartz and then it's part of the trigonal system. And so quartz really gave people a really hard time in this classification. So it was decided that these were actually two separate systems and that quartz was actually kind of the exception to the rule.

So here's a picture of a hexagonal crystal. So were going to have the hexagonal shape overall, and this is just showing the symmetry between the points and sides of the crystals.

Then we go to the trigonal or rhombohedral system. This corresponds to the solar plexus and many of these crystals are used for inner strength, willpower, and vitality. This includes things like some quartz, again mostly those β-formation quartz, ruby, sapphire, calcite and tourmaline. So again like I mentioned last night, ruby and sapphire are actually both part of the same crystal group. They're both corundum crystals but ruby, which you see in the upper-left is the name that we give to the red variety, and sapphire in the upper-right is the name that we give to the blue variety.

Now, tourmaline is kind of an interesting one. If you look straight down the length of a tourmaline crystal, you'll see it actually does appear to have three sides. And so when you think about a trigonal crystal, try and remember that tourmaline in a natural crystal kind of has three sides to it, so it's a little bit easier to see in a crystal like a piece of tourmaline.
Then there's the rhombohedral variety, which looks a little bit more like this. It's a rhombohedron, think of like a rhombus except 3-dimensional and calcite, actually, naturally forms in this rhombohedral type shape. And so if you want to think about the rhombohedral type of trigonal crystals, think about calcite and that's a good one to help you remember because it looks just like this when it forms naturally many times. You also do get the more trigonal variety of calcite that has the three sides when you get something like a dogtooth calcite, so that dogtooth formation of calcite is more the trigonal variety.

Okay. I'm going to pause there because I know that was a ton of info. I'm going to check over here at the chat box and make sure I didn't miss anything here. Awesome. Alice said she pinned the chart at her Pinterest page. You can go and check it out there, too, and I'm sure Alice has a lot of other amazing pins over there. Oh, okay, and Ginny, hasn't tried doing the crystal system chakra correspondence yet. It's really kind of interesting, Ginny. I definitely encourage you to give that a try. It's just a different experience that allows you to work with the crystals and the chakras in a very different way. And the results are sometimes interesting because you end up using crystals that you wouldn't normally associate with that chakra because colors can be completely different, their associated properties can be quite different, but the energy and that connection that they have that way is a really pretty interesting corresponding that to the chakras. Okay. And Gloria wants to know, can you find ruby also in a hexagonal shape? So ruby definitely does form in a hexagon shape, but because of the symmetry of the bond angles and different things like that in the crystal, it's actually still part of the trigonal crystal group, not necessarily the hexagonal crystal group even though it looks more like a hexagon. So I know that can be a really kind of confusing but ruby is in the trigonal variety of crystals there.

So let's go ahead and go back to our slideshow and keep going with these different crystal systems. So the next system is the orthorhombic system. And crystals in this system typically correspond to the heart chakra and they're frequently used for enhancing things like compassion. They're great for overall balance and they're really, really amazing healing crystals. These are usually high-energy crystals that kind of get your physical body in the high gear, get everything upgrading the way it's supposed to, especially things like your immune system. And these crystals include topaz, so you can see there's an imperial topaz in the upper-left of the screen there; aragonite, that's a great orthorhombic crystal; barite; and then celestite, which you see is the blue in the upper-right corner there.
And here’s a little picture of the orthorhombic symbol. So basically you have these three sides and none of them can equal each other in length. So they all have to have different lengths. And that’s not really illustrated very clearly in this picture, which is why I really encourage you to check out that other little image that I linked to in Google and that Alice pinned to her Pinterest.

So next is the tetragonal system or tetragonal system. People say it both ways, tetragonal is my preference. This corresponds to the throat chakra. These crystals are typically used for enhancing inner harmony, so helping you kind of find a sense of inner peace and calm, helping you find stillness within yourself, and they also correspond to spiritual ascension or spiritual growth. And crystals in this group include apophyllite, zircon, and wulfenite.

So this is one of the things that I kind of like to bring up at this point in class why these crystal systems can also be so important because they can really help you with identification. So for example, a lot of people, when they’re first starting out with crystals, get easily confused between something like apophyllite which is a clear, shiny, beautiful crystal and quartz, which looks very similar. And people always ask me, how on earth can you identify a stone just kind of by looking at it? And you kind of start to get to know the look and feel of the different characteristics that these crystals have. So for example, because apophyllite is in the tetragonal system, it actually has four sides to it, just like you can see here; and quartz being in either the hexagonal or trigonal system, has six sides to it. So once you learn that apophyllite has four sides and quartz has six, it makes it a lot easier to tell them apart from one another. So this do definitely come in handy. I promise all this nerdy, science stuff is important.

So the next system is the monoclinic system. And these crystals correspond to the third eye chakra, which is also sometimes called the brow chakra. And these are used for enhancing intellect, for channeling, so anyone that connects with kind of spirit guides, ascended masters, guardian angels, anything like that, these crystals in the monoclinic system, generally speaking, aid with that sort of thing and they’re also great crystals for developing your intuition. So they include things like azurite, which you can see as the bright blue crystal there on the left; epidote, which is that really pretty green crystal on the right or selenite. And just so you know, epidote normally doesn't look quite as gorgeous as the one that's pictured there. A lot of times you'll just see it as thin little needles within something like prehnite, which is another green stone or often you'll just see it a little bit more opaque, a little bit flatter, not as gemmy as the picture that I've shown there.
And if you think of unakite, which I will write the name of that stone in your chat box for those of you who are unfamiliar. Unakite, the green, and unakite is actually epidote. And so unakite’s classified as a rock, like we’ve learned yesterday, because it has two different minerals in it. It has epidote, which is the green, and feldspar, which is that peachy, pinky orange color. So unakite's technically a rock because it has these two different minerals and one of them is epidote. So if you didn't think you had any epidote but you have a piece of unakite, you might be able to kind of connect some of the properties of epidote with your unakite and use that for healing.

Okay. So Ginny says it's so exciting when you start being able to identify your crystals. It absolutely is. It's really rewarding, you feel really proud of yourself. I mean I can't tell you how many times when I had first started working with crystals. I'd take something home and think, "Oh no, what was that? I totally forgot what that was already." And I think that's probably happened to all of us at one point or another. And some of these little identification tips and tricks, even though they're a little bit challenging to learn in and of themselves, really go a long way in helping you identify those crystals down the road, and helping others with their crystals, too.

And Ginny says she learned unakite was a jasper. So technically, unakite is not a jasper. It's very similar to a jasper and it has a really earthy kind of qualities to it. But a jasper is technically a cryptocrystalline quartz, it's basically chalcedony, except it's not transparent, they're typically opaque. So you have chalcedony, which is a cryptocrystalline quartz. So up here you have the umbrella of quartz type minerals and underneath that, you have your cryptocrystalline quartzes, which include chalcedony; and so chalcedony, underneath that umbrella, you have agate and jasper. And so, agates are typically banded and jaspers are typically just one solid color or they're mottled in appearance, kind of almost like camouflage-y looking, or you can have a rhyolite jaspers that form little orbs, like little dots or eyes. Things like rainforest jasper is a rhyolite, or ocean jasper, which is also called orbicular jasper, and I'll type that word here for you. That's a rhyolite jasper. And so that's really the difference between an agate and a jasper. An agate is banded and a jasper is either solid or mottled or has those rings or eyes on it. And that's not always true. Some agates can have those little eyes as well, that's just very generally speaking. But they're both varieties of chalcedony, which is a cryptocrystalline quartz. So epidote doesn't really fall in there. Unakite doesn't really fall in there because it's not a quartz-based mineral. Hope that clears that up.

Okay. And Cat says she can never tell the difference between black onyx, black tourmaline and obsidian when they're tumbled. I do definitely have some tips to help tell them apart. So black obsidian compared to the onyx and tourmaline will be very light and the surface of it is usually a lot glossier, very, very shiny because it's more glassy. So it will have more of a glassy appearance to the surface of the stone.
The black tourmaline is often kind of craggy-looking, if that's a very descriptive word. It will often have little pits or seams kind of going through it because of the way that the tourmaline forms, when it's polished it won't be perfectly smooth. There will often with these little pits or dents or little seamy lines through it. So that's a good way to tell the tourmaline. And then the onyx looks a little bit more waxy. Usually if it's just like a tumbled stone, the onyx is set in jewelry, it can be a very high shine more like the obsidian would be. But if you have something in jewelry, chances are it's probably going to be onyx or tourmaline and not obsidian because obsidian is pretty hard to work with in that way because it's so fragile. It has the kind of a conchoidal fracture to it and it chips and breaks very easily, so typically not set in jewelries. Sometimes, a really metaphysical person who's kind of making it, the obsidian will be used on occasion, but most jewelry that you see a black stone is either going to be the onyx or the tourmaline. Sometimes you also see some fancier things like a black star diopside or something like that. So that's kind of a few tips for helping to tell them apart. So the weight and glassiness of the obsidian is helpful. The cragginess or the little pits for the tourmaline is helpful. And then if it's a little bit waxy or has a little bit of almost like a smoking grayness to the color, it's a good hint that you're probably looking at onyx.

And Alice says, will I do a blog post about how to tell the difference between them. You know what Alice, I will if someone would just -- Alice, if you wouldn't mind if you'd send me a little email with that as an idea, I would be totally happy to write that blog post maybe for next week or the week after because I think that's something that would be really, really helpful for a lot of people and I could maybe illustrate that with some photographs, you guys can see exactly what I'm talking about. So, awesome. Thank you. Okay. All right, let's go back to our slideshow now.

So that was the monoclinic system, which we saw here. And the seventh and final system is the triclinic system. And these crystals correspond to the crown chakra. They're often used for things like protection and astral travel. They include stones like kyanite, which is the blue stone you see on the left there; labradorite, which is a variety of feldspar, you'd see that on the right; moonstone, which is another variety of feldspar; and turquoise. And then here's a picture of the symmetry and bond angles in a triclinic crystal.

So now we're going to get a little bit into the crystal shapes. So remember in the beginning when I started talking about the terminology, there are a lot of scientific terms, which we just covered. So everyone give yourselves a round of applause because we are finally through that part of the science-y terminology section. But now, there are a lot of words that are used more in the metaphysical community or new age community when we're talking about the different shapes of crystals. And these shapes, I personally believe, result in different energy outputs.
So I'll explain that a little bit. But I personally think because of that, a good crystal healer eventually should have an assortment of different crystal shapes so that you can better address the needs of the specific client that you're treating or working with. So I guess what I would say is for example, if you have a tumbled rose quartz and a rough rose quartz and a rose quartz heart, that would be really beneficial, not only to you as a healer but especially to your clients because you'll have these different shapes that can be useful during different situations with your clients.

So I want to touch a little bit on this because not all crystal healers agree with this. And I'm never going to state here and tell you that there's one right or wrong answer to crystal healing. Like we talked about last night, it's so subjective that there's so many varieties of experience to be had and each person is so uniquely different that we can't really say, well this way is the correct way or this way is the correct way. So I really base everything on personal experience. And my personal experience has shown me that when I hold a tumbled or polished rose quartz, it's a slightly different energy than when I hold a rough or raw rose quartz. And not necessarily in the properties that that stone has, but in the way that the energy is released or emitted from the crystal. So we'll talk a little bit about each of these shapes and how I feel that the energy moves from the crystal. But before we do that, because this is just my opinion based on my experience and from what I've learned and gathered from other people that I've worked with or spoken to, my colleagues and things like that, not everyone agrees. For example, many of you are probably really familiar with Naisha Ahsian. I have the utmost respect for Naisha. She's an amazing healer, an amazing author, and a huge mover and shaker in the crystal world. So I think that there's a lot to be said for anything that Naisha puts out there because she definitely has good basis for her understanding of crystals and how they work.

Remember when we talked last night about crystal formation, so when a crystal forms and I have a big quartz crystal here tonight so I can kind of illustrate this for everybody. When a crystal forms, it forms from the base toward the point. So those molecules are moving in a spiral shape, stacking from the base toward the point as they go until the little pocket that it's forming in runs out of crystalline solution and that's how you get the termination of the crystal. Well, all crystals form based according to their crystal system, which we just talked about and their axis of symmetry. So in a quartz crystal, that's called a c-axis and it moves along the length of the crystal down the center of the crystal. So if you were to look down the length of the crystal, that would be where the c-axis is. And all of the symmetry is based around that c-axis. So it can be shown that energy in an object like a crystal would move along the c-axis. That's exactly what we talked about last night. So if you had something like this quartz crystal and you broke it into little pieces and you tumbled those pieces in the tumble stones, Naisha's feeling, for example as one of the people that kind of thinks this way, is that the energy in that stone will always move along the c-axis.
So say I cut some crystal wands out of this piece. And I cut little, tiny crystal wands and I made them horizontal. So that means that even though they were pointing like this, the c-axis would still be like this because the original crystal that they were cut from, the c-axis was running this way. So that would mean that even though I have a crystal like this, my wand, and I want the energy to move out of the termination, if it was cut from a larger piece that had a c-axis this way, that the energy would actually be moving like this and that wouldn't be very productive for using a wand, because we want the energy to come out of the termination. So I totally agree with the science behind that. And I think to some extent, that's always going to be true, that some energy will always move along the c-axis.

However, I think when a crystal is shaped or manipulated into a different formation or shape like a cut and polished wand, like a tumbled stone, there's an intention that goes into creating that shape by whoever made that piece, and there's also intention when we're using it. And I feel like the energy in the crystal is relatively inert until it's consciously guided and directed by the person using it. I think there's, again, always a certain level of energy that's given off by that crystal no matter what, even if it's not being consciously guided. And that's why when some people ask, well say someone doesn't really believe in crystal energy, can I give them a crystal and will it work? The answer is yes but not as well as it would for someone that believes in that. And some people call that placebo effect and that's fine. I just call it the power of human consciousness, the power of thought forms and energy. So when we have a form, or say a cut and polished wand and we're intending that the energy move in a specific way, even if the c-axis does not go along the shape of the wand, we're still guiding the energy to move in that way, and that's been my experience. If that resonates with you awesome, if it doesn't I totally understand that the science says that the energy is going to move along the c-axis but I do think that our intention and consciousness plays a part in how the energy moves through that crystal as well.

Okay. And Faye says, "I agree. Intention trumps all." Shon tells us what side are we on? We are on the very first one for crystal shapes, and we haven't moved into the specific shapes yet, Shontelle. And Dolcy says, "What about the lines on the Lemurian, do they affect the energy direction or just knowledge stored in them?" So, what Dolcy is asking about, for example this is a Lemurian crystal and you can probably see there are some lines or striations, we normally call them, that move along the side of the crystal. So it's thought that you can actually work with these lines which are thought to be information that was stored in the crystal by ancient Lemurians or Atlantians, depending on your viewpoint. A lot of people believe this. This is almost like a program that was encoded into the crystal and so it's thought that you can access this in meditation by moving your finger along those lines and reading almost kind of a barcode, something like that, and that you can access that information.
So, these don't actually influence the way in which the energy moves out of the crystal. So, just because it has these lines doesn't mean the energy will move this way, it will move along that c-axis and that's how most people would use a crystal wand like this. They would intend that the energy move from the based toward the termination and out through to the termination. So if you are someone's chakras, you could open the chakra with the termination of the crystals. Oh, I can feel the heat from that. So, that is one way that something like this would be used but again, intention trumps all. So if you just wanted to set this say on the pillow in the center of your space, your sacred space and have it send the energy out into the space through your intention, you can definitely do that as well. I hope that makes sense to everybody.

Mary says, "Is it true that Lemurians have seven faces?" So, again we talked last night, the faces are these parts that lead up to the termination or point of the crystal. Many Lemurians will have seven but it's not like every Lemurian will have seven. Most quartz crystals will have six faces, some will have little extra ones depending on what kind of greater formation they have. So that' a great question but it's not a hallmark of Lemurian crystals to definitely have seven faces.

And Ginny says, "When you cut the crystal, perhaps then you can create a new c-axis that the energy will flow." Not exactly, Ginny. I mean that's the idea. Yeah, you're creating a new channel for the energy to move along because you're putting that intention but it doesn't necessarily change the way that the molecules had originally stacked within the physical form of the quartz. So the c-axis will stay in place, you're just kind of bending that to your will. You're kind of intending that the energy move in a different direction. But that's a good way to think about it. Okay. Awesome. Let's go ahead and get back to your slideshow then, great questions tonight guys. Thank you so much.

So, the first crystal shape I want to talk about is tumbled or polished stones. These are stones that were put through a process of tumbling with an abrasive material. They usually go through several rounds of this, being tumbled in a cylinder that spins usually with some water and these different abrasives which are normally called grits, G-R-I-T. So, you have different grits that you would put in starting with a very course grit and working to a much finer grit, and that's how you get the really high surface polished on a tumbled stone. And from my experience, these have really subtle or gentle energy vibration that radiates from the center of the crystal outward. And they have a really smooth rounded surface to them. They're great pocket stones. They are typically inexpensive because they're often smaller, although you can have jumbo tumbled stones like this size ones. Typically, most of these are about an inch across in diameter. It makes them very inexpensive and they are often created from the off cuts or broken pieces of the mining process, so they are not typically the most perfect quality.
Although with crystal healing becoming more and more important and more people buying things like tumbled stones, you are seeing tumbled stones being created out of more expensive minerals like sugilite or rubies. You see little things like that now all the time in tumbled stones, which is really refreshing to see. The other great thing about the tumbled stones is they are really easy to store and they are really easy to transport. They don't often chip or get broken. And the energy with the tumbled stones, I kind of group naturally waterborne stones into these shapes. So if you find stones on the beach or in the river and they got that nice, smooth surface from being in the water, I kind of lump those in here with the tumbled stones because the energy output is very similar.

Next, we have the rough stones and these are sometimes called, raw stones or massive stones. Remember, we talked a little bit about massive stones last night when we were talking about cryptocrystalline crystals. Something like a cornelian, when you find just a big rough chunk of it, it doesn't necessarily have crystal points like these rough clusters and points that you see here. It would just be kind of a big chunk. So, the rough, raw, or massive stones are often used to diffuse energy. So if you have an area of your home where a lot of energy accumulates or where energy becomes stagnant, you can usually use a rough crystal to break up that energy and help diffuse it around the space. You can do the same thing in a crystal healing session if someone has an area of stagnant energy on the body. You can actually place a rough or raw stone over that area and it will help to diffuse that energy throughout the body. These typically will have rough or jagged surfaces but sometimes you will have very smooth surfaces like in the case of the large amethyst point you see in the upper-right corner. And this crystal -- and this have a very powerful energy vibration especially compared to tumbled or polished stone, and this might not be suitable for all of your clients. The reason for that is that some people are really sensitive to energy. And for those people, something like a tumbled stone might be a little bit better because it's a softer more gentle energy and it kind of eases people into an energetic shift. Whereas someone who isn't very sensitive to energy or who really needs a breakthrough energetically, you might want to use the rough or raw crystal, because it's just packs a little bit more of a punch. It has a little more oomph. So if you really need a breakthrough, the rough crystal is the way to go.

Then we also have carved totems, and these are also called fetishes. These can be in the form of animals or deities or even I would kind a lump certain shapes into this grouping, like a heart or a star. This type of stone can enhance or balance the attributes of the figure or totem that you are working with. Now, what I mean by that is, for example, say you have a heart, there are a lot of attributed properties that come to mind when we think of what the symbol of a heart represents, right? It often it represents love, friendship, compassion, kindness. These are all things that a heart sort of embodies.
And so say we got a crystal that mimicked those properties like rhodochrosite or rhodonite. If you had a rhodochrosite heart, you'd be really strengthening the properties of the symbol of the heart; whereas, if you had something a little bit different than that, maybe a piece of pyrite or a piece of petrified wood. I think of those as being very powerful, more forceful, more masculine kind of energies, and so that will help balance the energetic symbolism or qualities of a heart shape. I hope that make sense to everyone. So that's what I mean by you can use it to strengthen and enhance the symbol or totem that you're working with or kind of balance those attributes.

And Dolcy says, "Diffuse meaning give or take out from chakras that over or underactive." Yeah, Dolcy, that's the idea. So say, someone had a blockage of the solar plexus chakra and there is a lot of energy stuck there. By diffusing that energy, diffuse it to the rest of the body, distributing that energy more equally throughout the body would help break that up and get it moving. That's what I mean by diffuse. Good question. Okay. Awesome. So let's get back to our slides here.

Move on to our next shape, which many of you may be familiar with: spheres or crystal balls. So these are crystals that were polished into a spherical shape and this can be done by hand or it can be done by a machine. Modern crystal spheres are almost always done by machine. There are a few ancient examples that people have shown that have been done by hand. This is very, very, very time-consuming and normally you don't end up with a perfectly spherical shape when this is what's been done. Now, the shape of the sphere represents complete and endless energy. So the symbolism is kind of about wholeness and completion. This shapes can also be used to enhance your psychic abilities, they're great for healing and they can also be used as a massage tool. So, for those of you who are certified or licensed massage therapists, you may find that using crystal tools in your massage practice is really, really helpful. And one of the things that I would recommend if you are interested in that is looking into different crystal spheres that would be safe to use with things like massage oil, that kind of thing. So most of the quartz-based spheres are going to be safe for that because you can clean them really thoroughly afterwards so that you're following proper sanitation practices and that kind of thing. But you'll find that the massage tools, crystal massage tools like a sphere are really wonderful because they take a lot of the strain off of your hands and wrist because they do a lot of the work for you, which is really helpful especially if you have a lot of clients back to back and then you're getting the added benefit of the properties of that particular crystal.

So that reminds me, because I do have a crystal massage class that's really just super interesting. A ton of fun, we cover so much stuff. And if you are interested in learning more about the anatomy and physiology important for crystal healing, that's the go-to class for that because we cover anatomy and physiology in pretty good detail as well. I do want to remind everybody about that special offer.
So for the next 24 hours, anyone in this class, if you use the code flash, you will get the 25% discount. I will just leave that up for everybody for a little while. So again, the code is flash and you can just enter that and check out to get your coupon. So check that out because it's a really cool class. So that's it for crystal spheres. I do also have a divination class I mentioned yesterday where we talked about actually using the spheres for crystalomancy. And when I talk about using them to enhance your psychic abilities, that's typically how they were used. They were used for crystal ball scrying, so looking into the crystal ball and looking for different symbols or images to appear. And that's really how these are used for enhancing intuition and psychic ability.

Another shape are palm stones or cabochons. You see a palm stone there on the right. They are sometimes called soapstones because they're shaped like a bar of soap but that's not to be confused with soapstone which is the soft mineral known as steatite that's sometimes carved into little figures and things. On the left side you'll see that's a labradorite cabochon. A cabochon has a domed top and then it typically has a flat back, and they're often in circles or ovals. These were typically used in jewelry and that's mostly what you'll see in a lot of jewelry that uses semi-precious or ornamental stones are these cabochons. And the reason for that is not only that they were very easy for early peoples to carve but they were also thought of almost like little miniature shields. So that flat shape with the overall domed appearance is very similar to a shield. These were often worn as protective amulets. So when we see jewelry today that still has that cabochon shape, yes of course, the one hand is because it was really easy to carve that shape but also early peoples chose that shape because of its connection to the shield and connection to protection. These are also really great to place on the body for healing on or around the physical body. Because of that flat shape, they tend to stay in place really well and they don't roll away. That's really important for your crystal healing sessions.

Now, this is a shape that maybe some of you aren't quite as familiar with. These little things are called seer stones. They are also called dragon's eggs, emu eggs, or riverbed quartz. And these have a really interesting process in how they are created. First, a raw or rough chunk of stone is tumbled into like a tumbled or polished shape and then the outside of the stone is sandblasted. And you can see on each of these three images here: the clear quartz, the rose quartz and the amethyst, you can see there's a milky edge to each of these and that's where the crystal has actually been sandblasted. And then these are cut in half or just a little slice is taken off of the side and then that cut surface is polished to a really high shine.
Now, the reason that this is done is because these are typically used for scrying divinations, similar to a crystal ball. By sandblasting the outside of the crystal, you are creating a backdrop so that when you looked into that cut or polished surface, you’re not looking through a crystal. If we go back to the crystal ball, you can see this is perfectly clear. So if you were to do some crystal-gazing and look into the shape, you would actually be able to see through the crystal which might be a little bit distracting. But by using a seer stone, where the outside has been sandblasted it creates that backdrop so that you’re really looking into the internal heart of the crystal instead of looking through it. You are really looking more into the depths of the crystal. So these are really cool tools to use. It is really hard to look into the crystal when you have something like rose quartz that's lot more opaque, not quite as transparent or translucent as say, a clear quartz. So I really do recommend clear quartz or smoky quartz or good quality amethyst for this. Now, I've only ever seen these created in clear quartz amethyst, rose quartz. I've seen smoky quartz and I've also seen one labradorite which was really interesting because obviously a labradorite like we saw here in the cabochon is opaque, so you can't really look into it but the cut surface was really beautiful on it. So it's a very pretty piece even though it wasn't the most practical to use for scrying.

So I'm just going to check in the chat box here, make sure I didn't miss any questions. Okay. So, Dolcy says, "When placing spheres on the person, do I use a stand or do I just hope it stays?" Cathy, I think, who's maybe here tonight brought these really cute little tiny round glass kind of like donut-shaped things into mimosa. When I would do crystal healing sessions for people, when I would place a sphere, I would often use one of those tiny little glass donuts because glass, although, not as conductive as say, quartz does allow for some energy movement through it so you can use a little stand but just keep in mind you really have to focus your intention then on having the crystal energy go to the right place. Some people say that crystal energy only works if the crystal is making physical contact with the skin. I actually also have not found that to be true. I don't see much difference between putting the crystal on top of a layer of clothing or putting that on to a small stand if you do need it to stay in place. A lot of times I'll try and have something like a sphere stay on its own. At first, just to see if it's kind of in harmony and resonance with the person that I'm placing it on. If doesn't want to stay, you can try using a stand. If it rolls off even on the stand, then you definitely want to leave it off because it's probably a message that it's not needed by that person at this time. So that's a very good question.

Sarah has found some naturally heart-shaped stones. So yeah, that's really cool thing. I actually had a student out in Milwaukee for a while who use to collect heart-shaped stones. Everywhere she went, it would turn up for her. It's kind of neat if you draw that in that you'll start seeing them all over the place. That's really cool, Sarah.
Tim asked. I think what you mean, Tim, is how does the sandblasting maybe affect the crystal energy. Is that what you meant by that? Yeah. Okay. I see right above it. It's just like any other time that you cut or shape a crystal. We think of it as being really harsh because it's very abrasive and we think, oh, why would anyone do that to a beautiful old crystal. It's about intentionally shifting the energy and some people choose to only work with raw or rough, just completely natural right out of the earth in that form crystals and I totally respect that. That's like being a complete crystal purist. You just want it exactly as the earth created it. But I think that there's some really interesting and unique energetic things that happen when the crystals are shaped. So the sandblasting definitely does affect the energy of the crystal and the way that it's emitted or disperse from the crystal but I don't think that there's any residual negative impact on the energy of that stone, if that's what you're asking.

And Rachel says, "Do you ever see larger seer stones?" Sometimes most of them are, yeah, only maybe about this big or so. But for a while at the store, when I was getting them, we were getting some pretty good size ones for a little while and then they stopped coming in that way, they were just little again. So I think it's just right place, right time sort of thing but most of the time they are pretty small.

And Faye says, "What about turning the emu eggs flat side down so that they stay put on a person for healing?" That's a great idea and then you're getting that nice, cut surface of the stone making a lot of contact with the person. So that would be a really cool thing to do, Faye. I've never thought about trying that. That would be great for healing.

And Jamie says, "Do the tumbled stones have a softer energy compared with the raw?" I really think so. I think that the way that the energy is emitted as softer and gentler as compared to the raw stones. So, depending on who you're working with, you might want to have one of each available to help you with your session. Yeah, great question.

So let's go and get back to our crystal shapes here. The next shape I want to talk about is pyramids. So, pyramids are obviously a very, very ancient shape. They're typically used to amplify or enhance energy and they're also used specifically for meditation and ascension works, so kind of spiritual group, spiritual evolution. And the way that pyramids are typically used that way as either in a grid set up specifically for spiritual growth or placed on an altar used for meditation or they can actually be held right over the third eye chakra during meditation. Pyramids are also used in distance healing to help you transmit energy. So if anyone is familiar with apophyllite which I spoke about earlier -- I'm going to type that in the chat box here, the name of the apophyllite. If you're familiar with that, it forms oftentimes natural pyramids.
And they are not completely perfect pyramids like the ones that you see here in this slide but the apophyllite pyramids are known as the Reiki master stone because they are so good at transmitting energy to someone who needs healing. And so, that shape of the apophyllite pyramid is also really great for distance healing because of that capability for transmitting energy.

And then, of course, pyramids were also used by the Ancient Egyptians for preservation, so one really cool experiment to try is actually placing a pyramid in your refrigerator and a lot of people say that it will make your produce last longer because it's all about preservation energy. There were actually some experiments done in Japan where pyramids are made out of all different types of materials. They're made of copper, they are made of paper and cardboard, there were even some that were made out of recycled milk cartoons. It was found in all instances when these pyramids were tested that food that was placed underneath one of these pyramids lasted longer no matter what the pyramid was made out of. There was something inherent in the geometry of the pyramidal shape that helped with that preservation quality.

The next shape I want to talk about are slabs. These are also called slices or sometimes you'll even see them called plates. These are just a thin slice of stone. On the left here you see a really gorgeous pink tourmaline crystal, one of my favorites; and on the right you see a face of wave light. Wave light normally forms these really cool little nodules or spheres and when you slice it open you can see the radial crystals that formed all these really beautiful rings in the stone. So these thin slices can be used to charge other stones. You can use them as a base for charging other crystals or you can use them as the base of a crystal grid or even a crystal layout on a person. And sometimes like if I have to place more than one crystal in a small area like on a third eye, you can actually use something like a crystal slab to make that area a little bit larger but also to combine the energies of all the little stones that you want to place together because that larger crystal slab will help unite those energies so they are working more harmoniously. So it's a cool thing to have in your toolkit. And you'll often see these pretty inexpensively just in agate sizes. And the one thing I do want to say about the agate slices is, it's really important to you to work with natural stones only. A lot of the agate slices that are on the market are dyed. So if you see anything that the color is too good to be true in an agate, like a nice turquoise or a hot pink like this pretty tourmaline which is natural or even like a bright violet purple, chances are that stone has been dyed. We'll talk about that when we get to the alterations a little bit more. But I just wanted to throw that out there with the agate slices in particular. Watch out for the dyed stones.
Now, we are on to our Vogel crystals. Remember Marcel Vogel that we talked about last night, that really super cool scientist for IBM. He was the one that did all that experimentation with lasers and with crystal energy. He created that liquid crystal display that many of you have in your television sets and that kind of thing. He also did a ton of experimentation with passing light energy through crystals and also with passing thought forms through crystals. Vogel crystals, especially Vogel wands like the piece you see pictured here are typically made of quartz varieties, and that's because Marcel Vogel was that like more old school thinking. We talked about yesterday where because quartz has such resonance with the human body that he really prefer to work with quartz crystals instead of more modern crystal healers that work with tons of different kinds of minerals. These Vogel ones are really only used for super intense healing work and psychic surgery.

I can't remember who asked about this yesterday. It might have been Sunshine or Maureen but it's that why quartz crystals and Vogel crystals in particular are typically used for pranic healing. And the reason for that is because they are so precise. In pranic healing you're working with really subtle energies and you need to be very precise, and exact with your pranic crystal healing and so that's why these Vogel crystals are a great fit for that. And for those of you who aren't familiar with pranic healing, I would definitely recommend checking out this website. Here is a link. This gives some of the background to pranic healing if you are interested in learning a little bit more about something like that. We also talked about yesterday, so I'm going to give you guys this link again, the Vogelcrystals.net which is the current online home of a lot of Marcel Vogel's teachings if you are interested in learning more about these Vogel crystals.

One thing that I do want to talk about with these Vogel crystals is there are what are considered authentic Vogel crystals and knockoff Vogel crystals. So to get a true Vogel crystal, you have to go through that Vogelcrystals.net . This isn't a trademark issue, like what we talked about yesterday. Marcel Vogel was a hardcore scientist and so accuracy and precision were very important to him. He came up with very precise measurements for the proportions of these crystals and making sure that all of the sides and facets were completely even and that sort of thing. He felt that was very important to the energy output and so he trained Rumi Da on making these Vogel crystals. Rumi Da is the person in charge of that website link that I just posted. And so, if you really want the true precision of an authentic Vogel crystal, you do have to get it through that source. And a lot of the knockoffs like the one that's pictured here is one that I have. It's actually knockoff. It's not quite as precise. You'll see some of the facets are just a little bit off and that does affect the energy output. I wouldn't say it affects it so much that they can't be used by any means but there is a little bit of a difference. I've held and worked with authentic Vogel crystals and I would say there's a lot more precision there.
So if you are really serious about doing some intense healing work, an authentic Vogel crystal might be a good fit for you but they are quite pricey. Most of the small ones, from memory, I think start around $200 to $250 and many of them can go up to as high as about a $1,000. So a knockoff one is what most people will start with to see if they are interested in that, if they like the energy. It is something that you could work your way up to an authentic Vogel crystal but they are very, very expensive. I actually still don't have one because I don't use this type of tool quite enough. This is something more people would use in very precise shamanic healing work, pranic crystal healing, that kind of thing.

Now, these Vogel crystals, one of the defining characteristics is that they are created double-terminated and then their sides are always in multiples of 12. So they'll either have 12 sides or 24 or 36. I don't think it really goes up much higher than 36, that's a pretty intense piece when it has 36 sides. But the reason for that is, Marcel Vogel experimented with all type of different cuts crystals. So he started creating double-terminated wands with four sides, five sides, six sides, up and up until he realized that it was something in the wands with multiples of 12 sides that really focused and enhanced the energy the way that he was looking for with this precise healing.

Now, there's also another shape and I don't have a photograph here of one. But it's called the Vogel triangle. And Vogel triangles are a little bit different. So they actually are overall in a triangular shape and they do have an upward pointing triangle carved into the front of one side and a downward pointing triangle carved into the back of that piece. I'm going to put a link here to a Google image, so everyone can kind of check it out if you'd like to see it. That's what a Vogel triangle looks like. And so, when you look through the triangle, and you have one upward pointing triangle facet and one downward pointing facet, you actually end up with this star tetrahedron, kind of a two-dimensional star of David. It's like a two-dimensional Merkabah. And so this is a really, really powerful symbol of balance. It's great for healing. And it's thought that you can do chakra balancing with this Vogel triangle in as little as thirty seconds to each chakra. So by taking that Vogel triangle, you can start by placing that over the root chakra. Hold it there for thirty seconds, that chakra will come into balance. You can move it up to sacral. Thirty seconds there, then the solar plexus. So on and so forth until you get to the crown chakra. And so you can have a full chakra balancing in just a few minutes. Pretty impressive but very, very powerful healing tools.
Our next shape is an egg. So these eggs, the egg shape obviously represents new life. They're similar to a tumbled stone in that they emit a really soft and gentle energy. They're frequently used in fertility treatment. I actually have a rose quartz egg that I like to place over someone's womb if they're trying to conceive. They're also great for manifesting. So it's not just fertility and creation of new life. It's fertility in creation of something that you want to bring into the world, something that you want to manifest for yourself. Now, they can also be used for scanning the aura. So here you can see the base of the egg and then the more narrow point at the top. If you actually turn that on its side and move it through the aura like a comb, the egg shape is actually supposed to really amplify the energy that you're scanning, that you're picking up on. So you can detect where there are holes or leaks in the aura, where there are stagnant energy, where there's energy that's no longer serving the person that you are working with. And then, the eggs can be used for massage similar to spheres. Now, one other really cool thing about the eggs is that they can be used in reflexology at trigger points. So that rounded end at the top is typically used to release energy blockages, so you'd hold that wide base of the egg in the palm of your hand and gently press the top rounded end in a trigger point to release energy or shift energy in the body. So kind of a cool thing that you can do with an egg. But of course, if you're at doing any type of tissue manipulation or anything like that, you do want to make sure that you have proper licensing based on where you live and are practicing.

Next are platonic solids. But before I do that I'm just going to switch back over to the chat box really quick and make sure I didn't miss any questions here. Okay. Let's see. Dolcy says wave light gets large enough for a plate or slab. I think that piece of wave light was about this big around. So it's kind of a small plate, just blew it up really big, so you could appreciate all the detail. But typically, Dolcy, you're right, wave light crystals are pretty small, kind of like the size of a pea and they form in little clusters together.

Sunshine says, "What is the difference between pranic healing and crystal healing when both use crystals in the process of healing?" So Sunshine, I'm not a pranic healer, but here's what I know about pranic healing. Pranic healing also pulls on universal source energy but pranic healing only uses the crystal wand for the healing. It does not use other minerals or different things like that. It's just the crystal wand. It's done in a very specific way. There's actually a book that I'll recommend if you want to learn more about pranic crystal healing but it goes based on the practices taught by Master Choa Kok Sui, who is the founder of modern day chronic healing. He had very specific methods for treating and addressing different issues down to a DNA level. It's a very different process, for example, than what I practice and what I teach others because it's so specific in the way that it's done. I've had a pranic crystal healing session performed on me and I really enjoyed it, but I will say it was very, very intense.
So there's a link to one book on pranic crystal healing. I'm going to put another link here. I believe that this one is just an older version of that same book but I'm going to put it here for everybody anyway just in case not. Here's another link. So you can check out those pranic crystal healing books if you want to learn more about that. But you can see from the picture right on the cover of the book, it really does specialize with just those crystal wands.

We get back to the questions here. Okay. So Faye says, do I remember the thin selenite wand that I recommended in the reflexology class for doing the inner ear reflexology. Yeah, super precise and a lot less expensive than a Vogel wand. You know what Faye, that is an awesome idea. I'll put a link to that here as well. It's called the pencil wand because it's about the size of a pencil and it has a very fine point on it. And you can get these wands made in several different types of stones but they're most common in selenite. They're really awesome because they do get right down to exactly what you want to do, if you're doing it reflexology in particular. But if you wanted to use this as a wand for more of that psychic surgery, aura repair, that kind of thing, this would probably be a really good fit for that as well if you're interested in pursuing that without having to invest in an authentic Vogel wand. So there's a link to the selenite wand Faye was talking about.

Marie says she loves using [inaudible 01:12:03] reflexology, that is a fantastic idea. Similar to the egg shape but a little bit, even probably better suited to reflexology because you get more accuracy because it's a little finer. Sharon asks, have I ever used normal stones picked up from sacred places for healing. Yeah. It just it depends. I have some stones that I picked up all the way back from when I was a little kid that I still have today. And those are really, really special to me. I feel like those are more of a personal healing type thing. Because when you find it yourself and it kind of comes to you like that, I think it's usually more of a stone for personal connection. But by all means that there's something in particular, like, again, I mentioned the student I had in Milwaukee that would always find heart-shaped stones, she would actually do chakra balancing sessions with different heart-shaped stones that she had found. And I think that's there's something to be said for that. Be open to whatever moves you. But for me mostly, those tones that I found personally, I just use them for personal healing and meditation. There is actually a super awesome book that I'd recommend about that as well. It's called Sacred Stones. It's all about using crystals that you find in nature for healing. And here is a link to that book for you all. If I remember, I'll try and put some of these in the class resource page in the suggested reading section. So I'll go back through when I'm editing the video. I will get all those book links and add them to the resource page.
And just so everyone knows the recording from last night is on the website right now on the materials page. You'll have to stream it because the download of the file isn't available yet but you can at least stream the video online which is really helpful and you can watch it full screen. The only bomber is it doesn't have the chat included. It just has the video. So I'm sorry about that. And that's why some of these links, I'll have to create a little something going forward to get that put together for everybody. So let's go ahead and get back to our slide show then. Great questions tonight by the way.

So back to the platonic solids. These are also called sacred geometry shapes. So the reason they're called the platonic solids. That says "Pluto." That was a typo, that's supposed to say "Plato." So they're named after Plato, that's why they're platonic. Plato theorized that everything in the universe could be broken down into these five shapes. And you'll see them there. We have the tetrahedron, which is in the upper left that has four sides and it connects to the element of fire. You have the cube which is also known as the hexahedron. That's in the upper right that has six sides and connects to the earth element. The octahedron is in the top center that has eight sides and connects to the element of air. The dodecahedron has 12 sides that's in the lower left and that connects with ether or spirit. And then the icosahedron has 20 sides that's in the lower right and connects with the element of water. So a lot of times you'll see sacred geometry sets of crystals that are really pretty cool. Each of these sets, because of the elemental correspondence they have, has a whole set of associated properties. We'll talk a little bit about the elements later and how they connect to crystals. I'm going to share couple links here with you quickly. The sacred geometry sets are really pretty cool.

So you'll see the five platonic solids and then you'll often see a small sphere and Merkabah which we're going to talk about the Merkabah next along with these sets. And when you have the five platonic solids, plus the sphere, plus the Merkabah, you can actually use those for chakra healing. I just put a link to one of those sets here in the chat box so you can check that out.

And Jody says, "Is Metatron's cube one of those shapes?" So Jody, Metatron's cube is like a two-dimensional representation of all of these shapes put together. I'll put a link to an image of that as well so that everyone can see what Jody is referring to there. Metatron's cube is really something pretty spectacular. Here's a link to a picture of Metatron's cube. You can actually find the two-dimensional representation of all five of those three-dimensional shapes within this drawing, which is really pretty cool. So when you're working with things like Crystal grids, that two dimensional energy becomes more important. But for using these for healing on and around the body, you can actually use those really nice sacred geometry sets. So definitely check that out.

So these sacred geometry shapes can be used in Crystal grids. Like I said, they can be used for chakra healing but mostly people use these for this correspondence to the different elements. So we'll talk a little bit about those elements and what they connect to a little bit later in class. So just keep that in the back of your mind that that's mostly what the sacred geometry shapes are used for.

Here's a picture of a Merkabah. This is a two-dimensional representation of a Merkabah. If you click that link to go over to Amazon and check out that sacred geometry set, there is a small crystal Merkabah in that picture. So you can see that. But this is a 24-sided shape. It's also known as the double tetrahedron. Because if you go back to the upper left corner here, you can see that tetrahedron. Or if you had one pointed up, and one pointed down, and they were occupying the same space, it would end up with this shape. So you can see there's one that's pointed, coming straight at you and you're looking down at it in the purple, and then in the yellow, it's like you're looking at the bottom of the one that's pointed downward. So it's kind of a bird's eye view of a Merkabah.

It's pretty cool. It represents balance because on the one hand you have the tetrahedron that's pointed upward that's usually considered very masculine and projective energy. And then you have the one that's pointed downward, which is considered more receptive and feminine. So this is all about balance and harmony. Balance between Yin and Yang. Balance between masculine, feminine. Balance between physical, spiritual. So this is a really important shape that you might find useful in some of your healing sessions as well.

And that takes us to Crystal generators. So these can either be natural, although it's very difficult and not very common to find a natural generator or they can be cut and polished like the one you see here in the photo. So a true generator should have a crystal with six sides which are all the same size and then six faces that are all perfectly the same size joining in a perfect termination. And what that means is that they all lead up to the point. So those six sides lead up to the point. So for example, this crystal wand here would not be a generator because you have faces that don't even touch the point. If you can see that. They don't all necessarily make contact with the point there. True generator would have all six of those faces touching the point. And a really, really true generator, all of the sides would be equal size.
Now, I’m not quite as picky as that with my generator, so sometimes the front and back will be a little bit wider and the sides will be a little bit more squat. But the closer you can have it to a perfect hexagon, the better because you’re going to get better energy transmission that way.

Going back to the slides, I just wanted to show you that example and make it a little bit easier to see there. Going back over to our slide show. The other really cool thing about generators is they're used to attract energy. So if you were doing any type of manifesting work, say, you’re using a crystal grid, generators are often placed in the center of a grid because they draw energy down into the grid and then they also direct and focus energy so they actually send that energy back out into your space. They're also great for enhancing group cooperation. If you want to place a generator, say, somewhere your family spends a lot of time, like the living room or the kitchen, then you actually find that there's a lot more group harmony going on. And that's because the generators are bringing in that positive energy and sending it back out into the space.

Massage and reflexology wands. Obviously, this is something we covered super in depth in my crystal sash class and crystal reflexology class. These are stones that are carved into a wand-like shape, so you can see the stone in the center there. That's a pretty good example of a reflexology one. So the rounded ends can be used in massage to relieve muscle tension. That's the end, that's on the bottom. And then the pointier ends can be used on the reflex points. These are also really great for opening the chakras and directing the flow of energy because they've been carved into that wand shape. And so through your intention, you can move the energy along the body of that crystal to move from the base toward the point.

Now, there are also donuts and these are sometimes called pi stones. These are flat round donut shaped stones. They're commonly worn on a chord as a necklace, just like you see in this picture. But they can also be used for a facial massage. There's a really nice technique. It's a Japanese massage technique that's done on the face where several of these donuts are actually held. So you would place your finger in the center of the donut and then move the flat donut on the muscles in the face. There's some really interesting things that you can find about this. Let me see if I can find that quick. Link for you to check it out. These make excellent tools for that. Let's see here. I know that there are some awesome YouTube videos. I'll tell you what, I will try and find a good link to that at some point and post one. If someone else wants to Google around and find a link and post one, you can actually use these donuts for a facial massage and I know there's a really good YouTube video about it as well.

Okay. I'm just going to check the chat box really quick before we get back to this. Oh, sure. Okay. Thank you, Jen, for posting that selenite wand link again. I'll caught up on the chat box. Thanks for your patience while I got through that.
The other thing that the donuts are sometimes used for is shamanic work, and they're called pi stones often in the Munay-Ki rites right. I don't know if anyone is familiar with Munay-Ki, but there is these vines, if you want to look at up. Super interesting shamanic ritual, progresses over several days. It's very, very intense and very powerful. It's something I went through a few years ago. I'm really grateful to have had the experience. You make a personal connection with one of these pi stones and you use it throughout the rights. Very cool stuff.

So next, we have crystal skulls. There's so much controversy surrounding crystal skulls. They're used for channeling energy and information. That's kind of the basis of this shape. Some are believed to be ancient artifacts. Some people don't think that there are ancient skulls. Many people think that they're all modern created. I don't know. I've experienced some interesting things with some of the skulls. I've had opportunity to come into contact with some of the ones that are claimed to be ancient. I've had some really cool experiences with some and had some really weird experiences with others. I think they're all just like any regular crystal. They're either going to connect with you or not just based on the specific vibrational frequency or energy resonance of that particular stone and your field and whether or not they're a good match at that time. But one thing I will say is that they're really great for healing and meditation. Some people even believe that these skulls have a unique consciousness, that they're here to sort of impart messages or wisdom to the people that are connected with them or using them. I know especially the keepers of some of the skulls that are thought to be ancient feel very, very strongly with this.

Dolcy, yeah, I have heard of some people doing massage with the skulls. I haven't necessarily heard that for triggering formation from spirits but definitely for spirit guides and that kind of thing for sure, people connecting with higher beings and getting messages that way. Some people do use them for healing but not everyone. Everyone kind of has their own connection with their skulls and how they choose use them. My very, very best friend in the whole world, Kelly, she uses these for emotional healing all the time and has had some really powerful experiences that way. So everyone's a little bit different in their beliefs and uses. I think, again, it's just something that you have to just find what feels good to you.

So our next section is all about the healing properties of color. I'm not going to sit here and read all these to you guys. I'm sure that you're very capable of doing that on your own. But basically, one thing that I do like to point out about the healing properties of color is, when you think about color, I have a little bit of a homework assignment for you, I want you to look at your crystal collection tonight at your healing tool kit -- color or two colors where you notice like, wow, I am really, really drawn to blue stones. I have so many blue stones in my collection.
That can mean one of two things. People always interpret this differently. So some people think either you're really in harmony with blue and you really embody the qualities of blue, like serenity and tranquility or other people think it's because you really need blue energy in your life right now that you're attracted to the blue. So maybe you need to do a little bit more communicating or self-expression, and maybe that's why you're attracted to the blue. So they're totally opposite one another. One is saying you have enough of these kind of properties in your life and the other saying you're drawn to it because you need more of that. I think that it just kind of depends on the person and the situation. You're the best judge of that. You know what you need and why you might be drawn to something in particular. I just want you to be mindful of that and look at that tonight or tomorrow and see, really, where does your color balance lie? Or maybe all of your crystals are perfectly distributed in lots of different colors. I have a ton of brown and that's because I need to probably be a lot more grounded than I am. I always have a lot going on and I don't always do the best job of grounding myself and it's something I'm constantly working toward. And so brown crystals are really important part of my personal healing practice.

Another thing I like to point out here. You can see some different calcites at the bottom of the screen. So all the way on the left, that's mariposa calcite and it has this really pretty citrine-y color. It's almost a burnt orange. And then the next picture is of a blue calcite. And the next one is a clear calcite. And the one all the way on the right is a pink calcite. So something really cool to try is obviously all of these tones are calcite, but say you held the blue calcite and then you try to hold in the pink calcite, see how the energy shifts. See how you feel physically when you're holding each of those mentally, emotionally. See how just by changing the color, the energy is very, very different that you'll experience.

Okay. Our next section here. Just pop in the chat box really quick. Make sure I didn't miss anything again. Let's see. Okay. So Dolcy, yeah, used this color to direct her on what she needs to work on and switches it up all the time. I think that's fantastic because it plays such a big role in our selection of crystals, and our use of crystals, and the different properties that they have. So color is just a huge important part of it. Oh, my gosh. Dolcy has a Mangano calcite within an hydro. That's amazing. So Mangano calcite is that really beautiful light pink calcite I just showed you and that's normally from Peru or Argentina, usually close to the Andes Mountains. Awesome. Yeah. It's one of my favorites. I love pink calcite too.

Okay. So going back to our slides, then. We're going to talk about selecting crystals. There are lots of different ways that you can select crystals. I'm sure this picture looks familiar to a lot of you. You're in a crystal shop. You're really drawn to things. There's so many choices. What on earth are you going to buy, right? What on earth are you going to take home with you today? I'm sure for a few of you the answer is all of it.
I'm sure for a few others of you, it's whatever I don't have yet or maybe some of you go there with something really specific in mind. So here are some different tips for crystals. You can choose them based on their known properties. So maybe you like to do a little bit of research. You want to go hit the books or read the internet and find what the different crystals can be used for, and you're going to make your selections based on that.

Now, like I said, there's totally nothing wrong that. It's a really good jumping off point and a great place to get started. But because we all have that really unique energy, you might find that that crystal that was supposed to be really, really great for opening the heart chakra isn't working so well for you. So it's really about personal connection too. You might want to be open to trying to select your crystals more intuitively. A lot of people actually choose their crystals just based on the aesthetics; just the way the crystal looks. If you're really attracted to a crystal, you find it to be really, really beautiful, I personally think that's not just that you're being choosy and wanting the most perfect beautiful crystal ever. I think that you think it's the most personal perfect beautiful crystal ever because you're intuitively drawn to it. That's a way of the crystal getting your attention. You can also use your pendulum to help you choose crystals.

So if you had something like this, maybe you could hold your pendulum over one of these dishes that caught your attention and ask a question like, is the right crystal for me in this dish? Is the right crystal for me in this dish? That kind of thing. And then you could even narrow it down even more if you want it to by choosing the exact individual stone, is this the right crystal for me at this time? Is this one the right crystal for me at this time? So the pendulum can be really helpful in that way. But again, for me, I can't really use the pendulum like that because I have a really strong consciousness and I feel like I would just make the pendulum do what I wanted and say yes to all of them because they're all really gorgeous. You can also choose your crystals by scanning their energy. A lot of people will do this just with their hand. So hold your hand over each of the dishes and see what feels good to you. Try holding the crystal and see if it feels right. If you notice any change in your physical body or your emotions and see if that crystal feels right to you. And of course, the best way to get a new crystal is to have someone gift one to you. So another little homework assignment. I recommend everyone go out and get one or two really expensive little crystals that you just think are really beautiful that you'd like to pass on to someone and get the little crystal gift-giving train going because I think that it's such a beautiful thing to get an unexpected gift but especially if it's a really beautiful stone that's going to help someone. So just be open to your intuition. Choose a random stone and then when you feel like you meet the right person that that crystal is supposed to go to, hopefully you'll know when it will click and you'll be able to pass that crystal on to them.
So after you've chosen your crystals and you bring them home, of course, you're going to cleanse them which we'll talk about on a little bit. But how on earth should you store your crystals? So there's a lot of variation in what is considered the best or right way to store the crystals. Many healers talk about only storing your crystals in natural materials, like silk pouches, or suede pouches, or cotton, or linen, or maybe even just in a wooden bowl. I actually really prefer plastic cases. I know this goes against everything, probably every other crystal healer will tell you. But let me explain myself before you think I'm a totally crazy person. Most of the time when we're storing our crystals, it's because we're not using them at the moment, right? They're away in storage. So we cleanse them before we use them and then we put them away in storage. Well, the whole idea of putting them away and into the storage is so that they are protected from outside energy, so that they're ready to go next time you call them out.

Natural materials are better conduits of energy than something like plastic. So if the point of storing your crystals is to help keep them a little bit more energetically cleansed, I found through my own personal practice that storing them in something like a plastic container actually keeps them cleansed better because plastic is not a very good conduit for energy. It's just not. So it actually keeps them a little bit more shielded. And I know this is like a really touchy subject because everyone has their own way that they like to store their crystals. And I used to store mine in all little suede pouches. I had seven of them. I'd have all of my root chakra crystals in this pouch and my sacral crystals in this pouch. After a while, like that wasn't really working and I just did an experiment with one of those little plastic bead boxes, kept my crystals in that. And I found that when I took them out, they felt so much better even though they've been stored in plastic. I thought this is crazy. How can this even be possible? But when I really thought about it, the energy just felt better to me, I think, because it didn't have all of that outside energy bombarding it all the time from the natural material which is a much better conduit of energy.

So I hope that's a reasonable explanation for you, guys. But that's my personal opinion. Not everyone will agree and that's totally okay. Do what works for you. Absolutely. And do what works for your crystals.

Okay. Exactly. Debbie says she tries to minimize buying plastics in general for lots of reasons. And I totally respect that. I totally get that. And everyone's going to have a system that works for them.

One thing I have started doing because in the idea of just having your crystals making contact with all that plastic all the time is cutting a little piece of fabric, of cotton or linen fabric, and putting it on the bottom of them, of the plastic box. So the crystal is at least resting on that nice, natural material and not making so much contact with the plastic.
So that's kind of a nice in between road to get because you get that nice, natural material but then the crystal is still within that plastic box, which I think helps keep that outside energy to a minimum.

Okay. Awesome. So yeah, thank you, guys, all for sharing your different ways. And maybe I'll spark some great ideas for other people in the class on how they can store their crystals. Another thing I used to do when I had a little bit less number of tumbled stones than I do now, but I had this big wooden bowl on my coffee table in my living room, and I just put all my tumbled stones in there and I'd get home at the end of the day and I could just paw through that big bowl of tumbled stones and it was so relaxing, really meditative just to do that. But you have to cleanse them really frequently when you have something like that. We'll talk about cleansing here in just a little bit.

Okay. We're definitely going to go over on time, everyone. So I really apologize for being late. But that's what's going to have to happen. So for those of you who really have to go at 8:00, I completely understand. Probably, Maria, I'm sure you're up so late already. Thank you for being here. But if you have to go, I completely understand. The recording will be available but we're going to have to get through all the stuff. So let's go ahead and get back to our slideshow.

Okay. So one other thing to keep in mind when storing your crystals is just to be mindful of sunlight, temperature, and the hardness of your stones. So if you have sunlight, say, all your crystals are up in the window cell, the sunlight can actually fade some of your crystals over time, especially things that are transparent and colorful like celestite, fluorite, rose quartz, amethyst, citrines, smoky quartz, when these types of crystals sit in a window cell in the direct sunlight, the color will fade over time.

Also be mindful of temperature. If there's summer where there's going to be really big shifts in temperature, you want to be cautious because that can cause your crystals to crack or fracture. And then the hardness of your stones, remember that Mohs hardness scale we talked about, that can make a difference because if you have very soft crystals stored with very hard crystals, your hard crystals might scratch your softer crystals. And you don't want that.

Okay. Now we're going to quickly run through stone treatments and alterations. So many healers prefer to use only natural crystals. I'm mostly in this boat. And when I say mostly, I'll go through some specific examples and talk about that a little bit, but some healers are perfectly fine with using altered stones for very specific effects. For example, one of my really, really great friends, Tina Miller, she chooses to use a lot of manmade stones.
I don't know if any of you have ever heard of fordite. It's also called Detroit stone, and it's really -- but it's actually made from the paint scrapings from the old car factories. So when you see fordite -- and here I will put a really beautiful picture of a piece of fordite in the chat here so you can click that link and check it out. This is fordite, called Detroit stone. So when they're painting the cars, they actually end up with all these different layers of buildup of paint. And someone had the great idea to scrape all that paint off and polish it into these really beautiful "stones." And my friend, Tina, uses this in her healing practice, believe it or not, even though it's just a chunk if paint because she feels like it really helps people recognize their own inner beauty. You've taken something that people thought was useless or unimportant, or even just a mess and made it something really, really beautiful. So really an interesting thing. I think that that's such a neat perspective on it. I personally wouldn't use paint scrapings in my healing. But like I said, my friend Tina totally has had great success with it. So everyone's very, very different in things that they'll include in their healing practice.

So one stone treatment I want to talk about is irradiation. Smoky quartz, which you see on the left there, is actually naturally irradiated in the Earth, and it's done low and slow. So it's a very low amount of radiation that's done over a long period of time. And when it's mined and brought out of the Earth, it's not radioactive at all. There's no danger from it. On the other hand, on the right-hand side, you have an artificially irradiated smoky quartz. I just wanted you to be able to see the difference there. This is especially done -- quartz from Arkansas because they're typically taking their clear quartz and bombarding it with gamma rays, and then it turns this dark color. They normally lock this away for about six weeks and then when it comes out of the vault, it's no longer what's called hot. So it's no longer radioactive. The problem is that there is radiation done in other countries that's not done with gamma rays. It's done with other types of radiation. Sometimes those are still radioactive when they're being sold. So in particular, a lot of stones that come from Russia or Pakistan, there is a small amount of worry with stones from China but not as much. But you do sometimes have to worry about the fact that they could still be radioactive. And that's a little bit scary. So just do your research before you buy your minerals and make sure you're buying from a reputable source.

Dyeing is another alteration process. So some stones are impregnated artificially with color and this will either enhance their natural color. For example, jade that's of lower quality if often dyed at a more intense green to make it look for valuable. Or some stones just like these agates here are dyed to make them more interesting. So, it's up to you whether or not you won't do work with dyed stones. I personally don't because they have this artificial color in them, and I think that that changes the energy because you have a different chemical compound in there other than just what was in the crystal naturally. But some people, again, do choose to use these colored stones.
Now, there's also heating. Now, stones are heated in the Earth. So for example, amethyst, in the Earth when it's heated will turn into citrine. Well, we can also do that artificially by heating stones. And so here's -- in a heated version, which is probably the citrine that many of you are familiar with seeing. Now, because this actually doesn't change the structural integrity of the crystal, there's nothing dangerous about it, there's no artificial residual chemicals left over, I'm totally fine with using artificially heated stones. And in fact, sometimes I prefer them because you do get this more intense color from them, which I think really lends itself well to healing sessions because a lot of crystal energy has to do with color vibrations. When you get a more intense color vibration, I personally think that's beneficial. But not everyone agrees. Some people just are really, really purists and they want to keep it totally, totally natural. And that's completely understandable and valid as well. So just find what is suitable and works for you.

Another type of alteration are the aura treatments. And you'll see a link on the bottom of this slide. You can go to that web address, whole lengthy blog post where I really nerded it up and did some experimentation with energy output of crystals compared to their aura counterparts. So the aura treatments are created by putting crystals typically quartz, although I've also seen kyanite, garnets and a few other things treated in this way. They put these crystals into vacuum chambers and heat them up to about 1600 degrees Fahrenheit and then pump vaporized precious metals into the chamber, and those metals actually molecularly bond to the surface of the crystal. So they can't be rubbed off or scratched off, or washed off, or anything like that. They're completely bonded to the crystal.

And some people don't like this because it's not natural. This is, again, something that I do use in my healing sessions because even though, for example, this is a piece of flame or a quartz, it's also called rainbow aura quartz or a titanium quartz. This is quartz with a coating of titanium. Quartz and titanium are both naturally occurring and I feel like that the quartz is amplifying the energy of the titanium. So you get those properties of the titanium even though you only have a very, very little bit on the quartz itself because the quartz is acting as an amplifier for that energy. So I do personally use these in my practice but not everyone agrees whether or not they should be used.

One last little bit about crystal alterations are synthetic and lab-grown crystals. So this is a piece of laboratory-grown quartz. And this is typically what's grown for use in electronics and that sort of thing. We actually have one of these at Mimosa right now. It's not something I normally buy but I just think it's really cool and it's a good teaching tool, an interesting conversation piece, neat to talk to people about. Because they want really, really pure quartz crystals for electronics.
There are also some pricey crystals that are laboratory-grown, like you'll see lab-grown rubies, and sapphires, and that sort of thing. I don't use these in my practice. And then there are also synthetic crystals. Synthetics are not anywhere close to being the same as a natural crystal, so I definitely don't use those. But some people do. So it's totally up to you. But especially when you're buying precious gem stones, you definitely always want to ask those questions of, are the stones natural, have they been treated in any way, and that sort of thing.

Okay. I'm going to pop back on the video here and just check the chat box again really quick. I don't want to miss anything. Yeah, the Detroit stone is super pretty to look at but just not something I would personally use.

Faye asks, how long does it take for the hot -- stones to cool off? It really depends on what type of radiation was used. So that can completely vary, somewhat probably not be safe for years. The really only true and accurate way to measure if a stone is radioactive or not is with a Geiger counter. You can get them on Amazon for not that expensive. But do your research. Use your intuition if something seems fishy or doesn't fell right to you, listen to that inner voice about that because we do need to be careful.

Yeah, Dolcy, the cheap radioactive testers, the Geiger counter. You should be able to find one on Amazon for, I don't know, about cheap, cheap but maybe like $30 to $40. You could probably find one.

And Dolcy asks, "Is optical quartz man-made?" So optical quartz is a term that you'll see for both natural quartz, if it's optically clear. That means it's like almost flawless. But more frequently than not, optical quartz is a term used for quartz that's typically produced in China where they take natural quartz, heat it until it's back in a liquid solution and then re-crystallize it so that it's perfectly clear. And that's what's often referred to as optical quartz. It's kind of like my feeling about the bismuth. Remember I talked about they melt down the lumpy gray bismuth and let it crystallize so that it has that cool stir sappy appearance. So that's kind of similar to the optical quartz. Not 100% natural but not outside of the realm of what's acceptable to use for crystal healing.

"And are crystal singing bowls grown, too?" So, Sarah, I'm not entirely sure about this. But my understanding about the quartz singing bowls is that they're actually cast in a mold, so that would be -- liquefied, put into some type of mold, and then cast into the bowl shape. That's my understanding of how those are made. So good question about that.
Oh, yeah. Great point, Dolcy. The stabilized stones. So a lot of stabilized stones, like a lot of sugilite is stabilized, a lot of turquoise is stabilized. There are several ways that stones are stabilized. Sometimes they're coded with like a thick lacquer to hold them together and keep them from chipping. Other times, they're actually powdered and then mixed with like a plastic or resin to strengthen them and make them more uniform. And that's very frequently done with something like turquoise. It's called stabilized or recon, which is short for reconstituted, because it's powdered and then mixed with these plastic binders. It's really hard to find super natural turquoise at this point. But you can get it if you ask and buy from a reputable dealer.

Okay. Jen, awesome. Thank you. So Jen says, as she remembers correctly, the quartz singing bowls are like 99% quartz, not a true 100% quartz. She's not positive about that but that would be a great thing to double check on if anyone is interested in that for the sound healing aspect; if you really want the crystal vibration. So that's interesting. It's kind of like that hematite jewelry. Like the hematite rings that you see. They're actually not all hematite. They're ground up and mixed with some other stuff. I actually learned that from Cathy [inaudible 01:53:37] who may or may not be here right now. She did an awesome article. She did all this research about the magnetic jewelry that you see. The magnetic hematite, it's not true hematite. So interesting stuff.

Okay. And Debbie says, "How do you tell if your turquoise was stabilized or not?" It's really, really hard to tell, Debbie. The really low-end stabilized stuff, you can pretty much look at it and tell it's fake because it's like too uniform and it looks very flat. But there are some higher-end stabilized turquoise that's really very nice, it's mostly turquoise. A lot of times they'll just have like a coating on it. And that's a little bit harder to tell but most turquoise is stabilized in some way, and that it can be almost impossible to tell. Sometimes there are really highly trained jewelry industry professionals that can tell the difference. But I can tell the really, really cheap stuff and know that that's not quite right but I even sometimes have a hard time. It's really, again, about educating yourself and buying from a reputable dealer.

Okay. So let's go ahead and get back to our slideshow then. So now we're going to move on to cleansing crystals. So crystals need to be cleansed to keep their energy frequency clearer and working for you for your highest good or for the highest good of your client if you're working on someone else. So this is where I want to talk a little bit about that idea of positive versus negative energy. There really is no such thing. You know, we tend to quantify and label things for ease of understanding. So positive energy technically would be energy that is for our highest good and negative energy would be that kind of energy that doesn't really suit us. But this isn't the same as like good versus evil. This is just a way to quantify the energies that we can talk about it in a way that it's simpler. But really, energy is just energy.
And there’s going to be some energy that serves you very well and it’s very healing and healthy for you. And there’s going to be some energy that just doesn’t really float your boat. It doesn’t really do much for you. And that’s okay. You can take what we’d quantify as positive and leave the negative, or just not so beneficial behind. But when we cleanse a crystal, we’re putting the reset button. We’re telling the crystal, okay, we’re going to start with a blank slate and asking that crystal to be a tool of light and work to amplify the energy that we’re intending to direct into it from the universal source, and then into our own field or into the field of the person we’re working on.

So there are tons and tons of methods of cleansing your crystals. And it can be hard to choose the appropriate one to use but I’m going to go through these a little bit quickly and just give you some things to watch out for with each of them to help you narrow down which method of cleansing you choose for your specific stones. So for example, you can use water to cleanse your stones. And this is a great method, except there are some stones that can’t be cleansed with water, like selenite, which is a type of gypsum, because it will melt over time. It kind of tends to dissolve. Or really friable stones, which just means fragile or really gentle, or things that have a crumbly matrix or parent rock. Because if the matrix dissolves, there’s nothing that holds the crystals together anymore. And instead of having a cluster, you just have a bunch of points or little chunks. So water is suitable for many crystals but not something like kyanite that’s really friable, and not something that will dissolve like selenite, and not something in a crumbly matrix like apatite. You also want to be really careful with really porous stones like turquoise, that you don’t let them soak in water too long because it can change the color over time.

Now, sea salt is another cleansing method that many people use. You can bury your crystals in sea salt. Some people even use a combination of salt and water, and let their crystals soak in salt water. The problem with salt is just that if you have something really, really soft on the Mohs hardness scale like a talc for example, then the sea salt could technically scratch the talc. Or if you had a really fine amethyst cluster, like the one in this picture here. If you had a cluster like that and you had it in the salt, it could leave a lot of little crumbly, dusty bits in between the crystal points and just make the surface of your crystal look dull over time. So that’s something to watch out with the salt cleansing method.

And the step-by-steps for how to cleanse with these specific different method are in the manual. And you can see the page number in the upper left corner if you want to go back there for more information on the step-by-step of actually how to use these techniques for cleansing your crystals. I’m just giving you the pointers and pitfalls.
So you can definitely also use your breath to cleanse your crystals. The one problem with this is you just want to make sure if it's a really kind of dusty crystal that you're not taking a big, deep breath and then inhaling that. You also want to be cautious using this method of course for toxic crystals.

Brown rice is really super awesome for cleansing your crystals. But a few things I want to point out about this are some sources in the past have reported that after you cleanse your crystals on the rice, it's a really good and healthy nutritious snack to eat the rice afterward, cook the rice and eat it. Please, never eat the rice. Because obviously, if you're cleansing your crystal, all that energy -- to the rice. And if that energy is being removed because it's not for your highest good, like the last thing on Earth you'd want to do is then eat that rice. So definitely skip the eating of the rice. Once you've cleansed some crystals on the rice, you can probably use the same bed or rice for about a month or so. If you're doing some really intense cleansing, maybe a week or two tops. But just make sure to cook it and compost it because you don't want to put raw rice out in the compost pile because if animals it eat, it can really upset their stomachs, or birds can even get really sick from eating the raw rice.

Smudging is probably one of my favorite ways to cleanse crystals. But if you do have people with asthma or people that are really fragrance sensitive, you're going to want to be careful of the smudging because of the smoke that's involved with it. So just be cautious of that.

Moonlight's actually probably one of the safest ways to cleanse your stones because it's not going to be detrimental in any way. You don't have to have -- by the way although some people really like to take their crystals and put them outside and do that sort of thing. It's not necessary. If you just have them somewhere in a window where they'll get some moonlight even if it's not direct, that's totally sufficient. The one thing that I will say about this is if you leave your crystals in the moonlight for too long and you go through a few cycles of sunlight, then you could have a problem with the fading that I talked about earlier. So just watch that.

Sound is fantastic if you use something like singing bowl to cleanse your crystals, and you're placing the crystals inside of the bowl, it's really only best to do that with tumbled stones because, say, you've placed a crystal cluster or point, then the vibration of the bowl could actually chip the crystal and you definitely don't want that. So just be cautious of using sound that you're not chipping the crystals in any way.
Burying your crystals is a really intense method of cleansing. So this is something you'd -- much effort. One tip I read in a really wonderful book called Teach Yourself Crystal Healing, which is a fantastic book, had a really cool tip which was bury the crystal in like a terracotta or earthenware pot because it's much easier to go back and find. And that way you're not losing your crystal. Because if you bury your crystal in one place, it won't necessarily end up in the same place when you go to dig it back up.

Here is a link to that book, Teach Yourself Crystal Hearing, where that tip is from. It's definitely a very, very good tip. You can even mark the surface of the soil where you put the terracotta or earthenware pot with like a small flag or something like that just so it's easy to retrieve later.

You can also use the light in location. Now this is kind of like a little mantra or affirmation that Dale Walker created. It goes like this, "I invoke the light of the god with -- light is my guide." That's in your manual. Dale says you can replace the work 'god' with whatever floats your boat, whatever makes you comfortable. If you just want to say 'universal source energy' or 'great spirit' or goddess, or whatever fill in the blank type of terminology you'd like to use, that's completely fine. But it's really about creating purpose and intention to cleanse your crystal. And there's really no downside to this, which is really nice. It's a very simple and quick thing to do.

The same with the cleansing visualization because this is visualization-based, it's really simple and very effective with the exception of people who have a hard time with visualization. If this is not a strong point for you, you likely aren't going to have very good luck with this technique simply for the fact that you're having a hard time maintaining that conscious intention that's so important for it to be effective.

Okay. I'm going to pop back over to the chat box again. Oh, and Jen says that is a cool book. Yeah, I really like that one. Okay. Oh, and Faye says, "Love that light invocation." Yeah, it's very, very cool. Dale is like one of my major crystal mentors. I've been lucky enough to study with him over, and over and over again, and spend a great deal of time with him. He even did some research. He said that it doesn't matter what language you say that light invocation in, that intention still comes through which is really cool. So I like that sort of thing for something that's being spoken, like a mantra, affirmation.

Okay. So let's keep going in because I don't see any new questions. Oh, yeah, Jen says Reiki is another great method. Reiki can be used to cleanse your crystals, to charge your crystals. It's such just amazingly pure energy. And sometimes I wish I were an Usui Reiki master so that I would have a little bit more of that skill. But I'm like, I don't know, I'm just so absorbed with just crystals that I feel like I'm always putting my attention to learning new things just on the crystal therapy and I don't get as much into some of the other modalities I'd like to. But, yeah, Reiki would be a great option.
Okay. I do see a couple of questions here. "Is it best to use metal singing bowl rather than using like a crystal singing bowl?" Absolutely, yeah. You probably want to use a metal singing bowl if you're putting the crystals inside. Otherwise, for the sound healing, you can use tuning forks, you can use crystal singing bowl, you can use tingshas, whatever you prefer, it's totally fine.

Jody says what are my thoughts on the smudge sprays or sage sprays made with essential oils for cleansing. I actually really like those because they're really quick and easy. So, again, you just have to be mindful of anyone around you who's fragrance sensitive. The other thing is because they are made with water and a little bit of essential oil, you do have to be careful just like you would using water if you have any crystals that could possibly melt away over time. Although the smudge spray is a lot lighter -- submerging in water would be. Sometimes the oils can leave a little bit of a residual residue. So if they are then going to make contact with someone's skin, you just want to make sure that it's really, really, really well diluted and that you don't have someone with an allergy, or that you've actually physically washed the crystals off after that. Just something to be mindful of.

And yes, Ginny, you can definitely use crystal Reiki for cleansing your crystals also.

And Dolcy asks, "How do you keep the color of opals bright?" She stores them in water. But once she makes jewelry, because she don't want to seal them with resin. You know what, sometimes, with the opals, most jewelers recommend that you put them in water overnight. I think it's once every one to two months. Just overnight to help keep them from cracking and help them stay really vibrant. I've done that with some of my other crystals to help the rainbow stay in them. I don't know if you guys know that tip. But if you have a crystal with a rainbow in it, if you soak it in water overnight, it helps the rainbow stay strong in there because it's little water molecules that have gotten absorbed between the plains of the crystal molecules that makes that rainbow appearance. So you can actually soak them in water and that's what you would do for opals also. And if you have some jewelry, I think overnight's probably going to be fine on most jewelry as far as the metal goes. But I wouldn't keep it in there all the time like you said after that.

The best cleaners from removing essential oils, I think, are usually alcohol-base. So if you just use a little bit of rubbing alcohol in a spray and then wipe it clean with a soft, damp cloth, that's usually the best for getting that residual essential oils off of your stones.

Let's see. Any other questions that I missed here. I love all the conversations that's happening back and forth. I think that's the best part of being in live classes like this. It's getting to do that.
Okay. Sharon says, "A -- did an interview with a guy. He did an interview on some strange experiences with crystals." Do I have the link? I do have the link and it wasn't Turner. Let me get that link for you really quick. Yeah. The person I did the interview with is Bruce Conway. The interview is all about his experience with Randal and Vicky Beyer who I'm going to mention briefly when we get to the bit on programming. Here's the link for you. He talked all about some really interesting and chained experiences that he had with crystals it's a really worthwhile interview to check out if you're interested in that sort of thing.

Okay. So now that I'm caught up in questions, let's pop back over to our slide show. We just have a couple left, so it shouldn't be too much longer, maybe about 15 minutes or so and then I'll stick around for a couple minutes for some more questions.

Okay. So charging crystals. Now, I'm actually of the mindset now and I used to not be this way but I really don't feel like charging crystals is actually necessary. I think maybe every once in a while if you have a crystal that you feel like just is not working quite the same way for you, then it might be worth the try. But I normally feel like a good cleansing takes care of that. And there's really no reason to have to charge a crystal because I think they take care of that on their own. They will naturally charge themselves. But if it's something you're interested in doing, there are lots of different methods of doing that, they are all listed here and you can actually look up the specifics of how to use those methods for charging in the manual. It's similar to cleansing except instead of removing energy, you're putting universal energy back into the crystal itself, that's the idea. Kind of filling them back up.

Now, programming your crystals. This is where we get to that bit about Randal and Vicky Bayer. So programming is consciously guiding a crystal to receive and store your chosen platforms. So this could be feelings, visual images, symbols, emotions, prayers. It's basically putting an affirmation or intention into a stone to help that stone know exactly your purpose for using it. So it's usually something that you do for personal use that you wouldn't necessarily program a crystal for someone that you're using in a healing session, and if you can think you can program it. So if you have a thought or an idea or something that you want to manifest into your life, you can program a crystal to help you with that. When you're programming, you always want to program something in the positive. So instead of I don't want to be sick anymore, you would program something like I have whole and perfect health, something like that. So you want to keep it framed in the positive affirmation statement for you and your crystal. And then you can use visual images or symbols or like sensory experience to put that thought into the crystal as strongly as possible.
Now, when you cleanse the crystal, it will cleanse any energy out of the stone but it will not remove the program. If you want to remove the program, then that's something that you have to consciously ask for. Just like you consciously put the program in, you have to consciously take the program out. I have a really simple blanket statement which is, I wish to remove all prior programming from this crystal. And that would get rid of the program.

Randal and Vicky Bayer were kind of the first people to talk about crystal programming, and they had the thought that for each crystal that you program, that crystal should only have one program or one purpose. And the reason is, if you have one quartz crystal and you program it to do 20 things, then that crystal's attention is divided, right? And by having the crystal focus on just that one thing, then you're really setting yourself up for success because the crystal is just working toward that one purpose. So like 100% of its energy is going toward that one purpose rather than being divided between a lot of different purposes. And here's a link to one of the books by Randal and Vicky Bayer, and there's some really interesting stuff about them. Again, go ahead and watch that interview with Bruce Conway if you're interested in learning more about all the weird types of things that happened with them. Really interesting stuff. And I know Faye did a lot of research into that at one time and it's just super exciting. I mean if you want like a crystal healing thrill ride of a story, kind of a soap opera, that is the story to look up but very, very, very interesting.

So Sunshine asks, "Is it all right for a crystal shop to program the crystals for her or would it be better to do it personally?" Sunshine, it's always best to do your own programming because only you know what you really want and you're going to be very clear about what your purpose and intention right for you. If someone else does it for you, they might have a different idea about what that program looks like. So maybe you want to manifest more abundance into your life and for you that mean getting a higher paying position with the company that you work for. Well maybe they weren't that specific in their program and instead that manifested in a different way instead of what you were hoping for. And of course we always need to be open to what the universe is offering us but at the same I really think the more personal the connection you can create with that crystal and that program the better off you're going to be. Yeah, very good question but I think a personal program is always preferable, the one exception I think to programming for someone else is if you're parent and you want to help program a crystal for one of your children. But I think it's best to really involve them in the process if that's possible.
Okay. And that takes us to crystal changes. Now, some people have reported observing actual physical changes in their crystals over the time. I personally never had this experience so it's -- to relate to it but I hear it from people all the time. Their crystal grew cloudy or their crystal's more clear, or their crystal has a dark spot, or it's opaque, or it's shiny and filled with rainbows now and it wasn't before, or it's changed color. There's so many things like that about crystals that lots of people have experienced it. I think it's super interesting. And so what I always recommend to people is keep a journal about those changes, note the major things that are happening in your life when you experience that change in your crystal and see if you can find a connection. This can include broken crystals as well. My very first crystal teacher taught me that when a crystal breaks it means it means that it wants to be in more than one place at one time. So it actually wants to be divided between two places or two people, so maybe that you need to gift part of that crystal.

Okay. And now it takes us to a few of the correspondences. So there are some astrological correspondences here. Again, I won't read all of these to you but this is based on your zodiac sign. So depending on your birth date, this is how you find what this crystal is. So I do have a little poll, I think. Actually maybe it wouldn't let me do that poll. It wouldn't let me do that poll. Sorry about that. I was going to ask everyone what their sign was and what their zodiac crystal was but it wouldn't let me put 12 options. It stopped me at 10, so unfortunately we can't do that. But if you feel the urge, feel free to write your astrological or your crystal in the chat box and share with everybody, sing it loud and proud. I'm a Sagittarius so my stone according to the zodiac correspondences is a turquoise. Now, all of the zodiac signs obviously have connections to different planets and so there are also these planetary -- for me as a Sagittarius, I would want to look up my corresponding planet which is Jupiter so I could see that my planetary stones would be amethyst, lapis, bloom sapphire . So these can be used to help enhance positive astrological events that are occurring right now or neutralize the effect of some of the more difficult events like when Mercury goes retrograde. You might want to try wearing some Mercury stones to help put your energetic vibration more in line with that of Mercury so that you don't experience the full force of Mercury retrograde which I know many of us can relate to.

Then there are also the birth stones, and these are not the same as the zodiac stones. So these are based on our birthday. According to the zodiac the birthstones are based on our birth month. These were created in the 1930s to help get people to buy more gems. So you can see in the zodiac stones, some of these stones are a little bit less expensive than the birthstones. The traditional zodiac stones even included things like onyx and petrified wood and sardonyx and things that were not very, very pricey. But the birthstones are all precious and semi-precious gems. It was this fun new thing in the 1930s to get people interested in buying jewelry and gems and so that's where the birthstones came from.
And a lot of these are based on the zodiac stones and some are based on some planetary correspondences so that there is a little bit of a seaming connection there. But now, it seems people are familiar with birthstones than they are with their zodiac stone. And for most people, the zodiac stone is more beneficial than the birthstone would be.

And there's a little piece I don't think I've shared with anybody yet. I did put this on Pinterest but here's some of the birthstone meanings. If you're interested in that, please feel free to go to that little link because I did post this little chart on that blog post as well. So you're welcome to save that chart to your Pinterest or you can print it out for a nice quick reference if that's helpful for you.

And then there are also, in your manual on page 37, some numerological correspondences. Some people actually calculate the numerology value of a stone based on the name of that crystal. And it say that the stone vibrates to a specific number. Melody is probably the most well-known for doing this and so her book The Love Is In The Earth book actually gives a numerological correspondence to each stone. I've included a few of the most common crystals in your manual and what their number frequency is just in case you're interested in that. I've actually not found any really valuable purpose for that information as far as crystal healing goes other than it's just neat. I guess if you're really super new in numerology, you might want to choose stones that have the same vibration rate as, say, the numerological value of your name or your birthdate or something like that. So there could definitely be benefit there. I'm just not as into numerology to feel that connection. But if you are, this would be a really cool thing to look at.

Okay. And then here's those elemental correspondences. You can see we have the earth, air, fire and water, and there's some stones listed under each. And these stones connect with those elements based on their properties. So earth element stones are going to have a lot to do with grounding and protection; whereas, fire energy stones are going to be about creativity and motivation; air element stones are going to be more about the mental capabilities, so thinking and decision-making; and then water stones are going to be more about the intuition and emotions. So you could kind of see how these crystals fit in with their different correspondences. So when you go back to again your zodiac sign, you might also want to consider, for example, I'm a Sagittarius that's a fire sign so if -- stone that could help enhance the properties of my zodiac sign that are good firey and maybe I'd want to wear a water stone to help balance some of those firey attributes that aren't so good, like our famous Sagittarian tempers, that kind of thing.
Okay. I'm going to quick check-back and then we just have two more slides left, so we're almost done. But I just want to check the chat because I want to make sure that there are no questions I missed. See here. Oh, no Jen just informed us Mercury goes retrograde again on September 17th. I will not look forward to that but I will cope, so maybe get some of those planetary stones ready because that's coming in just a couple of weeks. Awesome. Oh my goodness. Look at all those signs and stones you guys put in, you're great. Fantastic.

Okay. Let's see here. Yes. And Dolcy says other cultures have different sets of birthstones, there's also like Vedic astrology stones that are completely different. This is from just Western, Western Astrology, Western birthstones. But yeah, that's a very good point, Dolcy. And actually, there's a great website if you want to get a free Vedic reading done and what your best birthstones would be. I think it's astrogems. Yes, it is. Okay. So this is super cool. So you can actually get a free Vedic gem analysis at astrogems.info or astrogems.com. So here's a little link. You can go right to that link and get your free gem analysis. It's really cool. You put in your name and your birthday. I think it takes them a couple of days to get it to you but you put in your name your birthday and your birth time, I believe, and then also I think where you were born and you get those whole report emailed to you on what gems would be best for you according to Vedic astrology which is really, really neat and it's totally free which is even better. Super cool stuff. So definitely check that out.

Okay. And maybe a Reiki master would be able to answer this if there are any in the house. I think maybe Janice. "Do you have to be a Reiki master to use Reiki to cleanse stones or can you just be Reiki practitioner?" My guess would be you could just be a Reiki practitioner but again I'm not a master myself I wouldn't want to speak to that.

Oh, yeah. So Faye brings up an important point in the chat here about that Vedic gem analysis. The whole point of them doing the gem analysis is they want to sell you a ring or a bracelet for several thousands of dollars with all your amazing gems in it. You don't obviously have to buy that but it's really cool to get the analysis and then you can pick the stones up as you find them if you wanted to create a little Vedic gem kit to yourself which is kind of cool. Or by all means if you really want to get a fancy Vedic arm cuff with all of your Vedic gems in it for your astrological sign and that's kind of cool too.

Okay. Thank you so much for clarifying, you do not have to be a Reiki master to use Reiki to cleanse your stones. Awesome.

Okay. So why don't we go ahead and finish up our last couple slide and then I'll come back for some questions. So just a little bit about combining crystal healing with other modalities. Crystal healing can be combined with Reiki like we talked about last night. I don't think we need to go necessarily back to that again.
If you're interested in that, there's a great class called Using Crystals with Reiki on my website. It's a meeting class. It's really, really, really inexpensive. I think it's like $15, so especially with your 25% off will go super fast.

Combining aroma therapy with crystal healing is actually also really interesting. You can use safe stones, of course non-toxic stones, and you can actually put them in your essential oils to enhance the essential oils by infusing them with the property of that stone. For example if you have rose oil and you wanted to infuse it with a rose quartz, that would be amazing because you're getting then the energy of the oil and the crystal together. One thing that I do want to talk about with this, anytime you're talking about using crystals in that manner with a liquid where you're going to be applying it topically or if you're making in the case of a jam essence or elixir, taking in internally, you just want to make sure that you're using stones that are safe. So here is a link to the crystal caution list on our website. If you don't have the link because you're watching this recording, you can go to the homepage, hover over 'resources.' Then when you get the drop down menu, click on 'crystal caution list.' And these gives many, many, many crystals that you need to be cautious with using and then explains why you need to use caution with them.

Now, you don't necessarily want to take the list completely at face value. I'm updating it and adding things all the time, so it's not the end all be all. Just because you don't a crystal list there doesn't necessarily mean it's safe. So you always just want to use your best judgment and when in doubt it's best just not use the crystal in that way instead. You can be sure to be safe. So that's one way to use the crystals though is to actually use them in the bottle of essential oil and then use that oil for aroma therapy because it's been charged with a crystal energy.

Another thing that you can actually do is if your client is agreeable and you're trained enough in aroma therapy to know what you're doing, you can use some deluded essential oils to anoint your crystals and place those on different energy centers in the body to help stimulate relief or whatever it is that you're trying to do, whatever your ultimate goal is. But you do always want to use deluded essential oils, you don't want to use them straight when they're going to make contact with the skin, and you need to use proper delusion proportions when you're doing that. So if you don't have very much experience or training with that, it may serve you well definitely to take some classes or read up on that and educate yourself a little bit before trying that out. And especially, you don't want to do that on clients if you don't have proper training.
And then the last phase in massage, in reflexology which we touched on a little bit when we talked about the different shapes and styles of wands. This is really a huge benefit to your client because they are getting the outcome and benefit from the massage or reflexology session itself plus the added crystal energy which really makes this powerful combination that's super healing and helpful for many people.

Just some points to remember. Healing is always based on your intent to heal. You want to make sure you stay in the present moment because that's when you're really going to be able to act as a clear channel for this energy. You always want to work for the highest good of all. The big key to crystal healing is having that positive clear focused intention when we're using our crystals and then trust your intuition. Let yourself be guided by the crystal energy and by your own inner knowing. Trust yourself. Again, everything that we've covered last night and tonight is really just a spring board for you to like start opening up your own connection with crystals because that's what I want to encourage and motivate everyone to do.

So with that being said, I would turn back over the chat box. I'll answer any last questions that you may have maybe for about 5, 10 minutes. And then after we do questions, if you missed out an opportunity to ask something that you really wanted to know, please feel free to email me I'm always happy to answer. And if there's anything -- after class, I will compile that into an FAQ and upload it to the class materials for each of everybody along with that updated suggested reading list and any little bonuses.

Okay. Oh, awesome. Jen, thank you so much. So Jen put a nice little link to correspondence between your zodiac sign and what element that is. Fantastic. Thank you. Thank you. And let's see if I missed anything else. I'm just going to scroll through the chat really quick.

Okay. Joan says her son has autism, any certain stones? So Joan, there are definitely a few that I'd recommend. I would recommend a combination of aqua marine and lepidolite to help bring calm and reduce anxiety. I know that that can be a big problem sometimes, feeling a lot of outside fear energy because many people on the spectrum are really -- others around them, and that can result in a lot of anxiety because there's a lot energy that's being experienced that's not their own and that can be very difficult. So aqua marine and lepidolite, great for that. Also blue lace agate and rose quartz just for helping to maintain calm balance and feel really safe and secure are few excellent stones. And then some rainbow fluorite for helping with focus. Because depending on where someone is on the spectrum, I know focus can also be a difficult thing to maintain and so using that rainbow fluorite, definitely helpful. And then maybe some stones to help me a little bit more grounded because I personally think a lot of autistic people are really, really high consciousness beings.
And so by having some petrified wood or black obsidian or in a smoky quartz, something nice and earthy to bring that energy back down to the physical can be really helpful too. I hope that that helps. It's just a shortlist.

Jackie says charoite is also great for autism. Thanks, Jackie. And if anyone else knows a couple things or has experience and wants to pop up a few suggestions in, that's always awesome. Did anyone else have any other questions, anything that you hoped that we'd touch on tonight that we didn't chance to or anything like that? I hope the new format worked, having the manual page right on the slides so you can look through as you're going through class. This video will be available tomorrow probably as the streaming and then like I said hopefully by Monday, Tuesday of next I'll have the download files all ready to go for you guys, so you could download the new video files and have those.

Stones for ADHD. Definitely, again, the rainbow fluorite for focus, that's a huge one and then I would really recommend something for the solar plexus. I think a lot of people with ADHD, at least in my experience, really struggle with finding their own personal power and it's really about getting caught up in so much of what -- losing focus because they're not within their own place of power, and so citrine or pyrite can be helpful for that. I hope that helps, Sharon. Okay. And Jen says also lepidolite for ADHD. Awesome. And you find sodalite and lapis to be helpful and fluorite again to be another. Perfect.

And any crystals for multiple chemical sensitivities. Debbie, definitely a rose quartz really helps with sensitivities and allergies of all kinds, and also serpentine. Serpentine can help boost your immune system so that some of those things don't affect you quite as much as they would on a normal day.

And how often can you keep a grid up or should you change it often? So Dolcy, this is a really good question. It depends if it's a short term grid for short term purpose like manifesting something into your life or a long term grid and a grid that you'd like to set up to create a certain type of energy. So really depends on your purpose and if it's working or not. So if you set up a long term grid and you find it's not only working so well, you might want to try switching that up, trying some different crystals until you find the right mix of things that works for you. So there's really no setting stone and time period of how long you can leave something up but it is always good to reactivate it once in a while to keep the intention and energy strong and also to reaffirm your personal connection with that grid.

Are there any references in how to pronounce many of the crystals? That's a really good question, Jaime. I'm not sure if mindat has that on there but they just might, so let me look really quick at just one example. I'm normally interested in the lot of the other info on mindat. It doesn't look like give a key for pronunciation.
I'm not really not sure if there are any, Jamie. I think just talking to a lot of different about crystals, you start to hear the words more and more. Yeah, I wish I knew a good reference. If anyone else has one, please do feel free to share that though.

Yeah. Dolcy says many books have it. A lot of the more scientific books have it. The New Age ones -- properties don't usually have that kind of thing listed in there but a good field guide or reference book may have something like that. I'm not quite sure what [inaudible 02:34:59] live source though.

And let's see. Can I quickly explain the difference in my crystal grid classes I'm offering in my site. Sure, Rachel, absolutely. So there's one class that's part of the CCH program, that's a standalone class where we just talk about all the ins and outs of grid making and give a few examples, and that kind of thing. And talk about some really specialty things that might influence your grid. Then there's a three-part series which is the whole program called the Sacred Stone Grids program and that really dives deep into the sacred geometry of crystal grids and building upon that slowly into these really intense grid formulas and recipes. It's a totally different system. So they're very different. I think, if you want more of a broad perspective of crystal grids in general, the one class is good, if you really want to dive deep into the sacred geometry hows and whys of crystal grids and that sort of thing, then the three-part series would be more for you.

And Dolcy says, "What about house grids, do you need to switch the stones?" Only if they're not working. If they're working, just leave them up and you can just cleanse of smudge the crystals as needed. Okay, great. And Dolcy says she uses blood stone for chemical sensitivities. Super good idea too. That's a great one. Great suggestion.

Okay. Let's see. Okay. An aqua marine for allergies is another suggestion from Debbie. Awesome, thank you.

Okay. "Any guidelines for crystal healing working with clients before you're certified?" My thing is make sure you have the clear focus intention, that you're working for the person's highest good and jump right in, because it's really experience that builds these skills more than anything else. These classes give really, really good foundation but you need the hands-on work to accompany that. I think waiting until you get your certification at the end of the program isn't really the most beneficial thing. If you take this little piece that you learned today and yesterday and you start working with that and then you take the next piece of information from the next class and you incorporate that, you can really build upon your knowledge in a way that's going to serve you and your clients a lot better than waiting until the end because you'll have practice with each thing as you go rather than trying to rush and cram it all in at once. I think taking that step by step is important.
And whether or not you want to charge for those sessions is up to you. If you're a student and you're getting practice and you don't feel comfortable charging yet, then don't. But if you really need to get paid for your time because that's something that you need to support yourself while you're -- to an alternative career path, then by all means it's perfectly acceptable to charge for your sessions. Just be upfront with your clients and let them know, hey, I'm still a student. I'm still learning so I really appreciate your feedback or any advice or tips you have for me, that kind of thing. But whether or not to charge is completely up to you.

Each person has their own set of circumstances. I know there are a lot of people that feel that healing shouldn't be charged for, should always be given freely. I really do personally think there should be an exchange of energy based on what you can do at that time in your life and what that person can do you at their time of your life and their life and whether or not that's a good fit for you. And you have to maybe look at that on a case-by-case basis at first until you know where your comfort level is. A lot of people use a sliding scale so that people get help no matter what their income level and that sort of thing.

And let's see. Okay. Looks like that's all the questions for now, so thank you all for coming. I'm sorry we went so much over on time but I really appreciate your patience in sticking with me when I got the technical glitches sorted in the first part of class. And just for being here, you know, it's really this interaction between everyone that makes the live class so much fun and so beneficial for everyone who watches these videos in the future. So I really, really am so grateful to all of you, all of you who are just chatting away and sharing your experiences as part of the community that I'd really hope to create with everyone. If you're not a member of the Facebook group and you want to join, send me an email. I'll invite you over because we have this conversations all the time which is really fun and you get to ask other people for advice and tips and tricks and their experience and share what you know. It's a really, really cool place to be.

So thank you all so, so much. I had a blast. The recording that you can stream online should be up tomorrow and then the downloadable files by Monday or Tuesday. I'm super looking forward to it. If you think of a question later, please do email me. I'll put together an FAQ handout for some of the after class questions that came in. And just thank you again, thank you, thank you. I hope you all have a beautiful night and a great holiday weekend. Thanks and good night.