

Creating a Personal Crystal Mandala **2 CE Units**



Gems Color Spectrum by Michaela Stejskalova via DreamsTime

In this class, you will be guided through the process of building a crystal mandala for personal healing. The course will begin with a brief introduction to the healing properties of colors. Then, you will be given step-by-step guidance on selecting and interpreting crystals for each section of your personal crystal mandala including: your personal crystal, wealth crystal, astrological crystal, relaxation crystal, healing crystal, elemental crystal, love crystal, success crystal, protection crystal, and meditation crystal. You will also be shown how to activate your crystal mandala, how to use your personal crystal mandala for clearing your energy field and re-charging your personal power, and how to use your mandala for tapping into the Earth's crystalline grid. Each student in the group will also use their chosen crystals to take part in a Crystal Mandala Group Meditation Exercise.

Prerequisites: Basics of Crystal Healing

THE HEALING PROPERTIES OF COLOR:

“Colour is a subconscious language, it is all around us and affects our behaviour on many levels – emotionally, physically, and psychologically” (Simon Lilly & Lillian Verner-Bonds from Crystal & Colour Healing page 69).

When creating your crystal mandala, take notice of any colors that may be predominant or lacking within the mandala. Predominant colors may represent areas of your life in which the positive traits are very balanced, whereas the negative traits of colors lacking in your mandala may represent parts of yourself that you do not want to acknowledge or that may need work.

The following was compiled from Crystal & Colour Healing by Simon Lilly & Lillian Verner-Bonds (pages 79-97).

RED:

Positive Traits: Expanding, Resolute, Fighting, Vigorous, Diligent, Appreciative, Reviving

Negative Traits: Brutal, Lecherous (Lustful), Prejudiced, Harsh, Bullying, Obstinate, Dishonorable, Devastating

ORANGE:

Positive Traits: Active, Lavish, Tender, Unselfish, Liberal, Brave, Genial (Friendly), Vital

Negative Traits: Indolent (Slothful), Arrogant, Gloomy, Domineering, Free-Loading, Deceptive, Vain

YELLOW:

Positive Traits: Alert, Fresh, Unprejudiced, Incisive, Fair, Speedy, Sharp, Honest

Negative Traits: Evasive, Cynical, Faithless, Preoccupied, Superficial, Hasty, Critical, Imprecise

GREEN:

Positive Traits: Stable, Discreet, Sensible, Fruitful, Benevolent (Kind), Tolerant, Talented

Negative Traits: Unstable, Suspicious, Bitter, Unmindful, Greedy, Bland, Undependable, Disappointed

BLUE:

Positive Traits: Wise, Serene, Virtuous, Sacred, Reflective, Peaceful, Harmonious, Faithful

Negative Traits: Foolish, Feeble, Emotionally Unbalanced, Malicious, Egoistical, Unresponsive, Dishonest, Ruthless

INDIGO:

Positive Traits: Devout, Discerning, Organized, Optimistic, Tenacious, Pure, Compliant

Negative Traits: Faithless, Immoderate, Authoritarian, Submissive, Puritanical, Obsessed, False

VIOLET:

Positive Traits: Serene, Magisterial (Regal), Altruistic (Selfless), Noble, Personal, Artistic, Boundless, Mystic

Negative Traits: Hostile, Merciless, Spiritually Haughty (Superior), Self-Important, Depraved (Corrupt), Snobbish, Dictatorial

BLACK:

Positive Traits: Abundant, Beneficially Strong, Creative, Idealistic, Secretly Wealthy

Negative Traits: Void, Destructively Strong, Troublesome, Superior, Despairing, Constrained

WHITE:

Positive Traits: Unspoiled, Unsullied, Comprehensive, Benevolent, Truthful, Concordant (Agreeable)

Negative Traits: Dirty, Secluded, Barren, Harsh, Rigid, Unsuccessful

GOLD:

Positive Traits: Faithful, Mature, Enlightened, Abundant, Lenient, Achieving

Negative Traits: Doubtful, Cynical, Mistrusting, Obstructive, Sullen, Misfitting

SILVER:

Positive Traits: Revealing, Contemplative, Impartial, Astute, Flowing

Negative Traits: Deceitful, Disconnected, Slippery, Inauthentic

GRAY:

Positive Traits: Well-Versed, Sane, Authentic, Reputable, Spartan (Frugal or Self-Disciplined)

Negative Traits: Destitute, Carping (Critical), Dispirited, Ill, Miserable, Depressed

PINK: Emotional healing, love, friendship, harmony, affection, nurturing, comfort, self-love and acceptance

With this Crystal Mandala, “you have the ‘code’ for balance, harmony, and self-expression in your life. Each crystal embodies a certain purpose that is just for you, and channels more energy for you to use. As this takes effect, you will discover more things about yourself and move towards other realizations” (Teresa Moorey from Your Crystal Code page 14).

Choosing stones for and creating your mandala are ways in which you can connect with your stones on a deep, personal level. TEAL: Emotional healing, emotional protection, peace and calming

BROWN: grounding, peace, calming, protection

CRYSTAL MANDALAS:

YOUR PERSONAL CRYSTAL:

“Perhaps the most important of your crystal choices is your [Personal] Crystal. Not only is it an expression of the real ‘you’ but it also represents your potential as a person” (Teresa Moorey from Your Crystal Code page 16).

SUGGESTED STONE CHOICES:

- Citrine
- Bloodstone
- Garnet
- Labradorite
- Moonstone
- Moss Agate
- Ametrine
- Aquamarine
- Sunstone
- Blue Quartz

SELF-DEVELOPMENT VISUALIZATION:

PLEASE NOTE: This visualization has been adapted from Your Crystal Code by Teresa Moorey.

First, make yourself comfortable in a place where you will not be disturbed. Hold your personal crystal in your receiving hand and become familiar with its energy. Visualize a crystal deva or spirit materializing from the physical stone and taking hold of your hand. Visualize the crystal deva in detail and ask the deva for any information that may help you in your personal evolution. Graciously accept any messages given to you, but do not yet try to decipher their meanings. When you feel ready, thank the crystal spirit for the information and visualize the spirit returning to its physical stone body. Slowly come back to conscious awareness. When you feel ready, record your experiences in a journal. It is best to repeat this visualization at least once per month to gain insight to use on your path of personal evolution.

YOUR WEALTH CRYSTAL:

“Depending on your personality and circumstances, you will have your own specific requirements with regard to money. Some people are very good at managing or acquiring money; other are not” (Teresa Moorey from Your Crystal Code page 30).

SUGGESTED STONE CHOICES:

- Jade
- Golden Tiger’s Eye
- Aventurine
- Bloodstone
- Green Calcite
- Chrysoprase

To help you enhance prosperity and abundance (or to reduce spending, wear a bracelet made of your wealth crystal stones. Let the bracelet act as a reminder to budget wisely and draw prosperity energy into your auric field throughout the day.

YOUR ASTROLOGICAL CRYSTAL:

Your astrological crystal can act as a personal talisman and stone of personal power. “Depending on your star sign, you will have three major crystals that are appropriate for you: a ruling crystal (like a ruling planet), a sun sign crystal (like a birth stone), and a moon sign crystal” (Ken & Joules Taylor from Crystals: For Health, Home, & Personal Power). The ruling stone enhances the positive attributes and balances the negative attributes of each sign. The sun sign stone acts to help in the day-to-day life of a person with that particular sign and is representative of the user’s sun sign. The moon sign stone acts to balance the attributes of the sun stone and is representative of the user’s moon sign.

The following list of stone correspondences is from Crystals: For Health, Home, & Personal Power by Ken & Joules Taylor (pages 80-127).

ARIES:

Ruling Stone: Ruby

Sun Stone: Imperial Topaz

Moon Stone: White Marble

TAURUS:

Ruling Stone: Emerald

Sun Stone: Amber

Moon Stone: Desert Rose

GEMINI:

Ruling Stone: Clear Quartz (especially Double-Terminated crystals)

Sun Stone: Citrine

Moon Stone: Apophyllite

CANCER:

Ruling Stone: Moonstone

Sun Stone: Aragonite

Moon Stone: Silver

LEO:

Ruling Stone: Golden Tiger’s Eye

Sun Stone: Gold

Moon Stone: Diamond

VIRGO:

Ruling Stone: Clear Quartz (especially polished egg shapes)

Sun Stone: Petrified Wood or Opalized Wood

Moon Stone: Stilbite or Milky Quartz (also known as Snow Quartz)

LIBRA:

Ruling Stone: Chrysoprase

Sun Stone: Pyrite

Moon Stone: Selenite

SCORPIO:

Ruling Stone: Serpentine

Sun Stone: Sulfur or Golden Beryl (Also known as Heliodor)

Moon Stone: White Opal

SAGITTARIUS:

Ruling Stone: Blue Sapphire

Sun Stone: Rutilated Quartz

Moon Stone: White Calcite

CAPRICORN:

Ruling Stone: Jet

Sun Stone: Yellow Jasper

Moon Stone: White Chalcedony

AQUARIUS:

Ruling Stone: Kunzite

Sun Stone: Brown Zircon or Chialstolite (also known as Andalusite or as Cross Stone)

Moon Stone: Optical Calcite

PISCES:

Ruling Stone: Black Opal

Sun Stone: Tiger Iron

Moon Stone: White Aragonite

Alternative Ruling Stones:

Capricorn - Red Garnet, Amber, Black Onyx, Emerald, Peridot, Amethyst, Ruby

Aquarius - Amethyst, Rainbow Fluorite, Bloodstone, Pumice, Mica, Turquoise

Pisces - Blue Lace Agate, Blue Kyanite, Aquamarine, Amethyst, Blue Tourmaline

Aries - Diamond, Pyrite, Smoky Quartz, Red Jasper, Clear Quartz, Carnelian

Taurus - Emerald, Rhodonite, Rose Quartz, Peridot, Carnelian, Pink Tourmaline

Gemini - Citrine, Moonstone, Moss Agate, Pumice, Mica, Golden Tiger's Eye

Cancer - Ruby, Red Jasper, Sunstone, Amethyst, Aquamarine, Blue Tourmaline

Leo - Peridot, Carnelian, Golden Tiger's Eye, Red Jasper, Clear Quartz, Garnet

Virgo - Blue Sapphire, Galena, Magnetite, Emerald, Peridot, Citrine, Carnelian

Libra - White Precious Opal, Black Obsidian, Wulfenite, Pumice, Mica, Aquamarine

Scorpio - Yellow Topaz, Chrysoprase, Malachite, Amethyst, Aquamarine, Moonstone

Sagittarius - Turquoise, Jet, Labradorite, Red Jasper, Clear Quartz, Sodalite

YOUR RELAXATION CRYSTAL:

"Your relaxation crystal will help you to unwind in the way best suited to you" (Teresa Moorey from Your Crystal Code page 44).

SUGGESTED STONE CHOICES:

- Aquamarine
- Golden Calcite
- Pink Calcite
- Red Jasper
- Lepidolite
- Rhodochrosite
- Rose Quartz

To relieve tension, use a massage wand made of your relaxation crystal on tense, tight areas of your physical body. Alternatively, you may want to use a small tumbled stone held over your Third Eye Chakra during a quiet meditation to induce a relaxed state of mind.

YOUR HEALING CRYSTAL:

“Crystals can be of great help in maintaining the inner harmony and balance that means health. True health is not merely an absence of disease, but a positive state of vitality and pleasure in life” (Teresa Moorey from Your Crystal Code page 58).

SUGGESTED STONE CHOICES:

- Amber
- Blue Calcite
- Chrysoprase
- Black Tourmaline
- Rainbow Fluorite
- Malachite
- Moonstone
- Carnelian
- Turquoise
- Smoky Quartz
- Rhodonite

PLEASE NOTE: This visualization has been adapted from one in Your Crystal Code by Teresa Moorey.

Use your Healing Crystal daily to send self-love to your physical, mental, emotional, and spiritual bodies. To begin, place your Healing Crystal over your heart chakra and send loving energy to yourself while in a meditative state. Visualize the deva or spirit of your crystal taking form as an energy being. Visualize this being performing healing on you, tending to your needs. When you feel whole and healed, visualize the crystal being returning to its physical stone body. Slowly come back to conscious awareness.

YOUR ELEMENTAL CRYSTAL:

Your elemental crystal is representative of you as a person. This crystal may be chosen based on the element that you feel most personally connected with, or it may be the element that is representative of your Zodiac sign. It may also be a stone that balances the element that corresponds to your Zodiac sign.

Aries: Fire

Taurus: Earth

Gemini: Air

Cancer: Water

Leo: Fire

Virgo: Earth

Libra: Air

Scorpio: Water

Sagittarius: Fire

Capricorn: Earth

Aquarius: Air

Pisces: Water

EARTH: This element represents stability, abundance, and growth. The main elemental crystal is Petrified Wood. Other corresponding stones include Coal, Malachite, Carnelian, Red Jasper, Emerald, Rainforest Jasper, Chrysocolla, Serpentine, Agate, and Peridot. The energies of this element are balanced by that of the Air Element.

AIR: This element represents change, new beginnings, and intellect. The main elemental crystal is Rainbow Fluorite. Other corresponding stones include Celestite, Pumice, Azurite, Blue Apatite, Lepidolite, Turquoise, Blue Kyanite, Blue Sapphire, and Mica. The energies of this element are balanced by that of the Earth Element.

FIRE: This element represents vitality, creativity, and personal power. The main elemental crystal is Black Obsidian. Other corresponding stones include Red Jasper, Amber, Rhodochrosite, Lava Rock, Fire Agate, Red Spinel, Citrine, Diamond, Heliodor, Obsidian, and Clear Quartz. The energies of this element are balanced by that of the Water Element.

WATER: This element represents the emotions, intuition, and love. The main elemental crystal is Aquamarine. Other corresponding stones include Amethyst, Opal, Larimar, Pearl, Blue Lace Agate, Amazonite, Aquamarine, Moonstone, Selenite, and Blue Tourmaline. The energies of this element are balanced by that of the Fire Element.

YOUR LOVE CRYSTAL:

“Love is top of the list of ‘wants’ for most of us. We all need to be needed, we all want to feel part of something warm and close” (Teresa Moorey from Your Crystal Code page 72). Your Love Crystal will help to bring love energy into your life in a healthy and balanced way.

SUGGESTED STONE CHOICES:

- Rose Quartz
- Amber
- Amethyst
- Lapis Lazuli
- Emerald
- Angelite
- Golden Calcite
- Hematite

You may choose to use your Love Crystal in a crystal bath or in a crystal elixir applied over the Heart Chakra to bring balanced love energy into your life (both self-love and love from others).

YOUR SUCCESS CRYSTAL:

“Success means different things to different people, and your own definition of ‘success’ may well vary throughout your life, depending on times and situations” (Teresa Moorey from Your Crystal Code page 86).

SUGGESTED STONE CHOICES:

- Green Aventurine
- Carnelian
- Citrine
- Hematite
- Lepidolite
- Sodalite
- Sunstone
- Red Tiger’s Eye

To attract luck and success, you may want to consider creating a crystal grid out of your Success Crystals. After activating your grid, you may want to meditate with it, focusing on bringing success into your life. To enhance the meditation, you may also choose to light a green or gold candle and place it near your crystal grid.

YOUR PROTECTION CRYSTAL:

“Most crystals have protective qualities because their calming and balancing influence has a beneficial effect on the environment. However, your Protection Crystal is intended to do more than that and can strengthen your inner and outer defenses by adding its energy to yours” (Teresa Moorey from Your Crystal Code page 98).

SUGGESTED STONE CHOICES:

- Bloodstone
- Carnelian
- Garnet
- Jade
- Red Jasper
- Jet
- Labradorite
- Lapis Lazuli
- Malachite
- Snowflake obsidian

To use your protection crystal, place the stone on your Crown Chakra and visualize a cone (or pyramid) of protective energy creating a shield around your physical and energetic bodies. Alternatively, you may want to prepare a crystal bath with the stone and visualize yourself soaking up the protective crystal energy.

YOUR MEDITATION CRYSTAL:

“Meditation is an altered state of consciousness in which your mind has access to inspiration and insight, or a means to experience a oneness with the world that is very healing and uplifting” (Teresa Moorey from Your Crystal Code page 114).

SUGGESTED STONE CHOICES:

- Amethyst
- Ametrine
- Azurite
- Green Aventurine
- Clear Quartz
- Celestite
- Selenite
- Black Obsidian
- Sodalite
- Rhodochrosite

You may choose to use your Meditation Crystal in any of the meditations or visualizations we have covered throughout the course (or in a way of your own). As always, it is suggested that you keep a meditation journal to track your results.

CREATING & ACTIVATING YOUR CRYSTAL MANDALA:

The following is by Teresa Moorey from Your Crystal Code (pages 130-131).

“A mandala is a circular pattern, which is a symbol of wholeness. The analytical psychologist, Carl Jung, discovered that the mandala is a powerful symbol in the growth of self-awareness because it signifies the entirety of the human psyche in perfect balance. A person who is complete has their emotions, physical sensations, thoughts, and spirituality in harmony...The sight of the mandala is an inspiration towards this state.

When you lay out your crystals in this circular, mandala formation you are sending a strong message to your subconscious that you are in harmony internally and with the world around you. Setting out a mandala shape is a small ritual that brings peace.

To arrange your mandala at its best you will need all your crystals to be a similar size. If you were to have one very large, another as a wand, another as a ball or pyramid, and the remainder as tumblestones, the appearance of the mandala would not be as satisfying. You will also need a stone or large pebble that you have picked up on a walk, and found especially attractive. This is placed at the center of the mandala. Alternatively, you could use a pair of Boji stones, since these are very grounding. However, these are not easy to obtain. Another good stone for the center is Staurolite or Fairy Cross. These are twinned crystals that form a cross and so symbolize the four elements air, fire, earth, and water in balance.

When laying out your mandala for the first time, make sure that you feel relaxed and harmonious... Start by placing your stone, Boji Stones or Staurolite in the center of what will be your mandala. Locate the approximate position of north and place your protection crystal here since earth is linked to protection and grounding. Opposite, in the south, put your success crystal, because success links to your own personal ‘sun’ shining brightly. In the east, the direction of sunrise, place your [Personal] Crystal since air is linked to self-expression. In the west, home of healing water, place your Healing Crystal.

Now place your [Wealth] Crystal in the northeast, as it partakes of solid cash (earth) and abstract figures (air). Put your love crystal in the southeast, where it has the heat of fire and the mobility of air. Place your Relaxation Crystal in the southwest, moving towards the peace of water but retaining the playfulness of fire. Put your meditation crystal in the northwest linking the healing energies of water and the protection of earth. Meditation is a very inward and mystical pursuit, and north is a very special direction...because it is the dark and mysterious quarter of the sky.”

Finally, create an inner mandala by placing your Zodiac Crystals and Elemental Crystal around your center stone. To the east of your center stone, place your Ruling or Sun Sign Stone, and to the west, place your Moon Sign Stone. To the north of your center stone, place your Element enhancing stone, and to the south, place your Element balancing stone.

Once all of your stones have been placed, activate the mandala, similar to the way you would activate a crystal grid. Point a Quartz Laser Wand toward the northern most crystal (your Protection Crystal) and connect the outside circle of stones in a clockwise direction (until reaching the northern stone again). Then, activate the inner mandala circle by beginning at the northern most crystal (Elemental activating stone) and connect the crystals in a clockwise direction (until reaching the northern stone again).

USING YOUR MANDALA TO CLEAR & RE-CHARGE YOUR ENERGY FIELD:

The following is by Teresa Moorey from Your Crystal Code (page 131).

“Your mandala is a thing of beauty and a personal affirmation of your inner harmony and development. Lay it out whenever you feel the need to rebalance yourself or go inwards. Gaze at it, reflect for a while and experience peace.”

Once your mandala has been set up and activated, sit before it, gazing at each stone. Beginning with the northern most crystal in the outer circle (your Protection Crystal), remember why you chose this specific stone and what it means to you. Moving in a clockwise direction, do the same for each of the remaining stones in the outer and inner circles of your mandala. Take a few moments to breathe in the healing, balancing energy of the stones in order to re-charge your aura. When you feel ready, thank your stones and know that you can return to your mandala at any time for a quick pick-me-up.

TAPPING INTO THE EARTH’S CRYSTALLINE GRID:

The earth is a crystalline planet, and as such, is covered with a crystalline lattice, or grid, of crystal energy. This grid can “be accessed and utilized by highly evolved souls to propel them forward in accomplishing their planetary service work and contracts with Spirit” says Bill Austin of HealingHolograms.com. To tap into this energy (to send energy to the earth while, at the same time, receiving energy from it), place each of your chosen stones in a circle around your physical body. Make yourself comfortable and focus on your breathing.

Envision a ray of Universal, healing, white light beaming down into each of your personal crystals, absorbing their colored rays, and then continuing down to the core of the Earth. This will anchor your crystal mandala to the Earth’s crystalline grid, creating a sacred space. Now, visualize the Rainbow Rays of light being sent from the core of the earth directly into your etheric body, filling your subtle body with colored, healing light. You are now tapping into the Earth’s crystalline energy, creating a resonance with your own crystalline energy body. This resonance results in a higher vibrational energy body and aids in moving you along the path of spiritual ascension.

It is suggested that you perform an Earth healing meditation after tapping into the Earth to show your appreciation and gratitude for the energy exchange that has taken place. This meditation is most effective when utilizing two Chrysocolla stones or one Azurite stone and one Malachite stone.

Earth Healing Meditation

Sit or stand in a comfortable position with the soles of your feet flat on the ground (no shoes please). Center yourself; begin to attune yourself to the earth’s energy (you may wish to use a picture or some other symbol).

Begin circular breathing. Breathe in healing white universal light through your root chakra. See the light traveling up your chakras to the crown chakra. Exhale the light through your crown chakra back down to the basal chakra and breathe in the light again. Imagine the light like a wave. Imagine this wave of light moving in and out of your body like the tide. Now, expand the light so that it is a continuous loop of healing energy moving through your ethereal and physical bodies.

Imagine your chakras opening. Begin at the base chakra and picture a red swirling vortex of energy. Focus your attention on making this red energy very bright. Next, move up to the sacral chakra and imagine an orange energy vortex. Proceed through the chakras in this manner using yellow light at the solar plexus, green and pink at the heart, blue at the throat, indigo at the third eye, and violet at the crown.

Pick up your stone(s) (or place them in front of you) and begin to focus your energy on earth-healing. Imagine the earth being covered with trees and flowers, with beautiful, flowing rivers, and being in a great state of health. Imagine it surrounded by white, healing light. Begin to further connect yourself to the earth by focusing on the two crystals. Start to pull in white healing light energy through your crown chakra. Next, imagine your legs and feet turning into roots and growing deep into the earth. Begin to transfer the white light from your crown, down through the chakras, and through your legs, out the roots, and into the earth.

Focus your attention on energizing the earth and on sending it love and healing light. Thank the earth if you wish. Spend some time sending these healing energies while continuing your circular breathing.

When you feel you are ready, imagine the roots loosening from the earth and resuming being your legs. Slowly come back to conscious awareness.

CRYSTAL MANDALA GROUP MEDITATION:

Use a large generator crystal for the center of the array and have each participant build a “spoke” of the mandala (so that it is similar to a wheel). Each participant should use intuitively selected stones that they feel represent themselves in the mandala. After the mandala has been constructed, each participant should lay with their head in alignment with their corresponding “spoke.”

To begin, you should be sure that you are grounded and centered. Then, visualize a golden lotus blossoming at your heart chakra. Once it opens, see a bubble of light being released from within its petals. The bubble expands until it surrounds your body. You feel yourself becoming lighter and the bubble begins to ascend, carrying you through space to the center of the universe. This universal center shines with the light of all that is. You look around you and see all the other participants in their bubbles. The bubbles of each participant expand until they all merge and become one. The universal light surrounds and fills the bubble, causing it to grow and expand. When it is filled to capacity, the bubble bursts, but you are in control; you do not fall.

For a moment, you bask in the light of all that is until it becomes a pillar of light (in alignment with your body). This pillar reaches from the center of the universe to the center of the crystal mandala. You travel down the pillar into the crystal that is at the center of the crystal mandala. Once you arrive at the crystal, you walk inside of it as if it is a crystal cave. You may find information or guides here that can answer any questions that you have of the universe. Once you have obtained this information, you look around you to see the other participants have also made their way to the inside of the crystal. The participants form a circle inside of the crystal and join hands. Each recognizes all of the others as the divine beings that they are. You then travel back through the pillar of light out of the crystal and back into your conscious awareness.

Crystal Mandala Meditation Layout:

