Emotional Healing with Crystals & Stones

With Ashley Leavy of the Love & Light School of Crystal Energy Medicine
www.LoveAndLightHealingSchool.com
The Emotional Body

- usually considered to be the second or third layer of the aura
- found between one and six inches away from the physical body
- connected to the Sacral Chakra and relates to emotions, feelings and experience
- allows us to express our current state of consciousness
- constantly changing due to the constant changes in one's mood and emotional state
- able to store your past emotional trauma and wounds so it’s very important to keep this energy body clear of emotional debris and negativity because our emotions can trigger our thoughts and, since thoughts are things, our thoughts, in turn, create our reality. Holding this emotional debris within our energy body affects us on a deep, energetic level and often surfaces as physical disease.

- Crystals can aid us in releasing unwanted “emotional baggage.” If we utilize crystals to aid us in releasing our emotions, then we are free to experience our emotions so that we may move forward and remain free from dis-ease.
Carnelian Layout to Balance Negative Emotions

- PLEASE NOTE: This exercise has been adapted from the original found in “Crystals for Healing: A Practical Illustrated Handbook” by Simon & Susan Lilly.
- Use on a regular basis to keep energy body clear from negativity
- Aids in releasing any anger or depression & acts to reduce frequency that these emotions are felt
- Can be done on yourself or on someone else (may lace stones on photograph).
- Cleanse all crystals
- Place tumbled Carnelian stones: 1 between the feet, 1 between the calves, 1 next to each elbow, 1 at the Heart, 1 above the head
- Feel the energy of the stones
- Visualize yourself in a state of peace (free from all negative emotion)
- Visualize all negativity leaving your body
- See an Orange Healing Light emanating from the Carnelian stones and surrounding your body, accumulating at your Sacral Chakra and creating emotional balance and stability (there is no longer room for low-frequency emotions to be stored here)
- Slowly come back to conscious awareness and remove the stones in the opposite order in which they were placed.
Crystal Forgiveness Exercise

- Choose a stone from the list of suggested crystals
- Hold the stone in your receiving hand and place it over your Heart Chakra
- Visualize the person whom you would like to forgive (it may even be yourself) and re-play the situation that has caused you to want to heal this part of yourself (See the situation play out like a movie)
- Allow yourself to feel any unresolved emotions
- Focus your attention on the crystal and feel its compassionate, loving energy until you begin to feel all negative emotions clearing from your energy body
- Focus on your breathing and feel the energy of the crystal pulse in your hand along with your breaths
- Continue the exercise until you intuitively feel that the energy has been cleared and you feel a sense of forgiveness and compassion
- Be sure to cleanse the stone thoroughly after this exercise

**Crystals to Facilitate True Forgiveness:** Blue Lace Agate, Chrysoberyl, Moonstone, Rhodochrosite, Apache Tear, Rose Quartz, Rutilated Quartz, Eudialyte, Selenite, Sugilite
Opening the Heart Chakra:

• If you have experienced emotional trauma or wounds to your emotional body, it is common that you may close your heart in an effort to protect yourself from future hurt. However, this is not always beneficial, as you cannot truly experience compassion, love, and empathy if your heart is closed.

• First, ask yourself the reason you may have closed your heart in the first place. What happened in your life that caused you to shut down your emotional center?

• Make yourself comfortable and focus on your breathing

• Intuitively choose a crystal that makes you feel safe and protected. Place this crystal over your heart and feel its energy at your chest

• Imagine a shimmering, green light emanating from the crystal and into your heart

• See this energy move throughout your whole body until your body is filled with green light

• Visualize this energy glowing brightly around your body and moving out into the universe

• Feel yourself being connected to the universe through this light. Through this light, you are able to feel love for all beings in the universe

• Visualize all of the beautiful beings in the universe and hold compassion and love in our heart of reach of them

• Your heart is now open and full of love. To keep it open, but fully protected, imagine your crystal turning into an ethereal flower at your heart chakra. See it slowly closing, one petal at a time, until its petals surround and protect your heart chakra.
Owning Your Emotions

- **You will Need:** Fresh/Dried flowers or rice, a large plate or tray, some small tumbled stones (each representing a different emotion)

- It is important to acknowledge **ALL** feelings; it is healthy to “feel” all types of emotional states (never condemn your feelings); Experience emotions fully helps them to be released whereas suppressing emotions causes emotional pain (and can inhibit spiritual growth and cause dis-ease)

- Spread the fresh/dried flowers or rice out on your plate or tray

- Select one crystal to represent your complete emotional balance (i.e. you at your best, acting for the highest good of all beings) and place it among the flowers or rice in the center of the tray. Reflect on this stone and what it represents; see yourself completely balanced and in touch and in harmony with all of your emotions – see yourself as a whole, complete emotional being

- Assign an emotion to each of the remaining stones. Remember, all emotions, even those that are perceived to be negative, are necessary for our complete well-being, so be sure to include emotions such as anger, fear, and sadness as well as happiness, peacefulness, and joy

- Place each stone, one at a time, around the outside of the tray while visualizing yourself feeling that particular emotion. Be sure to use sensory cues to truly envision and “feel” these emotions (i.e. see it, smell it, taste it, touch it, and hear it).

- Now, visualize all of these stones being energetically connected to the central stone through beams of white healing light. See the central stone taking on the energy of the other stones. Once the central stone has been filled with the energy of the surrounding stones, see it radiating complete, whole, balanced energy back toward each of the surrounding stones (transmuting the “negative” or unbalanced emotional energy)

- You may now choose to leave this grid set up, or to take it down and carry the stone(s) with you as a daily reminder of the importance of emotional wholeness.
Owning Your Emotions

Central Stone (representing emotional balance)

Additional stones representing the various “positive” and “negative” emotions

Rice or flowers on tray

Central Stone (representing emotional balance)
Layout for Emotional Release

- Used to facilitate deep emotional release - works especially well for releasing suppressed emotions

- Cleanse all crystals

- Can be done on yourself or on someone else (may lace stones on photograph)

- Place a Smoky Quartz point between the feet (pointing downward to draw any negative energy or emotional debris out of the body and send it to the earth to be transmuted into positive energy)

- Place a Citrine crystal over the Solar Plexus Chakra (pointing toward the toes)

- Place a tumbled Rose Quartz crystal over the Heart Chakra (or a Heart Shape)

- Place a tumbled Amethyst crystal over the Third Eye Chakra

- Place a Clear Quartz point over the head (at the Crown Chakra) pointing down toward the toes
Layout for Emotional Release

- Feel or “tune in to” the energy of the crystals

- Visualize a healing white light entering the Crown Chakra and moving toward the Earth. As it moves, visualize it removing any debris that has collected in the Emotional body. See the entire body becoming clear and free from negativity. See any emotional debris leaving the body through the feet and moving into the Earth to be transmuted into positive energy

- Remain within the crystal layout for an additional 10 to 20 minutes

- Slowly remove the crystals in the opposite order in which they were placed

- Cleanse the crystals immediately after using and have a glass of water and a light snack to help re-ground
“The heart chakra is the center of many of the body’s energies and this is where we feel emotional hurt. This simple layout of stones will relax and ease any unexpected emotional upsets. It is also beneficial when used on a regular basis to prevent stress building up.

Place a small rose quartz on the heart chakra in the center of the chest.

Surround the rose quartz with four clear quartz crystals with points initially facing outwards. This will help to release stress.

Place a pointed citrine or smoky quartz over the second chakra below the navel with its point downwards. This will have a gentle grounding and stabilizing effect and will also help to release any of the more long-term stresses that might be lodged in this center.

Place an amethyst crystal in the center of the forehead. This will help to calm the mind and will encourage a degree of mental detachment from any emotional recall.

Lie in this calming layout for five to ten minutes or until you become aware of a feeling of relaxation and balance.”
Healing with a Rose Quartz Bath

- This exercise allows you to bathe in self-love until your emotional body is energetically balanced and healed
- Draw yourself a nice, warm bath
- Place (at least) 1 tumbled Rose Quartz crystal (or carved heart) into the bath water (essential oils, candles, or incense optional)
- Ease yourself into the bath water being sure not to step on (or sit on) any of the Rose Quartz crystals
- Rub the bath water over your body while visualizing any emotional trauma being removed and healed by the energetically-infused water
- Visualize absorbing the Love energy from the water into each part of your body (see this energy as a pink light coming from the stones, into the water, and then into your physical body)
- See yourself glowing with the pink light of self-love and emotional healing as the energy is absorbed by your body
- You may remain in the bath for as long as you like as your emotional body is now balanced and whole.
Emotional Balance with Rose Quartz & Blue Lace Agate

- A balanced Heart Chakra will allow you to experience your emotions in a healthy way so that they can easily be dealt with and then let go of instead of leaving energetic imprints on your emotional body.

- Place **NINE** rough Rose Quartz stones around the body from the waist up (one above the Crown Chakra, one near each ear, one near each shoulder, one near each elbow, and one near each hip).

- Place a tumbled Rose Quartz Stone and a tumbled Blue Lace Agate over the Heart Chakra (or heart shaped stones if you prefer). The energies of the Rose Quartz and Blue Lace Agate are complementary and balance the energy at the Heart Chakra.

- Remain in this layout for 10 minutes or until you intuitively feel your Heart Chakra has been balanced. You may perform this energetic “tune-up” as often as you feel is necessary.
Healing the Inner Child

- Emotional trauma can also stem from experiences we may have had as children, so healing the inner child is also important for emotional healing.

- **Suggested Stones:** Smithsonite (Pink or Blue), Larimar, and Sugilite

- Select a stone from the suggested list and be sure that you are in a place where you feel comfortable and safe

- Relax your body and focus on your breathing

- Holding your chosen crystal, begin to see yourself as you are now; visualize your emotional body complete with all of the emotional wounds that it has carried over from childhood.

- See this version of yourself grow younger and younger until you are a small child.

- Visualize another version of yourself that is free from any emotional hurt. Become this new version of yourself, free from any wounds of the emotional body, and send pink light (full of love and compassion) to the “child” version of yourself. Continue to send this pink, healing light until it completely surrounds your inner child.

- Visualize the child’s aura being repaired and the emotional wounds being healed until this version of yourself is whole and healed.

- Now see these two versions of yourself merging and becoming one complete, whole, healed being.
Repairing Emotional Trauma

- Emotional trauma can occur in this lifetime or can be carried over from past lives. It is important to help heal our emotional body so that we can live a positive, healthy life free from any “emotional baggage.” Emotional healing cleanses our aura on a very deep level.

- Be sure that you are in a place where you feel comfortable and safe.

- Relax your body and focus on your breathing.

- Holding a Rose Quartz crystal, see yourself as you are now; visualize your emotional body complete with all of the emotional wounds that it may have.

- Visualize another version of yourself that is free from any emotional hurt.

- Become this new version of yourself, free from any wounds of the emotional body, and send pink light (full of love and compassion) to the “wounded” version of yourself. Continue to send this pink, healing light until it completely surrounds the wounded you.

- Visualize the aura being repaired and the emotional wounds being healed until the old version of yourself is whole and healed.

- Now see these two versions of yourself merging and becoming one complete, whole, healed being.
Treating Emotional Crisis

- It is common for people to have emotional reactions to any crystal healing or other energetic therapy session. This is typically the result of a great emotional release and is a sign of a positive healing breakthrough. However, it is important to know how to handle these experiences as they can leave one feeling intense emotional states while they are occurring.

This is a fairly advanced practice, but it has been included in this course because it is important to know how to manage this type of situation if it does occur.

PLEASE NOTE: This exercise comes from the book, “Crystal Awareness” by Catherine Bowman (pages 90-91).

1. Have the person lie on their back on the healing surface
2. Touch the Crown Chakra with your index finger of the hand connected to the intuitive portion of your mind (your receiving hand).
3. Verbally instruct him/her to visualize with you the closing of the purple-colored petals associated with this center. Your energies combined with the person’s will cause this closure to occur instantly.
4. Repeat the same touching and visualizing with the third eye’s indigo petals and the throat’s blue petals. These actions should shut down the energy in the person’s spiritual centers.
Using Stones for General Emotional Healing

- Choose a stone from the list on pages 10-12 of your course manual (be sure it pertains to your specific issue)

- "Sit holding an appropriate crystal – which can be placed against the chakra connected to the problem – while concentrating on breathing deeply and evenly. Picture the troublesome emotion or mental problem flowing into the earth beneath your feet and being replaced by soothing energy from the crystal" (Judy Hall – Crystal Prescriptions page 46).