In this class, you will learn techniques for clearing and releasing energy blockages from within the emotional body. Topics covered in the course will include how crystals affect emotions, crystal techniques to treat anger and depression, a crystal forgiveness exercise, crystal techniques to open the heart chakra, methods for emotional grounding and releasing suppressed emotions, calming the emotional body with the Heart Chakra Layout, healing the emotional body with the Energy Net Layout, a method for healing the emotional body with a Rose Quartz bath, an emotional balance technique using Rose Quartz and Blue Lace Agate, an exercise for healing the inner child, a Rose Quartz visualization exercise to repair damage caused by emotional trauma, and crystal techniques for managing an emotional crisis.
HOW CRYSTALS AFFECT EMOTIONS:

What is the Emotional Body and Why Does it Need Healing?

The emotional body is usually considered to be the second or third layer of the aura (found between one and six inches away from the physical body) and is connected to the Sacral Chakra and relates to emotions, feelings and experience. This layer of the aura allows us to express our current state of consciousness. The Emotional Body is constantly changing due to the constant changes in one’s mood and emotional state. However the Emotional Body is also able to store your past emotional trauma and wounds. It is 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 dis-ease.

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.

TECHNIQUE TO TREAT ANGER, DEPRESSION, & OTHER “NEGATIVE” EMOTIONS (HEALING THE EMOTIONAL BODY USING THE ENERGY NET LAYOUT):

PLEASE NOTE: This exercise has been adapted from the original found in “Crystals for Healing: A Practical Illustrated Handbook” by Simon & Susan Lilly.

It is best to use this layout on a regular basis to keep the energy body clear from negativity. It aids in releasing any anger or depression that you may be feeling, but it also acts to reduce the frequency in which these emotions are felt.

Before you begin, be sure that all crystals have been cleansed. This exercise can be done on yourself or on someone else. If you have trouble placing the crystals on your own body, you may use a picture of yourself or another representation on which to lace the stones.

Begin by placing a tumbled Carnelian stone between the feet, followed by one between the calves. Next, place one next to each elbow, followed by one at the Heart, and then one above the head. Once all the stones have been placed, take a moment to become acquainted with the energy of the crystals. Visualize yourself in a state of complete peace and calmness. See yourself as being free from anger, sadness, etc. Visualize all negativity leaving your body. Now, see an Orange Healing Light emanating from the Carnelian stones and surrounding your body. See the Orange Light accumulating at your Sacral Chakra, creating emotional balance and stability; as it fills this emotional center, there is no longer room for low-frequency emotions to be stored here. Once you can clearly visualize this center filled with Orange Light, you may slowly come back to conscious awareness and remove the stones in the opposite order in which they were placed.
PLEASE NOTE: Banded Agate may be substituted for Carnelian in this layout.

CRYSTAL FORGIVENESS EXERCISE:

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

To begin, choose a stone from the list above. 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.
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. To open the heart again, you must 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? After determining the reason for closing this center, you should 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 the energy move throughout your whole body until your body is filled with green light. Then, 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 your 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.

EMOTIONAL GROUNDING:

PLEASE NOTE: This exercise is from the book, “The Crystal Healer” by Philip Permutt (page 132).

Sit on the floor with your legs crossed or in any other comfortable position. Hold a piece of Hematite in your hands. Contemplate the stone. Touch it and feel its textures and contours. Look at it and then close your eyes and picture it in your mind’s eye. Do this several times. Bring your awareness to the point of contact between your body and the ground. Let any weight and tension you are carrying sink down through your body and flow out of you into the earth. It can help to imagine that you are a plant – the upper part of your body is light, free and flexible like the stem and the leaves. The lower part is weighted and connected with the ground like strong, sturdy roots. To finish, open your eyes and very slowly, stand up.
RELEASING SUPPRESSED EMOTIONS (2 METHODS):

1. Owning Your Emotions:

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

It is really important to acknowledge all of our feelings and to know that it is healthy to “feel” all types of emotional states. We should never condemn our feelings. We should instead experience them so that they can be released. Suppressing our emotions will only cause us emotional pain which can inhibit our spiritual growth and cause dis-ease within our energy bodies.

Spread the 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. When you are ready, 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. You may now choose to leave this grid set up, or to take it down and carry the stone with you as a daily reminder of the importance of emotional wholeness.

2. Layout for Emotional Release:
This full-body crystal layout can be performed to facilitate deep emotional release. This exercise works especially well for releasing suppressed emotions.

Before you begin, be sure that all crystals have been cleansed. This exercise can be done on yourself or on someone else. If you have trouble placing the crystals on your own body, you may use a picture of yourself or another representation on which to lace the stones.

Begin by placing a Smoky Quartz point between your feet pointing downward – this will draw any negative energy or emotional debris out of your body and send it to the earth where it can be transmuted into positive energy. Next, place a Citrine crystal over your Solar Plexus Chakra with the point facing toward your toes. Then place a tumbled Rose Quartz crystal over your Heart Chakra...
followed by a tumbled Amethyst crystal over your Third Eye Chakra. Finally place a Clear Quartz point over your head (at your Crown Chakra) pointing down toward your toes.

Once all the stones have been placed, take a moment to become acquainted with the energy of the crystals. Then, begin to visualize a healing white light entering your body through your Crown Chakra and moving toward the Earth. As it moves, visualize it removing any debris that has collected in your Emotional body. See your entire body becoming clear and free from negativity. See any emotional debris leaving your body through your feet and moving into the Earth where it can be transmuted into positive energy.

Once you feel clear of emotional debris or residual energy from stagnant, negative emotions, you should remain within the crystal layout for an additional 10 to 20 minutes. When you feel ready, you may slowly remove the crystals in the opposite order in which they were placed. Clear the crystals immediately after using and have a glass of water and a light snack to help ground your energy.

USING THE HEART CHAKRA LAYOUT TO CALM THE EMOTIONAL BODY:

PLEASE NOTE: The following is from “Crystals for Healing: A Practical Illustrated Handbook” by Simon & Susan Lilly (page 50)
“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.

1. Place a small rose quartz on the heart chakra in the center of the chest.
2. Surround the rose quartz with four clear quartz crystals with points initially facing outwards. This will help to release stress.
3. 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.
4. 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 THE EMOTIONAL BODY WITH A ROSE QUARTZ BATH:
This exercise allows you to bathe in self-love until your emotional body is energetically balanced and healed.

Begin by drawing yourself a nice, warm bath. Place at least one tumbled Rose Quartz crystal into the bath water and, if you like, you may add a few drops of Lavender Essential Oil to the water. You may also light a candle if you so choose. Ease yourself into the bath water being sure not to step on (or sit on) any of the Rose Quartz crystals. Begin to 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. As the energy is transferred into your body, see yourself glowing with the pink light of self-love and emotional healing. You may remain in the bath for as long as you like as your emotional body is now balanced and whole.

BALANCING THE EMOTIONS 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 seven 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 breast, one near each elbow, and one near each hip). Then place a tumbled Rose Quartz Stone and a tumbled Blue Lace Agate over the Heart Chakra. 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.

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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. Smithsonite, Larimar, and Sugilite work very well for this type of healing.

To heal the inner child, you must first select a stone from the above list and be sure that you are in a place where you feel comfortable and safe. Begin to 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. Now, 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 WITH ROSE QUARTZ:

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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, but this process is made easier through the use of crystals.

To begin, be sure that you are in a place where you feel comfortable and safe. Begin to relax your body and focus on your breathing. Holding a Rose Quartz crystal, begin to see yourself as you are now; visualize your emotional body complete with all of the emotional wounds that it may have. Now, 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.

TECHNIQUES FOR 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.
Directory of Stones for Emotional Healing:

PLEASE NOTE: This list has been adapted from several sources including “Crystal Prescriptions” by Judy Hall, "The Essential Crystal Handbook" by Simon & Sue Lilly, and "The Book of Stones" by Robert Simmons & Naisha Ahsian.

Emotions, General: Pink Stones, Lapis Lazuli, Rose Quartz – Use at the Solar Plexus Chakra or at the Heart Chakra

Emotional Abuse: Rose Quartz, Pink Carnelian, Pink Agate, Honey Calcite, Dioptase, Okenite – Use at the Sacral Chakra or at the Heart Chakra

Emotional Amplification: White Precious Opal – Use at the Sacral Chakra or at the Crown Chakra

Emotional Attachments: Chrysocolla, Holly Blue Agate – Use at the Root Chakra or at the Solar Plexus Chakra

Emotional Baggage: Pink or Yellow Stones, Petalite, Aquamarine – Use at the Solar Plexus Chakra

Emotional Balance: Adularia, Green Calcite, Red Jasper, Malachite, Rainbow Moonstone, Thulite – Use at the Sacral Chakra or at the Heart Chakra

Emotional Black Hole: Dioptase – Use at the Higher Heart Chakra (between the Heart Chakra and the Throat Chakra)

Emotional Blackmail/Guilt: Fuchsite – Use at the Solar Plexus Chakra

Emotional Blockages: Yellow Stones, Kunzite, Kyanite, Malachite, Rose Quartz, Blue Tourmaline – Use at the Solar Plexus Chakra

Emotional Blockages from Past Lives: Lepidoliote – Use at the Past Life Chakras (behind the ears)

Emotional Body Healing: Ajoite, Andalusite, Apache Tears, Aqua Aura Quartz, Smithsonite, Blue Topaz – Use at the Solar Plexus Chakra or at the throat Chakra

Emotional Bond in Relationships: Diamond – Use at the Heart Chakra

Emotional Bondage: Lapis Lazuli – Use at the Solar Plexus Chakra

Emotional Burn-Out: Tiger Iron – Use at the Heart Chakra

Emotional Conditioning: Rose Quartz – Use at the Solar Plexus Chakra or at the Third Eye Chakra

Emotional Dependency: Lepidolite – Use at the Root Chakra
Emotional Debris: Kunzite, Crocoite, Ruby – Use at the Solar Plexus Chakra

Emotional Distress: Ametrine – Use at the Solar Plexus Chakra or at the Past Life Chakras

Emotional Dysfunction: Watermelon Tourmaline – Use at the Higher Heart Chakra

Emotional Exhaustion: Apatite, Kunzite, Amethyst, Aragonite, Lepidolite, Azurite (especially combined with Malachite), Magnesite, Orange Carnelian, Seriphos Green Quartz – Use at the Root Chakra, the Sacral Chakra, or at the Solar Plexus Chakra

Emotional Healing: Amegreen, Apache Tears, Aragonite Star Clusters, Blue Aragonite, Green Aventurine, Pink Calcite, Colorless Calcite, Eudialyte, Gaia Stone, Rhodolite Garnet, Gaspeite, Hemimorphite, Heulandite, Kunzite, Lepidochrosite, Lepidolite, Ocean Jasper, Common Pink Opal, Rhodochrosite, Rose Quartz, Pink Rubellite Tourmaline, Brown Dravite Tourmaline, Variscite – Use at the Heart Chakra or at the Higher Heart Chakra

Emotional Hooks: Sunstone – Use at the Solar Plexus Chakra

Emotional Manipulation: Pink Carnelian – Use at the Sacral Chakra, the Solar Plexus Chakra, or at the Third Eye Chakra

Emotional Pain: Pink Tourmaline, Watermelon Tourmaline – Use at the Higher Heart Chakra

Emotional Paralysis: Staurolite – Use at the Higher Heart Chakra

Emotional Patterns: Moonstone, Epidote – Use at the Root Chakra or at the Solar Plexus Chakra

Emotional Perception: Blue Aragonite, Turquoise – Use at the Throat Chakra or at the Third Eye Chakra

Emotional Polarities: Ajoite – Use at the Heart Chakra

Emotional Protection: Common Black Opal, Common Brown Opal – Use at the Root Chakra or at the Solar Plexus Chakra

Emotional Recovery: Green Opal, Lapis Lazuli, Chrysocolla – Use at the higher Heart Chakra

Emotional Release: Jade – Use at the Root Chakra, Sacral Chakra, or at the Solar Plexus Chakra

Emotional Resilience: Imperial Gold Quartz – Use at the Solar Plexus Chakra

Emotional Shock: Rhodonite, Tree Agate – Use at the Heart Chakra
Emotional Soothing: Cavansite – Use at the Sacral Chakra or at the Heart Chakra

Emotional Stability: Lepidolite, Rhodochrosite, Pallasite Meteorite, Halite, Sunstone, Topaz, Heliodor, Epidote, Kyanite, Smithsonite, Dumortierite, Sapphire, Sodalite, Charoite, Lepidolite, Rhodonite, Rose Quartz, Pietersite, Marble, Clear Quartz – Use at the Root Chakra

Emotional Strength: Amethyst, Rose Quartz – Use at the Heart Chakra

Emotional Stress: Kunzite – Use at the Solar Plexus Chakra

Emotional Tension: Fuchsite, Moonstone – Use at the Solar Plexus Chakra

Emotional Trauma: Amazonite, Amethyst, Aqua Aura Quartz, Rose Quartz, Mahogany Obsidian – Use at the Solar Plexus Chakra

Emotional Turmoil: Charoite, Pink Mangano Calcite – Use at the Root Chakra

Emotional Wounds: Blue-Green Smithsonite, Charoite, Rhodochrosite – Use at the Higher Heart Chakra

TO USE THE ABOVE STONES FOR EMOTIONAL HEALING: “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 form the crystal” (Judy Hall – Crystal Prescriptions page 46).