**Crystal nets to help during this time of Lockdown**

**Caz Donovan’s selection using Sue and Simon Lilly’s book The Practical Guide to Crystal Healing**

**Dowse how long to stay in each net – don’t forget to cleanse crystals.**

**Grounding**

1. Dark coloured stones such as red, brown, black or metallic are used for grounding. Make sure any points are pointing down and/or away from you. A simple grounding exercise is to sit on a chair for 5 minutes with a piece of tourmaline under the chair, holding a piece of smoky quartz in each hand.
2. Another is to lie down for 5 minutes with one smoky quartz between feet pointing down, one quartz above the head pointing up and a piece of either lapis lazuli or turquoise on your brow.

**Subtle Layers**

3. When layers have blocks, energy from the Universe is unable to flow through them to the physical body. Crystal healing techniques can clear problems from these layers. Use intuition to choose your crystal. Breathe – focus on root chakra – choose a crystal for the root. (alternatively dowse for the crystal). Repeat for the other chakras. Then lie down and place your stones on the appropriate chakras for about 5 minutes. Remove stones from your head down.

* root chakra helps to ground and dissipate the build-up of excess energy, to combat fear and will release anger
* sacral for repair
* solar plexus chakra is the primary site for addressing the anger state and is key to releasing. It is here that issues of control of personal power and maintenance of order are dealt with
* heart chakra is important when anger is the result of an imposition on personal space. The heart helps calm aggravated states.
* throat for communication and expression
* brow for perception and intuition
* crown for connection

4. The Seal of Soloman is a 6 pointed star using 6 quartz crystals. These are placed – one above your head, two either side of your upper arms, two either side of your thighs and one between your feet. When the points are pointing away from the body this releases imbalances and clears tension. But when the points are turned towards the body this will re-energize and restore equilibrium. Lie down for 5 minutes with the points facing out. Then turn the stones with the points of the crystals inward and lie for a further 4 minutes. If either of these cause some discomfort, change the direction the crystals are facing because sometimes the charging process needs to happen before the releasing process.

**Clearing**

5. If there are two of you one should lie down whilst the other moves up their body with the pendulum swinging in neutral. When an area needing attention is reached the pendulum changes to spin in the yes direction. Wait until the pendulum returns to the neutral swing when you can continue up the body. You can either do this 3 or 5 times. First: starting with the feet, go up the centre of the body; Second travel from the feet to the left side of the body; third travel up the right side of the body. If you want to add two more these would be outside lines 2 and 3. If you are on your own I use a drawing of the human body to dowse for clearing. It works very well.

6. Quartz encourages a quietness that calms the physical body. Holding a clear quartz in your right hand and a smoky quartz in your left creates a dynamic polarity that quietens your body’s energy levels. Sit comfortably holding these crystals and breath steadily. Focus your attention on the in and relax into the out breath.

**Detoxing**

7. Select three smoky quartz crystals. Spread an orange cloth on the floor. If you don’t have one just lie down and visualize orange light. Lie down and place the three stones in a triangle, two on the groin and one lower on the pubic bone. Stay no more than 4 minutes. As toxins are eliminated you may feel tired or experience a head ache. Drink plenty of water and don’t repeat the net for at least 4 days.

**Immunity**

8. Peridot also known as olivine is one of the best crystals for stimulating the body to release toxins. Select four pieces of peridot and a grounding stone. (Dark coloured stones such as red, brown, black or metallic) Place the grounding stone in the middle below your feet. Lie down and put two peridot each side of your back where the kidneys are, another on the heart chakra and one at the base of your throat. Lie for 4 minutes then remove the peridot but lie for a further minute with the grounding stone. You can repeat this layout daily.

9. The Druid’s Foot Layout is the shape of a pentagram, the symbol of Druid power which is a protective sign. It symbolizes the 5 elements of earth, wind, fire, water and ether and represents the ability to direct energy through knowledge and will-power. You have a choice with the stones used: either 5 grounding stones or 5 red coloured stones. All the stones should be of the same type. The Grounding stones will quieten the mind – the red stones will invigorate the body and re-establish your confidence to cope with and overcome fear. Lie down and place two stones in contact with the outside of each foot, one at the centre of the forehead and one in the palm of each hand. Points away from the body. Remain for 5 minutes. Repeat daily for three days and a further four days if feelings of fear persist.

10. A crystal of your choice placed on the solar plexus will help to ease a state of anxiety.

11. Placing a piece of black tourmaline or Preseli bluestone between the knees will calm mental turbulence.

**Anger**

12. The Pluto Net releases the trapped tension that may lead to anger and prevents the build-up of harmful pressures. Obsidian helps you find positive expression. You need five pieces of obsidian. Lay on a black or red cloth and place the stones: two next to the outside edge of each foot, two each side of your head between your ear and shoulder and one above your head. Lie down for 6 to 10 minutes or until the emotions have subsided. Repeat daily if required.

**Depression**

13. The crown Chakra Template requires three pieces of clear quartz. Lie down and put one crystal above your head in the centre, the other two are placed one each side of it. Any points should be directed outwards. Lie for about 4 minute

14.. The Milky Way net requires more crystals but this one will link you to your own ancestral past helping you to reconnect when you suffer from isolation, dislocation and loneliness. A good one at this time. You will need two smoky quartz, 2 carnelian and one turquoise. Lie on a white cloth and place the smoky quartz in contact with the outer side of each foot, the turquoise on your throat and hold the carnelian in each hand. Relax for up to twelve minutes. Repeat regularly if required.

15. The Earth Star visualization will connect you to the timeless energy of the Earth.

* stand with feet shoulder width apart - Breathe – take your attention to the base of your spine.
* imagine a bright light at base of spine and as you breathe it becomes brighter
* now take attention the sole of your right foot – imagine a bright light which becomes brighter as you breathe. Repeat with the left foot.
* imagine lines of light travelling between the base of spine and your feet – breathe – trace these energy lines
* imagine the light at the base of you spine is reflected the same distance below your feet
* as you breathe visualize energy travelling – from base of spine, to right foot, then the light below, then back to left foot, then back to base of spine making a diamond shape
* continue breathing and visualizing for a couple of minutes. The root chakra should be a strong firm foundation. Minor chakras at the soles of our feet ensure our energy system is able to discharge any excess energy. The earth star chakra beneath our feet is a powerful site that integrates individual consciousness with the deep ecology of our planet.

 16. Pleiades Net: The Pleiades or Seven Sisters are a cluster of stars linked to the return of life after winter. Myths link the stars with the end of suffering and the ability to cope at times of change. The stars symbolize hope and new starts. They increase our awareness of nature’s ever renewing cycles. Seven clear quartz crystals - Lie on a blue cloth and place three crystals in a triangle, two below your feet and one in the centre below them. The other four are placed above your head, one just above in the centre, one above that, and two either side to form a diamond shape All points should face outwards. Lie for ten to fifteen minutes, remove the stones and relax for a further twenty minutes. Repeat regularly.

17. Green tourmaline is one of the best stones to wear to help deal with change of lifestyle. It aligns us with universal energies, guiding us to find our own way and our independence.

18. White light net uses the qualities of white light to create a clean slate making way for new developments – white signifies clarity, space and purity; black holds the potential and basis for future action. Black without white would remain dormant, white without black would leave potential undefined. You need 6 clear quartz and 6 black tourmaline crystals. Choose to lie on either a white or a black cloth. Arrange the crystals as follows: one quartz above your head and one a foot above that; two either side of your shoulders and two either side of your elbows. One tourmaline between your feet and one a foot below that; two either side of your calves and two either side of your hands. Lie in the net for about 10 minutes.

19. To cleanse a space one suggestion is to use 4 pieces of pyrite and 4 pieces of aventurine. These stones have a balancing, cleansing and protecting action. Use your intuition or dowse for the crystals that you might find appropriate. Find north in the room or area and place one pyrite at each of the cardinal directions as near to the ground as possible. Then place one aventurine at each of the intermediate directions – NW, NE, SE and SW. Leave the crystals in place for as long as you wish. You will need to cleanse them every day for the first week and then weekly. You can change the crystals used at any time.

**Finding your centre**

20. If you feel uncomfortable with your place in the world you can surround yourself using an intuitive or dowsed selection of stones. By placing stones around you your body becomes the centre of the pattern. Place a selection of crystals in front of you. Intention – to balance your internal energy with the energy of the elements around you. Select seven crystals.

Stand in the centre of your space with eyes closed. Turn slowly several times on the spot. Stop when you reach the direction which feels most comfortable. Place a chair in this direction. choose four of your stones and place them as far from the chair as you can; one in front, one behind, one to the left and one to the right of the chair. Place a fifth stone under the chair. A sixth and a seventh and hold them in your hands. Sit on the chair with eyes closed and relax. Focus your attention on the space you occupy and the pattern of the stones. Sit for around ten minutes. In the following days notice if anything emerges from your choices. The stone behind represents the past – the one in front the future – to the left your emotions – to the right ideas – underneath what sustains you and in your hands your values and goals. Repeat whenever you feel disconnected from the world.

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| Numbers of stones you will need for the above nets |
| Presili blue 1 | tourmaline green 1 | lapis 1 | turquoise 1 | carnelian 2 | smoky quartz 3 |
| pyrite 4 | aventurine 4 | peridot 4 | obsidian 5 | tourmaline black 6 | clear quartz 7 |
| grounding stones | obsidian, haematite, black tourmaline, smokey quartz, onyx, staurolite, citrine, jasper, shungite |
| red stones |  jasper, garnet, ruby, rhodocrosite, rhodonite, carnelian |
| Useful crystalsto protect from EMF |  black tourmaline, labradorite, Preseli Bluestone, turquoise, malachite and chrysocolla, shungite, obsidian, haematite, copper and aquamarine |

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