

Your Guide To Becoming A Crystal Healing Practitioner

By Gwyneth Robbins Cox - The Crystal Guru



Your Guide To Becoming A Crystal Healing Practitioner

Your Guide To Becoming A Crystal Healing Practitioner

Gwyneth Robbins Cox

© Copyright 2017 Crystal Heart/Mycrystalguru

All Rights Reserved. No part of this book may be reproduced, in part or in whole, by any means, except for brief quotations embodied in articles and reviews, without the express written consent of the author.

Gwyneth Robbins-Cox asserts the moral right to be identified as the author of this work.

Disclaimer

This e-book is distributed for information purposes only. Neither the author nor the publisher will be held accountable for the use or misuse of the information contained in this book. This e-book is not intended as medical advice, because the author and publisher are not medical doctors. This e-book does not qualify the reader to claim themselves to be a Crystal Healing Practitioner. Because there is always some risk involved, the author, publisher and/or distributors of this e-book are not responsible for any adverse affects or consequences resulting from the use of any suggestions or procedures described hereafter.

Contents

What is a Crystal Healer?

Crystal Healing - A Shamanic Art

It's All About Being Present

How does Crystal Healing Work?

What Can Crystal Healers Do/Not Do?

Animals and Crystal Healing

What does it take to become a Crystal Healer?

Making Crystal Healing Your Career

Adding Crystal Healing to Your Established Practice

So How Do I Become A Crystal Healer?

What is a Crystal Healer?

So, what is a crystal healer and what's the difference between a crystal healer and a crystal therapist?

Ok, so in answer to the first question - a Crystal Healer is someone who is a channel for healing energy and uses the energies of crystals to facilitate their Client's own healing process. So, in other words, we do not heal as such, we are merely channels for healing energy and to hold the space and respond appropriately to assist the healing process.

A Crystal Healer works by being completely in the moment, connected to the energy of the Client and therefore able to respond and place crystals appropriately to assist their needs.

A Crystal Therapist, in my opinion, is similarly a healer/therapist who will hold the healing space and place crystals on and around a Client to assist their healing process but they might do this in a more prescribed manner where the crystals used are already pre-selected. The Therapist might use certain 'crystal layouts' for certain problems rather than creating the healing session in the present moment, watching and responding to the energetic changes as they occur.

It's this 'in the moment' co-creative art of crystal healing that means that no two healings will be alike and no two crystal healers will work in exactly the same way. When

Your Guide To Becoming A Crystal Healing Practitioner

faced with a Client, each crystal healer may respond differently and choose different crystals to another. When we're working deeply from our intuition, we know and trust that our actions and choices are guided by our inner and greater knowing and that although someone else may have done it differently, it will be what the Client needs at that time for their greatest and highest well-being.

A Crystal Healing Practitioner is a person who practices the art of Crystal Healing.

I have many graduates who have gone on to call themselves Crystal Therapists and that's fine. I just wanted to define the terms in the way that I see them and understand them personally.



Crystal Healing - A Shamanic Art

Shamans are renowned and revered healers who have traditionally learnt their healing art from an elder.

In ancient times, the properties of crystals and plants as healing tools were not written down but learned about through practice and experience and word of mouth. Our ancestors were very wise people who lived and worked with the energies of their environment and held Mother Earth in reverence.

If we consider what crystals are and how many thousands and millions of years they have taken to grow, it's no wonder that they hold such knowledge and wisdom within them. Within each crystal is an energetic story of how it came to be there - a story of the land, the Earth and the mineral constituents that are part of Her and the Cosmos. Crystals are a manifestation of Light which are here to help us to manifest our divine Light on Earth.

A Shaman is someone who journeys between worlds and planes of reality, who sees and feels that which is normally unseen to many of us. Similarly, in Crystal Healing practice we are connected to the energies of the Earth and the Stars above - we are centred within our Hearts and able from this point to tap into our deepest knowing and intuition. From this point we are able to see/feel/know the energy which flows through our Client's subtle bodies (aura and chakras) and we are able to work with these energies and crystal energies to re-create balance and harmony. As a crystal healer, we may intuit

Your Guide To Becoming A Crystal Healing Practitioner

blockages in the client's energy and sometimes why they exist.

. We may :

- Work with the crystals and healing energies to remove blocks and re-energise the subtle bodies
- Do the above whilst talking to the Client and guiding them on a journey to create harmony. In this way, they are taking responsibility and taking part in their own healing process.

A Shaman does not know what will happen during a healing session and it's the same during Crystal Healing. We may have some thoughts and ideas that come to us on meeting the Client for the first time but it's not until the healing session has begun and we are connected to the energy of the Client fully that we may begin to understand and know what needs to happen.

Just as Ancient Shamans did not read books on the subject, we cannot merely learn Crystal Healing from books either.

The pathway to becoming a Crystal Healer is one of

- Trusting our innate intuitive senses
- Learning about many crystals through experiencing them via attunement, self healing and healing practice
- Being adept at observing energy both within ourselves, others and our environment.
- Knowing how to respond to energy in order to create equilibrium.

Your Guide To Becoming A Crystal Healing Practitioner

We are all healers - it is our birth rite. This is quite a statement but I believe that it is true. We all have the ability to be able to be a channel for healing if we are in the natural flow of life force energy, grounded, centred and open-hearted. It is a symptom of the modern world that has taken us away from the trust in our deep intuitive knowing, something that was once natural for many of us has been subdued by the need for left-brain logic and method.

An effective, confident crystal healer works within the 'flow' of their knowing.



It's All About Being Present

So why is it so essential that a Crystal Healer always works from a point of presence?

I'm sure that if you're reading this, you 're already aware that there is no time like the present. We do not have the past and the future is as yet unrevealed to us. We are co-creating our existence constantly in each rising moment as we live and breathe.

Therefore it 's clearly necessary for any healing practice to be part of that ever engaging presence since that is the point of creation that flows and flows through us, connecting us to the ever present omnipotent divine presence that guides us forwards and the essence which is our own divine connection within.

It's always amazed me how unique each crystal healing session is and how we 're always still learning our art through our deepened experiences. We may use a crystal in a place on the body which we have never done before, we may be guided by our intuition to conduct the healing in a very different way than 'usual'. The reasons may not be obvious at the time but we usually come to understand why later on. This is the creative essence of crystal healing and which can only happen truly if we are grounded, centred and absolutely present in the moment,

acting from that seat of wisdom and presence within us.

How does Crystal Healing Work?

There is so much mystery surrounding crystal healing and to some people it is just simply not a reality that healing can occur by being in the close proximity of crystals. More on dealing with sceptics later . . . it's all about the energy!

Consider these points:

- *we use quartz in watches and computers to record information and to keep time.*
- *crystals are used in fine laser surgery*
- *quartz crystal conducts the piezo electricity - energy is emitted from the point of a crystal when struck hard on the other end - it conducts energy*
- *crystals are made of mineral elements*
- *our bodies are made up of mineral elements as is everything living on Earth.*
- *our energy whole-being is in a constant state of resonant vibration and entrainment with other living energies around us.*
- *our body is 70% water and energy vibrations are carried easily through it.*

When we start to understand these points as being basic fact, it's much easier to understand how crystal healing works. We could go into the realms of quantum physics but I'm not a qualified physicist.

It's enough to understand that crystals are all made up of

Your Guide To Becoming A Crystal Healing Practitioner

chemical elements. All elements are atoms, containing neutrons, electrons and protons. These are the basic energy molecules present in all living things material on this Earth. It's the amount of protons present that determines the kind of chemical elements present.

A crystal is usually made up of several elements such as silicon dioxide which is basic quartz. An addition of iron within the mineral makeup may create amethyst. Changing the colour of the crystal from clear or white to a violet colour. The presence of magnesium may create rose quartz.

Our energy is constantly moving and changing and our vibratory resonance is also in constant flux. We are beings of physical, emotional, mental and spiritual energy connected to the Source. Our subtle bodies consist of these energies through the auric layers (our electro-magnetic energy field) around us and within those layers the main chakras - which are energy vortices, along the central line of the body.

When an imbalance occurs i.e. energetic blockages caused by stress, dis-ease, worry, anxiety and emotional trauma - the vibration within our subtle bodies changes.

As living animals, we are naturally drawn to a resonance that can re-dress this imbalance within our being whether it be through nutrition (mineralisation), plants (containing the correct chemical elemental constituents to heal) or crystals which radiate a transference of quantum energy causing a symbiotic resonance between the crystal and the person who seeks harmony. An energy entrainment occurs - or simply put, the energy that is missing in the

Your Guide To Becoming A Crystal Healing Practitioner

person is radiated by the crystal via light photons so that inner balance can be restored.

I believe it may be an entrainment of the required elemental resonance that is missing in the person that attracts us to that particular crystal.

We also know that energy signatures are carried in water. This is the principle of homeopathic healing. The energy exchange is carried through the waters of our body to create balance and harmony within and without.

I personally feel that if someone is sceptical about crystal healing and doesn't believe that crystals hold and radiate energy - then by explaining some of the scientific principles above this will usually help them to understand and offers up a different perspective.

Explaining something of the science also helps with some people who are suspicious it may be some kind of witchcraft or require belief in some strange ancient cult or religion!

And of course there are some who will say 'but that just simply can't work.' My advice is to reflect back and to ask 'Why would so many people engage in something that doesn't actually work?'

Feeling/seeing is believing - and my advice when dealing with sceptics is to ask them to hold a crystal for a few minutes, walk around with it - spend at least ten minutes and then ask them to say how they feel. What emotion did they feel? What did they think about? What physical sensations did they have?

Your Guide To Becoming A Crystal Healing Practitioner

In my experience - crystals NEVER leave someone untouched and even the most sceptical will feel something! And it's often the surprise at having felt that sensation that will turn them on to crystal energies even more - curiosity always wins.

Actually, I believe that if someone is sceptical - it's really a sign that they want to know how it all works - not that they don't want to believe in crystal energies. People who are not ready will just simply pass by and not engage at all - they are not yet open to the magic of crystal energies.



What Can Crystal Healers Do/Not Do?

Crystal Healing is a complementary healing discipline and therefore as practitioners we are currently not allowed to:

- claim to cure any physical or mental illness or disease because we are not trained doctors.
- we cannot diagnose illness or ailments for the same reason.
- we cannot give nutritional advice or medication advice unless we are trained to do so and have permission from the Client's own doctor.
- we should not give mediumship or psychic messages during a healing session unless it is agreed between Client and practitioner prior to the healing.
- We should not combine crystal healing with other treatments unless it is agreed prior to treatment.
- We should adhere to the list of contraindications indicated during training.

What can crystal healers do?

Crystal healing puts the wholebeing back into balance and harmony. From a place of balance and harmony the body will begin to heal itself naturally on all levels. Currently, since we're still living in the olde 3-D worlde - we are not allowed to make any physical claims to the affect of crystals on the body - but we do know and we

Your Guide To Becoming A Crystal Healing Practitioner

can sense that they are working on the physical level as well as all the others levels of our energy being.

Emotional Healing is Key

It's my belief that most dis-ease stems from emotional trauma and imbalance and therefore when we work to re-balance the subtle energy field on an emotional level we are actually preventing dis-ease from manifesting in the physical body. Emotional trauma can stem from childhood and be re-triggered over and over through our lives if left unchecked and unhealed. To me, this is the most powerful potential of crystal healing especially when we are working with crystals consciously to address emotional imbalances.

Becoming a crystal healer is a journey which is both personally rewarding and incredibly transforming. When we work with and experience crystals ourselves we will experience self-healing to a lesser or greater degree. This journey can be hard sometimes and it's therefore important to have a tutor who will understand and guide you through this. Someone who has already experienced deep healing with crystals for themselves.

Animals and Crystal Healing

Animals love crystals too!

I always remember practicing crystal healing with a friend when we were students and her cat would just love to be placed in a grid of sodalite crystal and just zone out! Cats in particular respond well to crystals they will often

Your Guide To Becoming A Crystal Healing Practitioner

go and lay on a crystal when they need to because of course, they are in the flow and just know what they need! Cats generally like to let us know how to do healing correctly and they'll often like to be present at a healing or teaching session to make sure that it's being done correctly! If you need more evidence read some of Diana Coopers work on Atlantis.

Ways we can treat animals:

- by attaching a crystal to a collar in a spiral holder
- by placing a grid of crystals around the animal for a short time - they usually get up and walk away when they've had enough
- place a drop or two of gem essence in their food/water
- give them an aura massage with a wand or palmstone
- distance healing

I know some healers who work exclusively with animals and get really good results with crystals as a healing tool.

What does it take to become a Crystal Healer?

- A crystal healer needs to be open and be dedicated to working with crystals.
- You need to be accepting and ready to experience your own deep self healing, transforming journey
- Be patient and gentle with yourself
- Be prepared to learn to deepen and implicitly trust your intuition and act upon it.
- Be able to work in presence.
- Look after your own energy, knowing when to step back and allow others to take your place.
- Know your limitations - in healing there is no room for ego.
- Complete a tutor-led course of at least 100 to 180 hours, usually over one or even two years - you will need time to work with and assimilate the energies of many crystals to develop your own confidence and healing skills.
- Realise that when you have finished your course that learning is always ongoing - CPD is essential, continued practice and self-healing work too.
- Be open, creative and unlimited in your imagination.

Making Crystal Healing Your Career

Is it possible to make a career out of crystal healing?

Well, if you're reading this then yes it certainly is! Also if you're reading this you have probably delved into the realms of healing already or you're already a therapist.

It takes dedication to actually make a career from anything and crystal healing is no exception. You will need to be prepared to put yourself out there and explain what crystal healing is, do demonstrations and talks, offer discounts on your treatments - people are always hooked in this way. Make crystals part of your everyday life. Connect to them, wear them, place them in your environment. Do meditation workshops with crystals to introduce their energies to others. As I mentioned before, people often need to really feel and experience crystal energy and healing for themselves before they truly understand what it's all about. The opportunities are endless - be creative - make crystal jewellery - there are no limits. The key is integrity. Follow your intuition and gut feelings always as to which direction you need to go in. Specialise in a specific field - become the expert. Allow the crystals to guide you through your intuition, flow with your inner knowing.

Make full use of the internet to promote yourself and your practice. Join our Crystal Heart Community!

Adding Crystal Healing to your Established Practice

Maybe you just want to know how to use crystals correctly as an addition to therapies you 're already practicing. This is a great starting point. I know that many people place crystals under the couch or around their treatment rooms . Wouldn't it be great though to really know about and tap into the enormous profound healing energy available as a Crystal Healer? Using crystal energies without a true, experienced knowledge of how powerful they can be may carry dangers - I've heard many stories about the mis-use of crystals which is why I'm so dedicated to promoting knowledge on how to use them correctly and safely.



So How do I become a Crystal Healer?

I've been teaching crystal healing for more than ten years now. I was trained in the UK by an amazing crystal healer for four years! Crystal Healing changed my life so profoundly that I wanted to share it with others. So I created Crystal Heart School of Crystal Healing. I have taught a two year diploma course for several years and now I'm offering this course as an Online Learning Crystal Healing Practitioner Certificate and the opportunity to join my ever growing Crystal Heart Community which is promoting the correct use and love of crystals in the world.

The course can be accessed anywhere in the world with full back up and support from myself and my team. To find out more go to:

<https://chp.mycrystalguru.com>

Please feel free to share this E-book with your friends but note and adhere to the disclaimer and copyright at the front please.

***Thank you so much for reading.
With much love and crystal blessings
Gwyneth Robbins-Cox
The Crystal Guru***

Your Guide To Becoming A Crystal Healing Practitioner

Notes