Crystal Light Therapy®
Description of Treatment

A Crystal Light Therapy treatment includes a variety of modalities that assist the body, mind and spirit to an optimal level of wellbeing.

The first treatment of CLT uses a purification process using an ancient smudging ritual. The second component is a chakra balancing that incorporates specialty cut gemstones, aromatherapy, essences and toning. Voice activates the piezoelectricity of the crystalline energy to be released. The final treatment combines crystal wands with toning, which creates a charge that penetrates into the energetic matrix of the physical body and human energy field.

Every person's CLT experience is exactly right for them and each treatment will be unique to the individual.

The Technique

PREP WORK
1. Everyday, you should begin by grounding your energy. This is important when you are doing energy work daily. At the very least you have to ground your energy prior to beginning a CLT treatment.
   
   Ground yourself for the work either through a quick visualization or use a grounding tool (like Sandalwood) or spray (such as White Light Spiritual Spray).

2. Prepare area for energy work (purify with sage or Aura Cleanser) prior to the client’s arrival. Create a sacred space (refer to page on creating sacred space).

Complete Crystal Light Therapy Treatment

3. Once your client is face up and ready to receive a CLT treatment...

4. Purify yourself with Sage or Aura Cleanser.
5. **Place hematite at the feet** to keep your client safe and grounded.  
   **Place balancing crystals in each hand and tone into each crystal as you do so.**  
   Briefly explain to the client that the stones are to balance their male and female energies of yin and yang.

6. **Create a connection with your Higher Self and the client.**  
   **Amp up your love vibe!**

   **Next have the client do the breathwork.**  
   
   [At this time you may want to introduce an essential oil, blend or essence by placing an oil/essence on one of your hands and have them inhale the aromatic experience while they are taking their breaths in.]

   Place one of your hands on your client’s upper chest and the other on their abdomen. Ask your client to take 3 deep breaths into their lung and 3 more breaths into their abdomen. (Tip: Breathe with your client.)

7. **Set opening prayer of intention:**

   **Opening Prayer**

   *Divine Being, Great Spirit, we ask that you bring forth and make present all of the Spiritual helpers, all of the Spiritual guides and all of the Angels of [client’s name] to help and assist in this session today. Amen.*

8. Begin **purifying** the client on both front & back.

9. **Start guided meditation through the Chakras, starting at the crown, working down to the root chakra.** Placing the crystals on the corresponding chakras (using essential oils or essences to anoint the chakras, enhance the treatment and to intensify the client’s experience). Do the following in all of the chakras:

   a. OPEN and EXPAND
   b. PURIFY
   c. SPEED IT UP
   d. PUT IN THE COLOUR – CRYSTAL – LOVE
   e. TONE
   f. TAP

   Remember to list off the attributes of the crystals while placing them on each chakra. While you are placing the crystals you can tap and tone them.

10. Remove all of the crystals off the body. Slowly with the client’s breath and with respect – press lightly on the stone and always up and then out of the client’s energy field. Remove the stones from the root to the crown.
CRYSTAL POINT MASSAGE

11. Client is face up. Start reflexology on left foot using the crystal point
12. Crystal massage left leg, tone
13. Reflexology on right foot using the crystal point
14. Crystal massage right leg, tone
15. Continue the crystal massage from the upper root to the solar plexus chakra
   Crystal massage the stomach area, tone
16. Crystal massage the chest and throat and 4-5 chakra areas, tone
17. Remove right hand crystal, perform reflexology on the hand
18. Crystal massage right arm, tone
19. Remove left hand crystal, perform reflexology on the hand
20. Massage left arm, tone
21. Massage shoulder and neck region (working very lightly on the throat chakra)
22. Massage face (jaw, cheeks, nose, forehead)
23. Massage ears
24. Massage top of the head and hair, tone
25. Tone entire length of body
26. Bless the client:

   "Heavenly Spirit we thank you for the work that has taken place here today. Bless (client name) in her/his journey in life and give (client name) good things and a good life. Amen. "

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