

since thousand of years, crystals and other stones have been recognized for their healing and spiritual power. they created from the magma of earth's inner core through a geologic process of heating, cooling and displacement on their way to their present form. their energy field is influenced by the geometrical form, color and subtle vibration. it is widely believed crystals carry the same stardust information as humans and function as multi-dimensional keys. they are the best amplifiers of pure energy ever existed!

i have developed a protocol of etheric crystal reiki. it is based on polarity energy balancing, acupuncture and many years of studying chakras and meditation. in my sessions, i use tibetan bowls to purify and balance the energy centers, a soft thai massage to help activate the meridians and relax the central nerve system. crystal stones are applied according to each individual's need and chakra's energy. palms are used as transmitters of cosmic light

the crystal therapy along with the channeling of reiki (healing palm energy) and the use of sound, such as singing bowls and brainwave frequencies, is a profound vibrational medicine: it can restore completely the subtle energetic bodies, such as the pranic, the mental and the emotional body. it is said, that crystals vibrate the same pitch as humans, thus have the ability to delete and re-program information recorded in these subtle bodies (formed by the lower chakras) from 0 to 21st year of age. in most cases, these three lower energy centers are the first to be damaged from negative emotions and thoughts, or from trauma experiences that have caused serious chronic disease

the crystal reiki is approximately 60 to 75 minutes, though shorter sessions are available and can be also effective. clients are treated fully clothed, lying down on a mat, covered with a blanket. crystal therapy brings following

benefits:

restores the integrity and healthy functioning of the immune system, promotes resilience to stress, supporting well being. it improves sleep and digestion, aids in detoxication. allows physical, emotional and mental balancing, self-confidence and self-esteem. promotes the ideals of love, beauty, harmonic vibrations and creativity. restore the genetic blueprint, increases spiritual growth, connection to the source and higher self. achieves life purpose

## preparing for a crystal therapy session

to prepare yourself for your crystal therapy session, we recommend the following:

detox for at least 12 hours before the visit. drink lots of water and eat only wholesome foods like fresh fruits and vegetables. do not eat a heavy meal before your appointment

it is recommended that you refrain from having alcohol, caffeine or any kind of synthetic drinks

wear loose, comfortable clothing

leave jewelry at home. metallic jewelry or anything around your neck or on your fingers can interfere with the energy flow

do not discontinue any prescribed medications you are taking without consulting your doctor

all rays love, LDQ