

## Mandala CS Information PDFs

### Dragon Points 1

You need to clear energies from the aura first, then deal with those hooked into the body.

#### Clearing Points 1 - Energies External to the Body

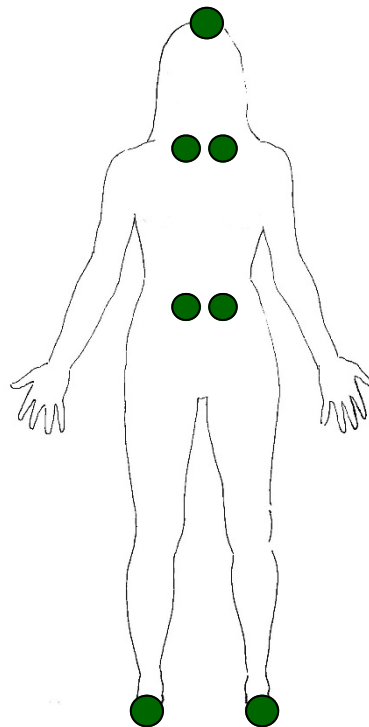
For shifting external energies to the body that are unwanted or invasive.—from other people, environments etc

**Crystals needed:**

7 crystals, usually of the same sort

or drops of the appropriate essence on small cotton pieces  
or paper tissues

(where it says 'stones' that could be essences)



1. If using crystals, cleanse stones
2. Place two stones on the back near the base of the neck.
3. Place two more stones on the mid-lumbar region of the back, either side of the spine.
4. Place or tape two more stones to the back of the ankles.
5. Dowse for how much longer the layout remains in place if you are working on someone else, but for yourself, stay with the layout for five minutes.
6. When the time is up, dowse to check it is OK to remove the stones. For a layout this is usually 1-10 minutes.
7. Move the stones from the head downwards or roll over to loosen the crystals.
8. Cleanse the crystals.

## Dragon Points 2

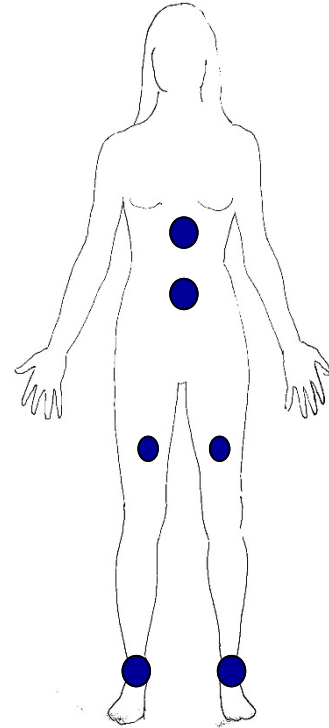
### Clearing Points 2—Energies within the Body

For shifting unwanted or invasive energies that are lodged or hooked into the physical body—from other people, environments etc

**Crystals needed:**

6 crystals, usually of the same sort  
or drops of the appropriate essence on small cotton pieces or  
paper tissues

(where it says 'stones' that could be essences)



1. Cleanse stones
2. Place one stone on the zyphoid process, the base of the sternum.
3. Place one stone on the solar plexus chakra.
4. Place or tape a stone on to each thigh.
5. Place or tape a stone on the front of each ankle.
6. Dowse for how much longer the layout remains in place if you are working on someone else, but for yourself, stay with the layout for five minutes.
7. When the time is up, dowse to check it is OK to remove the stones. For a layout this is usually 1-10 minutes.
8. Move the stones from the head downwards or roll over to loosen the crystals.
9. Cleanse the crystals.