

## Mandala CS Information PDFs

### Etheric Net or Carnelian Net

Colour of cloth to lie on – Orange or white

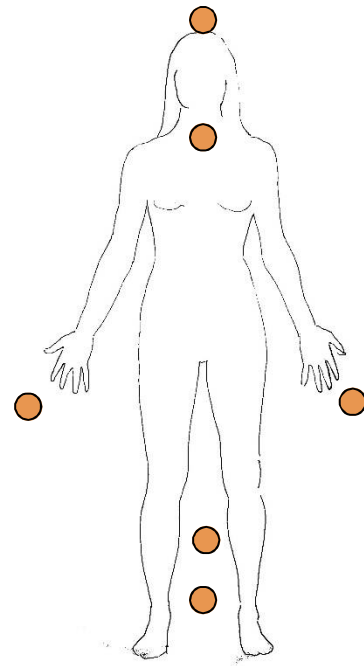
#### **What this net can be used for:**

Removing deep-seated stress

Removing old energy patterns

Balancing the second chakra

Helping release of toxins at every level



#### **Crystals needed:**

6 carnelian

1. Cleanse the crystals.
2. Place one carnelian just above the head
3. Place one carnelian at the base of the throat (some tape may be needed to hold this in place.)
4. Place one carnelian either side of the body, just beyond the hands
5. Place one between the legs, just below the knees, and the last one below that, on a line with the ankles.
6. Dowse for how much longer the net remains in place. For nets this is usually up to 4-5 minutes
7. When the time is up, dowse to check it is OK to remove the stones.
8. Move the stones from the head downwards.
9. Cleanse the crystals.