

Mandala CS Information PDFs

Earth Net

Colour of cloth to lie on:

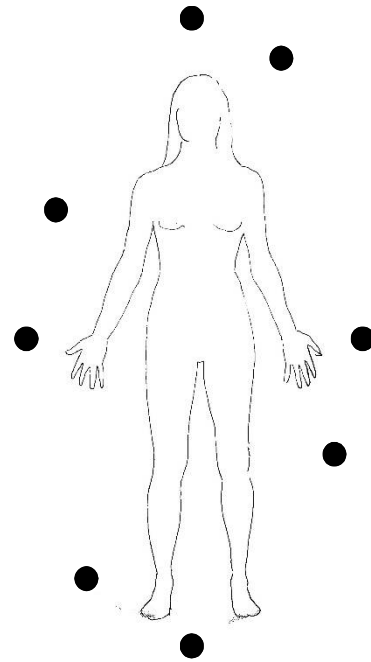
Green, Black or White

What this net can be used for:

Aligning and balancing the bones and muscles

Aligning to the Earth's energies, integrating energies.

Protection from environmental stresses



Crystals needed:

8 dark tourmaline

1. Cleanse the crystals.
2. Place one tourmaline just above the head
3. Place the next three evenly around the body, either side of the waist and below the feet.
4. The remaining four go slightly clockwise of the first four. So, if you were looking at a clock face the stones would be at 12,1,3,4,6,7,9 and 10 o'clock.
5. Dowse for how much longer the net remains in place. For nets this is usually up to 4-5 minutes
6. When the time is up, dowse to check it is OK to remove the stones.
7. Move the stones from the head downwards.
8. Cleanse the crystals.

