

Exercises to Encourage Personal and Spiritual Development

This inevitably includes:

Relieving Stress & Trauma—no matter how long ago or recent

Dealing with personal boundaries and interpersonal situations

Grounding disparate energies

Moving over-energy from the upper chakras and redistribute around the body.

Retrieving energy or soul fragments from hurts and injuries (long ago and recent)

Without dealing with these, blocks remain to progress. You need to discover who you are as well as embarking on development processes

This will gradually and safely work towards your full potential, integrating changes at every level (spiritual, psychological, emotional or physical) as you go.

What you Do:

1. Cleanse the crystals you are going to use.
2. Use exercises 1-4. Taking 5-7 minutes on each, for 3 days.
3. Cleanse the crystals after each exercise .
4. After 3 days —just do exercises 5,6 followed by 3 & 4, taking 5-7 minutes on each.
5. Cleanse all your crystals after each session
6. Leave a gap of 3 days.
7. You can carry doing 1-4 one day and then 5,6 & 3,4 over the next 3 days until you feel you are getting towards where you want to be.
8. If times are really tough, you can do 1-4 exercises each day.

These are taken from Simon & Sue Lilly's books on crystal nets and layouts.

Exercise 1 Clearing Points ~ 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 gem essence

Placement of Stones

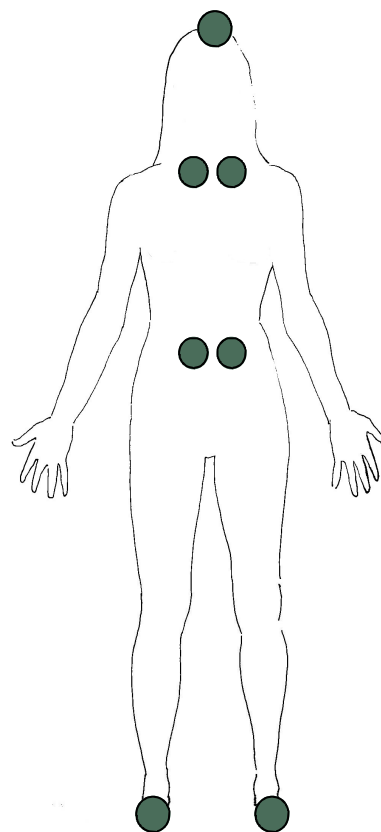
All are on the back of the body:

Crown

Base of neck

Mid lumbar

Backs of heels



Exercise 2 Clearing Points—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

Placement of Stones

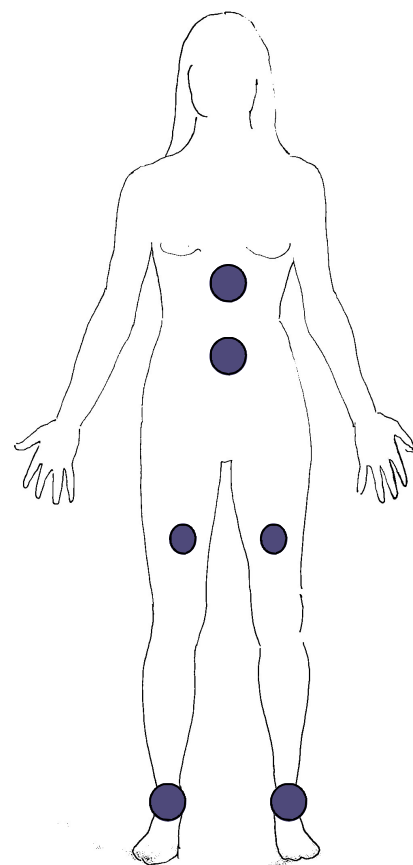
All are on the front of the body

Zyphoid Process (base of sternum)

Navel

Centre of Thighs

Centre of ankle fronts



Crystals needed:

6 carnelian

Colour of cloth

to lie on:

Orange or White

Exercise 3

Placement of stones:

One at the throat

One above the head

One either side of the body at the 2nd chakra level

One between the legs, mid-calf

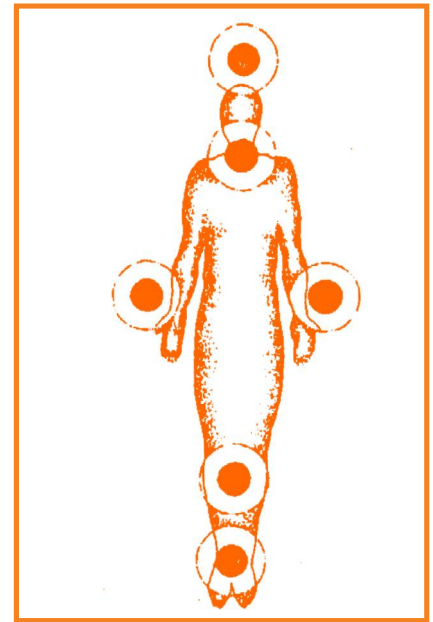
What this net can be used for:

Removing deep-seated stress

Removing old energy patterns

Balancing the second chakra

Helping release of toxins at every level



Carnelian Net

Exercise 4



Earth Net

Crystals needed:

8 dark tourmaline

Colour of cloth

to lie on:

Green, Black or

Placement of stones:

With your head lying to the North, place the crystals

One above the head, one below the feet

One either side of the waist

The remaining 4 crystals are placed about 20 degrees, clockwise, from the others.

What this net can be used for:

Aligning and balancing the bones and muscles

Aligning to the Earth's energies, integrating energies

Protecting from environmental stresses

Exercise 5

Activating Personal Potential

Crystals needed:

5 rose quartz

5 clear quartz



Placement of stones:

One rose quartz at crown

One rose quartz in each hand

One rose quartz on each foot between first and second toes

One clear quartz either side of the head

One either side of the knees, one below the feet

Bring alignment to soul purpose and spiritual direction within correct timing for the Self.

Exercise 6

Releasing the Heart's Potential

Crystals needed:

1 ruby

12 clear quartz

Placement of stones:

The ruby at the heart centre

All the clear quartz evenly spaced around the body, points outwards

Releases negative emotions gently

Releases guilt, feeling of unworthiness

Opens the heart chakra to the Universe

