

# Ethereal Crystals I



It is possible to give a powerful crystal healing, **WITHOUT** crystals. With the Ethereal Crystal Attunement you gain access to a specific crystal's energy and can channel it by intention. These ethereal crystals are much stronger than those found on earth.

You can place them on the body, example just by pointing at a certain area of the body while thinking the name of the specific stone. The stone will disappear when the energy is no longer needed.

Furthermore, you can create powerful gem elixirs in seconds and increase the strength in certain gemstones by at least 400 %!

An Ethereal Crystal healing can stand alone or be combined with other healing methods, such as Reiki.

Ethereal Crystals I contain the following gemstones:

Amber, Amethyst, Aquamarine, Aventurine, Pink Beryl (Morganite), Blue Lace Agate, Botswana Agate, Green Calcite, Carnelian, Chrysocolla, Citrine, Clear Quartz, Diamond, Single Terminated Clear Quartz Crystal, Emerald, Hematite, Red Jasper, Malachite, Rose Quartz, Ruby, Sodalite, Turquoise.

## Healing

Simply point or touch a location and then mentally say the appropriate stones name, and the ethereal stone will then be placed.

Example: Imagine you would like to do a healing session with 3 stones: Ruby, Rose Quartz and Citrine. You would like to place the Ruby on the Root Chakra, the Rose Quartz on the Heart Chakra and the Citrine on the Solar Plexus Chakra.

Place the Ruby by pointing with your finger (or with your mind only) on the Root Chakra and say mentally: "Ruby". The Ruby will be instantly placed. Go on to the Solar Plexus. Point at the Solar Plexus and think: "Citrine". Do the same with the Rose Quartz. You can also place Ethereal Crystals in organs. You could, as an example, say mentally: "Citrine in the bladder". The Citrine will then be placed in the bladder.

After placing stones, you can perform Reiki, massage, Aromatherapy etc., or you can choose to let the Ethereal Crystal session stand alone. The stones will disappear when no longer needed. Unlike material crystals, movement or activity cannot dislodge these. If you feel like it, you can always remove the stones, just by thinking, "remove Citrine", or "remove all stones".

Use the same method on yourself for self-healing.

## Distance Healing

To place an Ethereal Crystal long distance, you can use the following sentence: "Place Citrine on (name of person)'s Solar Plexus Chakra." Then the stone will be placed instantly.

## Gem Elixirs and strengthening stones

To create a gem elixir, you normally have to place a stone in water for 12-24 hours. With the Ethereal Crystal attunements, you can create powerful gem elixirs in seconds! When you have reached Ethereal Crystals 3, the elixir will become 400% stronger than when using normal gemstones. You are also able to strengthen stones.

To create a gem elixir: Pour water into a glass. Say mentally: "Place (name of stone/stones) in the water." The water will then be fully charged in seconds.

To strengthen a stone: Get the stone you want to strengthen. Say mentally: "Place (name of Ethereal stone) in (your stone)." Your stone will be strengthened in seconds.

To place an Ethereal single terminated clear Quartz crystal (or a double terminated in Ethereal Crystals 4-5-6), place it as usual, and then also define which way the point will turn. Example: “Place single terminated clear Quartz crystal on the heart chakra, with the point pointing downwards.”

### Disconnect

When performing a healing session, you connect to the person you are sending healing to. Cutting the etheric threads that are created is important. If you do not do this, staying connected to that person is possible. This could result in the draining of your energy.

All you have to do when finished with the healing is to make a fast “karate chop” in front of you, while saying something like “Cut all threads!” Do this one to three times. Often after doing this, you will most likely feel a relief.

### Grounding

After cutting threads, it’s good to do a grounding exercise. If you have outside access, stand on the ground bare feet and mentally say, “I now ground!” Stand for two to five minutes. If you do not have access to the ground or it’s just too cold, just imagine that you are standing on the ground.

This is an important exercise to do to balance yourself after a healing session, because if you have accumulated too much energy in your body, it could result in a headache. If you have too little energy, it could result in tiredness. Grounding will either relieve you from being overenergized or give you new energy.

### Passing on attunements

Have the receiver preferably sitting on a chair, with hands in prayer position.

Hold the receiver’s hands and think “Ethereal Crystals 1 Attunement”. Hold this position until you feel a sense of completeness.

Then you are done and can proceed to the next, if there are more receivers.

For distant attunements simply imagine that you are holding the receiver’s hands.

When you are done, use the *disconnect* and *grounding* exercises explained in this manual.