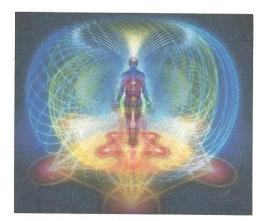
## Introduction to Crystal Therapy Course Journal







Write down your intention for completing the course, along with a personal affirmation to use throughout the program. For example: "My intention is to learn about crystals to assist my spiritual practice." A sample affirmation could be: I am receiving crystal clear insight to help me live my best life.

Intention:
Affirmation:

As you move through the course, repeat your intention and affirmation daily; each time you do so, you are activating your crystal consciousness and expanding your energies.

Sacred geometry describes the building blocks of nature—the patterns, shapes, and forms that are part of the makeup of all living things. It is the system of universal design in which the energy of creation organizes itself into form. The Platonic solids were known to the ancient Greeks, and described by Plato in his dialogues Timaeus and Critias, which were written approximately 350 B.C. Let your

curiosity guide you to find sacred shapes. Where did you today and which shape(s) did you match? The magical re expresses itself in the beautiful creation of crystals, snow throughout the expansive tapestry of the universe.	alm of sacred geometry
1.	
2	
3	
4	
5	
Today, select a personal quartz crystal or other stone to we Why were you drawn to this crystal—shape, color, texture	e, or.?
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Name three ways to cleanse crystals:
1
2
3
Select one option and practice clearing your quartz crystal or personal stone.
How will you program (set the intention) to work with your crystal? Will it be to send or receive energy? Why?

	recharge a crystal? How do you do so?
How will you end or receive	a program (set the intention) to work with your crystal? Will it be to we energy? Why?

When do you recharge a crystal? How do you do so?		
Crystal Meditation 1. Create a sacred space for your crystal meditation. It is a special space: u Free of electronics and daily distractions; u With elements of nature; and u Where you can relax in peace without interruptions. 2. Set your intention, and write down a question for contemplation. 3. Select your meditation crystal. 4. Meditate for 15–30 minutes, holding the crystal in your receiving mondominant) hand to amplify the energy of your intention. 5. When your meditation is complete, write about your experience and the insights you received.		

