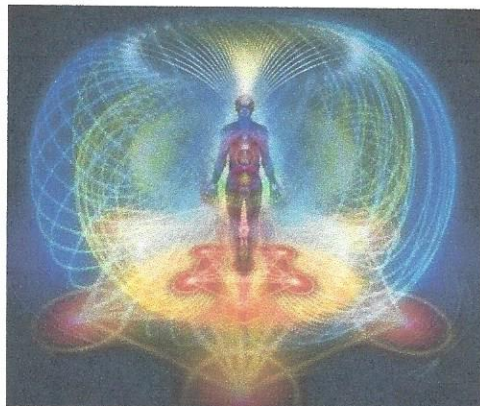


# Introduction to Crystal Therapy Course Journal



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:

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Affirmation:

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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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be from a notebook or a standard sheet of stationery. There is no handwriting or other markings on the page.

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page, possibly from a composition book or a legal pad. The edges of the paper are slightly irregular, suggesting it might be a scan of a physical document. There is no handwriting or other markings on the page.



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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page.

