

Crystal Healing for Siam Reiki Level Two Healers

This is a guide to source, compile and prepare your Starter Crystal Healing Set for the course. You can print this document and take it with you as your checklist when sourcing your crystals.

Sourcing Crystals

Select high quality stones from a reputable source. Some places I go to in Toronto when sourcing crystals for my students are:

- *Geologic* (346 Queen St W) OR *Gifts from the Earth* (320 Danforth Ave)
- *House of Energy* (145 Augusta Ave)
- *The Rock Store* (602 Markham St, Toronto)

Terminators:

Also called "wands" or "pointers". They have at least one point. Size is not important, quality is.

- *2 Clear Quartz terminators (at least one end of each is a point)*

Tumblers:

Small (loonie size or smaller) polished / rough stones. No glass, beads or ball shapes.

- *1 Rose Quartz*
- *1 Amethyst*
- *1 Tiger's Eye OR Cat's Eye*
- *1 Aquamarine OR Blue Calcite OR Sodalite*
- *1 Citrine OR Smoky Quartz*
- *1 Black Obsidian OR Tourmaline OR Onyx*
- *1 Green Aventurine*
- *1 Carnelian*

Selecting Crystals

Selecting crystals can be fun and daunting! Crystal sellers are often helpful in locating items. Once you've found them, use your intuition. If you like the look of a crystal, place it in your hand and close your eyes a few moments. If it feels right, it's yours.

Cleansing Crystals

Once you've purchased your crystals, soak them in salt water for 4 hours, clean them off (you can use water or alcohol and a toothbrush) and place them in the garden overnight. Wipe clean and bring to class. Soft, flaky stones, those with hardness 5 or less and stones containing iron like pyrite, stay in dry salt for 4 hours, then sage them or ring a bell next to them before putting them in the garden overnight. Full and new moons are great nights for this.

Lastly...

Please know your Reiki Level Two Symbols off by heart before our course!