

# The Ethereal Crystals

## Levels 1-9



Channelled by Ole Gabrielsen

Prerequisite Kundalini Reiki Master preferred but not essential.

This Ethereal Crystals 1-9 manual has been revised and re written by Jay Burrell of the School of LivingReiki Therapies with full consent from the Founder Ole Gabrielsen.

The original which you will also receive is a very good manual but I felt that by adding pictures of the crystals you will be attuned to plus a brief description for each crystal would help all students and teachers to better understand which crystals can help you the most. The descriptions for each crystal have been used from various crystal resource websites.

If you have any questions please do not hesitate to contact me at

[livingreikitherapies@hotmail.co.uk](mailto:livingreikitherapies@hotmail.co.uk) or

Contact the teacher who is attuning you to these energies.

# Ethereal Crystals 1-3

It is now possible to give a powerful crystal healing without the use of the physical crystals being present. Through this attunement you will gain access to specific crystals energies, which you can then channel by Intention.

It is said that these ethereal crystals are much stronger than those that can be found here within Mother Earth.

You can use this energy and the crystals just by pointing at the area of the body or Chakra's that you would like the crystal to be and by saying its name 3 times. When the energies have been used the Etheric stone will be reabsorbed back into the universal consciousness when it is no longer needed. Furthermore, you can create powerful gem elixirs in seconds and increase the strength of certain gemstones by 400%.

An Etheric Crystal Healing can be used as a standalone treatment or can be combined with other healing modalities such as Reiki.

There are 9 Levels in the full Ethereal Crystals systems, which are generally given using 3 Attunements. Levels 1-3, Levels 4-6 then Levels 7-9. However if the student you are attuning is relatively new to Reiki then please send the attunements for this system individually allowing 5 days between the attunements so every 5 days they will receive 1 level until all levels have been received.

During your Levels 1-3 Attunements you are attuned to the following stones

## AMBER



### Physical

Amber absorbs negative energy and transmutes this to positive energy thereby helping the body to heal itself. Helps with tissue revitalisation and is also good for throat, kidneys, and bladder and for teething pain in small children.

### Mental/Emotional

Amber bestows wisdom, balance and patience on the wearer. It brings calming and cheering influences and helps you to feel freedom from care. Amber is a stone of good luck and happiness, which also encourages creativity.

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## AMETHYST



### Physical

Amethyst is perhaps the most well known of all crystals and has strong healing and cleansing power making it an extremely important, almost all-purpose, crystal. Amethyst is very helpful to us if we are having trouble in sleeping. It is extremely useful with migraines and headaches and can help with hearing disorders too. Amethyst strengthens the skeletal system and reinforces proper posture. It stimulates and regulates the endocrine glands and helps with disorders of the nervous system, digestive tract, heart, stomach, skin and teeth. Amethyst is also useful in treating the lungs and the respiratory tract.

### Mental/Emotional

Amethyst brings to us a sense of peace and contentment. It is a crystal with a calming effect. It reduces anger, rage, fear and impatience. It can promote inspired dreams and dispels nightmares. Amethyst helps to enhance our memory and stops us being anxious about things. Amethyst is useful for cleansing the aura and for absorbing any negativity.

It is a very comforting crystal to have by us during periods of sadness, stress or bereavement.

### Spiritual

Amethyst is one of the most spiritual crystals there is. It promotes a love of the divine and encourages spiritual wisdom. Amethyst also promotes our sense of spiritual awareness and contentment and, during meditation with Amethyst; we can be lifted into higher states of consciousness, which allow our finer perceptions of things to become clearer.

Amethyst also helps us to understand things at a deeper level when we meditate with it.

Our psychic abilities are also enhanced with Amethyst.

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### AQUAMARINE



### Physical

Aquamarine translates as "Water of the Sea" due to its water like colour and properties. It offers protection on sea voyages and has long been used as a talisman by seafarers. It stimulates the natural healing properties of the body. It also helps with swollen glands, sore throats, jaws, teeth, eyes and stomach. Aquamarine is very good for allergy sufferers, particularly those with Hayfever.

### Mental/Emotional

Improves confidence and the ability to "stand your ground". Helps you to take responsibility for your own actions. Brings clarity of mind. Aids self-expression and the flow of communication. Helps to banish fears, doubts and phobias. Aquamarine helps to

bring tolerance to judgmental people. A good stone for relationships as it symbolises hope and happiness. A stone of gentleness and compassion.

### Spiritual

provides shielding properties for the aura and the subtle bodies.

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### AVENTURINE



### BLUE AVENTURINE

#### Physical

Assists in problems with the lungs, heart, adrenal glands, the muscular system and the urogenital system. Promotes physical well-being.

#### Mental/Emotional

A mental healing stone. Soothing. Balances male/female energy leading to a sense of well being. Promotes mental/emotional well being. Enhances creativity and originality.

Allows for an easy expression of feelings. Wards off anxiety and fear. Reinforces decisiveness.

### GREEN AVENTURINE

#### Physical

All purpose healing stone. Assists in problems with the lungs, heart, adrenal glands, the muscular system and the urogenital system. Promotes physical well being.

#### Mental/Emotional

Stress relieving. Soothing. Balances male/female energy leading to a sense of well being. Promotes mental/emotional well being. Enhances creativity and originality. Allows for an easy expression of feelings. Wards off anxiety and fear. Reinforces decisiveness.

## WHITE AVENTURINE

### Physical

Assists in problems with the lungs, heart, adrenal glands, the muscular system and the urogenital system. White Aventurine also promotes physical well being.

### Mental/Emotional

Calming and soothing. Balances male/female energy leading to a sense of well being. Promotes mental/emotional well being. Enhances creativity and originality. Allows for an easy expression of feelings. Wards off anxiety and fear. Reinforces decisiveness.

### Spiritual

Offers courage during a spiritual journey.

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## PINK BERYL

(Also known as Morganite)



### Physical

Morganite is a good stone for combating illnesses caused, or brought on by stress, e.g. heart problems, nervous complaints or impotence. Morganite is also said to be helpful for the lungs and can assist in strengthening the muscles and nerves of the throat area, thereby bringing some relief to conditions such as tuberculosis, asthma, emphysema and other breathing related disorders.

### Mental/Emotional

Morganite is very much a stone for bringing and/or allowing love to come into your life and can help to maintain this love as it grows. It awakens in us a love for life and a love for all living things. It inspires compassion, empathy and patience and helps us to realise the equality that exists between the sexes, different races and in our own relationships. It is a stone that can reduce our stress levels and the pressure that we put upon ourselves to

succeed. Morganite can help us to enjoy a more contemplative lifestyle and can teach us to speak from, and to listen with, our heart.

### Spiritual

Morganite is a stone that can inspire spiritual love and one that can also provide a release for pent up emotions after visualisation work.

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## BLUE LACE AGATE



### Physical

Strengthens the skeletal structure and helps mend breaks and fractures. Regulates the development of both fingernails and toenails. Removes blockages from the nervous system. Treats digestive disorders.

### Mental/Emotional

Stimulates analytical capabilities. Makes you more aware of situations around you.

### Spiritual

Blue Lace Agate is an excellent stone in helping you to reach higher spiritual spaces. Very inspirational. When used on either the Heart, Throat, Third Eye or Crown Chakra point, Blue Lace Agate can help one enter into a high frequency state of awareness.

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## BOTSWANA AGATE



Botswana agate is sometimes called the "change stone" because of its property of helping one handle change in a positive way. It gently helps one make transitions of any kind in a way that change is not as difficult or painful as could be without it; it is a comforting stone. Carrying a bit of Botswana agate in your pocket can help one cope easily with the minor changes that life throws at us daily. Relief from depression and/or grief is another property of Botswana agate. It helps focus on solutions instead of problems, and thereby increases creativity. It increases the power of one's intuition. Botswana agate is helpful in overcoming addictions and other self-destructive compulsive behaviour patterns, as well as dealing with repressed emotional issues. As a success stone, it helps one achieve and cope with success. It is also a stone of sensuality. It is beneficial to the nervous system and can help rid the body of toxins, as well as help in the healing of broken bones.

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## GREEN CALCITE



### Physical

All forms of Calcite are energy amplifiers and can make you feel more energised when you carry them. Calcite alleviates skin and intestinal complaints and helps to ease the improper functioning of the kidneys, pancreas and the spleen. It helps to both normalise



the rhythm of the heart and to strengthen the heart. Calcite encourages the healing of tissue and bones.

### Mental/Emotional

Calcite helps us to trust ourselves and promotes a sense of stability and constancy, which helps us to overcome difficulties and setbacks. It is particularly effective against laziness, helping to make us more energetic, industrious and successful and helping us to put our ideas into action. Calcite is a wonderful stone to use when studying the arts and sciences. Calcite can enhance our memory and is an excellent crystal for those who have lost hope.

### Spiritual

Calcite has a strong effect in the speeding up of our spiritual development and makes us more aware of our psychic abilities and also more aware of the possibility that we may be able to channel information and to have out of body experiences. Calcite is a world teacher for all of humanity, helping us to appreciate the creative forces of nature.

*In addition to the above properties, Green Calcite also helps to rid the body of infections, cools fevers and reduces inflammation. It also eases arthritis and is useful in stress/anger related diseases. Green Calcite is an emotional balancer and can aid the transition from being in a negative frame of mind into thinking positively. It is a stone for mental healing and one, which can bring joy into our lives, alleviate fear and reduce stress.*

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## CARNELIAN



### Physical

Helps with circulatory problems, neuralgia, gall stones, kidney stones, pollen allergies and colds. It helps a little with spine, spleen and pancreas disorders. Increases physical energy and personal power.

### Mental/Emotional

Eases anger and frustration. Dispels apathy and lethargy. Brings compassion. Focusing. Motivational. Stimulating. Encourages one to question and enquire and so a good stone to study with.

### Spiritual

Encourages present moment awareness.

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## CITRINE



### Physical

Balances the Yin-Yang energy and aligns the chakras. Citrine has long been called the "Merchants Stone" as a piece of it placed in your purse or near your cash box will help to generate income.

### Mental/Emotional

Stimulates mental focus and endurance. Dispels fear. Helps one to "feel sunny" all the time. Encourages smiles and laughter. Helps with problem solving. Dispels anger. Citrine also positively affects business relationships, educational pursuits and personal relationships. A good stone to aid study.

### Spiritual

Promotes mental awareness of "the moment" Citrine stimulates the awakening of the mind. It also helps in contact with the higher forces of intelligence.

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## CLEAR QUARTZ



### Physical

Quartz, sometimes called clear quartz or rock crystal or quartz crystal, is a Master Healer, and as such, can be used for any condition. Quartz has the property to receive, store, amplify and transmit energies. It has an organising and harmonising effect on all parts of the body. When Quartz is attuned to the person requiring healing, it can act at a very deep vibrational level indeed, bringing the body, the subtle bodies and the aura back into balance. Quartz is excellent for general healing as it helps to speed up the whole healing process. It fortifies the nerves, balances the two halves of the brain and stimulates glandular activity. Quartz can also amplify the effect of other crystals placed nearby.

### Mental/Emotional

Quartz dissolves areas of imbalance and negativity and provides us with a sense of calmness and clarity in our minds. It restores a more balanced energy to us and this property makes Quartz a valuable healing tool. Quartz amplifies and strengthens the whole auric field. It helps us to find simple ways to solve our problems, aids concentration and helps us to remember things. Quartz harmonises all the chakras.

### Spiritual

An excellent stone for meditation, Quartz enables us to communicate with all levels of spirit life and indeed, with every dimension. Quartz can encourage our spiritual development and can also help us to attune to our spiritual purpose in life. Quartz further helps us by ensuring that any such spiritual development remains in tune with our own sense of who we are, in tune with our own sense of our true inner self. It is a deep soul cleanser, raising energies to their highest possible spiritual level.

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## DIAMOND



The diamond is known as the stone of innocence. It is a stone to bring forth purity. This means with matters of the heart, to help one speak the truth, to keep one straight in their search or path. It brings purity to the heart. It also inspires creativity, imagination, ingenuity, brilliance and inventiveness. The diamond also draws to it abundance. Not necessarily just an abundance of wealth, but abundance in all areas of one's life. Happiness, Success, Health etc. The diamond helps with clarity or removing the fog from the mind. It carries the strength of the sun or the masculine energy. It rallies strength with age. The diamond can cleanse and stimulate the crown chakra. Diamonds bring the intensity and universal focus of energy and a uniting of all centres with Universal light on a day to day basis. If a person's vibrational level is compatible with the diamond and suddenly they find themselves without the diamond, they will have strong feelings of loss and can disrupt a person's energy flow. This stone is compatible with people of high energy emanations

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## SINGLE TERMINATED CLEAR QUARTZ CRYSTAL



Single terminated clear quartz points have the same healing properties as clear quartz but Crystal Points are more often used in healing than any other crystal. Placing the point

towards the body channels energy to the body, placing the point away from the body draws energy off.

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## EMERALD



### Physical

Helps with disorders of the spine, lungs and muscular system. Calms the heart. Emeralds are said to soothe the eyes if gazed at. Emeralds are also said to bring domestic bliss and to instil both sensitivity and loyalty.

### Mental/Emotional

Brings clarity to calm the emotions. Emerald helps you to find personal direction in your activities. Emerald enhances the memory and brings harmony and Joy into all areas of life.

### Spiritual

Enhances spiritual insight. Promotes relaxed breathing to help you enter a meditative state.

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## HEMATITE



### Physical

Balances yin-yang energy. Reduces excess body heat. Treats leg cramps, blood disorders (like anaemia), nervous disorders and insomnia. It also helps with spinal alignment and with the healing of broken and fractured bones.

### Mental/Emotional

Grounding. A "stone for the mind". Quietening. Calming. Transforms negativity into love. Assists in mathematical pursuits.

### Spiritual

Hematite helps you to realise that the only limitations there are, are those you create for yourself.

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## RED JASPER



### Physical

All round protecting and grounding stone. Good for general non specific aches and pains. Helps to keep energy high. Assists in the treatment of tissue deterioration of the internal organs, disorders of the kidneys, spleen, liver, bladder and stomach, although for deterioration rather than for actually being diseased. Jasper can also help in balancing the mineral content of the body and can regulate the supplies of iron, sulphur, zinc and

manganese. Jasper is a "sustaining" stone and can help when extended periods of hospitalisation are necessary.

### Mental/Emotional

Balances emotional energies. Reminds you that you are not just here for yourself but also to bring joy and substance to others and to assist them in releasing the bonds of their constraint.

### Spiritual

Native American Indians thought Jasper to be a highly revered sacred stone and the ancients revered Jasper as a helper which allowed astral journeys to commence and ensured your safe astral travel. Red Jasper in particular helps you to recall your dreams, especially those dreams that could be important to you in your physical life.

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## MALACHITE



### Physical

Soothing. Calming. Balances the physical body. Helps with asthma, arthritis, swollen joints, tumours, growths, broken bones and torn muscles. Enhances the immune system. Eases the process of birth.

### Mental/Emotional

Anti depressant. Will dig out deep feelings, hurts and resentments. Will break unwanted ties and patterns of behaviour. Makes you realise the reasons why you are supporting an illness. Can instil a sense of courage in times of stress.

### Spiritual

Promotes inner peace and compassion. Malachite is an excellent stone to use for meditation and dream work. Helps with spiritual evolution

## ROSE QUARTZ



### Physical

Rose Quartz helps in releasing excess fluids and impurities from the body, relieving stress and tension and also helps to diminish burns and relieve blistering. It can help to relieve the symptoms of vertigo and also helps with the kidneys and adrenal glands.

### Mental/Emotional

Rose Quartz encourages feelings of peace and calm. It provides us with emotional support when we most need it and it engenders positive responses. It heightens our self esteem and is a comforting crystal reducing the fears that accompany pain and injury. Do be aware, however, that for all its calming and soothing properties, Rose Quartz can also be quite a powerful releaser of unexpressed emotions.

### Spiritual

Rose Quartz promotes unconditional love, both for us and for others. It provides a sense of peace in which we can concentrate on the spiritual aspects of our lives too.

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## RUBY



### Physical

Truly, a stone for passion! Ruby fosters romance, marriage, integrity, devotion and passion. It helps in all matters of Love and can increase virility. Ruby is also good in treating the spleen, adrenal glands and blood circulation.

### Mental/Emotional

Ruby works with the energies of the Heart Centre. It stimulates both the mind and the emotions. It is both energising and balancing in its effects, firing us with enthusiasm, impulsiveness and spontaneity! It is said to shield against psychic attack and promotes positive dreams.

### Spiritual

Helps to bring spiritual wisdom and to foster enlightenment.

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## SODALITE



### Physical

Balances metabolism. Helps with problems caused by calcium deficiency. Lowers blood pressure. Aids sleep and digestive disorders. Prolongs physical endurance.

### Mental/Emotional

Encourages objectivity. Encourages new perspectives. Helps you to "Lighten up".

Encourages communication skills. Calms the mind and allows new information to be received. Helps those suffering from neuroses and irrational thoughts. Good for groups of people, Sodalite promotes friendship and solidarity.

### Spiritual

Increases spiritual awareness. Creates harmony between conscious and unconscious. Provides an easy route to the sacred laws of the universe.

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## TURQUOISE



### Physical

Another "All Purpose" healing stone like amethyst, turquoise acts on the immune system and therefore heals the whole body. Turquoise has been used for centuries as a protective stone.

### Mental/Emotional

Turquoise has a calming influence. It instils wisdom and loyalty. It promotes self-realisation and helps with creative problem solving.

### Spiritual

The psychic powers are enhanced when meditating with Turquoise. It has an "elevating" effect and can unite the energies of the earth and the skies to promote healing for ones spirit.

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# Healing

To use the energies of the *E*thereal Crystals for healing simply touch or point at the location and then mentally say the appropriate stones name. The *E*theric crystal will then appear in the area you have asked it to be.

An example: Lets say we were going to perform a healing session using 3 stones: Rose Quartz, Ruby and Citrine. We would place the Ruby crystal onto the root chakra, the Rose Quartz crystal would be placed on the heart chakra and Citrine would be placed onto 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 instantly be placed. Next move to the Solar Plexus. Point and say Citrine. Now you can move onto the Heart chakra where you will again point your finger or mentally intend that the Rose Quartz Crystal will appear.

You can also place these crystals inside the organs of the body.

You could say as an example "Citrine in the Bladder". The Citrine will then be placed within the Bladder. After placing stones into and on the body you can then perform a Reiki treatment, Massage, Aromatherapy session or you can choose to just allow the *E*thereal Crystal session work on its own. The stones will disappear when they are no longer needed and unlike material crystals these cannot be dislodged by movement or activity.

Even though unnecessary you can always remove the stones just by thinking Remove Citrine or Remove all stones. Use the same method for self healing as you would for the healing of others.

# Distant Healing

To place an *E*thereal Crystal using long distance healing all you need to do is use the following sentence:

"I place (Name of Crystal) on (person's name)'s Chakra or body part/organ. The stone will again instantly appear and will dissolve back into the ethers when it is no longer needed.

# Gem elixirs and Strengthening Stones

To create a gem elixir you will normally have to infuse water using the direct or indirect method for 24-48 hours. After your attunements to the ethereal crystals you can create a powerful gem elixir within seconds. When you have reached Ethereal Crystals Level 3 the elixirs will become 400% stronger than when using normal gemstones. You are also able to strengthen physical gemstones by placing Ethereal crystals into the physical crystals.

## To create a gem elixir

Start by pouring water into a glass or pipette bottle and after placing your hands around the glass/bottle or pointing at the glass mentally say: "I place (Crystals Name/Names) into this water. The water will then be charged within seconds.

## To Strengthen a Stone

Hold your stone in one hand or place the crystal onto your lap and say: "I place (Name of ethereal crystal) into (Stone)"

Your stone will then be strengthened within seconds.

To place an Ethereal Single Terminated Clear Quartz Crystal (or double terminated which you are attuned to in levels 4-5-6), Place this using the normal way but define which way the point will turn.

Example: "I place a Single Terminated Clear Quartz crystal onto the heart chakra with the point pointing downwards".

# Ethereal Crystals 4-6

During your levels 4-6 Attunements you are attuned to the following stones:

## ALEXANDRITE



### Physical

Alexandrite is actually quite a rare stone. It is an excellent healing stone as it helps to align and balance us both physically, mentally and emotionally. It has a beneficial effect on the nervous system, spleen, testicles and pancreas. It is often referred to as a regenerative stone as it can help to regenerate the central nervous system. Alexandrite also helps us to assimilate protein and can help with the disorders associated with leukaemia.

### Mental/Emotional

Alexandrite is a centring or balancing stone, which can also enhance our own self-esteem. It helps us to experience the joy that comes to us in this life and to also appreciate the good luck that comes our way too. With Alexandrite you can appreciate how all of nature and things in the natural world are all inter-connected.

### Spiritual

Aids spiritual transformation and regeneration. Increases our psychic tendencies and opens us to spiritual love.

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## AMAZONITE



### Physical

Amazonite can align and balances the physical body with the mental and emotional body helping to promote a sense of well being. It has been used in treating disorders of the nervous system and is said to help resist both tooth decay and osteoporosis. It helps to dispel spasms of the muscle tissue.

### Mental/Emotional

Amazonite is a soothing stone, a friendly stone that soothes our emotions helping us to overcome our fears and our worries. Amazonite stimulates our creativity and aids communication with others. It balances our male and female energies and brings us a sense of clarity. Amazonite can help to reduce any self-damaging behaviours we may have and can instil a sense of self-confidence and grace. It also helps to dispel any irritating or negative energy too.

### Spiritual

Brings joy and an understanding of Universal Love.

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## AZURITE



### Physical

Can be used as a liver stimulant and to aid detoxification. Stimulates the thyroid gland and can thereby help to encourage growth. Helps with arthritis and joint problems. Aligns the spine. Azurite also helps to dispel "spasms" and "tics".

### Mental/Emotional

Frees up "difficult to remove" blocks in communication. Helps us to realise what it is that is holding us back and stopping us from reaching our full potential. Stimulates memory and memory recall. Brings a "new perspective" to old issues and can help to expand your mind. Encourages awareness and self-knowledge. Helps to increase your powers of intuition and also helps with the decision making process.

### Spiritual

Helps to develop your psychic abilities. Azurite is also useful in providing spiritual guidance and a connection to higher consciousness. An excellent stone for the third eye as it helps to stimulate your psychic and intuitive self.

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## BLOODSTONE



### Physical

An intensely powerful healing stone of balance and renewal. Said to check haemorrhages. Purifies the blood, kidneys, bladder, intestines and liver. Neutralises toxins within the body and provides for their release. Benefits the heart and circulation.

### Mental/Emotional

Improves talents and abilities and reinforces your own belief in your talents and abilities. Enhances the decision-making process and stimulates emotional growth, inner strength and sensitivity. Balances when feeling stressed.

### Spiritual

Aids clairvoyance and instils wisdom and sensitivity for inner guidance. Helps with admittance to the spiritual realms of the ancestors.

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## GOLD CALCITE



### Physical

All forms of Calcite are energy amplifiers and can make you feel more energised when you carry them. Calcite alleviates skin and intestinal complaints and helps to ease the improper functioning of the kidneys, pancreas and the spleen. It helps to both normalise the rhythm of the heart and to strengthen the heart. Calcite encourages the healing of tissue and bones.

### Mental/Emo

Calcite helps us to trust ourselves and promotes a sense of stability and constancy which helps us to overcome difficulties and setbacks. It is particularly effective against laziness, helping to make us more energetic, industrious and successful and helping us to put our ideas into action. Calcite is a wonderful stone to use when studying the arts and sciences. Calcite can enhance our memory and is an excellent crystal for those who have lost hope.

### Spiritual

Calcite has a strong effect in the speeding up of our spiritual development and makes us more aware of our psychic abilities and also more aware of the possibility that we may be able to channel information and to have out of body experiences. Calcite is a world teacher for all of humanity, helping us to appreciate the creative forces of nature.

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## FIRE OPAL



### Physical

All opals have long been the talisman of thieves and spies as they were said to make the wearer invisible! Helps to disperse infections and to purify the blood and kidneys and to regulate insulin production. Helps to strengthen the eyesight, stops fevers developing to an uncomfortable point and, in addition, Opals are said to ease childbirth

### Mental/Emotional

Opals strengthen the memory; instil faithfulness and loyalty in affairs of the heart, personal relationships and business relationships.

### Spiritual

Opals have long been used by Native American Indian and Australian Aboriginal Shaman to invoke visions. They can awake psychic and mystical qualities.

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## FLUORITE



### Physical

Protective. Energising. Helps physical co-ordination. Can be used in early stages to prevent the onset of dis-ease. Helps with colds, flu, streptococcal infections, herpes, ulcers and similar. Fluorite has also been used at the beginning stages of tumours.

### Mental/Emotional

Grounding. Releases negativity and emotional blockages. Calming. Promotes mental advancement. Assists memory and memory recall. Helps mental co-ordination. Helps to foster impartiality.

### Spiritual

Allows one to recognise the purity of the universe.

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### RED GARNET



"A stone of health", extracting negative energies from the chakras, and helping to distribute the appropriate amount of positive energy to each part of the body. An excellent stone for the spine, bones, heart and lungs. Garnet stimulates blood flow, is useful in treating the liver and pancreas and, in fact, is helpful in all conditions requiring regenerative forces.

### Mental/Emotional

Expands our levels of awareness, and inspires our creativity, to the point where we are able to change our own lives. Also known as the "stone of commitment", to our life's purpose, to other people and to ourselves. It can provide flashes of insight and can assist us to "hit the target" as we move towards success. It provides a protective influence and a calming, stable vitality during use. Almandine Garnet increases our levels of passion and enhances our own sexuality.

### Spiritual

Garnet promotes connections to other worlds, helps us to remember our dreams, and allows us to make a connection with a higher intellect. It is very useful for opening a pathway between the base chakra and the crown chakra and allowing us to channel spiritual energies into our physical body.

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## JADE



### Physical

Regulates heartbeat. Increases vitality. Encourages harmony. Helps with hips, kidneys and spleen. Protective. Prolongs life

### Mental/Emotional

Puts things into perspective. Inspires wisdom. Provides for confidence, self assurance, self reliance and self sufficiency.

### Spiritual

Aids dream work. Helps one to attune to the needs of others.

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## LAPIS LAZULI



### Physical

Boosts immune system. Brings cheer to the user and success in relationships. Treats

disorders of the throat, bone marrow and thymus. Relieves symptoms of insomnia, vertigo and dizziness. Helps cellular restructure in cases of hearing loss or associated disorder of the Eustachian tube.

### Mental/Emotional

Aids mental clarity. Protects against depression. Aids self expression. Enhances artistic endeavours. Encourages expansiveness. Rapidly dispels stress.

### Spiritual

Awakens spirituality. Stimulates the higher faculties of the mind and understanding. Lapis is a stone of "Total awareness" and is said to have existed before time began. Assists in gaining access to unknown mysteries, sacred texts and planetary knowledge.

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## MOLDAVITE



### Physical

Moldavite was formed about 13 Million years ago after the impact of a giant meteorite which struck the Earth in present day Nordlinger Ries (Bavaria). Rock fragments were thrown about 250 miles and many landed in Moldavia, from where the mineral gets its name. Moldavite can help with fevers and is useful in balancing blood circulation.

### Mental/Emotional

Moldavite encourages sympathy and compassion. It helps us to stop wanting materialistic things and helps us to stop worrying about money and about the future. Moldavite can give rise to unconventional ideas and can help us to find solutions to problems.

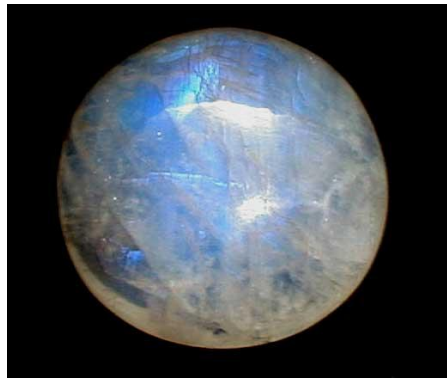
### Spiritual

Moldavite allows us to experience vast spiritual dimensions, enhances the power of

clairvoyance and can give us glimpses of the spiritual greatness that human beings can achieve. A truly spiritual stone, it allows us to "see" eternity, to experience higher and finer energies and it also enhances communication between this world and other worlds.

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## MOONSTONE



### Physical

Assists in maintaining hormonal balance during the menstrual cycle. Moonstone also has a beneficial effect on all fluid systems in the body and can also be used to ease tension in the abdominal area.

### Mental/Emotional

Very calming. Balances over-sensitivity to situations. Brings out ones feminine side and helps you to become aware of your subconscious feelings. Instils confidence and composure.

### Spiritual

Reflective. Traditional links to the moon and all feminine values.

## PERIDOT



### Physical

Acts as a tonic to both strengthen and regenerate the body. Useful in the treatment of disorders of the heart, lungs, spleen and intestinal tract. Helps with the healing of ulcers in the stomach and duodenum. Strengthens eyesight in astigmatism and near-sightedness.

Stimulates contractions during birth and facilitates the opening of the birth canal.

### Mental/Emotional

Cleanses and stimulates the heart and solar plexus chakras. Allows for openness and acceptance in the love and relationships. Provides a shield of protection around the body.

Helps to heal a bruised ego, reduces anger or jealousy and inspires happiness.

### Spiritual

Further understanding of changes that are occurring in one's life and helps one to see and understand detrimental patterns that may have prevented growth.

## PYRITE



Pyrite is a stone of intellect and protection. It enhances intelligence, mental stability, logic, analysis, creativity, memory, and psychic development. It can help you tap your own latent mental talents and abilities. Pyrite is a powerful protection stone, and is very grounding.

Pyrite is also known as Fool's Gold and Healer's Gold.

\*\*\*\*\*

## BLUE SAPPHIRE



### Physical

Sapphire has a calming and regulating effect on many parts of the body and is a stone that has long been used in shamanic ceremonies by many cultures. It works on the digestive system, the pituitary gland, thyroid gland and nervous system. It can be very useful for brain and nervous disorders as well as providing some help to epilepsy sufferers. Sapphire is also said to help reduce inflammations, is good for skin cleansing, can reduce fevers and be good with burns. It helps to alleviate hearing problems and is good for blood disorders and the strengthening of the veins.

### Mental/Emotional

Sapphire is very much a cleansing, clearing and focusing stone. It helps to clear unwanted mental clutter, relieves anxiety, releases tension and promotes peace of mind. It can



improve your communication skills, allowing you to express yourself more personally, and provide deeper levels of insight, inspiration and intuition. It also encourages the desire for further knowledge and wisdom. Sapphire relaxes and improves the mind allowing you to focus your thoughts and organise your ideas. It can help to increase your levels of clairaudience and is a good stone for dealing with depression.

### Spiritual

An excellent devotional stone. Sapphire is a very good aid to meditation or to prayer as it helps to calm the mind prior to these activities. It strengthens the power of belief and also strengthens and increases the love of the truth.

\*\*\*\*\*

### YELLOW SAPPHIRE



Yellow Sapphire has the same qualities as blue sapphire but works very well on the Solar Plexus Chakra to re balance and restores harmony.

\*\*\*\*\*

## BLACK TOURMALINE



### Physical

Tourmaline is a stone that has been revered over centuries by the cultures of ancient India, Africa, the Native Americans and the Australian Aboriginal tribes. Black Tourmaline is said to guard against debilitating diseases and to strengthen the immune system. It has also been used in the treatment of dyslexia and arthritis.

### Mental/Emotional

An excellent protecting and strengthening stone. Increases emotional stability and maintains the sense of you "feeling good" about yourself.

### Spiritual

Black Tourmaline deflects and repels any negative forms of energy and is especially effective against psychic attack. It also protects against spells and ill-wishing.

\*\*\*\*\*

## VIOLET TOURMALINE



. Tourmaline increases flexibility, happiness, objectivity, compassion and serenity. It also enhances tolerance and understanding. It is a stone that is very helpful for channelling. Tourmaline is also a very protecting stone. Tourmaline is often associated with the heart chakra, particularly watermelon tourmaline, where it opens one to accept love. Other colours of tourmaline are associated with the chakra of the same colour.

\*\*\*\*\*

## PINK TOURMALINE



### Physical

Pink Tourmaline can improve the nerves, strengthen the functioning of the sexual organs and stimulate blood circulation. It also helps the blood purification process in the spleen and liver and can assist in balancing a dysfunctional endocrine system. Pink Tourmaline can also be of use in treating the digestive system, the heart, lungs and pancreas.

### Mental/Emotional

Pink Tourmaline is said to be a stone with aphrodisiac qualities. It brings love to us in this world and gives us the assurance that it is safe to love both someone else and also to love ourselves. It helps us to share physical pleasure. Pink Tourmaline balances the personality where there is either too much aggression or too much passivity. It helps to energise the sacral Chakra and increases our own creativity. It can help to promote single-mindedness but still allow us to be flexible enough to make sure that the goals we have in sight are the correct ones for us. Pink Tourmaline can make us more sociable, charming and outgoing. It helps us with clearing emotional pain and old destructive feelings. It promotes a feeling of peace and joy, and because of this, is useful through periods of change in our lives.

### Spiritual

Pink Tourmaline can help us with all devotional activities.

\*\*\*\*\*

# Ethereal Crystals 7-9

During your Levels 7-9 Attunements you are attuned to the following stones:

## CHAROIT



### Physical

Treats disorders of the eyes and heart. Helps with headaches and with general aches and pains. Improves the condition of a damaged liver or pancreas. Normalises blood pressure and pulse rate. Helps to provide an improvement in autistic cases.

### Mental/Emotional

Enhances analytical abilities. Allows the determination between truth and fiction. Helps you to realise that where you are is where you should be.

### Spiritual

Combines higher level spirituality with unconditional love from the physical plane. Helps one to more readily accept other people in the physical world. Assists in second sight and in visioning. Useful in cleansing the auric body.

\*\*\*\*\*

## SUGILITH



### Physical

Useful in clearing headaches.

### Mental/Emotional

Calms and balances the emotions. A good stone for groups of people helping to foster a stronger bonding between group members. Sugilith also helps those who feel that they simply just "don't fit in" Aids mental co-ordination so a good stone for anyone with learning difficulties. This crystal helps you to be forgiving and not to give in to hostility and jealousy. It represents the highest form of spiritual love.

### Spiritual

Helps you to understand life and generally increases your spiritual awareness. It helps to answer the question "Why am I here" and can show you how to use the gifts that have been bestowed upon you particularly. An excellent stone for meditation.

\*\*\*\*\*

## RHODOCHROSITE



### Physical

Stimulates the circulation, blood pressure, kidneys and reproductive organs. Can also help with migraines. Assists with asthma and respiratory problems.

### Mental/Emotional

Rhodochrosite is extremely useful for its ability to stimulate the effects of Love, selfless love and compassionate love, self worth, self forgiveness and its alleged power to attract your soulmate. It bestows a positive, enthusiastic attitude towards life. Encourages activity, eroticism and helps us to express our feelings. Rhodochrosite helps to generally "lift your mood", bringing in positive energies.

### Spiritual

Stimulates an all-encompassing love. Expands consciousness and enhances the dream state.

\*\*\*\*\*

### PYRITSUN



I cannot find any healing qualities for this crystal but for me I suppose it could be used for grounding and strengthening energies.

\*\*\*\*\*

## PRASEM (AFRICAN JADE)



Jade is a stone of the heart. As such it is related to the heart chakra and has a beneficial effect on all heart chakra related issues. So, of course, it can attract and enhance love of all kinds. It is also a stone of fidelity and generosity. It is also considered to be good for the physical heart and for emotional balance and stability. Jade is also very helpful as a stone of abundance. Physically, jade is used to heal lung problems, kidney problems, immune system weakness, PTSD, and nervous system overwork.

\*\*\*\*\*

## SNOWFLAKE OBSIDIAN,



### Physical

Snowflake Obsidian treats disorders of the veins and the skeletal system. It can also help in clearing the eyes and improving blood circulation.

### Mental/Emotional

Snowflake Obsidian is excellent at bringing any emotional imbalance to the surface so that other stones and crystals may help to clear it away. It helps us to find the hidden factors surrounding a situation so that we may take the best course of action to address



that situation. Snowflake Obsidian encourages understanding and helps us to realise that we may still be clinging to ways of thinking that no longer serve us. It can also help us to change the way we think about some things and teaches us the value of our mistakes as well as our successes.

### Spiritual

If you feel isolated or alone, meditating with Snowflake Obsidian can elevate and transform these feelings into a feeling of total surrender allowing you to visualise the power of love and beauty.

\*\*\*\*\*

## APACHE TEARS



### Physical

Apache Tears are actually a smokey or translucent form of Black Obsidian. They enhance the body's assimilation of vitamins C and D, aid the elimination of toxins from the body and alleviate muscle spasms. Apache Tears are also useful in cases of sprains, strains and general back pain.

### Mental/Emotional

Apache Tears are excellent at bringing any emotional imbalance to the surface so that other stones and crystals may help to clear it away. However, Apache Tears have a more gentle energy than Black Obsidian and as such, any imbalance may be dealt with more easily. Apache Tears absorb negative energy and protect the Aura. They comfort grief and help us when we are suffering shock, fear or panic. They "shed" the tears for us in times of sorrow. (The legend of Apache Tears says that each stone is the tear of an Apache widow whose warrior husband was lost in battle or that each stone is a tear shed for the land that the Apaches lost when the White Men took it away from them.) Apache Tears help to remove self-imposed limitations, encourage spontaneity and are said to stimulate our analytical capabilities.

\*\*\*\*\*

## MOQUI MARBLES



Moqui Ball / Moqui Marble also known as the Shaman's Stone. The Shaman would throw these into the sacred fires and they would explode. These are used for healing and balancing. Also known as Mochi Balls or Mochi Marbles. These strange ironstone concretions are found at the base of the Navajo Sandstone formation and come in sizes from small marbles to baseball sizes. Moqui Balls have been used for centuries by the shamanic tribes of the continents. Although newly discovered in the United States, the Moqui have been found on several continents in the ancient archaeological excavations.

They are recommended to the user of both the ancient ways and the future ways. Moqui Balls can be used to align the energy centers, to relieve energy blockages, to stimulate the CHI, to ground and center, and to provide protection. Grinding with two Moqui Balls promotes receptivity to frequencies which are usually inaudible. The journey with the Moqui balls allow one to live to the fullest, while understanding the sanctity of, and performing healing for the earth.

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## BOJISTONES



Boji Stones align all of the subtle bodies and both balances and aligns the chakras, removes energy blockages. These are also very good for grounding work and Shamanism.

\*\*\*\*\*

## TEKTITE



Provides encouragement to one to gather knowledge throughout the travels of life. Acts to balance the female/male properties of ones character and to stimulate the natural order of growth, development, and completion. Carrying a tektite acts to strengthen ones energy field and to provide for increased contact during daily activities. Information, which is relevant to mundane activities, can be transmitted as readily as that which is relevant to spirituality and advancement. One can learn from all transmissions. Is said to promote extraterrestrial communications and contact. Also associated with great wisdom and knowledge.

\*\*\*\*\*

## CHALCEDONAY



### Physical

Historically used for "Weather Magic", Blue Chalcedony is useful in the treatment of eyes, ears and with the sense of balance. It has an anti-inflammatory effect and is useful for providing a cooling effect in the case of raised temperatures.

### Mental/Emotional

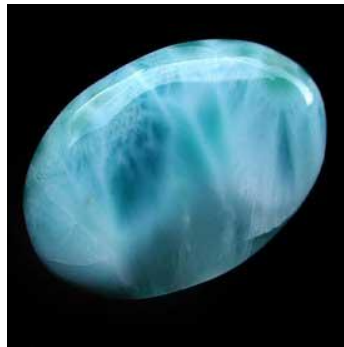
Blue Chalcedony is "The Stone of Orators" and has long been associated with verbal dexterity, communication skills and the speaking of foreign languages. It also helps you to accept new situations without losing your own character. It provides a light-hearted, carefree, elated feeling for life and is also said to improve your memory. It also promotes generosity, responsiveness and receptiveness.

### Spiritual

Balances the body, mind, emotions and spirit. Helps you to understand the pleasure of contact with other human being, plants, animals and contact with other worlds.

\*\*\*\*\*

## LARIMAR (ATLANTIS STONE)



### Physical

Larimar is a very cooling and soothing stone and is good for sunburn, inflammation and fevers. It helps to ease stress and is beneficial to the shoulders, the thyroid gland, the chest, neck and head area and also the nasal passages. It is said to stimulate brain activity. It is one of the very few stones that can help with the common cold. Also good for hair and for the feet.

### Mental/Emotional

Larimar soothes fear and hurt and is extremely useful in treating depression and apathy. It helps people who are over-critical of themselves and of others to become more tolerant. It encourages truth (including helping you to admit guilt when you are guilty) self-expression, patience, creativity and artistic endeavours. Larimar promotes an inner peace and calm and allows us to stay calm when changes are taking place all around us. Larimar also promotes simplicity, makes constructive thinking easier and allows us to simply "let things happen" instead of us trying to control and manipulate what is happening.  
It helps us to use power and knowledge wisely.

### Spiritual

A superb stone for Earth Healing. Larimar can also help us to "take control" of our own lives. Larimar shows us that suffering need not be present in our spiritual lives and that also our own spirit can be without bounds or limitations.

\*\*\*\*\*

## LABRADORITE



### Physical

An excellent protector of the Aura which works by deflecting any unwanted energies away from the Aura keeping it balanced, protected and free from any energy leaks.

Labradorite can help reduce anxiety and stress and can also aid digestion.

### Mental/Emotional

Helps to reduce fear, particularly if related to bad dreams or nightmares. Helps one during periods of change by instilling strength and perseverance.

### Spiritual

Labradorite can help you with determining your destiny and also in achieving it. It helps to facilitate changes that are beneficial and assists you in knowing the "right time" for things within your inner self. It promotes a better understanding of intuition, mysticism and psychic wisdom. Labradorite also inspires one to bring the teachings of other worlds to this world for the benefit of humanity.

\*\*\*\*\*

## KUNZITE



### Physical

Kunzite strengthens the circulatory system and the heart muscle. It is also helpful in relieving complaints associated with the nerves, e.g., trapped nerve, sciatica, neuralgia etc.

It generally dissolves tension in the heart area and can help with the lungs, nervous disorders and joint complaints.

### Mental/Emotional

Kunzite is very much a stone of Uplifting and of Love. It promotes Love in all of its forms, unconditional love, romantic love and self love. Indeed Kunzite can purify the heart and fill it with love and peace. It is an excellent shifter of past emotional debris and is said to be able to "heal a broken heart". It helps us to communicate more effectively. It is an extremely useful stone for helping you to cope with stress and the pressures that life puts upon us all. Kunzite is a mood lifting stone that can calm our anxiety, help with depression, help with our self expression and dispel unwanted mental influences from our aura. It enhances our creativity, encourages us to remember things and produces loving thoughts.

### Spiritual

Kunzite helps to induce deep meditative states. It encourages dedication to that which you believe in and teaches us humility. Kunzite also shows us how to give way without being untrue to ourselves.

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### HELIOTROPE



No Actual properties can be found for this crystal but from what I can see it is very much like Bloodstone.

\*\*\*\*\*

## KYANITE



### Physical

Aligns all Chakras immediately. Kyanite is one of only a few stones that do not absorb negative energy and that therefore never need cleaning. Good for the muscular system, throat and brain.

### Mental/Emotional

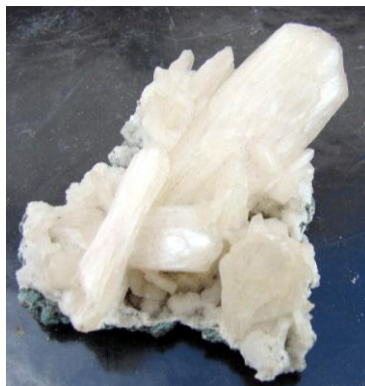
Enhances communication and self expression. Kyanite has a calming tranquil influence.

### Spiritual

A superb stone for meditation. Helps to connect with ones guides. Gentle "easy" energy that is spiritually balancing. A wonderful mover of blocked energy.

\*\*\*\*\*

## APOPHYLITE



Used to create a conscious connection between the physical and spirit realm. It facilitates attunement of energy to the body. Facilitates astral travel and provides a clear and enhances a definite physical connection.



Allows access to Akashic Records of past-life experiences. Enhances energy stimulation of white light and is used to open the heart chakra. Also used to "charge" objects

\*\*\*\*\*

## RUBY-ZOISITE



### Physical

Helps with diseases of the testicles and ovaries. Stimulates fertility and increases virility.  
Strengthens the immune system. Helps to improve disorders of the heart.

### Mental/Emotional

Encourages recovery after illness or particularly intense levels of stress. Helps us to rediscover our suppressed feelings and to live through them and to express them.  
Anyolite also Encourages creativity.

### Spiritual

Helps us to avoid conforming to other people's ways and ideas by making us aware of our own individuality, whilst at the same time, allowing us to maintain a sense of "connectedness" to all of humanity.

\*\*\*\*\*

## TANZANITE



The tanzanite will help to manifest desires through will and vision. It gives personal insight and power. Tanzanite is a good stone of protection. It helps to connect the 5th, 6th and 7th chakras because of the colour that tanzanite ranges in from blue-purple-clear colours. It helps with physic abilities and if a person is just beginning to develop this field, it's one of the most powerful stones for this.

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## Passing on the Ethereal Crystals Attunements

To pass on the Ethereal Crystals attunements is a very simple process. All you need to do is to ask your higher self for the Attunements. You can also attune several people at once to this system using this attunement method.

Relax and settle into a meditative state, close your eyes and say the following:  
"I ask that (Name) will be attuned in Ethereal Crystals (Level or Levels) on this (Day, Date, Time) and ask that they will receive the strongest energy that they can handle.

The Attunement will then start and stop after around 25 minutes.

Please remember if the person you are attuning is relatively new to reiki and energy healing please send them the attunements individually allowing 5 days between each

attunement so every 5 days they will receive 1 level until you have sent all the levels in this system.

Here are some recommendations on how to use the Ethereal Crystals to clear and balance the recipients Chakras. Starting with the base and working up towards the Crown Chakra.

Base Chakra – Place a Ruby crystal over the Base Chakra. This brings Fire energy, Enthusiasm, Courage, drives away Sadness and Melancholy. It is also useful for the Adrenals, Circulation and Protection.

Sacral Chakra – Place a Carnelian crystal over the Sacral Chakra. This encourages a Spirit of Community, Lifts Emotions and dispels Apathy. It is also useful for Rheumatism, arthritis, Neuralgia, Infertility and Depression.

Solar Plexus Chakra – Place a Amber crystal over the Solar Plexus Chakra. This encourages a Sunny Nature and self confidence. It can also help with problems of the stomach, spleen, Liver and gallbladder.

Heart Chakra – Place a Rose quartz crystal over the Heart Chakra. This generates a gentle helpfulness for openness, Sensitivity and empathy. It also encourages self love and the ability to love others unconditionally. It also Aids in Calming of stress.

Throat Chakra – Place a Turquoise crystal over the Throat Chakra. This bestows inner Calm, helps with Viral Infections, Helps with Inflammation and relaxes cramps. It is also a powerful healer in strengthening the entire anatomy and helps in the absorption of nutrients.

Brow/3<sup>rd</sup> Eye Chakra – Place a Lapis Lazuli crystal over the brow Chakra. This will help in bringing Knowledge, Wisdom, and Honesty and reveals our own inner truth. It is also used to expand the higher awareness energies we all have thus helping us to understand ancient knowledge.

Crown Chakra – Place a Amethyst Crystal over the Crown Chakra. This will aid in spiritual progression, it will also quieten the mind. It also links us to the reverence for all life and high Ideals.

You can also use your higher self and self intuition to place a crystal where you feel is relevant.